

AUGUST 2017

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PRESIDENT'S CORNER



I was with a group of ERCV members who visited the Holocaust Museum in July. It was a moving experience. I reflected on the horrific events in Europe in the 1930's and 40's, the conflicts around our globe today, and, indeed, throughout the history of the known world. A common thread among these conflicts is man's inhumanity to fellow human beings.

When good people stand by and do nothing, the bad people win. As individuals, we may feel unable to affect national or world events, but we can all act in our local community to step up and offer a hand to

someone in need. Let's build our Village/community so we come to know and respect each other as human beings, and to accept and value our differences.

I have thought about what "community" means to me: simple things like people greeting me when I walk the neighborhood, taking in a package delivered while I'm away, helping carry groceries up the steps to my door, calling when you haven't seen me for a few days, cutting a tree limb fallen across my doorway during a storm (without my asking)—in short, living in a supportive environment. But "community" is more than being there for the people you personally know; it is being there for someone you *don't* know, when it is within your reach to help.

Like some of you, I have no family here, so until ERCV was formed, my "friend network" has been my "village." But I foresee the day when I will need more than my friends can provide for me: a ride to appointments, the grocery store, or an art opening; help with hanging an art piece or clearing the yard of leaves; moving some boxes; or receiving a friendly telephone call on a regular basis.

When a Village was first proposed, I recognized the value of an organization to meet such needs, and over the past six years I have given many hours as well as financial contributions to establish ERCV and to serve as its 2nd president. To maintain our Village and serve our members requires a cadre of volunteers who work "behind the scenes" to: serve as Board officers and members; help plan and execute programs; attend community events; design

forms, pamphlets, and handouts; and, assist in our office—answering calls, checking mail and e-mail, mailing out notices to those without e-mail, taking out the trash, watering the plants.

Will you heed the call to serve and sustain what others have built to this point? The Village is now totally run by volunteers—the hard-working Board members and a FEW others. We need those FEW to grow to MANY! A few hours a week is all I ask of you.

Will you respond to my call so that someone will answer yours when the time comes? I can be reached at 202.656.7322 (O), 202.726.4444 (H) or 202.210.4111 (C). Leave a message if no one is immediately available. Thank you! –Gloria Richardson Sulton



HONORING OUR SENIORS

Editor's Note: Jean Bennett and Ethel Delaney Lee were given special recognition at our spring fundraiser, and we are following up with these interviews by Gay Gellhorn, ERCV member and volunteer. Photos by David Hamilton show ERCV President Gloria Sulton with Ethel (left) and Jean (right) at Swing into Spring.

Happily for us, ERCV members Jean Bennett of Manor Park and Ethel Delaney Lee of North Portal Estates grew up learning the value and joy of a community working together on civic issues and brought that energy to DC as



young marrieds. Their long, active lives (both are 91) are a history lesson. Ethel, for example, recounts serving in the DC police force 1954-62 (“no uniforms -- we dressed like we were going to church, hat, gloves – the pistol was in our purse”) and working on



Marion Barry’s campaigns. She was one of four women incorporators of the Ward 4 Democrats as DC flexed its political muscle, and has been honored in a Resolution enacted by the DC Council. Jean is much admired for her tireless work with Neighbors, Inc., in positions from newsletter writer and dance planner to president. Like many of her generation, she stayed home to raise her two sons, then returned to DC Teachers College and Trinity to earn her degree Magna Cum Laude and serve as a Special Ed teacher for many years. Ethel applied her Howard psychology degree with honors to invaluable work as a pupil personnel officer in DC Public Schools.

Both women are described in many contexts as “among the first” – a sort of shorthand for the pains endured and progress made during the civil rights movement. Both women were committed to Neighbors, Inc., founded in the late 1950s to foster integrated neighborhoods in Ward 4. In applauding Neighbors’ impact on the rich diversity and quality of life that characterize our ERCV neighborhoods today, we are applauding people like Jean Bennett and Ethel Delaney Lee who gave of their time and talent.

