

## MARCH 2020

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

### March into March



We've had such a mild winter so far that some are wondering whether all the snow will come this month or whether we will simply enjoy an early spring. Snowdrops, daffodils, and even some trees are already blooming. Our Monday and Wednesday walkers will be watching for signs of spring in the neighborhood or in the woods. Do consider coming out to join them. In any case, March promises to be a good month, no matter the weather— we have each other, and we're ready for whatever happens!

Did you know that March 3<sup>rd</sup> has been declared Caregiver Appreciation Day? At ERCV, *every* day is Caregiver Appreciation Day (and Volunteer Appreciation Day as well!). For those who are full-time family caregivers, we now have trained volunteers who can offer respite, a few hours at a time. Call our office to find out more.

If you're in the mood to celebrate a better-known holiday day in March, come to this month's Open House on Tuesday March 17th, St. Patrick's Day, 3-5pm at the ERCV office. Enjoy shamrock cookies and perhaps a bit of Irish coffee or beer. Wear something green and share the good cheer! Come yourself, and bring friends, neighbors, and especially prospective ERCV members or volunteers!

If you're looking for other lucky charms, check out the nearby Fort Stevens Senior Center (see *Spotlight* below) to learn about the fitness classes, weekly movies, and other activities they offer. If the fancy strikes you, become an armchair traveler when former ERCV Board President Gloria Sulton shares highlights of her 2019 trip to Egypt on Sunday, March 29<sup>th</sup>, 3pm, at Sunrise Senior Living (see the *Calendar* below for details).

And as always, our popular Lunch Bunch outing will be on the last Wednesday of the month. This time we will be enjoying Italian cuisine at Vicino Ristorante Italiano in Silver Spring (see the *Calendar* section for details.) Come join us for good fellowship and delicious food.

I look forward to a pleasant March with my ERCV friends.

--David Mackoff



## SPOTLIGHT: Useful Information



**Check out Fort Stevens Senior Center:** There is a little gem in our neighborhood that you may not know about. The [Fort Stevens Senior Center](#) at 1327 Van Buren St. NW is part of the DC Department of Parks and Recreation. It offers a fitness center, movies on Thursday afternoons, and weekday lunches, plus a full schedule of free programming including line dancing, Ageless Yoga, bridge, and crochet. You can pick up a printed monthly schedule at the Center. Try the Tai Chi class on Tuesdays and Thursdays, 11:30am-12:30pm. It's a natural next step for those who have completed ERCV's Otago exercise program and want to continue to improve their strength and balance. If it's your first time at the center, please stop by the office to meet the staff and fill out a contact information and waiver form. No notes from your doctor are needed to enjoy the facility. For more information call 202-673-7647. There is a small parking lot, and plenty of free street parking (2-hr. limit) on Van Buren & 13<sup>th</sup> Streets. *(photo courtesy of Shelley Moskowitz)*

**The 2020 Census is coming!** In mid-March 2020, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. [Here](#) is a link to an official Census Bureau video with step-by-step instructions on how to complete the 2020 Decennial Census online. For more information, please click [here](#). ERCV offers assistance with completing the census online. We encourage you to participate; census results will influence how federal money comes to DC. **Please note:** The census will not ask for Social Security numbers or bank account information.

**Reminder: Tax Preparation Assistance:** AARP Tax Aides are providing free in-person tax preparation through April 15 (AARP membership not required) at Petworth Neighborhood Library, 4200 Kansas Ave. NW. Hours are Mondays 12-4pm, Thursdays 5-8pm, and Fridays 1-3pm. 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.



## ERCV PORTRAITS – Meet John “Skip” McKoy



ERCV member Skip McKoy was born and raised in Philadelphia. He earned his bachelor’s degree from Hamilton College in central NY. While there he was set up on a date with the daughter of the legendary Nat King Cole. Cupid’s arrow didn’t hit the mark, though, and he instead met and married his amazing wife Andy. After Skip attended graduate school at the University of Pennsylvania and the Kennedy School at Harvard and worked in DC, San Francisco, Guatemala, and Springfield, MA, Skip and Andy ended up back here in DC in 1978 and have been Washingtonians ever since.

