

## FEBRUARY 2020

East Rock Creek Village — 202-656-7322  
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### PRESIDENT'S CORNER

#### Loving Kindness



February 2<sup>nd</sup> is Groundhog Day when, by tradition, overgrown rodents across the country emerge from their burrows, check for their shadows, and help our non-meteorologists predict the weather to come. While I'm not a believer in that kind of forecasting, I am a huge fan of the 1993 movie *Groundhog Day*. In it, a cynical TV weatherman finds himself fated to relive a single day in a small town, seemingly forever, and has the chance, over the course of the film, to learn life lessons about loving and kindness. (This is one film that I have seen happily over and over again!)

A dozen days later, Valentine's Day is typically marketed to celebrate exclusive, romantic love with its requisite tokens of cards, chocolates, and flowers. Following the lessons of *Groundhog Day*, though, I'd like to think of it as a celebration of the love we are fortunate enough to have in our lives, and the love, the *agape*, the fellowship, the kindnesses we extend to others in theirs.

East Rock Creek Village is a great place to practice lovingkindness. When we offer a ride to a service member who needs one, volunteer to change a lightbulb, or help make a community party happen, we are brightening our neighbors' days and, in the process, brightening our own. If you're feeling a little down because the weather is cold and the days are short, I invite you to leave your burrow and come join or help with some ERCV activities. If you aren't one already, consider becoming an ERCV volunteer. Sign up for our next volunteer training on April 26 (watch for details in a future newsletter) or call our office to arrange for an individual training session. Getting involved is a great way to build or expand warm relationships in the neighborhood and explore new ways to make a difference. I hope to see you (and any friends you bring) at our pre-Valentine's Day Open House at the ERCV office on Thursday, February 13<sup>th</sup>, or at our next Lunch Bunch. I'm already looking forward to tasty treats, interesting conversations, and the warmth of my good-hearted neighbors.

--David Mackoff



## SPOTLIGHT: Opportunities & Information

**Are you concerned about falling?** Each year 1 in 4 older adults will fall. Falls lead to hospitalizations, loss of independence, and even death. Otago is a series of exercises that improve balance and strength, leading to a significant decrease in falls in older adults.

**Registration is now open** for a 12-week Otago course. Sessions will be twice a week, and participants must be willing to practice the exercises one day a week at home. Those who use a cane or walker can also participate. The group sessions will be held at the Shepherd Park Library on Wednesdays and Fridays from 2:00 to 3:00 pm, beginning March 4 and ending May 22. Classes are free, but class members will be asked to buy ankle weights. Registration will be on a first-come basis, with a limit of 15 participants. Sign up while there is still space! Please contact Susan Davis at the office ([info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322) to sign up or if you have questions. You can also register on the ERCV website by clicking [here](#).

**Follow East Rock Creek Village Activities!** Would you like to see pictures from our recent Holiday Party or Open House? Are you wondering what the Otago exercise class looks like or what ERCV will be doing in the coming month? An easy way to see pictures and posts is to follow us on [Facebook](#) or visit our new [ERCV website](#). Look on the right-hand side of the ERCV website home page to see our Calendar of Events, and below that you can scroll through our Facebook page without having to sign up.

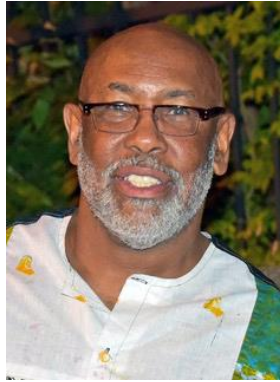
**Tax Preparation Assistance:** AARP Tax Aides will provide free in-person tax preparation beginning in February through April 15 (AARP membership not required) at Petworth Neighborhood Library, 4200 Kansas Ave. NW. Hours are Mondays, 12:00-4:00 pm; Thursdays 5:00-8:00 pm, and Fridays 1:00-3:00 pm. You can sign up for assistance on the day, or make an appointment online [here](#). For more information, including what to take with you, call 888-687-2277.

**Drive More Safely, Save Money:** Did you know that you might qualify for a discount on your auto insurance? You are eligible if you complete AARP's online safe driver course for drivers 50 and over. You can learn at your own pace and take up to 60 days to complete the course. The fee is \$24.95 and there is a \$5 discount for AARP members. Check with your insurance company to ask about potential savings and visit [www.aarpdriversafety.org](http://www.aarpdriversafety.org) for enrollment information.

