

APRIL 2024 CALENDAR UPDATE

East Rock Creek Village — 202-656-7322

7707 13th St. NW, Washington, DC 20012

info@astrockcreekvillage.org — www.astrockcreekvillage.org



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

**Julian Blair
Edna Lee-White
Linda Macri
Cathy Mascelli
Mike O'Connell
Howard White**

**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.



ERCV APRIL EVENTS CALENDAR—



~ Star Chickweed, 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.*



Tax Day – April 15, 2024



DC Emancipation Day
Tuesday, April 16, 2024

The anniversary of President Abraham Lincoln signing a bill abolishing slavery in the District of Columbia.



Mondays, April 15, 22, & 29: 10:00 am

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 if you would like to receive an email reminder on Sunday evening.

Mondays, April 15, 22, & 29: 4:00 pm

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 if you would like to receive a reminder message on Sunday evening.

Tuesday, April 16, 11:00 am at Butternut St. & east side of Georgia Ave. NW

COMMUNITY CLEAN-UP & LUNCH AT LEDO'S

- Join **East Rock Creek Village** to help clean the area on the east side of Georgia at Butternut, by the **DC Fire Department's Engine Co. No. 22**. Volunteers may sit at the ERCV information table talking with participants and passers-by or help with the trash pickup. A League of Women Voters volunteer will also be with us doing nonpartisan voter registration.

- Enjoy lunch together after the clean-up at **Ledo Pizza**, 7435 Georgia Ave. NW, including a 20% discount for clean-up participants. Thanks to ANC Erin Palmer for organizing this community service opportunity!
- **Register** [HERE](#) or call the ERCV office at **202-656-7322** with any questions.
- There is actually a whole week of [Spring Clean-ups](#) at various locations across ANC 4B from April 13-21.

Wednesdays, April 17, & 24: 9:00 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 14th and 16th St. There is plenty of street parking on both sides.
- If you plan to come, please email info@eastrockcreekvillage.org or call/text **202-656-7322**. 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, April 17, & 24: 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 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.

Tuesdays & Thursdays, April 18; 23 & 25; & 30, Shepherd Park Library: 12:30-1:30 pm

(NOTE: no class April 16; library closed)

OTAGO FALL PREVENTION EXERCISE CLASS IN PERSON!

- Otago is a program of 17 exercises designed to increase strength and balance, proven to decrease the incidence of falls when practiced regularly by seniors.
- ERCV offers two in-person classes and one on Zoom (see calendar item below) each week. All are welcome, including those who use a cane or walker. 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 or phone Susan Davis at **202-656-7322** to arrange an orientation before class.

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 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 or call **202-656-7322** for help signing up.

Fridays, April 19, & 26: 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 or call **202-656-7322** for more information on Otago.

Fridays, April 19, & 26: 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 with questions or to receive reminder emails each week.



Thursday, April 25: 4:00-5:30 pm

HAPPY HOUR AT OLIVE LOUNGE



- Let's celebrate Earth Day a few days late and enjoy a spring afternoon together on the covered back patio at Olive Lounge at 7006 Carroll Ave., Takoma Park, MD.
- Enjoy the happy hour menu or order an early dinner from the regular menu. Click [HERE](#) to take a look. Each person buys their own meal, so bring a credit card to start a tab, or pay with cash.
- Reach the back patio by walking through the parking lot at Willow and Carroll or along the walkway. Parking in the lot costs \$5 and is often full. You can park for \$3 for 1-2 hours in the lot entered at the corner of Laurel and Carroll. There is also limited street parking.
- **Register** [HERE](#) or by email to info@eastrockcreekvillage.org or call **202-656-7322** so we can save you a seat. And let us know if you need a ride.

