

FEBRUARY 2018

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PRESIDENT'S CORNER

Share the Love



*David Mackoff, ERCV
President*

Even though February is the shortest, often coldest month of the year, Valentine's Day can warm our hearts as we remember and celebrate the ones we love. Yes, candy and chocolates are sweet, but neighbors helping neighbors is even sweeter. At ERCV, we show our love for our community all year long. Please take a look at our February calendar. You can help us start a new book club when you attend our February 10th "Sip and Chat." I hope you will bring a friend to our Open House on Thursday, February 15th, to learn about the benefits of ERCV social and service memberships. On Sunday, February 25th, Shelley Moskowitz & Christine Boggerson will be offering a free AARP workshop called "Prepare to Care," to help families anticipate their loved ones' needs and navigate their caregiving journey.

Please share the love and help ERCV thrive and grow. Wishing you all a sweet, happy and healthy month. Hope to see you soon! Thank you for being part of ERCV's family of friends.—
David Mackoff



SPOTLIGHT: ERCV RECEIVES GRANT FROM DCOA

East Rock Creek Village and two other volunteer-managed Villages in DC—Mount Pleasant Village and Glover Park Village—have been awarded a grant from the DC Office on Aging, to research best practices for volunteer-managed Villages and to help us put into place the protocols we will certainly need for our service members as they age and need more support from us. Work on carrying out the grant has already begun and will conclude by the end of September. ERCV is represented on the 3-Village consortium by Board members Susan Learmonth, Margie Odle, Susan Davis, and Pati Griffith.

We plan to learn from the experience of volunteer-managed villages in other areas of the country and to use the Village to Village Network to find individuals with expertise in their operation. We are also delighted to report that our intern from last year, Bethlehem Tesfaye, who was such a wonderful help in making our “Swing into Spring” such a success, will be our temporary, part-time Administrative Assistant for the project.

This is an exciting time to be a part of our Village, and we welcome anyone who has an interest in helping us implement our grant. In particular, the support of people with expertise in marketing and social media, teaching adults, or assisting seniors as they age, would be helpful.

–Susan Learmonth



SUCCESSFUL TECH HELP



On January 20 twelve lucky ERCV members received help with their electronic devices from the skilled young women from GTG (Generation to Generation). These high school students devote two weekends each month to volunteering. As one of them explained, their generation has grown up with technology and are very comfortable with it, so they wanted to help seniors who do not have that advantage. Besides being very adept, Hannah (shown here assisting Gay Gellhorn) and Aviah were cheerful, patient, and willing to

take the time to make sure we understood their instructions. Thank you, ERCV, for making this service possible for us! –Nancy Foster



TRANSPORTATION FOR SENIORS

Our DC senior villages are partnering to promote driver, pedestrian and bicycle safety, focused on issues important to older drivers who want to ensure their safety and the safety of others on the road. One of those issues is vision and the importance of regular eye exams. This [AAA brochure](#) notes that "many people don't realize they have a cataract or other medical condition that impairs vision. That's why it's vitally important to have your eyes examined regularly - at least once a year."

Another issue flagged in the training is distracted driving, which received extensive coverage in the January 2018 issue of Consumer Reports:

<https://www.consumerreports.org/car-safety/dangers-of-driving-while-distracted/>.

For those who use public transit or other forms of alternate transportation in addition to driving -- or are thinking of doing so in the coming year -- check out the first three of our transportation fact sheets posted at the CHV website: www.capitolhillvillage.org.

In the New Year, we will organize some safe driver trainings and also pivot to address pedestrian and bicycle issues. Happy reading and safe driving into 2018! –*Heather Foote, Transportation Outreach Manager, Capitol Hill Village (202-543-1778, Ext. 9)*



PLEASE JOIN US FOR FEBRUARY EVENTS --

Fridays , Feb. 9, 16, 23 (no Feb. 2), 3:00 pm (Check our website in case of cancellation.)

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; Antonia has been offering Chair Yoga at ERCV for several months. Classes last about 40 minutes and are accompanied by classical music. No need to sign up for the class ahead of time; service members may request a ride by calling the office.

Saturday, Feb. 10, 2:00 pm

SIP AND CHAT

- Come and enjoy the company of Village participants at the ERCV Office (7838 Eastern Ave., Suite D – parking in rear). Light refreshments will be served.
- We are hoping to start a book club and would like to use this opportunity to schedule a time and date to begin, as well as select a book, so bring your ideas!
- No advance registration is necessary.

Thursday, Feb. 15, 2:00-4:00 pm

ERCV OPEN HOUSE at the ERCV Office. Come and bring a friend or neighbor to socialize, enjoy light refreshments, and learn about ERCV!

Sunday, Feb. 25, 2:00-3:00 pm

PREPARE TO CARE

- Did you know that more than 75,000 people in Washington, DC, provide care for aging parents, spouses and neighbors? It may start with driving a loved one to get groceries or to the doctor. Later, you may find yourself taking more time off from work, preparing meals or handling bills.
- No matter where you are in the caregiving journey — just beginning to anticipate a need, helping coordinate a big move or taking care of a family member full time— having a good framework to help guide both you and your loved one will make the process less stressful.

- **Come to a free one hour “Prepare to Care” workshop on Sunday, February 25, at 2pm at the ERCV office.** The workshop, designed by AARP and delivered by trained volunteers Shelley Moskowitz and Christine Boggerson, RN, BSN, will provide practical information for current and future caregivers. Attendees will receive a resource guide that includes checklists to help you get organized and find the support that you might need.
- If possible, please register by Feb. 12 so we will have enough materials for everyone. Call 202-656-7322 or email info@eastrockcreekvillage.org.

SAVE THE DATE!

“SWING INTO SPRING” – June 10, 5-7 pm
 Washington Ethical Society

Mark your calendars—tell your friends & neighbors!
 Food, dessert, libations from neighborhood restaurants—
 If you have a favorite place to recommend, let us know.
 If you can help in planning or in other ways—
 Please contact us: info@eastrockcreekvillage.org



COMMUNITY EVENTS OF INTEREST

- **Sun., Feb. 11, 11 am-5 pm: City Wildlife – Invitation to Visit:** If you've never been to City Wildlife, it is worth a trip. They rescue and rehabilitate injured wildlife and this is a chance to tour their facility. There will be refreshments, merchandise for purchase, and activities for the kids. City Wildlife, 15 Oglethorpe St. NW, Washington, DC 20011
- **Mon., Feb. 12, 6:30-8:00 pm at Takoma Library: Office Hours with Councilmember Todd:** This is an opportunity to sit down one-on-one with the Councilmember for up to 10 minutes to discuss important issues in Ward 4 and DC. Residents will be seen on a first come, first served basis, and are welcome to discuss any issues important to them and their neighbors. Questions? jcarnes@dccouncil.us, mjolly@dccouncil.us, or 202-724-8052.



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 We will be most appreciative!