

SEPTEMBER 2017

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ANNUAL MEETING – Sept. 24, 3-5 p.m. – Takoma Village Cohousing!

PRESIDENT'S CORNER



As the time for our Annual Meeting approaches, I would like to thank all our members and volunteers for the trust you have placed in me to lead this organization as president. It has been a busy, challenging, and fulfilling year!

Looking back over the past year of events, we had a successful Halloween Party fundraiser hosted by Daniel and Loretta Neumann Smith, and our second annual Swing into Spring Fundraiser with about 80 members, neighbors, friends, and supporters in attendance—a 50% increase over last year's event. We hosted the fun parties in December and February (Valentine's Day); Open Houses for prospective members; tea and tours of Hillwood Museum and Gardens and the Washington Cathedral; and the deeply moving tour of the Holocaust Museum. We have held many educational and informational meetings on various topics throughout the year, and our weekly chair yoga sessions have been very popular. These are only some of the activities we have hosted this year.

I ask you to join me in thanking all of our Board members for their hard work in advancing the mission of ERCV to assist our seniors to age in place, while offering them outlets to meet others and to have fun and learn. Hats off to David Mackoff, Nancy Foster, Margie Odle, Susan Davis, Susan Learmonth, Peter Kramer, Paula Blair, and David Dennison (former Board member). They have raised the bar when defining "volunteer village."

Additionally, the Board and I thank our many volunteers who have given rides, run errands, done small household chores, helped with fundraisers and programs, served on committees, and taken on projects/work that are needed for ERCV to run smoothly. Our volunteers are really the backbone of the Village. **Neighbors helping neighbors:** our volunteers are the epitome of that mantra. We welcome more of you to join the Board or this volunteer corps as

we strengthen our **East Rock Creek Village community!** Thank you, thank you, and thank you again. –*Gloria Richardson Sulton*



SPOTLIGHT: VOLUNTEER OF THE MONTH

Note: From time to time Village Voice will introduce one of our volunteers, those who help our Village thrive and serve our members. We will also spotlight other topics – stay tuned!

If you call the ERCV office on a Wednesday, you will most likely hear the warm voice of Sybil Hammond, who has been volunteering regularly since last winter. A chance encounter with Board member Margie Odle at the grocery store led to talk of old times – their daughters had attended grade school together – and Margie told her about ERCV.



Since retiring as Administrator for Solid Waste Management in the DC Department of Public Works, Sybil had become interested in different living possibilities for seniors, and she was intrigued to hear about the Village concept for helping seniors age in place. And so – she decided to become involved by volunteering in our office, much to our benefit!

Sybil grew up in Richmond and came to DC after graduating from college. She began her administrative career in the Mayor’s Office, and moved to the DPW around the time that city-wide recycling began. She found her work very satisfying, appreciating the “pass/fail” nature of each day and the sense of satisfaction in overseeing this vital aspect of city life. She and her husband have lived in Ward 4 for 34 years (after 10 years on the Hill) and have two grown daughters.

Now she is enjoying her volunteer work with ERCV and finds it interesting to talk with our members and friends. She commented that she has returned to her hobby of knitting and would love to see a knitters’ group sponsored by ERCV, especially if it included someone who could help her upgrade her skills! Any takers?? –*Nancy Foster*



ERCV/TIFERETH ISRAEL INTERGENERATIONAL PROJECT

Tifereth Israel Congregation has been awarded a grant from the **Legacy Heritage Better Together** program in partnership with ERCV. This program will connect students from the Hebrew school at Tifereth Israel, on 16th Street in Shepherd Park, with ERCV seniors who would like to share their stories. The program is designed to encourage meaningful interaction between generations. Participation would involve approximately 10 meetings on Sunday mornings from September through May. For more information, please email Margie Odle at

margiedc@gmail.com or call her at 202-726-6415. The first meeting is Sunday, September 24, at 10:15 a.m. We invite you to participate in this meaningful project!



