

JULY 2019

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

Celebrating our Inter-Dependence Days



It's summertime, and I hope, for all of you, the livin' is easy. This can be a great time to enjoy fresh watermelon or corn-on-the-cob, to sip ice tea or lemonade, to go for a swim or visit family and friends.

Each 4th of July, we take time to celebrate our nation's Independence Day.

This year, I find myself thinking more about our inter-dependence. Human beings are social, community-building creatures. We live most fully in association with others. To thrive, we need each other. Building connections between neighbors is the mission of the Village movement -- and it is no doubt one reason why you are with ERCV as a member, volunteer, supporter, or all three.

Our inter-dependence especially comes to mind because I just attended a DC Office of Aging and Community Life (DACL) informational event hosted by Northwest Neighbors Village, highlighting programs and services available to DC residents to support our safety, health, and well-being. One of many examples: Have you or anyone you know been the victim of a financial scam or been over-charged for medical expenses? There will always be predators and businesses targeting older individuals, but you can fight back or seek redress by reporting instances to the DC Office of the People's Counsel (<http://www.opc-dc.gov/>) consumer hotline: 202-442-9828.

I was impressed with the variety and usefulness of the services on offer, and I would like our Village Members and friends to learn about ways to protect against identity theft, fraud, and abuse AND about the health and wellness benefits we can access as DC residents. Some information is available at the ERCV office and more will be available to members and friends when we host our own community presentation in the fall. We are not in this alone. Here's to our continuing days of interdependence!

--David Mackoff

SPOTLIGHT: SPECIAL VILLAGE OPPORTUNITIES

Recent retiree group for Villagers: Our social worker, Barbara Scott, invites ERCV members and friends to join members of other Villages for coffee & to discuss activities and issues of common interest to recent retirees: **Wed., July 10, 9:30 am**, Firehook Bakery, 3411 Conn. Ave. NW (across from Uptown Theater) – meet in the garden in back; and **Thurs., July 18, 9:30 am**, Compass Coffee, Spring Valley, 4850 Mass. Ave. NW – meet at the table in the back.

Tickets to Glenstone Museum in Potomac available: ERCV has obtained tickets for 4 to the Glenstone Museum for **Thurs., Aug. 8** and also **Thurs., Aug. 29**. Visiting this unique museum of art, architecture, & landscape involves walking both indoors & outdoors. Admission is free. We plan to purchase lunch on-site. Let us know by phone or email (202-656-7322 or info@astrockcreekvillage.org) which day you are interested in attending & whether you would volunteer to drive the group.

. . . **and some information from social worker Barbara Scott:** Guidance on choosing an assisted living community can be found in [Consumers' Checkbook](#).



ERCV PORTRAITS - Meet Ann Barnet



Dr. Ann Barnet was born in Chicago and spent her teenage years in Brooklyn, NY. She attended Sarah Lawrence College and then Harvard Medical School. Ann was one of only six women who graduated from Harvard Medical School in 1955. She gave birth to her first child as a med student. That was a first for Harvard too!

Ann and her husband Richard came to DC in 1960, when he took an assignment in the Kennedy administration. While out for a walk one day, they ended up by lucky accident in Colonial Village. They saw a house for sale, and called to see if they could afford it. It was good news, so they bought it and have been there ever since. They moved in on the day of the 1963 MLK

march on Washington. They left all the boxes in the living room and went straight down to the national mall to participate!

Ann worked as a civilian employee at the Walter Reed Forest Glen annex, doing research on electro-physiological responses of the developing brain. She then went on to practice pediatric medicine at Children's National Medical Center for several decades. She also raised three children and a foster child during that time.

Now that she's retired, Ann's passion is [The Family Place](#), an organization that she started nearly 40 years ago, to support high-risk families with young children. They work with teenage moms and low-income, immigrant, and refugee families to help them thrive. Because of her research on the developing brains of babies, Ann knew how crucial the initial stages of development are, and she wanted to provide struggling families with the education, services, and resources they need to succeed.

Ann says, "It's been a great privilege to serve so many wonderful families. Some of their children have now graduated from college and are starting families of their own." She is still very active with The Family Place as a board member. Last year they started The Family Place Public Charter School which serves adult English-language learners and provides enrichment programs for children. Ann's son is chairman of the board.