**Help the Environment: Plant a Tree for Free!** Through the Riversmart Homes Program, DC residents can have a shade tree professionally planted in their yard at no cost. It is as simple as completing an application with the District Dept. of Energy and Environment (DOEE). Casey Trees will then do all they can to get your tree planted this spring or fall. Go to the District's online application [here](#) or call 202-535-2252 to get the process started.



## ERCV PORTRAITS - Meet Roger Glass



Roger Glass came to DC in 1970 from Westchester County, NY, to attend Howard University. With a dream of becoming a radio DJ, he was in the second graduating class of Howard's School of Communications, where he majored in broadcasting and minored in journalism.

Roger started his journalism career at the Howard student newspaper—earning \$5 per article. He would later host a jazz program on WDCU-FM and write for the *Washington Afro-American Newspaper* and the *Washington Star*, penning music and concert reviews and interviewing performing artists. Roger's first date with his lovely wife, Linda, was on an assignment to cover a performance by the legendary gospel group The Dixie Hummingbirds. In the early '80s Roger landed a job with the American Federation of Teachers, and thrived there until retiring five years ago.

Throughout his working life, Roger always found time to support causes that help young people grow and develop. He was a founding member of the DC chapter of Concerned Black Men, an organization that mentors schoolchildren and awards scholarships. In the mid-1980s Roger was president of the Washington Association of Black Journalists, where he helped establish a scholarship program for future journalists.

When his daughters were younger, Roger served as PTA president at Whittier Elementary and Banneker Academic High School. Inspired by the 1995 Million Man March, he helped found the Dads of Whittier, which provided mentors and sponsored programs for students. Roger finds it especially rewarding when he bumps into one of the now-grown kids he's helped over the years and they thank him for his involvement in their early lives.

Roger continues to serve in leadership roles with area nonprofits, including the Davis Center, where he chairs the board of the dance studio's nonprofit arm, Arts for Our Children.

In recent years, Roger has been exploring and writing about his family history. His great-great grandmother, a former slave, was singled out in 1938 as the oldest living voter in New York

State at 113 years old, and his great grandmother was prominent in the women's suffrage movement. He has written about these and other ancestors on his blog, [www.roger-glass.com](http://www.roger-glass.com).

Roger isn't finished trying to make a positive difference in people's lives, and paraphrases a quote by Hubert H. Humphrey: "Our moral test is how we treat those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."

-- Our thanks to ERCV volunteer Brenda Mejia for this interview



## **PLEASE JOIN US FOR FEBRUARY EVENTS - (These events are open to all!)**

Monday, Feb. 3, 10, 17, & 24: 10:00 am (NOTE new time and starting point.)

### **ERCV MORNING WALKERS**

- Meet at the ERCV Office at the rear of 7707 13<sup>th</sup> St. NW. We will walk at a leisurely pace for about 1/2 hour on sidewalks and on the track behind Shepherd School, and then back to the office. All are invited into the office for beverages and conversation afterwards.
- Open to all – no reservations are needed, but emails to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or a call or text to 202-656-7322 with your plans or questions are welcome. We send an email reminder (or, rarely, a weather-related cancellation) on Sunday afternoons.

Wednesdays, Feb. 5, 12, 19, & 26; Mar. 4: 4:00 pm (NOTE new time and starting point.)

### **ERCV AFTERNOON WALKERS**

- Meet at Linda and Roger Glass's home (7200 Alaska Ave.) and walk for an hour, followed by beverages and conversation.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Fridays, Feb. 7, 14, 21, & 28: 3:00-4:00 pm

### **CHAIR YOGA FOR SENIORS**

- At the Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 to be added to the Thursday reminder list.



Thursday, February 13, 2:00-4:00 pm

**VALENTINE'S DAY OPEN HOUSE AT ERCV!**

Please see details on the flyer at the end of the newsletter.

Wednesday, Feb. 26: 12:00 noon

**ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!**

- Join us at **Cubano's**, 1201 Fidler Ln., Silver Spring. From northbound Georgia Ave. turn left on Cameron St. and park in the public garage on your right. You need to remember your parking space number and pay ahead at the entrance on Cameron, where the machines do not give change if you pay with cash. The restaurant is 1/2 block away -- south on Ramsey and then right at Fidler Ln.
- Authentic Cuban food; prices about \$15.
- **RSVP** to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone or text 202-656-7322 so we can reserve a table big enough for the whole group. Service members: let us know a week ahead if you will want a ride.



**Reminder to current Otago participants:** Join your classmates for lunch at Ledo Pizza on **Wednesday, Feb. 12, at 12:00**. We will have our final session across the street at 2:00.