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

~ Live & Learn: Scams Directed at Senior Citizens: Monday, April 29, 3:30 pm, in person or via Zoom – The Consumer Financial Protection Bureau’s Lisa Schifferle will review with us the Top Ten Consumer Fraud alerts. Imposter scams, identity theft, credit card and gift card fraud, investment scams, and tech support scams are just a few of the fraudulent activities Lisa will educate us about. Lisa is a Senior Policy Analyst in the CFPB’s Office for Older Americans. She leads the Managing Someone Else’s Money financial caregiving program as well as the Money Smart for Older Adults program. She also supports the Office’s work to combat elder financial exploitation through network collaboration and age-friendly banking. The zoom link will be sent at 8:00am on April 29; or you can attend in person at Friends Meeting House at 2111 Decatur Pl. NW. Register [HERE](#). Offered by Dupont Circle Village.

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



. . . AND OTHER COMMUNITY EVENTS . . .

~ 2024 State of Senior Health Fair + Lunch, RSVP deadline Wed, April 17 for May 1 Event, 11:00am-4:00pm, Nineteenth Street Baptist Church, 4606 16th Street, NW – This free health fair kicks off Older Americans Month. It includes presentations by local government agencies

for senior residents and caregivers. Includes Giant Pharmacy Vaccination Clinic (ie, Covid boosters, flu RSV, Shingles & Tetanus), Glaucoma Testing, Bone Health activities, Chronic Kidney Disease Testing & Info, Health workshops, Utility Assistance, senior transportation, Legal Counsel for the Elderly + Safety at Home information & LUNCH. Register by April 17 [HERE](#) or email jfhealthnavigator19@gmail.com or call 202-695-2716. ERCV members may request rides to and from the event with advance notice.

~ See Me at the Smithsonian – National Portrait Gallery: Wednesday, April 17, 2:00-3:00 pm via Zoom – This is a free virtual interactive program for adults with dementia and their care partners. During each event, pre-registered participants (12-15 people) explore some of the Smithsonian's most beloved objects through small-group discussions and multi-sensory activities. Contact Access@si.edu to **RSVP** or click [HERE](#) for more information.

~ Senior Cinema Thursday, Thursday, April 18, 10:30am, Avalon Theater, 5612 Connecticut Ave NW – Senior Cinema Thursday is a monthly event where they screen one of our current features at a special discounted price for seniors held every third Thursday at 10:30 a.m. We invite you to take advantage of the special \$6 ticket price. Caregiver tickets are free at the box office. The Avalon Theatre is wheelchair accessible and provides assisted listening devices to guests with hearing and visual impairments. All films in this program will be shown with open captions. Call [\(202\) 966-3464](tel:(202)966-3464) for more information.

~ Annual Grief & Loss Conference, Thursday, April 18, 2:00-4:00pm via Zoom – sponsored by Widowed Persons Outreach (WPO) - Grief is a natural response to a bereavement or a loss of any kind, but the distress you understandably feel today need not be incapacitating or unnecessarily prolonged. Chris' approach is help one come to terms with this new reality, while retaining a healthy and positive psychological relationship with the loved ones you have cherished, but who are now no longer physically present. His aim is to help establish strategies for living a fulfilling and joyful life - a life that can be continually enriched by the happy memories of times gone by. Live a life of gratitude, rather than regret. Register [HERE](#) or email pnunez3@jhmi.edu or call 202-364-7602.

~ Older Adult Transportation Block Party, Sunday, April 21, Noon – 4:00pm, Alethia Tanner Park, 227 Harry Thomas Way, NE – The Washington Area Bicyclist Association ([WABA](#)) and our partner organizations are hosting an Older Adult Transportation Block Party. This is a fun, informal, free event where older adults can learn and discuss transportation in DC with transportation experts and elected officials, with an emphasis on biking, walking, rolling, and public transportation. There will be free food, music, trivia, and a shaded seating area. Register [HERE](#). For more information, please [visit the event page](#).