Skip is proud to say that he has never actually looked for a job. Rather, he always seemed to know someone who needed someone like him! His career has included a stint in the Carter administration, buying properties for a Virginia real estate developer, serving as Vice President of Lockheed Martin Corp., heading up the DC City Planning Department, consulting on poverty programs for the Rockefeller Foundation, working as Chief Operating Officer of the Anacostia Waterfront Development Association, and serving as chairman of the Board for Charter Schools DC, among other things.

While he surely has one of the most diverse work histories around, Skip also has a wide variety of volunteer and other experience. While living in Guatemala, he started a library and played on the national basketball team. Here in DC he was heavily involved in the Healthy Family – Thriving Community Collaborative. Skip has dedicated a significant amount of time to Fight for Children, promoting early childhood education. This nonprofit organization was 100% funded by donations, with a big Fight Night fundraiser every year which drew the likes of Muhammad Ali, Joe Frazier, and George Forman in years past. The biggest event grossed over \$4 million!

While he is now retired, Skip isn’t slowing down a bit. He has published two books, has a third one in the works, and a fourth one in mind. To embark on this latest venture, he took courses at the Bethesda Writing Center, which he found very helpful in getting started. The books are works of fiction drawing from his experience traveling around the world, with stories of international intrigue and adventure that take place in Hong Kong, Guatemala, DC, Hawaii, and Harvard. More information about his books can be found [here](#).

Skip has such rich and varied life experience, it's no wonder he is able to write such fascinating stories!

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



## PLEASE JOIN US FOR MARCH EVENTS - (These events are free and open to all!)

Monday, Mar. 2, 9, 16, 23, & 30: 10:00 am

### 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. Former Otago participants are warmly invited; the possibility for stair-climbing is included in the route. All are invited into the office for warm or cool 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.

Tuesday, Mar 3: 6:30-8:30 pm

### CONVERSATION WITH DC COUNCIL CHAIR PHIL MENDELSON (sponsored by Northwest Neighbors Village)

- At Northwest Neighbors Village, Forest Hills of DC, 4901 Conn. Ave. NW. Parking at the facility or on the street.
- Join Council Chair Mendelson to talk about aging in community: taxes, rent control, & zoning. Free; all are welcome. **Register** [here](#).

Wednesday, Mar. 4: 2:00-3:00 pm (first of twice-weekly classes)

### OTAGO FALL PREVENTION EXERCISE CLASSES BEGIN

- 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.
- Classes every Wed. & Fri., ending May 22. **Registration is required.** The class is full but you may ask to be added to the waiting list. For more information visit the Otago page on our website [here](#) or contact our office at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322.

Wednesdays, Mar. 4, 11, 18, & 25: 4:00 pm

**ERCV AFTERNOON WALKERS**

- On March 4<sup>th</sup> meet at Linda and Roger Glass's home (7200 Alaska Ave.); on the remaining dates walkers will meet at Susan Learmonth's (1309 Floral St.). Walk for an hour, followed by tea or cider and conversation by the fire.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Fridays, Mar. 6, 13, 20, & 27: 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.



Tuesday, Mar. 17: 3:00-5:00 pm

**ST. PATRICK'S DAY OPEN HOUSE**

- At the ERCV Office, 7707 13<sup>th</sup> St. NW (entrance at the rear, off the alley beside the house)
- Enjoy shamrock cookies and perhaps a bit of Irish coffee or beer. Wear something green and share the good cheer! Come yourself, and bring friends and neighbors, as well as prospective ERCV members or volunteers!

Wednesday, Mar. 25: 12:00 noon

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

- Join us at **Vicino Ristorante Italiano**, 959 Sligo Ave., Silver Spring. From northbound Georgia Ave. turn right on Sligo Ave. just after the train track underpass. Vicino is on the left. Park by the restaurant or in the public parking garage down the alley.
- Enjoy delicious, varied Italian fare such as soups, pasta, seafood or meat dishes, and salads. To view the extensive menu, click [here](#).
- **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.

Sunday, Mar. 29: 3:00 pm

### **SEEING EGYPT: A TRAVELOGUE**

- At Sunrise Senior Living, 2201 Colston Dr., Silver Spring (just over the DC line, off Washington Ave. between Grubb Rd. & East-West Hwy)
- Join us to hear Gloria Sulton, Past President of ERCV, share photos and impressions from her “trip of a lifetime” to Egypt. This is sure to be enjoyable as well as educational! Refreshments will be served.



