

## MARCH 2024

East Rock Creek Village — 202-656-7322

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## PRESIDENT'S CORNER

### Marching On



The change of seasons from winter to spring in DC is always welcome. The shedding of heavy outer wear, the colors of flowers and trees as they begin to blossom, and the sweet songs of birds repeat each year but don't grow old, no matter how many times we experience them.

Age is a hot topic these days, especially in our national politics, where stereotypes and fears are weaponized. Here at East Rock Creek Village, we know that each of us is a unique individual with different capabilities, circumstances, and needs. Still, there are local government services that do much to help our community of elders. We are deeply grateful for the support of DC's Department of Aging and Community Life (DACL), but fear there may be budget cuts affecting our seniors in the next October-to-September fiscal year. [AARP's DC chapter agrees](#). Check out their priority issues and consider adding your voice to this important call to action.

Now, let's talk about what we have planned for March, starting with an online Open House in honor of Women's History Month on Thursday, March 7<sup>th</sup>. Who are the women in history or in your life who most inspire you? Come share your stories about remarkable women and listen to those of others in our community. Or just come to learn more about ERCV.

On Monday, March 11<sup>th</sup>, please join our field trip to the National Aquarium in Baltimore. Thanks to our own Bob Learmonth, who is a volunteer diver there, we have a limited number of complimentary tickets still available, and ERCV will be providing rides. Before Bob hops into the tank to feed the fish, he will answer questions and tell us something about his experience as a long-time volunteer. Those of us who went had a wonderful time last year. This may be the last time we will be able to offer this excursion for free, so [register](#) while you can!

On Thursday, March 14<sup>th</sup>, our [Lunch Bunch](#) will meet for the first time at Miss Toya's Creole House in Silver Spring. In honor of "Pi Day" (3/14), be sure to leave room for some Key lime pie! One week later, on March 21<sup>st</sup>, we'll have a Spring-themed [online bingo](#) game with flowery prizes.

On Wednesday, March 27<sup>th</sup>, we're having our first [Poetry Salon](#)! ERCV is partnering with [Day Eight](#), a local literary nonprofit, which will be supplying us with lunch and a poet! Thanks, Day Eight. We will gather at Takoma Village Cohousing to hear Brandon Douglas, a local award-winning poet, read some of his poems. Afterwards, there will be an opportunity to participate. You can discuss what you've heard, share a favorite poem, or bring one of your own to read. We hope to offer these Poetry Salons quarterly, so come help us introduce this new program and make it a success.

So, with a roar of excitement, let's start our March, embracing the change of seasons and the vibrant community that is East Rock Creek Village.

*--David Mackoff*



**Happy Birthday to ERCV members  
born in MARCH!**

**Eugene Davis  
Olive Franklin  
Peter Kramer  
Judith McCollough  
Doris Spruell  
Lee Tyner  
Rich Van Metter**

**Apologizes for not including Loretta Neumann's and Mary Johnson's birthdays  
in February's Village Voice!**

Please let us know if you prefer not to be included  
in our monthly birthday list or if we missed your birthday  
and you would like to be added.

Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



## **SPOTLIGHT: Don't cut senior services!**

Let Mayor Bowser know what District residents need to age well in our city. There are concerns that cuts are being considered in the FY2025 budget. AARP DC has called on the Mayor and the Department on Aging and Community Living (DACL) to fulfill its promise of an Age-Friendly DC by preventing budget cuts and filling service gaps for essential senior support services. These initial budget priorities include Senior Villages.

**You can get involved by joining AARP in calling on Mayor Bowser to continue to support older adults across the city. Click on [action.aarp.org/secure/tell-mayor-prevent-budget-cuts-and-fill-gaps](https://action.aarp.org/secure/tell-mayor-prevent-budget-cuts-and-fill-gaps) to support the key priorities laid out by AARP in their letter. Filling out the form will send Mayor Bowser an email with your statement of support.**

Here is an excerpt from AARP's message on Senior Villages: "Senior Villages are quickly proving to be an essential lifeline to older adults and a cost savings to the District's budget. AARP is happy to learn of DACL's commitment to secure equal funding for all 13 villages in FY2025. According to the 2022 DC Village Impact Report, DC Villages provide over 27,000 hours of unpaid service for elder Washingtonians within a 12-month period totaling \$1.59 million in value. This included 5,000 medical and recreational rides, 1,800 grocery deliveries, 3,974 socialization events, 12,069 friendly visits, high intensity support to over 600 older adults, and a host of other services."