The Family Place welcomes volunteers for all kinds of jobs, including mentoring adults with little education, teaching English as a second language, clerical support, and many other tasks. Ann encourages all of our neighbors to contribute their time, treasure, or talents to this amazing organization!

-- Our thanks to ERCV volunteer Brenda Mejia for this interview



PLEASE JOIN US FOR JULY EVENTS --

Mondays, July 1, 8, 15, 22, & 29: 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@astrockcreekvillage.org or phone or text 202-656-7322 to be added to the weekly reminder email/call.

Wednesdays, July 3, 10, 17, 24, & 31: 4:00 pm

ERCV AFTERNOON WALKERS

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

Fridays, July 5, 12, 19, & 26: 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- At 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 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & 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 or call or text 202-656-7322 to be added to the weekly reminder list.

Saturday, July 13: 3:00-5:00 pm

ERCV OPEN HOUSE & GAME DAY – ALL ARE WELCOME!

- At the ERCV Office, 7707 13th St. NW; entrance at the rear off the alley beside the house
- Join us for conversation and light refreshments, play some games if you wish, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – current members and friends -- and bring your neighbor!
- For more information, contact us at 202-656-7322 or info@eastrockcreekvillage.org. Please let us know of potential members you would like us to invite!

Wednesday, July 24: 12:00 noon

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

- At **Ghar-E-Kabab**, 944 Wayne Ave., Silver Spring (near Fenton). Parking is in the public structure across the street.
- The \$12 lunch buffet features tandoori & butter chicken, vegetable pakoras, & a variety of vegetarian dishes, or you can order off the menu.
- **Please RSVP by Monday the 22nd** to 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

~ **Tuesdays, July 2, 9, 16, 23, & 30; 1pm: *Wizarding World Crafts*** – Shepherd Park Library, 7420 Georgia Ave NW. Participate in a delightful crafts and activities event, inspired by the capricious world of wizarding. Free event.

~ **Wednesdays, July 3, 10, 17, 24, 31; 11am: *Zumba Gold*** – Cleveland Park Neighborhood Library, 3310 Conn. Ave. NW. Designed for older adults, this fun, easy dance exercise class introduces easy-to-follow Zumba moves at a lower intensity. The Latin-inspired dance movements are designed to provide a great aerobic workout while also focusing on balance, range of motion, and coordination. Wear comfortable clothing and shoes. Free event.

~ **Thursdays, July 4, 11, 18, & 25; 7–9pm: *Thursday Night Summer Concert Series*** – Veterans Plaza, corner of Ellsworth & Fenton, Silver Spring. These weekly concerts in downtown Silver Spring are outdoors (cancelled only if it is raining at 7 pm). Parking in the public lot on Ellsworth across from the Plaza. Free event.

~ **Tuesday, July 9; 4pm: *Pacific Rhythm*** – Shepherd Park Library, 7420 Georgia Ave NW. As part of the library's Move and Groove week, come and enjoy presentations of traditional music and dances from Hawaii, Tahiti, New Zealand, Fiji, Cook Islands, and Samoa. Free event

~ **Saturday & Sunday, July 13 & 14; 10am-4pm: *Lotus and Water Lily Festival*** – Kenilworth Park & Aquatic Gardens, 1900 Anacostia Ave SE. This annual celebration to honor the blooms will include gardening workshops, multicultural performances, and lotus tea tasting. For more information, call 202-692-6080 or click [here](#). Free event.

~ **Saturday, July 13; 10am-4pm: *Annual Commemoration of the Battle of Fort Stevens*** – Quackenbos St. NW, between 13th & Georgia. Come all day or just drop by for a while. Something for everyone – Washington Revels Jubilee Voices; keynote speaker Dr. Jonathan Noyalas, director of McCormick Civil War Institute of Shenandoah U.; Civil War reenactors; cannon & musket firings; kids & teens tents; live period music & dancing. A National Park Service free event. For details, click [here](#).

~ **Monday, July 15; 2pm & 6pm: *Free Film Showing of "Ida"*** – Chevy Chase Library, 5625 Connecticut Ave. Academy Award winner for Best Foreign Language Film in 2015, "Ida" is the story of a young Polish nun. On the verge of taking her vows in the 1960s, she discovers a dark family secret dating back to the German occupation. (1hr and 23 min) Free event.

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