## **COMMUNITY EVENTS OF INTEREST**

**(All events are free.)**

~ **Monday, Feb. 3, Tuesday, Feb. 4, & Monday, Feb. 24, 6:30 pm: *A Tribute to Marian Anderson: Dana Thai Soon Burgess Dance Company*** – National Portrait Gallery, McEvoy Auditorium, 8<sup>th</sup> and F Streets NW. This dance tribute to Marian Anderson pays homage to her heroism in breaking racial barriers through her resplendent voice. Opera singer Millicent Scarlett and pianist Jeffery Watson join the performance. **Registration**, while not required, is encouraged, [here](#).

~ **Tuesday, Feb. 4, 7:00 pm: *"Suppressed: The Fight to Vote"* film screening** – Shepherd Park Library, 7420 Georgia Ave. NW. Filmmaker Robert Greenwald examines voter suppression efforts in the 2018 mid-term elections through the eyes of the voters in Georgia who were affected by changes in voter access policies.

~ **Tuesday, Feb. 4 & Thurs., Feb. 20, 6:30-8:30 pm: *Upper Northwest Knitters*** – Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Learn to knit and crochet with a congenial group. Lessons and supplies are free.

~ **Thursdays, Feb. 6 & all Thursdays through March 26, 10:30 am: *Wise Aging Seminar Series*** – Cleveland Park Library, 3310 Connecticut Ave. NW. The seminar series is based on *Wise Aging: Living with Joy, Resilience, and Spirit* by Rachel Cowen and Linda Thal. Trained facilitator Harriet Stonehill will initiate key conversations that address the challenges and opportunities of aging. Participants are encouraged to attend all (Thursday) sessions thru March 26<sup>th</sup>. For questions or to put a copy of the book on hold, please call 202-282-3080.

~ **Saturday, Feb. 8, 3:00: *Art Appreciation Workshop—African American Artists in SAAM's Collection*** – Smithsonian American Art Museum (SAAM), MacMillan Auditorium, 8<sup>th</sup> and F Streets NW. Artist and scholar Allan deSouza presents a workshop designed to enhance your skills in viewing, analyzing, and appreciating art. This program focuses on works by African American artists in celebration of Black History Month. **Register** online [here](#).

~ **Monday, Feb. 10, 2:00 & 6:30 pm: *Showing of film "Fences"*** – Chevy Chase Library, 5625 Connecticut Ave. NW. View the movie adaptation of the Pulitzer Prize-winning play by August Wilson about a black garbage collector in 1950s Pittsburgh. The protagonist, Troy Maxson, frequently takes out his frustrations with life's disappointments on his loved ones.

~ **Wednesday, Feb. 12, 11:00 am-12:30 pm: *Pop-Up Office Hours with Councilmember Brandon Todd*** – Wapa Café, 6230 Georgia Ave. NW. Do you have a neighborhood concern, a legislative idea, or just want to talk to your Ward 4 elected representative? To **reserve** your spot, email staffer Monica Waters at [mwaters@dccouncil.us](mailto:mwaters@dccouncil.us) or call 202-724-8052.

~ **Wednesday, Feb. 12, 2:00-3:00 pm: *Speaker: Col. Charles McGee, Tuskegee Airman*** – Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring. At 100 years old, Col. McGee is the oldest living member of the famed Tuskegee Airmen. He continues to be an engaging speaker and will share his experiences as an African American pioneer in the U.S. Army Air Corps. To **reserve** your seat, please email [programs@silverspringvillage.org](mailto:programs@silverspringvillage.org) or call 301-503-7401. (This program is sponsored by SPARKLE, a partnership between Silver Spring Village and Silver Spring Town Center, Inc.)

~ **Thursday, Feb. 13, 2:00 pm: *Afternoon Book Group Discussion: Kindred by Octavia Butler*** – Silver Spring Library, 900 Wayne Ave., Silver Spring. This fantasy/historical fiction reads equally as a slave memoir as we follow the black protagonist being repeatedly transported between two time zones and two coasts: her 1976 Los Angeles home and a pre-Civil War plantation in Maryland. For more information, call 240-773-9420.

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling events for the calendar

  
"Like" ERCV on Facebook!  


You're invited to...

## Valentine's Day Open House at ERCV



All are welcome!

Come and enjoy the company of  
old friends and make new friends!

Think chocolate... home-made cookies...  
libations... good conversation...

**When: Thursday, Feb. 13, 2:00-4:00 pm**

**Where: ERCV Office, 7707 13<sup>th</sup> Street NW**

(The entrance is in the rear, off the alley beside the house -  
you'll see the ERCV sign on the door.)

For more information or to request a ride: 202-656-7322 or  
[info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)