Special thanks go to Susan Learmonth for representing ERCV in person at the recent District Council Oversight hearing. Let YOUR voice be heard in support of Senior Villages!



## **ERCV MATTERS**

**Tech Coaching Available:** Would you like help navigating your cell phone, laptop, or tablet? ERCV can pair you with a tech coach to help you get things figured out. A tech coach can meet with you once a week if you need it, or less frequently if that works better. Contact Allyson Booth ([moonbirdboot@gmail.com](mailto:moonbirdboot@gmail.com) or 202-704-1677) if you're interested.

**Renewed your [ERCV membership](#)?** If you haven't yet, please take a moment to join our community of mutual support & engagement. Checks may be written to East Rock Creek Village and mailed to: **ERCV, 7707 13th Street NW, Washington, DC 20012**, or [CLICK HERE](#) to pay membership dues online by credit card. If you are joining as a new member, please use the same form, but include the names, email addresses, and birthdates of your household. Feel free to call **202-656-7322** with any questions or concerns. For more information about annual dues, please [visit our website](#) for details. Thanks to everyone who has renewed or given recent donations.



## HELPFUL INFORMATION

**Tax-time help:** The [AARP Tax-Aide program](#) that provides free income tax preparation and filing is available to our Village community. You can have your taxes done in person at Emery Heights Recreation Center, 5701 Georgia Ave. NW. The days/hours there are Tuesdays & Thursdays, 10am-2pm. **Appointments are preferred.** Call 202-643-9263 and leave a message to make an appointment. In addition, several ERCV volunteers are also certified tax counselors in the AARP program. Call or email the ERCV office at **202-656-7322** to arrange tax prep assistance from one of the ERCV volunteers.

**CVS pharmacy closures in Target stores continue:** Locations and dates:

- 4500 Wisconsin Ave. NW, closing **03/07/2024**
- 7828 Georgia Ave. NW, closing **03/14/2024**

**Fitness Center at Takoma Community Center has reopened:** The [Fitness Center](#) is located at 300 Van Buren St. NW, with operating hours 6:30am-8:30pm Monday-Friday, 10:30am-4:30pm Saturday, and closed Sunday. It is accessible through the entrance for the Takoma Aquatic Center, down the hallway on the right as you enter the Aquatic Center. There is also a parking lot accessible from 3<sup>rd</sup> St. NW. The Department of Parks & Recreation (DPR) said it is addressing previous concerns about the space by installing dehumidifiers, making HVAC repairs, and hiring a contractor to treat the equipment so it stays in good condition. Here is the [official notice from DPR](#). Call 202-576-7068 for more information.

Also check out the [Shepherd Park Community Center Fitness Center](#), 7800 14th St. (entrance on Jonquil), open 12:00-7:30pm Monday-Friday and 9am-12:30pm Saturday. This facility, adjacent to Shepherd Elementary School, features a small, state-of-the-art gymnasium, multipurpose room, and fitness center. Call 202-788-2234 for more information.

And [Fort Stevens Senior & Recreation Center](#), 1327 Van Buren St. NW, is open Monday-Friday 10am-6pm and closed on Saturday & Sunday. It has a small fitness room. The Senior Center provides programming specifically for seniors, including Tai Chi and other exercise classes, lunches, game & craft tables, and access to a computer room. Call 202-541-3754 for more information.

There is no fee for DC residents to use any DPR Fitness Centers.



## HEALTH UPDATES

**Winter viruses are on the rise again.** If you feel that you are catching a cold or are running a fever, it is important to take a COVID home test and seek early treatment from your healthcare provider. If you test positive for COVID, starting on Paxlovid can lead to rapid improvement and Tamiflu will help with flu recovery. If you haven't yet gotten your COVID, flu, and RSV vaccines – NOW IS THE TIME!