### **SAVE THE DATE!**

Sunday, April 26, 3:00 pm

**ERCV VOLUNTEER TRAINING SESSION** for those interested in volunteering for ERCV as drivers, office support, or board or committee membership. Watch for details to come!



## **COMMUNITY EVENTS OF INTEREST**

~ **Sunday, Mar. 1 through Tues., Mar. 31 (Sun. 1-5 pm; Mon.-Thurs. 9:30 am-9:00 pm; Fri.-Sat. 9:30 am-5:30 pm): *Rightfully Hers: American Women & the Vote—A Pop-up Exhibit*** – Tenley-Friendship Library, 4450 Wisconsin Ave. NW. In celebration of the ratification of the 19<sup>th</sup> Amendment (100 years ago!), this pop-up exhibit from the National Archives examines the expansion of the vote to millions of women and the impact of those rights today. For more information, call 202-727-1488. Free.

~ **Wednesday, Mar. 4 through Sat. Mar. 21, 12:00-6:00 pm (open Wed.-Sat. only): *Carl Alexander: The Last Unknown Washington Color School Painter*** – Zenith Gallery, 1429 Iris St. NW. Carl Alexander is a native Washingtonian who studied at Howard University in the mid-1950s in the early stages of the Washington Color School under Morris Louis. Other notable Color School painters you may recognize are Howard Mehling, Sam Gilliam, and Alma Thomas. After graduating, Alexander worked at the Smithsonian Museum of Natural History until he retired. (Note: Closing Reception is Sat., Mar. 21<sup>st</sup>, 2-6pm). For more information, click [here](#) or call 202-783-2963. Free.

~ **Wednesday, Mar. 4, 7:00 pm: *Tenley Friends Author Talk: Bruce Beehler*** – Tenley-Friendship Library, 4450 Wisconsin Ave. NW. Join esteemed Smithsonian ornithologist Beehler for a discussion of his book *Birds of Maryland, Delaware and the District of Columbia*, photography by Middleton Evans. Free.

~ **Sunday, Mar. 8, 12:00-5:00 pm: *International Women's Day 2020 Celebration*** – National Museum of Women in the Arts, 1250 New York Ave. NW. Enjoy **free admission** and programs as the museum celebrates International Women's Day. The museum will be open to the public to explore the permanent collection and current exhibits in addition to the following special activities offered just for the celebration: sewing and quilting with Sew Creative Lounge, library story time, female author book swap with Brightest Young Things, and Half-hour Conversation Pieces (short discussions about the gallery exhibits at 1pm, 2pm, and 3pm). Food and drinks and items available for purchase at the 'pop-up' shops by local women vendors. For information, click [here](#) or call 202-783-5000.

~ **Mondays, Mar. 9 & 23, 9:30-11:30 am: *This is My Story: Memoir Writing at the Petworth Writers' Workshops*** – Petworth Library, 4200 Kansas Ave. NW. If you have ever wanted to write a memoir or have something you've always wanted to say, this is the workshop for you. Learn from other memoir writers as you explore the craft of putting your own memories and stories to paper. For more information, call 202-243-1187. Free.

~ **Saturday, Mar. 21, 11:00 am-2:00 pm: *Hands-on Millinery Workshop with ArtofHats Studio*** – Dower House, 1670 31<sup>st</sup> St. NW. Join Tudor Place for the first-ever millinery workshop with ArtofHats Studio to craft your own one-of-a-kind topper. Creator Elena Wittman will lead the crafting, and all supplies will be included in the **cost: \$65**. For questions, call 202-965-0400. **To register** online, click [here](#).

~ **Tuesday, Mar. 24, 6:30 pm: *Zora's Roots: A Documentary*** – Takoma Library, 416 Cedar St. NW. As part of the Women's History Month program, the library will show this 1-hour documentary about Zora Neale Hurston. Ms. Hurston is best known for her work as a novelist (*Their Eyes Were Watching God*) and as a folklorist (*Mules and Men*). For information, call 202-576-7252. Free.

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