

## JUNE 2019

East Rock Creek Village — 202-656-7322  
info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



### PRESIDENT'S CORNER

#### Appreciations and Activities



Time moves so fast—it seems like I blinked and here we are, halfway through the year and on the verge of summer. I'd like to take this moment to slow down and appreciate some of the many things that are good around us.

We recently honored our wonderful volunteer leaders with orchids and celebratory food and drink. We brainstorm ideas for new and offerings that both volunteers and service enjoy. It's heartening to know that ERCV has so talented, compassionate people in our midst.



also began to different members would many creative,

We now have regular activities that you can put Every Monday morning, you can stroll in the with fellow ERCVers. If you prefer an afternoon walk, there's a group going out every Wednesday. On Fridays, you can do easy stretches with Chair Yoga class. Everyone is welcome to come to our game day on June 9<sup>th</sup> and to enjoy lunch together at a nearby restaurant on the 3<sup>rd</sup> Wednesday of the month. There is no shortage of ways to enjoy this month together!

on your calendar. neighborhood

--David Mackoff (photo from Volunteer Celebration by Shelley Moskowitz)



### SPOTLIGHT: HELPFUL RESOURCES

**ERCV offers a variety of services!** Transportation is the service most frequently requested by ERCV service members; however, our ERCV volunteers have additional skills and talents they are happy to provide. In addition to changing light bulbs, making simple repairs, providing technical support, and running errands, our volunteers can help with many other

needs, such as gardening, organizing closets, moving heavy objects, and helping you think through downsizing. Just contact the ERCV office for help with these services: 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

**Need medical care in your home?** MedStar House Call Program delivers primary health care for elders (age 65 & older) who struggle to get to the doctor's office. They offer:

- Medical house calls by doctors & nurse practitioners, with 24/7 phone access;
- In-home tests & treatments;
- Coordination of all medical & social services;
- Delivery of medications & equipment;
- Coordination of hospital & specialist care;
- Care to those with Medicare, Medicaid, & most insurance plans.

To request services, visit [www.MedStarHouseCall.org/WeCare](http://www.MedStarHouseCall.org/WeCare) or call 202-877-0570.

**Marketplace podcasts worthwhile for seniors:** Our social worker, Barbara Scott, has alerted us to a series of podcasts by David Brancaccio of Marketplace (NPR) about why seniors may be especially vulnerable to financial scams. This is something we all need to be aware of. Listen to the podcasts [here](#).



## ERCV PORTRAITS - Meet Carroll Green



From military service in far-flung corners of the world, to the civil rights movement, to DC grassroots activism, Carroll Green has achieved more in his lifetime than anyone could have predicted during his humble beginnings in southern West Virginia.

He spent time in DC on and off as a pre-teen, and settled in his Manor Park home in 1976. Working his way up in the federal government, he eventually directed the Defense Department's Environmental Contracting activity. The US military leaves an unavoidable trail of hazardous waste wherever it goes – Carroll's team made sure it was cleaned up and disposed of properly.

While a full-time government employee, Carroll was active in numerous community initiatives. As a three-term president of the DC Federation of Citizens Associations he spent more time testifying in the council chambers than the council members themselves! He also hosted informal “rap sessions,” where small groups would come together to discuss whatever topic participants brought up. Everything from race relations to civility to activism was fair game!

This summer, Carroll will mark 20 years as a retiree. He stays busy, and shows no signs of slowing down. He even still takes an occasional paying gig. Earlier this year he traveled to Antarctica as part of a National Science Foundation program. He’s an avid sailor, and travels abroad once or twice a year to explore distant waterways; later this year he will visit the inland waters of the Netherlands. Past trips include the Adriatic Sea and Croatia, the Aegean Sea and the Greek Isles, the Amalfi Coast of Italy, and a French canal. Closer to home, he spends time on the Chesapeake Bay.

He’s still very active in the DC community, and advises fellow volunteers to choose their activities carefully. He feels strongly that there needs to be regular turnover of volunteer leadership, to bring fresh perspectives and prevent burnout. When thinking about our city and neighborhoods, Carroll wants people to accept change and understand that it’s cyclical. He says, “In retirement, people tend to dispense with the competitive edge of the marketplace and become more immersed in the quality-of-life issues that affect themselves, their family, and their neighbors.” This is certainly evident in Carroll’s case! He has a deep understanding of local issues and still makes an active contribution to our community.