- Our neighborhood CVS, Giant, and Safeway Pharmacies take walk-ins.
- DC Health will also bring vaccines to you at home. **If you need a home visit, call DC Health at 1-855-363-0333.** You will leave a phone number and they will call you in two business days to schedule. They are offering both Moderna and Pfizer COVID vaccines as well as the senior flu shot.
- Contact the [ERCV](#) office at **202-656-7322** if you need a COVID test, a mask, or help.

### **Get Paxlovid for free (NEW INFO):**

- This medicine for treating mild to moderate COVID-19 had been available for free until recently. Now patients are being charged \$200 or more. Those who are on Medicare or Medicaid or who are uninsured can sign up for the [Paxcess](#) program. Anyone with COVID should call their doctor ASAP AND should call ERCV for assistance if needed.
- Once you have a doctor's prescription for Paxlovid, you can then sign up for the free program by going to [paxlovid.iasist.com](https://paxlovid.iasist.com) or by calling 877-219-7225. It should take less than 5 minutes to sign up and it can be done by the patient, a caregiver, a health care provider, or pharmacist.

**More free COVID-19 test kits:** You can pick up free COVID-19 rapid tests at DC public libraries again. Get yours at the Shepherd Park/Juanita E. Thornton Library at 7420 Georgia Ave. NW, and the Takoma Park Library at 416 Cedar St. NW. Click [HERE](#) for more information.

You can also order up to 8 at-home COVID-19 tests — free of cost — through the government. You can submit an order [HERE](#) for individual rapid antigen COVID-19 tests. You can also call **1-800-232-0233** (TTY 1-888-720-7489) to request tests.



## ERCV PORTRAITS - Dee Mahan



After growing up in Louisville, Kentucky, and earning her undergraduate degree at the University of Louisville, Dee Mahan came to the District in 1981 to attend law school at George Washington University. She's been here ever since, and considers DC her home, while still making time to visit her brother in Louisville now and then.

Dee jokes that she didn't give GWU enough money by attending law school, so she went back for a graduate degree in health care administration in 1987. She worked on the business side of health care for many years with a small local health care consulting firm. Then in 2001 she shifted gears and joined Families USA, a public interest group advocating for affordable health care, where she worked for 18 years. She met Walter Kamiat in 2002, and they married in 2004. In 2005 they moved to Shepherd Park and settled into their Alaska Avenue home.

Dee retired in 2019 with hopes to travel extensively, but then the pandemic arrived. Unfortunately, soon after that Dee began to suffer from progressive vision loss due to a rare retina condition. Although her doctor expected the condition to stabilize, it did not, and eventually vision loss seriously impacted her life. Her physician had hoped to avoid surgery, which carried serious risks, but in May of 2019, Dee had one eye operated on, and the second in January 2022. Her vision, although not back to where it was, has continued to improve

almost miraculously. As a result, Dee has learned to appreciate every small improvement, and being able to read a product label in a grocery store can make her day.

Dee and Walter share a love of gardening, and in their large garden Walter grows the food while Dee works on a native-plant pollinator garden to attract bees, butterflies, and other beneficial insects. Since retirement Dee has learned to play the dulcimer, and says that one of the virtues of the instrument is that it sounds beautiful even if you don't know what you're doing! She would also love to resume learning French, saying this will be her third or fourth try.

Both Dee and Walter enjoy travel, and post-pandemic, Dee has taken on the role of trip planner. They love hiking vacations, and have had great experiences abroad. Their most recent trip was one of their favorites, hiking through Northern Ireland. A tour of Belfast neighborhoods, site of The Troubles, was an especially powerful experience, with two separate presentations — one in the Catholic community, led by an ex-IRA political prisoner, and one in the Protestant community, led by an ex-Loyalist political prisoner. They are hoping to return to Ireland to explore the West and take in a lot of Irish music, which, incidentally, sounds great on a dulcimer.

Dee has had an interesting journey, with many more adventures and achievements ahead!