Ethel and Jean want ERCV to “spread the news” about its services and activities. They feel the new dues structure is a good idea. Both enjoy the social activities—lunch, museums, movies—and appreciate volunteers who step forward to help make it happen. Jean notes that “the world comes to DC” so she “travelled” through attending events like the Folklife Festival on the Mall.

You can learn a lot about our life and times through good conversation with Ethel Delaney Lee and Jean Bennett. Thank you for all you are!



VOLUNTEER OPPORTUNITY: TRANSPORTATION PROJECT

ERCV’s most popular and needed service is providing rides to our members—whether to scheduled appointments or to allow them to run errands or attend events. One of our sister Villages has recently received a grant to a) study the transportation needs of DC Village members; b) help participating Villages expand and improve the delivery of their transportation services; and c) increase awareness of safe alternative ways for seniors to get where they want to go. Would you like to help ERCV be part of this collaboration? We are looking for three volunteers to form a Transportation Advisory Team to represent ERCV in this project. We are looking especially for those who have experience as ERCV drivers, as well as those interested in senior transportation issues. The fun will begin with a meeting in August at the ERCV office. To find out more, please contact info@eastrockcreekvillage.org or David Mackoff, ERCV Vice President, at 202-250-5315.



NOTE OF INTEREST: The publication *Residential Design for Aging in Place* is available in the office. If you are considering changes to your home to accommodate your changing physical needs or just to update your environment, check it out first for ideas!



ERCV INVITES YOU TO JOIN US FOR AUGUST EVENTS -

Fridays, Aug. 4, 11, 18, & 25, 3:00 p.m.

CHAIR YOGA FOR SENIORS — Yoga may continue into September – to be announced.

Sunday, August 27, 3:00 p.m. (Note new date.)

CRAFTS FOR GRANDPARENTS AND GRANDCHILDREN TOGETHER

- Bring your grandchildren – kindergarten to grade 3 – and join ERCV member **Rima Shaffer** to participate in a fun session of crafts! Limit of 6 children + one adult per child. **Please register** by calling the office at 202-656-7322. It is fine to leave a message—give your name(s) and a phone number.

Wednesday, Aug. 30, 4:00 p.m.

NATIONALS vs. MARLINS BASEBALL GAME

- Join ERCV friends for a trip to Nationals Park to enjoy the game and a “seniors stroll the bases” opportunity afterwards! **Please note: You must call the office by Aug. 10 to sign up.** Ticket prices depend on the number in the group, and we cannot determine seat availability until we order the tickets. Details about transportation, time of departure, and ticket prices will follow once we know who is coming.

NEWS FLASH - SAVE THE DATE! We have just confirmed that Congresswoman Eleanor Holmes Norton will be at the ERCV Office Tues., September 19, 12:00-2:00 p.m., to speak about national issues of interest to seniors and her efforts on our behalf. There will be time for questions. Details will come later – but plan to attend!

COMMUNITY EVENTS OF INTEREST

- Thursday, Aug. 3, 7:30- 9:00 p.m. — **Summer Sing with Encore Chorale**: “Are you 55 or older and considering joining a chorale? Why wait? Join us and let your inner performer shine this summer! No experience is necessary to participate in this casual, challenging, and inclusive event!” This is a way to spend an evening singing and find out about Encore Chorale. Details at www.encorecreativity.org. First Congregational United Church of Christ, 945 G Street, Washington, DC 20001. Fee per singer: \$15.00. Information: Amy Colhoun, Encore Creativity for Older Adults, at 301-261-5747 or amy.colhoun@encorecreativity.org
- Tues., Aug. 8, 1:00-3:00 p.m. — **Navigating the Home Care Maze**: Talk by Stephanie Chong, Northwest Neighbors Village executive director; open to the community. Learn about options for home care services. Chevy Chase Library, 5625 Connecticut Ave. NW.
- Sat., Aug. 26, 12:00-6:00 p.m. — **Arena Stage Community Day**: Explore the upcoming 2017/18 season and America’s rich history and cultural diversity. Enjoy live music, face painting, historic and cultural presentations, poetry readings, food from some of the best restaurants coming to the SW Waterfront, and much, much more! This event is free to the public and intended for all ages. Call 202-488-3300 for more information.



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