VOLUNTEER TRAINING OPPORTUNITY: ERCV is always seeking volunteers to provide rides and other services for members, or to help in other ways such as providing office and tech assistance, organizing classes and events, and helping with community outreach, fund-raising, or grant writing. Volunteers do not need to live in our Village area or be over 50, though they do need to be 18 or older. If you are interested, please call the office (202-656-7322) or email info@eastrockcreekvillage.org.



ERCV INVITES YOU TO JOIN US FOR SEPTEMBER EVENTS -

Fridays, Sept. 8, 15, & 29 (no 22), 3:00 p.m.

CHAIR YOGA FOR SENIORS -- No special clothing required; no floor exercises

Friday, Sept. 8, 7:30 p.m.

MOVIE NIGHT AT THE ERCV OFFICE: A UNITED KINGDOM -- the story of Seretse Khama, the king of Botswana who became its first elected president, and the complex diplomatic situation resulting from his marriage to a British white woman.

Saturday, Sept. 16, 3:00 p.m.-dusk

ERCV PICNIC – COME ONE, COME ALL! Rock Creek Park – Site #9

- Burgers, hot dogs and drinks provided by ERCV
- Please bring a side dish, salad or dessert to share.
- You are welcome whether or not you are an ERCV member. Come and meet us and learn about our Village! Bring your friends and neighbors!
- **Directions to Site #9 (wheelchair accessible):** Enter the park from 16th Street at the Rock Creek Golf Course entrance. After entering bear left at the fork, make the 1st right towards Beach Drive and make a right at the stop sign, then keep straight up to the site on the right side. Please note there is no picnic shelter, so come prepared with sunscreen and a hat!
- **RSVP by Thursday, Sept. 14: email info@eastrockcreekvillage.org or call 202-656-7322.**
- In case of inclement weather, please check our website to find out whether the event has been cancelled: www.eastrockcreekvillage.org

Tuesday, Sept. 19, 12:00-2:00 p.m.

MEET WITH ELEANOR HOLMES NORTON AT THE ERCV OFFICE

- Congresswoman Norton will speak about national issues of interest to seniors, and her efforts on our behalf. There will be time for questions.

- A light lunch will be served following her presentation. Please join us for this opportunity!
- **RSVP by Friday, Sept. 16** – info@eastrockcreekvillage.org or 202-656-7322 – so we can plan the menu.

Sunday, Sept. 24, 3:00-5:00 p.m.

ANNUAL MEETING!

Monday, Sept. 25, 4:45-6:00 p.m.

THE VALUE OF COMMUNITY AND CHOICE AS WE GROW OLDER

- Live simulcast with Atul Gawande, MD, renowned surgeon and author of *Being Mortal*
- Hosted by Silver Spring Village at **Montgomery College Cultural Arts Center**, 7995 Georgia Ave., Silver Spring – parking in W1 lot, overflow parking in West Garage (student spaces only)
- More than 150 Villages across the country will be participating *via* simulcast in celebration of the Village movement – FREE and open to the public.

COMMUNITY EVENTS OF INTEREST

- Friends of the Takoma DC Library used book sale: Sat., Oct. 14, 10 a.m.-4 p.m. Donate gently used books (no textbooks, study guides, computer manuals or magazines). Leave donations downstairs near the back door during business hours. Questions: Pam Ellison (pcellison22@yahoo.com). ERCV service members: If you need help organizing, packing, or transporting donations, call our office and we will try to find a volunteer to assist.
- Caregiver Support Group: 3rd Wednesday of the month, 2-3 p.m. – facilitated by Seabury Care Management in partnership with Sunrise on Connecticut; at Sunrise on Connecticut, 5111 Conn. Ave., NW – For more information, call Christine Bitzer at 202-364-9663.
- AARP Legal Counsel for the Elderly – Self-Help Office, *free* assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Iona Senior Services, 4125 Albemarle St., NW. Call 202-895-9448 (option 4) for appointment.

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