*-- Our thanks to ERCV volunteer and Board member Brenda Mejia for this interview*



## ERCV MARCH EVENTS CALENDAR—



*~ bloodroot, early spring, Rock Creek Park ~*

*There is a complete listing of all events on the [ERCV website](#).*



*Please register online for ERCV events that are held in-person or on Zoom. Click on the event title to see the registration page and to get more information. Click on the **red registration button** to provide your information. You will immediately receive a confirmation email with instructions, including the Zoom link for online programs and reminder emails prior to the event. Online event reminders will include a **Join Online Meeting Now** button for easy access. If you have questions, please call the office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).*



Fridays, March 1, 8, 15, 22, & 29: 1:00-2:00 pm

#### **ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA**

- Antonia, our yoga instructor, leads an online Otago exercise practice designed for those who have Otago experience or experience with other strength and balance classes. This exercise is suitable for almost anyone, with an easy-to-learn routine. Ankle weights are encouraged, but not required.
- The online class is designed for those who have already learned the Otago routine and is tailored to those who currently attend our in-person classes.
- **Register [HERE](#)** to receive the zoom link & join the online class. Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** for more information on Otago.

Fridays, March 1, 8, 15, 22, & 29: 3:00-4:00 pm

#### **ZOOM CHAIR YOGA WITH ANTONIA**

- Our long-running class is online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. It is recommended for everyone.
- **Register [HERE](#)** to join the online class or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) with questions or to receive reminder emails each week.

Mondays, March 4, 11, 18, & 25: 10:00 am (Note new time.)

#### **ERCV MORNING WALKERS**

- We will meet at 1312 Juniper St. NW and take a leisurely stroll around the neighborhood.
- No reservation is necessary, but if you call 202-656-7322 by 10:00 am, we will wait for you before we set out.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like to receive an email reminder on Sunday evening.



Mondays, March 4, 11, 18, & 25: 4:00 pm (Note: NOT changing time)

### **ERCV AFTERNOON WALKERS**

- The Monday afternoon walkers will meet at 1309 Floral St. NW. The group will decide the route – neighborhood sidewalks, around The Parks at Walter Reed, or a dirt path in Rock Creek Park.
- Reservations are not necessary, but if you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, the group will wait for you to arrive before setting out.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like to receive a reminder message on Sunday evening.

Tuesdays & Thursdays, March 5 & 7; 12 & 14; 19 & 21; 26 & 28, Shepherd Park Library: 12:30-1:30 pm

### **OTAGO FALL PREVENTION EXERCISE CLASS IN PERSON!**

- Otago is recommended if your mobility is currently limited (you use a cane or walker) or if you walk regularly. We use a chair, the wall, or a table for support for the exercises. We have a set of ankle weights to loan out and will assist you in getting your own.
- Classes meet in an upstairs meeting room at the Juanita E. Thornton/Shepherd Park Library at 7420 Georgia Ave. There is an elevator. The room is large with an air filtering machine. Instructors and participants wear masks during class.
- There is a small parking lot in front of the library and some street parking on Georgia Ave. (some metered) and in the neighborhood along Geranium and 12th Streets. We can arrange rides for ERCV members.
- **Register [HERE](#)** or for more information contact [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone Susan Davis at **202-656-7322** to arrange an orientation before class.

Wednesdays, March 6, 13, 20, & 27: 9:00-10:00 am

### **MORNING WALK ON TRACK BEHIND SHEPHERD SCHOOL**

- An ERCV walking group gathers on the track behind Shepherd School. Any pace or length of walk is OK. You can expect lots of conversation!
- Enter the track from Kalmia Rd. or Jonquil St. between 14<sup>th</sup> and 16<sup>th</sup> St. There is plenty of street parking on both sides.
- If you plan to come, please email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call/text **202-656-7322** as several members of the group are taking a short break. If you let us know, we will look out for you and add you to the reminder email or text message which is sent out Tuesday evenings. All are welcome!

Wednesdays, March 6, 13, 20, & 27: 4:00-5:00 pm

**StrongerMemory BRAIN EXERCISE WEEKLY CHECK-IN — NEW MEMBERS WELCOME!**



- Just 30 minutes a day, 3 simple exercises, [StrongerMemory](#) is a breakthrough program that helps improve brain health.
- The StrongerMemory Group participants will share their progress at weekly check-in meetings via Zoom. Group members will receive the link and directions on how to join by phone.
- You can **register** for the program by clicking [HERE](#) or by emailing [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phoning **202-656-7322**. If you are new to the program, you will receive a free StrongerMemory Workbook. If you have come before, you will receive additional math problems and writing prompts.

