

DECEMBER 2017

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PRESIDENT'S CORNER

A Season of Thanks



While the holiday season is meant to be a time of joy and giving, it's important to remember that for many it can be stressful or lonely. Taking the time to get to know each other -- and helping out when we can -- are actions that can enrich our lives, the season and our community.

Personally, I always enjoy meeting our members. East Rock Creek Village is chock-full of interesting people with lifetimes of experiences and wonderful stories to share. This is a good time to reach out and widen our circle of friends, to listen to others' stories and share our own.

To celebrate the season, we are throwing a party on **Sunday, December 10, at 5pm**, and we hope to see you there! If you need a ride, just call the office. If you drive, there is plenty of parking behind our office at 7838 Eastern Avenue, N.W. Whether you come through our front or back door, we'll be there to greet you!

As 2017 comes to an end, I want to thank you for being part of the ERCV community. It's been a year of learning and doing, a year of stretching and growing. And it would not be possible without each of you. So, please remember to **renew your membership for 2018 and consider making a tax-deductible contribution** before the end of the year.

Let's make this a great holiday season. Come share good cheer, meet your neighbors and make new friends! – *David Mackoff*



SPOTLIGHT: WELCOMING NEW ERCV BOARD MEMBERS

[ERCV has been delighted to welcome four new Board members, who joined us in September after the Annual Meeting. This month we are introducing Pati Griffith and Vanessa Sampson-Stroman.]

Pati Griffith is a novelist and playwright. She was an Associate Professor of Creative Writing and Contemporary Drama at George Washington University. She is a former president of the board of the PEN/Faulkner Foundation which gives an annual prize for American fiction and conducts a citywide Writers in Schools Program in DC public high schools. She has lived in Shepherd Park for over forty years.



Vanessa Sampson-Stroman recently retired from Kaiser Permanente after 26 years of practicing as a radiologist in Washington, DC. As a member of the Coalition of 100 Black Women, Vanessa actively participated on the Teens at Risk Committee for over 10 years. She also served on the Wilson Senior High School and Shepherd Elementary School Local School Restructuring Teams while her two sons, Jarrett and Jordan, attended DC public schools.

Vanessa was born in St. Louis, Missouri, and has lived in Washington, DC, for the past 36 years. She and her husband Ron have treasured their time in the Shepherd Park community, and look forward to continuing to help foster its growth and development.



ERCV AT NATIONAL CONFERENCE

ERCV Board members Susan Davis, Vanessa Sampson-Stroman, and Linda Glass attended the 9th annual national conference of the Village to Village Network of senior villages November 6-8 in Baltimore. This gathering brings people across North America together to celebrate the Village Movement and the power of aging, and this was the largest gathering yet – 400 participants!

General session presentations covered informative topics like empowering you and your village through technology, reducing social isolation, and embracing multiple models for aging through regional networks. Engaging breakout sessions included workshops on creating “circles” to revitalize your village, strategies to enhance diversity, developing an emergency preparedness and response plan, and plans for fund development, to name a few.

Thanks in part to enlightening gatherings like this, our village community will continue to expand and enhance the power of aging throughout the world! –*Vanessa Sampson-Stroman*



BE A SMART DRIVER

It's a common myth that "all older drivers are bad drivers;" the truth is that as a group, older drivers are relatively safe drivers, thanks to maturity, experience, and good judgment. The decision made by many to limit their own driving, such as confining driving to familiar routes or avoiding night or rainy weather, contributes to safety.

ERCV is collaborating with other local senior villages in a transportation outreach project, coordinated by Capitol Hill Village's Heather Foote. As part of this project, representatives from nine villages (including ERCV's Carroll Green and Nancy Foster) participated in a November 14 AARP Safe Driver program at Forest Hills Senior Living. An AARP volunteer led us in a participatory informational program aimed at making us aware of best practices as seniors to ensure our safety (and the safety of others!) on the road. Besides the benefit of a discount on car insurance (required by the DC government), we enjoyed a delicious lunch and the chance to visit with fellow villagers. We also received a folder of helpful documents about safe driving. There is a folder in the ERCV Office, *Talking Transportation*, available for you to look at or borrow. Please call the office (Tues.-Fri.) to make sure someone is there before you come.



The transportation project is planning to offer an AARP "Carfit" program – using ERCV's large parking lot, an ideal venue – to offer individual sessions to help drivers make sure they are set up to maximize safety and comfort while driving, such as proper adjustment of car seat, seatbelt, and mirrors. Please look for information and notice of this event later in the year.
–Nancy Foster



PLEASE JOIN US FOR DECEMBER EVENTS --

Fridays, Dec. 1, 8, 15, 29 (no Dec. 22), 3:00 p.m.

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; Antonia has been offering Chair Yoga at ERCV for several months. Classes last about 40 minutes and are accompanied by classical music. No need to sign up for the class ahead of time; service members may request a ride by calling the office.

Sunday, Dec. 10, 5-7 p.m.

ERCV HOLIDAY PARTY

- Come and share good food and holiday cheer with your ERCV friends and neighbors at the ERCV office. Let us know you're coming! Let us know if you need a ride! RSVP: 202-565-7322 or info@eastrockcreekvillage.org.

COMING YOUR WAY THIS WINTER AT ERCV — DETAILS TO FOLLOW!

- **Planetarium Program, Thurs., Jan. 4, 1 pm**, at Rock Creek Planetarium – “Under African Skies:” Learn about night sky stories from African cultures and how Americans escaping slavery used the night sky to guide them to freedom.
- **Tech Support Session with GTG Tech, Sat., Jan. 20**

REMINDER: RENEW YOUR ERCV MEMBERSHIP NOW AND CONSIDER MAKING A TAX-DEDUCTIBLE CONTRIBUTION BEFORE THE END OF 2017!



COMMUNITY EVENTS OF INTEREST

- **Live and Learn: Technologies for Aging in Place – Monday, Dec. 4, 3:30-5:00 pm:** At Dupont Circle Village's December Live & Learn Seminar, Scott Code from LeadingAge Center for Aging Services Technologies (CAST) will address “better aging through technology” and describe how technology can help with issues such as medication management, remote patient monitoring, fire prevention, and falls detection. Mr. Code is an expert in leveraging technology to help seniors stay independent and socially engaged. He has Master’s degrees in both Gerontology and Business. He will speak at a location near Dupont Circle. The facility is wheelchair accessible. **Reservations are required.** Contact Linda Harsh, [202-234-2567](tel:202-234-2567), or lindajkh@mac.com.
- **Free Holiday Concert – Encore Chorale – Friday, Dec. 15, 7:30 pm:** At Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring, presented by Encore Creativity for Older Adults. This program has something for every taste: inspirational (“Follow that Star”), contemplative (“Hanukkah Flame”), humorous (“Nutcracker Jingles”), and more. East Rock Creek Villagers Gay Gellhorn and Nancy Foster are participating. Come and hear us – and you may decide you would like to join the chorus yourself! Learn more at www.encorecreativity.org



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