

OCTOBER 2018

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



New Season, New Opportunities

Summer is over and autumn, my favorite season, has arrived. With luck, we have seen the last of our soaking rains and can enjoy the season's vibrant colors and feel energized by its crisp cool air. Personally, I'm looking forward to visiting the Farmer's Market this month at the Parks at Walter Reed. I like it when the neighborhood has access to this beautiful property being revitalized right in the heart of ERCV territory.

East Rock Creek Village is revitalizing too! A new group of volunteers have been trained and are ready to begin helping our neighbors. They join the ranks of our long-time volunteers who are the lifeblood of our organization. Kudos to the new volunteers for taking that first step, and appreciations to everyone who made the training a success. Thank you all.

I also want to thank my eight fellow Board members for continuing to serve on ERCV's Board of Directors. Thanks to my fellow Officers, Vice-President Susan Learmonth, Treasurer Margie Odle, and Secretary Nancy Foster, for choosing to serve in those positions for another year. For my own part, I am pleased to continue for another year as Board President. We are a good team, but we are always looking for those who are ready to offer their energy, skills, and wisdom to join us in what we do. If you are interested in serving on our Board, it's not too late. Please contact me at david4ERCV@gmail.com.

This past year, my fellow Board members and I benefited a great deal from interacting and working with other Villages in the Washington area. This month I look forward to representing ERCV at the 2018 National Village Gathering in San Diego. We have much to learn from our

cousin Villages across this country and much to share with them as well. I hope to return brimming with new ideas. I'll tell you all about it in my November President's Corner.

My intention for the coming year is to help make ERCV the best Village it can be. If you have constructive ideas (by which I mean: improvements + ways to make them happen), please contact me, and we can explore the possibilities together. Once I return from the conference, I'm happy to meet with individuals or groups. In general, my fellow Board members and I are eager to hear more about what you want and need from your Village. *–David Mackoff*

SPOTLIGHT: DC TRANSPORTATION GUIDE COMING YOUR WAY

Thanks to grant funds from the DC Dept. of Transportation (DDOT), ERCV has assembled information on transportation options available to seniors. A binder will be mailed to members and volunteers in the next few weeks. Non-members may request a copy by contacting the office (202-656-7322 or info@eastrockcreekvillage.org).

Options covered include:

- Public transportation: metro rail, metro bus, taxicabs;
- Private transportation: Uber, Lyft, Go-Go Grandparent;
- Information from Iona Senior Services for those needing assistance; and
- Seabury Resources for Aging's Enhanced Mobility Card.

In the next few months, ERCV will invite members to gather to:

- Discuss these options in more detail;
- Assist with putting Uber or Lyft apps on your smartphone;
- Help you sign up with Go-Go Grandparent;
- Or answer questions you may have about these options.

The information we send you may be updated in the future, if there are changes or if additional options become available. Two areas under consideration: bicycles/motorized bikes, and rental cars. If you have an interest in receiving new information, which can be added to the binder you have received, please let us know (202-656-7322). We want to provide you with information that is most useful to you. Special thanks to Capitol Hill Village for administering the DDOT grant funds. *–Gloria Sulton*

RECENT EVENTS AT ERCV



Successful volunteer training — We would like to introduce eight new volunteers for East Rock Creek Village: Shelley Brazier, David Bryden, Hazel Ford, Judith McCullough, Ava Morgan, Rosalind Palmer, Gary Reisner, and Tom Sacks. These neighbors completed a two-hour training program on September 16 and have completed the usual background check. Our new volunteers will be providing driving and other assistance to service members as well as helping with ERCV administrative tasks and organizing Village events. Welcome! Sunrise was a very nice venue for the training, and the staff surprised us by providing plentiful snacks. A lovely bonus was being able to see our member Ethel Delaney Lee, who now lives there.

Thank you to the ERCV Volunteer Committee for planning and presenting the recent Volunteer Training. Susan Learmonth, Rima Schaffer, Doris Spruell, Gracie Baten, and Susan Davis were the primary planners. Margie Odle, David Mackoff, and Linda Glass also helped out. **Please be on the lookout for a separate mailing about ERCV's specific volunteer needs.**



Festive ice cream social — On September 20, Gloria Sulton, former Board member, hosted an ice cream social in her back yard for members and volunteers. We were feted with lovely weather, delicious sandwiches from Parkway Deli, sorbet from Moorenko's Ice Cream Factory, ice cream and sprinkles, and other tasty treats. A fine time was had by all!

PLEASE JOIN US FOR OCTOBER EVENTS --

Fridays, October 12 & 26 (no Oct. 5 or 19), 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; no experience is needed. 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 Juanita Thornton/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!

Wednesday, October 24, 11:45 am

LUNCH AT EL AGUILA RESTAURANT WITH FRIENDS FROM ERCV

- All are welcome to join us at this local Salvadoran/Tex/Mex restaurant (7926 Georgia Ave. NW) — all-you-can-eat buffet for weekday lunch for \$7.99. We will pay for our own lunches. Parking: in the rear off Eastern Ave., across from our old office. Service members may request a ride by contacting the office.
- **RSVP by Oct. 22** so we can reserve a space to eat together: 202-656-7322 or info@eastrockcreekvillage.org

COMMUNITY EVENTS OF INTEREST

- **Sunday, Oct. 7, 1-5 pm: *Homes of the Southwest Waterfront House Tour (benefit for Waterfront Village)***: Tour townhouses & learn about history, notable architecture, & urban design. Tour will start at St. Augustine's Episcopal Church, corner 6th St. & Maine Ave. SW. Participants will pick up walking maps & ID bracelets. Day-of tickets: \$25; purchased ahead, \$20. www.WaterfrontVillageHomeTour.org
- **Sundays, Oct. 7, 14, 21, 9 am-noon, rain or shine: *FRESHFARM Farmer's Market at The Parks***: At 1010 Butternut St. NW – enter at the gate located at Georgia Ave. & Butternut St. NW. Shop quality produce from local farmers; enjoy live music, food & drink. All welcome!
- **Sunday, Oct. 14, 1 pm: *Hospital Warrior—How to Get the Best Care for your Loved One***: At Washington Ethical Society Social Hall, 7750 16th St NW, 202-882-6650. Bonnie Friedman will speak from her experience as a crusading advocate for getting the best hospital care for a loved one.
- **Thurs., Oct. 25, 10 am-2 pm: *Councilmember Todd's Fourth Annual State of the Ward 4 Senior event***: At the Riggs-LaSalle Rec Center (501 Riggs Rd. NE). Access information & resources from dozens of senior-serving vendors, enjoy complimentary breakfast & lunch, and learn how the DC government is here to serve our seniors. **RSVP to Dolly Turner (202-724-8052 or dturner@dccouncil.us**.
- **Thurs., Oct. 25, 12-2 pm: *Health & Wellness Event—Orthopedic Presentation: Joint Pain & Replacements***: At Sunrise of Chevy Chase, 2201 Colston Dr, Silver Spring, MD 20910, 301-588-0484. Panelists from Holy Cross Hospital. Learn more about treatment options for joint pain. Lunch & light refreshments served. Free.