Thursday, March 7: 3:00-4:30 pm

**OPEN HOUSE ONLINE – HONORING WOMEN’S HISTORY MONTH**

- Join us to share memories, pictures, or thoughts about the women who have inspired you. Who comes to mind in history or in your life? This is also a great opportunity to ask questions about ERCV, get to know other members and volunteer leaders, and learn about upcoming events.
- **Register** [HERE](#) or call **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you have questions or photos to share.



**SPRING FORWARD**

SET YOUR CLOCKS AHEAD AN HOUR

March 10: Daylight Savings Time Begins

Monday, March 11: 8:45 am-4:00 pm

**FIELD TRIP TO THE NATIONAL AQUARIUM IN BALTIMORE**



- Last year’s field trip was such a success, we’re going to do it again! Thanks to ERCV member Bob Learmonth, who is a volunteer diver at the National Aquarium in Baltimore, we have 20 complimentary tickets for ERCV members and friends. He will be feeding and caring for the fish while we are there!
- While there will be a fair amount of walking, there are also opportunities to sit and watch the fish, and several extra “talks” during the late morning

and midday. Aquarium educators often bring out an animal for a talk, and there is also a nice gift shop.

- ERCV is providing car rides for all, and free admission. (Please note: If there are not enough complimentary tickets to satisfy demand, ERCV members and volunteers will have priority.) Participants will pay for their own lunch (around \$18) at the Aquarium lunchroom. Each carload can decide how long they want to stay.
- If you are interested in joining this field trip, please **sign up** [HERE](#), or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** if you want to be a volunteer driver.



*Here is Bob diving to feed the fish!*

Thursday, March 14: 12:00-1:30 pm

### **LUNCH BUNCH AT MISS TOYA'S CREOLE HOUSE**



- Join us to explore the taste treats at this unique Black, family- and woman-owned restaurant at 923 Ellsworth Dr. in Silver Spring.
- Each person will order and pay for their own meal while enjoying the camaraderie of ERCV friends and neighbors. We hope to have a private dining room area where it will be easy to hear and visit with each other.
- [Check out the menu](#) ahead of time. We will be eating there on 3/14 which is Pi Day, so try to leave room for some Key Lime pie.
- Ellsworth Dr. is a pedestrian street. The closest parking is the Wayne Ave. Garage which can be accessed on Wayne Ave. between Georgia Ave. and Fenton St. Park near the Ellsworth Dr. exit for the shortest walk. Parking cost is \$1.25 per hour; you must input your car's license plate number at the kiosk and then pay by credit card or use the ParkMobile app. There's no cost to park in the lot near Whole Foods Market a few blocks from the restaurant.
- **Register** [HERE](#) or by email to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call **202-656-7322** so we can save you a seat. And let us know if you need a ride or have any questions.



March 19: Spring begins!

Thursday, March 21: 3:00-4:00 pm

### **SPRING INTO SPRING BINGO ONLINE**



- Let's celebrate the season of flowers and fun with your ERCV neighbors and friends.
- We shall see if Punxsutawney Phil's prediction of an early spring is coming true or not. We will sneak a peek at the online Cherry Blossom [BloomCam](#) and play our games online.
- **Register** [HERE](#) to get the Zoom link and reminder emails.
- Get your bingo player code [HERE](#) and play online or print your own cards.
- Call the office at **202-656-7322** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) if you would like us to print and deliver your bingo cards or need any other assistance to play.