Carroll is a proud father, grandfather, and great-grandfather. His family is mainly in southern California, and he tries to spend time with them whenever possible. If you want to know more about Carroll, you could read his memoir, which was published last year, or read other articles on his blog page at [www.loveyourneighborpublishing.com](http://www.loveyourneighborpublishing.com). Or – just ask him next time you see him in the neighborhood or at an ECRV event!

*-- Our thanks to ECRV volunteer Brenda Mejia for this interview*



## PLEASE JOIN US FOR JUNE EVENTS --

Mondays, June 3, 10, 17, & 24, 9:00 am

### **ERCV MORNING WALKERS**

- Meet at the home of Susan Davis, 1202 Hemlock St NW; we will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back. Walkers are invited for lemonade or water and conversation afterwards, at about 10:00 am.
- Open to all – no reservations needed. Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone or text 202-656-7322 to be added to the weekly reminder email/call.

Wednesdays, June 5, 12, 19, 26, 4:00 pm

### **ERCV AFTERNOON WALKERS**

- Meet at the home of Susan Learmonth, 1309 Floral St. NW, and walk for an hour, followed by lemonade or tea.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Fridays, June 7, 14, & 21 (no class June 28), 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.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, straightening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 to be added to the weekly reminder list.

Sunday, June 9, 3:00-5:00 pm

### **ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!**

- At the home of an ERCV Board member, 6706 5<sup>th</sup> St. NW, near the corner of Aspen St.
- Join us for conversation, games, and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor. Feel free to bring your favorite game to share. **Bid whist enthusiasts are especially invited -- some neighbors would like to play regularly. If you're interested but cannot attend this time, please call or email to let us know.** For more information, contact us at 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). Please let us know of potential members you would like us to invite!

Wednesday, June 26, 12:00 noon

### **ERCV DUTCH TREAT LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!**

- At **All Set Restaurant**, ground floor of 8630 Fenton St. in Silver Spring. Parking is in the public garage at Spring & Cameron Sts.; accessible entrance to the restaurant is from the corner of Fenton & Cameron.
- The \$12 lunch menu has 11 selections, including roast chicken, fish tacos, grilled cheese and tomato soup, & mussels and fries. Other sandwiches are \$14 and up.
- **Please RSVP by noon on Tuesday the 25th** to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone or text 202-656-7322 so we can reserve a place for you. Service members may request a ride (please contact us a week ahead if you need a ride).

## COMMUNITY EVENTS OF INTEREST

- **Sun., June 2, 2:00-5:00 rain or shine: *Shepherd Park Garden Tour*** – Self-guided tour in Shepherd Park, Colonial Village, & North Portal Estates. Many new & exciting gardens this year, plus special guests. Learn about bees, city wildlife, & more! Tickets \$15 per person (\$7 for SPCA members); children under 12 free. Advance tickets [here](#), or on the day of the tour at the kiosk in front of Shepherd School (14<sup>th</sup> & Kalmia) opening at 1:30. Tour brochures with maps/directions will be provided there as well.
- **Thurs., June 6, 9:00 am-2:30 pm: *One-Stop Employment Law Update & Information Workshop*** – Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Learn about age discrimination, sexual harassment in the workplace, minimum wage requirements, pay equity, & more. Register by June 5: online [here](#) or by phone with Beverly Marshall at 240-777-8479.
- **Sat., June 8, library hours: *Thornton/Shepherd Park Friends of the Library Book Sale*** – Books & tapes for all ages & interests – children, teens, young and older adults, travelers, bakers, cooks, Spanish, French, and Japanese learners, historians, politics buffs, romance readers, mystery/detective minds, researchers, scientists, homeschoolers, and fiction aficionados. Bring a bag to take home your bargains! 25 cents for children's books; 50 cents for teen & adult paperbacks & \$1.00 for adult hardbacks. Donations welcome. If you can help with set-up, come Friday anytime between 10 am & 5 pm.
- **Sat., June 8, & each Sat. of the month through Sept. 28, 11:00 a.m. & 12:00 noon: *Franciscan Monastery Garden Tour*** – Franciscan Monastery, 1400 Quincy St. NE. Free guided tours of these beautiful gardens. No advance notice needed for groups of 4 or fewer. To plan for larger groups, call 202-526-6800.
- **Sat., June 15, 4:00-8:00 pm: *153<sup>rd</sup> Annual Strawberry Festival*** – St. Paul's Center, Rock Creek Church Rd. & Webster St. NW. Historic event on historic grounds. Free for all ages – includes games, crafts, pony rides, & music. Food (including strawberry shortcake), plants, strawberries, & white elephants are for sale. For more information, call 202-726-2080.

-- Our thanks to ERCV volunteer Rosalind Palmer for helping to compile events for the calendar

