

AUGUST 2018

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



Being of Service, Building a Movement

In the midst of the dog days of summer, I hope everyone is staying as cool as possible. Here at ERCV, we have been busy lately getting settled in our new office, serving our members, and collaborating with our sister volunteer-led villages to offer a series of speakers and trainings to our members and fellow villages.

Did you know that approximately 10,000 people turn 65 every single day in the United States? Our country's baby boom has truly become an elder boom. So, know that when you support ERCV, you are not only making a difference in a neighbor's life, you are also helping to build a movement to help meet the needs of a growing population.

As the summer wanes, the ERCV Board will be considering how to improve what we do and where to focus our energies in the upcoming year. And, as always, we are looking to increase our membership and cadre of volunteer leaders. Please let us know how you believe we can improve. What are your creative ideas for services or programming? What kind of contribution might you yourself wish to make? What do you like doing? Of course, if you have time and would enjoy being part of a good-hearted team, please consider the possibility of joining our Board of Directors -- or of recommending an excellent candidate. Your participation, or that of someone you know, might just be the new, nutritious ingredient that helps ERCV continue to grow and thrive. I look forward to hearing from you. *—David Mackoff*



Resource available: Iona Senior Services has published a new Resource Guide with valuable information about all kinds of services available to seniors in the DC area. To obtain a free copy, contact us (202-656-7322 or info@eastrockcreekvillage.org) and we will deliver it to you.



SPOTLIGHT: VOLUNTEERS NEEDED!

East Rock Creek Village is looking for volunteer drivers, board and committee members, office support, and people to help plan events! Please consider how you might be able to help us fulfill our mission of supporting seniors to “age in place” and live full and satisfying lives. Membership in ERCV is not required; volunteers need only be older than 18 years of age.

We are offering a **volunteer training session** on Sunday, September 16, from 2-4 pm, for those who want to serve the Village and its members. Those who complete the training will have a background check and receive a photo-ID badge. The session will be held at Sunrise Senior Living, 2201 Colston Dr., Silver Spring. Although outside our area, Sunrise supported our fundraiser and offered the use of their meeting space. Several people from our area are residents there.

Please email us at info@eastrockcreekvillage.org if you plan to attend or if you have questions about what is involved in volunteering. If you would like to become a volunteer but are not available September 16, please let us know of your interest.



An article of interest: A worthwhile article— “**What Not to Say to Someone Having a Health Crisis**”—was brought to our attention by Rob Fleming of Mt. Pleasant Village. It offers helpful tips on communicating with someone who is ill. Click [here](#) to read the article.



PLEASE JOIN US FOR AUGUST & SEPTEMBER EVENTS --

Please note there will be no Calendar Update in mid-August.

Fridays, August 3, 10, 17, 24 (no August 31), 3:00 pm

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; no experience is needed. Classes last about one hour and are accompanied by classical music. Wear comfortable clothes. No need to sign up for the class ahead of time; service members may request a ride by calling the office (202-656-7322).
- **Location:** Upstairs Conference Room 2 at Shepherd Park Library. There is 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. There is an elevator to the second floor. All are welcome!

Sunday, September 16, 2:00-4:00 pm

VOLUNTEER TRAINING SESSION

- A training session for those interested in volunteering for ERCV as drivers, office support, or board or committee members. (See notice above for details.)
- **Location:** Sunrise Senior Living, 2201 Colston Dr., Silver Spring.
- Please email us at info@eastrockcreekvillage.org if you would like to attend, or if you have questions.



COMMUNITY EVENTS OF INTEREST

- **Fridays, August 3 & 10, 11:30 am: Gallery Tours, Katzen Arts Center:** Visit summer exhibitions and take part in docent-led tours. Katzen Arts Center, 4401 Mass. Ave. NW.
- **Monday, August 13, 7:30 pm: Board Games for Grown-Ups:** Themed, strategy, cooperative, etc. At Chevy Chase Library, 5625 Conn. Ave. NW.
- **Tuesday, August 14, 9:00-11:00 am: Ward 4 Day at the National Building Museum:** Join Councilmember Todd to enjoy the museum's new "Fun House" exhibit for FREE. Please be sure to bring an ID, as residency will be verified by zip code. To learn more about, and register for, the Ward 4 Day and the museum's Fun House exhibit, located at 401 F St., NW, visit: <https://www.nbm.org/fun-house-ward-day-registration/>
- **Saturday, August 18, 2:00 pm: Palindrome Party:** Sequences reading the same forward & backward, e.g. "WOW;" games, music, trivia, art, books, food. At Chevy Chase Library, 5625 Conn. Ave. NW
- **Tuesdays, Sept. 11 & Nov. 6: Village Nights at Arena Stage:** Sponsored by Waterfront Village. Theater performances for which tickets are available include "Turn Me Loose" on Sept. 11, and "Anything Goes" on Nov. 6. To book online, visit www.dewaterfrontvillage.org/calendar or email events@waterfrontvillage.org. Please note that there are no refunds after ticket purchase.