Wednesday, March 27: 12:00-1:30 pm

### **SAVOR THE STANZAS: POETRY SALON WITH BRANDON DOUGLAS & LUNCH**

- Join ERCV at [Takoma Village Cohousing](#) for an inspiring afternoon of verse, community, and connection at what we hope will become a quarterly Poetry Salon in collaboration with [Day Eight](#), a leading Ward 4 literary arts nonprofit. Day Eight will bring in a complimentary lunch, and a guest poet.
- To kick off this new Poetry Salon program, we will hear excerpts from poet Brandon Douglas's debut collection *Dipped in Cerulean*. Winner of the 2023 DC Poet Project, Douglas encapsulates the journey from youth to fatherhood, inviting us into a realm of reflection and growth.
- What to expect? After social time and lunch, Brandon will read a few of his poems. And then the space is open for attendees to read their own poetry — and get feedback if desired — or to read a poem they like by someone else.
- Please **register** [HERE](#) or call the ERCV office at **202-656-7322** to reserve your seat. Let us know if you have any questions or need a ride to Takoma Village Cohousing, located at 6827 4<sup>th</sup> St. NW, in DC. We will be meeting in the Common House on the ground floor. We are exploring the possibility of making this a hybrid online AND in-person event. Stay tuned for updates.

**Save the date:** Thursday, April 18: 3:00-4:30 pm

**ARMCHAIR TRAVEL: TO PATAGONIA & BEYOND WITH RALPH BLESSING**



- Join ERCV member and world-traveling photographer Ralph Blessing for an armchair tour of Patagonia and surrounding vistas in Argentina and Chile, as well as a hop, skip, and jump to Easter Island.
- The main focus of the trip was exploring the mountains and glaciers in the "cone" of South America, nearly all the way to Tierra del Fuego, which he and his wife Debby did with 13 other folks of comparable seniority (average age of 75).
- **Register [HERE](#)** or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call 202-656-7322 for help signing up.

**Please note:**

**ERCV's programs are free and open to all!  
Anyone who needs help signing up for ERCV, Village,  
or community events should feel free to contact  
the ERCV office at 202-656-7322.**



**EVENTS OFFERED BY OUR SISTER VILLAGES  
(free & open to all Villages)**

**Villages in the DC area work closely together. We share resources and invite each other to participate in our larger programs. Below is a sampling of programs we have been invited to attend by other DC Villages. For more, visit [DMVVillageEvents.org](http://DMVVillageEvents.org)**

**~ Piano Duets: Sunday, March 3, 2:00 pm, followed by a reception, Levine School of Music, Lang Hall, 2801 Upton Street, NW** – Join us for an afternoon of piano duets with Cathy Waldman and Paul Levi. As a husband-and-wife piano duo, they will perform a short concert of selections by tango composer Astor Piazzolla, as well as Prokofiev, Bach, and a new piece by Paul himself. Paul has arranged all the works on this program for piano duo. It is safe to say that you've never heard or seen anything like this! Learn more about Paul and Cathy on their website [here](#). The concert is free and open to the public, but RSVPs are required. **Register [HERE](#)**. Offered by **Northwest Neighbors Village**.

**~ Alfred Stieglitz & the Photo Secession — Part 4 of Rollin Fraser's Photography Series:**

**Wednesday, March 13, 4:00-5:00 pm via Zoom** – One of the great characters in the history of the medium, Alfred Stieglitz was also one of the most influential photographers and promoters of photography of the 20<sup>th</sup> century. This presentation will look at Stieglitz and the group of photographers and other artists he gathered around him. A curmudgeon and difficult to work with, he attracted cutting-edge artists who pushed the boundaries of what was possible in photography. **Register [HERE](#).** Offered by **Greater Stonegate Village**.

**~ Art in the Atrium: Thursday, March 14, 2:00-4:00 pm, St. Paul's Church, 2430 K Street NW –**

Foggy Bottom West End Village will present an art exhibit featuring artists from the Village. Everyone will have an opportunity to meet the artists and discuss their work. Light refreshments will be served. Open to the public. **Register [HERE](#).** Offered by **Foggy Bottom West End Village**.

**~ Tips for Caregivers Who Are Helping Family or Friends with Dementia — 5 Helpful Apps:**

**Wednesday, March 20, 2:00-3:00 pm via Zoom** – If you are caring for someone who has dementia or know a caregiver, join our Zoom to hear speaker Kathleen McGuinness, an expert on aging in place and a Certified Dementia Practitioner. She will share information including the latest tech devices which might make the caregiver's job easier. Open to everyone. There will be time for questions. **Register [HERE](#).** Offered by **Friendship Heights Neighbors Network (FHNN)** in collaboration with **Little Falls Village**.