~ National Prescription Drug Take Back Day, Saturday, April 27, 10:00am-2:00pm, 4th District Police Station, 6001 Georgia Ave – The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

~ Palisades Community Sing, Sunday, April 28, 6:00pm, Palisades Hub, 5200 Cathedral Ave, NW – The mission of Palisades Community Sing is to bring together adults of all ages and musical

skill levels – and experience – to sing. We sing just for the fun of it with friends and neighbors, as well as people from outside the neighborhood. Our songs are familiar and from across genres, including American standards, Broadway, pop, folk, and rock. We meet monthly – more or less – for about an hour at Palisades Hub (5200 Cathedral Ave NW) in the sanctuary. Startup grant money for this project was provided by the Palisades Community Fund. For more information, please contact Ann Roddy (ann.rodny64@gmail.com) Palisades Hub (5200 Cathedral Ave NW)

~ *Artomatic, Now through April 28, Wednesdays/Thursdays, 5-9:30pm, Fridays/Saturdays Noon-Midnight, Sundays Noon – 9:00pm* – A free event drawing hundreds of artists and performers from throughout the D.C., Maryland and Virginia area for a seven-week exhibition to celebrate the arts! At 2100 M Street NW. Click [here](#) for more information.

~ *Black Voices Book Club – Sankofa: Monday, April 29, 6:30 pm, Juanita E. Thornton/Shepherd Park Library, 7420 Georgia Ave. NW* – The Black Voices Book Club meets on the last Monday of each month. On April 29 we will discuss *Sankofa* by Chibundu Onuzo. Copies of this book are available at Shepherd Park Library, the e-audiobook is available [HERE](#) and the e-book is available [HERE](#). Call 202-541-3966 for more information.

~ *Free Choral Concert, Encore Chorale: Monday, April 29, 7:00 pm, Montgomery College Cultural Arts Center* – Enjoy a springtime concert of choral music by Encore Chorale, a group of singers who enjoy singing into their senior years. They are offering a lovely and varied program, from opera choruses to Broadway to Duke Ellington and Cole Porter. ERCV members Gay Gellhorn and Bill & Nancy Foster are among the singers. Location: Montgomery College Cultural Arts Center, 7955 Georgia Ave. The venue is accessible and there is a free parking garage behind the Center, accessed from King St. off Georgia Ave., one block south of East-West Hwy./Burlington St. The program is **free, but tickets are required**; click [HERE](#) to order tickets. Donations, at checkout or at the door, are greatly appreciated, and help Encore Creativity to continue their mission of creating meaningful arts experiences supporting lifelong learning, wellness, and fun for all older adults. Interested in participating? Visit the Encore Creativity for Older Adults [website](#).

~ *National Poetry Month & Jazz Appreciation Month of Events, DC Public Libraries* – April is National Poetry Month. Launched in 1996 by the Academy of American Poets, National Poetry Month is an annual opportunity to recognize the importance of poetry and poets in our culture. DC Public Library invites you to celebrate with us by joining us for signature events, checking out wonderful books for all ages, participating in the 2024 Haiku Contest and more! [Click here to read more and explore events.](#)

~ *Jazz Appreciation Month, DC Public Libraries* – This April, DC Public Library is swinging into National Jazz Appreciation Month! This celebration honors jazz, America's original art form, born in the 1890s. Established in 2001 by the Smithsonian Museum of American History, the month is dedicated to the rich culture, music, and heritage of jazz. Stop by your neighborhood library to check out great reads about jazz greats, stream music from every era of the genre, enjoy special performances and more. [Click here to read more and explore events.](#)



ERCV EVENT PHOTOS



March 27th Poetry Salon with Award Winning Poet Brandon Douglas
Neither rain, nor dark gloomy day could keep us away!



Special thanks to Robert Bettmann & [Day Eight](#) for hosting lunch & bringing a wonderful poet & to Kathy Hussein for allowing us to meet at Takoma Village Cohousing.



