

FEBRUARY 2019

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

It's February!



While DC's winter weather and politics may be volatile, East Rock Creek Village is steady and here for you. We are only as good as our volunteers, but thankfully, we are blessed with the best! That is why we are consistently able to help our service members get to doctors' appointments, grocery stores, social events, and more.

Speaking of social events, ERCV plans to warm your heart this month with a special Valentine's Day party (*see below*). Come share in the love. I hope to see you there.

February 14th is also the adopted birthday of Frederick Douglass, a reminder that this month is the 50th anniversary of the proposal to declare February Black History Month in the U.S. Putting aside controversies about the designation, I always marvel at the changes in our society that so many ERCV members have witnessed and helped to bring about. I love hearing about my neighbors' experiences -- and through them getting a taste of the history of my neighborhood, city, and country.

February is a shorter month, and I'll let this be a shorter update. Mostly, I want to encourage you to bundle up, watch out for slippery sidewalks, take an interest in your neighbors, and thoroughly enjoy being part of ERCV's family of friends. --*David Mackoff*



SPOTLIGHT: Special Interest Items

- The most recent issue of the *Consumer Checkbook* included **an extensive article on aging in place**, including mention of ERCV in the section on senior villages. The full article is well worth reading – it is a rich source of information on various aspects of

aging. The *Checkbook* has given us permission to share the report with our readers. To read the article, click [here](#).

- Eighty **subsidized senior apartments are coming this year to The Parks at Walter Reed**. Sixty-four of the 1-bedroom apartments will be rented for \$1170 per month (about 50% of market rate) to seniors with annual household income of \$25,000 to \$47,000. Fourteen apartments are reserved for those with annual incomes under \$25,000. The waiting list for these units will be opening this spring, with occupancy planned for late summer 2019. To indicate your interest, sign up on the website at www.theParksDC.com or call 202-568-6363.



ERCV PORTRAITS - Meet Anna & Joe Hairston



(Editor's Note: ERCV members and friends are interesting people! We hope you will meet each other at ERCV events. Meanwhile, we are planning a series of "portraits" in future newsletters.)

Meet your Village neighbors Anna and Joseph Hairston, 96 years old, full of history, wisdom, and humor; parents of four daughters; a military family stationed around the world for 20 years, then Shepherd Park homeowners since 1963 and Joe's second career as an IRS lawyer; volunteers with decades of service; generous neighbors; and so much more.

Joe served in two wars—WW II and Korea—as an enlisted man and as an officer; before and after integration; both internationally (Italy, Korea, Okinawa/Japan) and stateside (eight states including Louisiana, where Anna grew up on a 200-acre farm).

From his enlistment at age 18 through the harsh years of transition in the military from segregation to non-discrimination that began with President Truman's 1948 order, "I suffered," says Joe. "But that experience was my motivation to participate in eradicating segregation." Anna describes travelling to new postings in segregated America, unable to take her girls into restaurants and other public spaces. The stories are chilling, yet told without apparent bitterness.

Positive memories are plentiful. Anna, a lifelong learner, glows when recounting the travel and new experiences those Army years provided her and her girls. “I ask questions. I am noseey. I want to know, to learn, to absorb.” As she moved her family to new places, this passion for learning led her to open her “American style” home in Okinawa to Nara University students; to conversing with and embracing Helen Keller; and to enrolling in courses such as Japanese flower arranging (ikebana).

While completing his military service Joe had attended night school to earn a U. Maryland B.A. and a J.D. (law, from Washington College of Law) and a Masters degree in the law of taxation (LL.M. Georgetown). After admission to the DC Bar, Joe joined the Internal Revenue Service as an attorney.

Settled in DC, Anna served as a volunteer docent at the Smithsonian Museum of Natural History for 17 years, sharing her knowledge of the natural world. “I love that museum!” says Anna. She also volunteered at the front desk of the old Walter Reed Army Medical Center for 27 years.

In their 55 years in Shepherd Park, Joe and Anna have been active shapers of this diverse, stable Ward 4 community, from their church (Takoma Park Baptist) to citizens’ advisory boards (post office, WGL), and especially, leading founders of Neighbors, Inc., committed to creating stable, integrated communities. Back in the 1960s they exposed discriminatory real estate practices by pairing with a white couple to gather evidence leading to legislative reform. They remember happily the interracial open houses where neighbors got to know each other.

Anna reports that she reads three newspapers every day, has never felt out of place, and is never bored. Joe is known as a DIY guy, with a tool or a work-around solution for every problem. His age doesn’t keep him from being the first one out with a snow blower, clearing his neighbors’ walkways as well as his own! Truly, lives well lived! –*Gay Gellhorn*



PLEASE JOIN US FOR FEBRUARY EVENTS --

Fridays, February 1, 8, 15, & 22, 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- **Location:** Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as free 2-hour parking on the side streets.
- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. All are welcome!

- Reservations are not required, but if you contact us (info@eastrockcreekvillage.org or 202-656-7322) we will schedule you for email or text reminders & notice of cancellations in case of bad weather.



Thursday, February 14, 3:00-5:00 pm

VALENTINE'S DAY OPEN HOUSE AT ERCV!

Please see details on the flyer at the end of the newsletter and posted on our website.



COMMUNITY EVENTS OF INTEREST

- **Thurs., Feb. 7, 9:30 am-1:00 pm: Elder Housing Forum** – Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW. Panel presentations & information tables by government and nonprofit organizations engaged in housing-related services. Topics to include: foreclosure mediation, emergency housing assistance, tax relief & deferral, elder care facilities. **RSVP by Feb. 1** to Idriys Abdullah: 202-442-7832 or idriys.abdullah@dc.gov. ERCV will have an information table at the forum. Call the ERCV office if you would like a ride: 202-656-7322.
- **Fri., Feb. 8, 5:00-8:00 pm & Sat., Feb. 9, 2:00-6:00 pm: Opening Reception: Love in All Mediums** – Zenith Gallery, 1429 Iris St. NW. Celebrating “love, kindness, & the important things in life;” exhibit runs through Mar. 23. Free event.
- **Sat., Feb. 9, 2:00-5:00 pm: Yoga for Bone Health & Osteoporosis: Preventing & Reversing Bone Loss** -- Willow Street Yoga, 6930 Carroll Ave., Suite 100, Takoma Park. Workshop provides overview of osteoporosis & guidance through yoga poses to improve strength, balance, & posture, and to build muscle & bone. Beginners welcome. Cost: \$45; **registration required** www.willowstreetyoga.com/yoga-for-bone-health; or call 301-562-0744 or email yoga@willowstreetyoga.com.
- **Thurs., Feb. 28, 7:00 pm: African American Migration to Washington DC During the 19th & 20th Century** -- Shepherd Park Library, Room #2, Second Floor, 7420 Georgia Ave. (see parking information in the Chair Yoga listing above). Presentation by Derek Musgrove, co-author of *Chocolate City*. Free event in honor of Black History Month.

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling events for the calendar.

You're invited to . . .

Valentine's Day Open House at ERCV



All are welcome!

Come and see our new office! Enjoy the company of old friends and make new friends!

Think chocolate. . . home-made cookies. . .
libations. . . good conversation. . .

When: Thursday, Feb. 14, 3:00-5:00 pm

Where: 7707 13th Street NW

(The entrance is in the rear, off the alley beside the house -
you'll see the ERCV sign on the door.)

For more information or to request a ride: 202-656-7322 or
info@eastrockcreekvillage.org