For [Washington Area Villages Exchange \(WAVE\)](#) activities in the region, check out their website.

## **. . . AND OTHER COMMUNITY EVENTS . . .**

**~ Remove Invasive Plants, Save Rock Creek Park: Sundays, March 3, 10, & 24, 1:00-3:00 pm,**

**behind 5015 Connecticut Ave.; meet at Politics & Prose parking lot** – No experience needed.

Gloves, tools, & training will be provided. Sign up on the [Rock Creek Conservancy website, Volunteer Calendar page](#)

**~ Solas Nua's 18<sup>th</sup> Annual Capital Irish Film Festival: closing Sunday, March 3, AFI Silver**

**Theatre & Cultural Center, 8633 Colesville Rd., Silver Spring** – [Solas Nua](#) invites audiences to explore Irish culture, build connections across borders, and gain new perspectives on the world we share, with a bold and diverse lineup that includes anticipated and critically acclaimed Irish screenings, new Irish voices, directorial debuts, and fearless storytelling featuring groundbreaking works, including some wonderful films that explore the wisdom of aging, taking your life and death into your own hands, and the sacrifices made for financial stability later in life. For more information, click [HERE](#).

**~ Osher Lifelong Learning Institute (OLLI) at American University: Classes begin March 4, in-person & online** – Are you retired or semi-retired? Looking for something different? New to the



area? Want to recharge your intellectual batteries? The Osher Lifelong Learning Institute (OLLI) at American University is offering over 90 eight-to-ten-week courses this spring on a broad range of subjects, including history, politics, literature, languages, arts, music, STEM, economics, social sciences, and more. OLLI also has social events, tours, and a free lecture series. **The spring semester holds classes weekly starting March 4, most for 7 to 10 weeks. Register for courses for the [spring semester](#) now.** Many of the in-person courses will be recorded for your convenience. For more information or to obtain a catalog, email [olli-dc@american.org](mailto:olli-dc@american.org) or call 202-895-4860.

**~ Art Exhibition of Carroll Sockwell's Work: closes on March 9, The Brady Gallery, Corcoran Flagg Building, 500 17<sup>th</sup> St. NW – [Carroll Sockwell](#)** is a central figure in the history of art in DC. He worked alongside the Color School artists, but his work reflected none of their orderliness, and in that regard he was a central figure in the progress of abstraction. His strong identity as a Black artist working in abstraction and not the figurative work that most Black artists were doing at that time set him apart (alongside, of course, Sam Gilliam and Kenneth Victor Young, both of whom were close compatriots of Sockwell). The Brady Gallery at George Washington University has mounted [an exhibition of Sockwell's work](#). Admission is free and the gallery is open Wednesday-Saturday, 1:00-5:00 pm. For more information, click [HERE](#).

**~ National Cherry Blossom Festival 2024 Petal Porches: Register by March 13 to receive a complimentary yard sign while supplies last! –** The Festival invites Washington, DC, and surrounding area residents to celebrate their cherry blossom and springtime spirit by decorating their porches, yards, and windows in all things pink and blossoms! The program offers a friendly competition with prizes for the winners, including a neighborhood pop-up party for the Best Blossom Block on Sunday, April 7. For more information, click [HERE](#).

**~ Millennium Stage, Kennedy Center's 17<sup>th</sup> Annual Blacks in Wax — "Hip Hop: The Music, the Culture, The Struggle": Saturday, March 16, 5:00 pm, free transportation –** Kennedy Center's [Social Impact](#) department is working with the Juanita E. Thornton/Shepherd Park Library for our [Impactful Connections](#) program. **Impactful Connections is a free shuttle program** in partnership with the DC Public Libraries, focusing on creating access to Social Impact programming at the Kennedy Center. On March 16, we will be providing **free transportation and performance tickets** to the Kennedy Center from the Shepherd Park community for a Millennium Stage performance for [The 17th Annual Blacks In Wax Hip Hop: The Music, The Culture, The Struggle.](#) For those interested in this free program, **register [HERE](#)** using the online form, beginning March 1. Questions? Email [jfernandez@kennedy-center.org](mailto:jfernandez@kennedy-center.org).

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling news & event updates.

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