

## JANUARY 2018

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### PRESIDENT'S CORNER

A Time of New Beginnings



*ERCV President David Mackoff and Board member Vanessa Sampson-Stroman at the Holiday Party (photo by Shelley Moskowitz)*

Janus, the ancient Roman god of transitions, is depicted as having two faces, one looking to the past and one to the future. It seems appropriate this January, as we start the new year, to reflect upon what we accomplished in 2017 and look forward to what we can do together in 2018 to make it a great year for the members and supporters of East Rock Creek Village (ERCV).

In 2017, ERCV volunteers faithfully provided services to the members who needed them. We came together for a variety of educational and social events, especially for our “Swing into Spring” gala in June and our holiday party in December. Most importantly, we saw Village members and well-wishers alike step up to help us make a successful transition to become a volunteer-run Village. Thank you volunteers. Thank you everyone.



*ERCV members enjoy the Holiday Party (photo by Shelley Moskowitz)*

My hope, in 2018, is for our Village to create more opportunities for members to get to know each other better and to find creative ways to reach out to include more of our neighbors in what we do. I want to hear your ideas as to how we can best serve your needs and make ERCV a Village to be proud of. **What would make ERCV even better in the coming year?** Please share your thoughts with us. And please help us make those ideas a reality.

As you know, ERCV is one of several senior Villages in our region -- some more established, some even younger than ours. Personally, I am grateful that I am getting the opportunity to meet and learn from other Village people working hard to improve the lives of local seniors. I am also pleased that we will be collaborating with DC-area Villages in 2018 in ways that will expand our capacity to carry out our mission and be of benefit to us all. (More on this later!)

ERCV is strengthened by all who have renewed their memberships and all who share their time and talents as Board-members and volunteers. I am proud of the progress we made in 2017. I hope in the new year that we will get to know each other better and expand our reach to more neighbors. I'm excited about the possibilities that lay ahead.

Here's a toast to a happy, healthy 2018! –David Mackoff



## **SPOTLIGHT: AARP Safe Driver Trainings Attract Broad Village Participation**

During the summer and fall of 2017, more than 70 members and volunteers from 10 Villages across the District completed AARP Safe Driver trainings organized by Capitol Hill Village in collaboration with other DC Villages (including ERCV). The curriculum covers a wide array of topics important for older drivers, from flexibility and strength exercises that make driving easier to changes in contemporary road design that reduce automobile speed and crash frequency. A majority of participants committed themselves to complete the AARP “Judging My Driving” self-assessment, talk with their doctor about the frequency of eye exams and/or change at least one current driving behavior to reduce the risk of a crash or harm to others.

In surveys conducted at the November training, co-hosted by Northwest Neighbors Village and held at Forest Hills of DC, participants were asked: What *one* step will you take to contribute to the safety of all roadway users? The most frequent response was to watch more carefully for bicyclists.



Villages across the District are collaborating on older adult transportation issues thanks to support from the District Department of Transportation's Vision Zero program and the Metropolitan Washington Council of Governments. Topics include driver, pedestrian and bicyclist safety, access to transportation information, recruitment of more Village volunteer drivers and increasing older adults' transportation problem-solving skills. Capitol Hill Village is working with other Villages to plan additional trainings in early 2018. For more information or a list of articles in the supplementary information packet, contact Capitol Hill Village Transportation Outreach Manager Heather Foote at (202) 543-1778, Ext. 109, or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) (add “Talking Transportation” in the subject line). –Heather Foote



## MORE INFORMATION ABOUT TRANSPORTATION

- For information about metro *Senior SmarTrip cards* – why they are a “must” and how to obtain one – click [here](#).
- For information about the *Seabury Enhanced Mobility Card* that provides subsidized transportation funds for eligible DC residents, click [here](#).



## FREE SNOW REMOVAL SERVICE

Are you a DC resident who is a senior or have access and functional needs, who wants assistance with clearing your sidewalks and front walkways this winter? **Call Serve DC at 202-727-7925 to sign up for assistance from Serve DC’s DC Volunteer Snow Program.**

This is a FREE service, coordinated by Serve DC for senior residents and those with access and functional needs. There is no charge to you for snow removal by the volunteers. Should someone assist with shoveling prior to the arrival of your volunteer, please contact Serve DC at 202.727.7925 so that we can inform your volunteer.

Serve DC will make every effort to match you with a DC Volunteer Snow Team member for the entire winter season. This is a 100% volunteer effort, and our volunteers are happy to serve you.

Enrollment in the DC Volunteer Snow Program does not automatically grant acceptance into the Sidewalk Shoveling Exemption Program, administered by the Department of Public Works. Residents must apply at <https://sse.dcdpw.us> or call 202-645-7190.



## PLEASE JOIN US FOR JANUARY EVENTS --

Thursday, Jan. 4, 1:00 pm

### PLANETARIUM PROGRAM: “UNDER AFRICAN SKIES”

- While watching images of the night sky projected onto a large, dome-shaped ceiling, learn about night sky stories from African cultures and how Americans escaping slavery used the skies to guide them to freedom.
- No pre-registration required; no admission charge.
- The planetarium is located in the Rock Creek Nature Center. Driving west on Military Road, turn left on Glover Rd. and follow signs to the Center. There is ample parking.

Fridays , Jan. 5, 12, 19, 26, 3:00 pm (Please check our website in case of cancellation.)

### **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.

Saturday, Jan. 20, 1:00-3:30 pm

### **GTG TECH HELP SESSIONS**

- Free technical assistance on the use of cell phones and computers; bring your device and your questions to the ERCV Office (7838 Eastern Ave., Suite D – parking in rear).
- **You must sign up for an appointment.** Appointment times are ½-hour long, beginning at 1:00 and ending at 3:30.
- Please email Susan Learmonth at [susan.learmonth@gmail.com](mailto:susan.learmonth@gmail.com) or the office at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to reserve your appointment, stating your preferred time. Appointments will be given on a first come, first served basis until all the times are filled. Your appointment time will be confirmed by email.

Saturday, Jan. 27, 2:00-4:00 pm

**ERCV OPEN HOUSE** at the ERCV Office. Come and bring a friend or neighbor to socialize, enjoy light refreshments, and learn about ERCV!

## **COMMUNITY EVENTS OF INTEREST**

- **Mon., Jan. 8, 5-7 pm: *Weekly free Mah Jong lessons offered by Mt. Pleasant Village:*** Mt. Pleasant Village invites members of other senior villages to participate in the fun of Mah Jong, an ancient game from China. The game is similar to some aspects of bridge, but uses beautiful tiles to be arranged in certain patterns. Location at a member's home: 1735 Lamont St., NW, DC 20010. Come every week or drop in when you can. For details click [here](#).
- **Tues., Jan. 16, 6:30 pm: *Authors Series – Friends of the Shepherd Park Library:*** Paula Young Shelton, teacher and youngest daughter of Civil Rights icon Andrew Young, will discuss her book *Child of the Civil Rights Movement*.

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### **SUPPORT ERCV WHEN YOU SHOP AMAZON**

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from the foundation: <http://smile.amazon.com/ch/46-3491502>

We will be most appreciative!