Thursday, April 11th Field Trip to the Freer Gallery

to see the Whistler Exhibit



Become an ERCV volunteer driver or a tech coach! Are you newly retired or have a little extra time to make a big difference? East Rock Creek Village is looking for YOU! Half of all service requests from our members are for transportation – it's mostly weekday rides to doctors' appointments or to attend ERCV events, but we also need occasional weekend drivers. And we have a growing number of requests for tech coaches. As an ERCV volunteer, you help our older neighbors stay active, healthy, and connected, AND you will no doubt make new friends in the process. [Contact Volunteer Committee Chair Susan Learmonth](#) to learn more about how to become an ERCV volunteer or fill out this [online Volunteer Interest form](#) and we will follow up with you.

Renewed your ERCV membership? If you haven't yet, please take a moment to join our community of mutual support and 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.

Want to get more involved with ERCV? Visit our [WEBSITE](#) to learn more, or go to the [Membership](#) or [Volunteering](#) page.



HELPFUL INFORMATION

Phone scam warning: DC's Metropolitan Police Department (MPD) is warning the public about a phone scam in which scammers impersonate MPD officers on the phone and attempt

to extort people by claiming an arrest warrant has been issued against them for not appearing for a jury duty summons. The scammer then asks for money to remove the warrant.

DC Budget Update: The [Mayor's FY25 Draft Budget](#) has been released. It includes a one-time increase for Villages. Our sincerest thanks to our Village community for advocating for continued funding. We are also very grateful to [At-Large Councilmember Anita Bonds](#), [At-Large Councilmember Christina Henderson](#), [Ward 3 Councilmember Matt Frumin](#), [Ward 4 Councilmember Janeese Lewis George](#), and [AARP DC](#) for their ongoing support! We encourage you to reach out to your councilmember to thank them, and consider testifying at the Budget Oversight Hearing on April 22nd to make sure Village funding remains as-is in the final FY25 budget. [Click here to sign up](#).

Smart 911- Sign up with this Local Service -- District residents can provide first responders with critical information such as emergency contacts, primary care physicians, health conditions, and medication lists through the Smart 911 Program. This is an online platform where you complete a profile; when you call 911 from the number listed on your profile, the call center will see a pop-up screen indicating that there is additional information available about you. Click [HERE](#) to register with this free city service.

Five Wishes -- Five wishes is another wonderful resource for members looking to plan for end of life conversations and decisions. These conversations are not always easy, but having a structure to guide your thinking can make a world of difference. Check out their website at [Fivewishes.org](https://www.fivewishes.org). You can download a free information packet there.



HEALTH UPDATES

Senior Health Fair: Nineteenth Street Baptist Church, 4606 16th St. NW, is hosting a free health fair with lunch on May 1, from 11am to 4pm. It includes presentations by local government agencies for senior residents and caregivers. Includes Giant Pharmacy Vaccination Clinic (ie, Covid boosters, flu RSV, Shingles & Tetanus), Glaucoma Testing, Bone Health activities, Chronic Kidney Disease Testing & Info, Health workshops, Utility Assistance, senior transportation, Legal Counsel for the Elderly + Safety at Home information & LUNCH. [Register by April 17 HERE or email \[jfhealthnavigator19@gmail.com\]\(mailto:jfhealthnavigator19@gmail.com\) or call 202-695-2716. ERCV members may request rides to and from the event with advance notice.](#)

Older Americans should get another COVID shot this spring. The Centers for Disease Control and Prevention (CDC) is now recommending another round of vaccinations for Americans ages 65 and older. The CDC says people who recently had COVID can wait at least three months to get their next coronavirus shot since there is strong immunity conferred from infection. The CDC Advisory Committee on Immunization Practices recommends that

adults ages 65 years and older receive an additional updated 2023-2024 COVID vaccine dose. Adults 65 years and older are disproportionately impacted by COVID, with more than half of COVID hospitalizations in October-December 2023 occurring in this age group. CDC continues to recommend that everyone [stay up to date on their COVID vaccines](#), especially [people with weakened immune systems](#). For information on vaccine safety, please click [HERE](#).



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

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Our thanks to the DC Department of Aging and Community Living (DAACL) and The Washington Home for their generous support.

