

MARCH 2018

East Rock Creek Village—7838 Eastern Ave., Suite D—Washington, DC 20012—202-656-7322
info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER



*David Mackoff,
ERCV President*

It's not quite spring yet, but the early signs are there if you look for them. Every day the sun sets a little bit later, and, after Daylight Savings Time begins on March 11th, we get the boost of an extra hour of sunshine to enjoy. So, how will you choose to spend your time this month? We hope you will join our new ERCV Sip & Chat Book Club or try out Chair Yoga on Fridays. Bring a friend or neighbor to play cards or board games at our next Game Afternoon Open House. If you are a Service Member, ERCV volunteer drivers are ready to help you get out and about -- whether to pick up a prescription or grab some groceries. We even have volunteers newly-trained to take notes at your doctors' appointments. We welcome our newest members and are grateful for our long-time supporters. As the days get longer and warmer, we invite you to share your ideas and your energy and be an active part of East Rock Creek Village. —*David Mackoff*



AARP EVENT AT ERCV

On a recent Sunday afternoon, a dozen or so people gathered at the ERCV office for a "Prepare to Share" workshop led by AARP volunteer presenters Christine Boggerson, RN, and Shelley Moskowitz. The presenters offered practical guidelines for planning to become a caregiver – as well as useful considerations for those of us who will eventually need a caregiver ourselves.



It was good to hear of steps we can take to prepare for the future, and many participants were grateful to linger and share questions and experiences after the presentation. All are invited to visit the AARP Caregiving Resource Center to access information, tools, and resources for caring for a loved one: aarp.org/caregiving, or call 1-877-333-5885. (Thanks to Shelley Moskowitz for the photo of the presenters.)

SPOTLIGHT: RESOURCES FOR SENIORS

From time to time we'd like to share resources and opportunities for seniors that are available in the wider community. If you are aware of a resource you'd like us to share, please contact the *Village Voice* editor: nfoster@speakeasy.net Here are a few that have come our way recently.

- **MedStar House Call Program** delivers primary care directly to the homes of elders (age 65 or older) who struggle to get to the doctor's office. To inquire about their house-call services, call 202-729-9796 or visit MedStarHealth.org/WeCare.
- Iona Senior Services offers a document from the Alzheimer's Association about **Creative Communication Techniques with Someone with Cognitive Impairment**. Click [here](#) to access the document.
- Also from Iona: **Starting the conversation about advance directives and end-of-life wishes**: Read Executive Director Susan Messina's own take, both practical and whimsical, on advance planning. [Read this for inspiration.](#)
- **How to Know It's Really the IRS Calling or Knocking on your Door**: Here is helpful [information from the IRS](#) to avoid being scammed.



PLEASE JOIN US FOR MARCH & APRIL EVENTS --

Fridays , March 2, 9, 16, 23, & 30, 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.

Sunday, March 11, 2:00-4:00 pm

VILLAGE GAME AFTERNOON AND OPEN HOUSE

- Join us at the ERCV Office for good company and light refreshments.
 - Village Game Afternoon: Enjoy board games, interactive games, & card games. Bring your favorite game and come have some fun!
 - Open House – Learn about ERCV membership and programs.

Saturday, March 17, 3:00-5:00 pm

SIP AND CHAT BOOK CLUB

- Our new book club's first selection is *All the Light We Cannot See* by Anthony Doerr.
- All are welcome! Light refreshments will be served. Free parking behind the ERCV Office.
- If you are interested in future sessions and would like the list of book selections we will be considering, please email us at info@eastrockcreekvillage.org and we will put you on our list to receive the information.

Sunday, Apr. 22, 3:00-5:00 pm

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

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

- **Fri., March 9, 8:15 am-2 pm: National History Day Competition at Capital City PCS High School (<http://222.nhd.org/>)** : There is an opportunity to serve as one of the judges for this competition held yearly at Capital City PCS high school. You do not need a background in history to be a judge. You can participate during whatever window of time (20 minute minimum) you can spare. As a judge, you will assess an exhibit, documentary, website, performance, or a paper. An orientation is provided. **Please contact** Katryna Andrusik (202-808-9775) at Cap City PCS, 100 Peabody St. NW, Washington, DC 20011.
- **Sat., March 10, 10 am-1 pm: The Why & the How in Your Neighborhood:** This is a workshop for people who live in a historic district or are considering one for their neighborhood. How would this affect your property? Talk to an architect & neighbors who live in and work with historic districts. Free. Coffee, snacks, good exchange of ideas & information. Shepherd Park Library, 7420 Georgia Ave., NW. **RSVP** to

saragreencd@yahoo.com Sponsors: Concerned Neighbors, Inc., Manor Park Citizens Association, Shepherd Park Citizens Association

- **Tues., March 13, 7-9 pm: *Neighborhood Watch Block Captain Training*:** Join Councilmember Todd, the 4th District Citizens Advisory Council, and MPD staff for a neighborhood watch/crime prevention training. Learn ways to decrease your likelihood of becoming a crime victim & prevent crimes through simple behavioral changes. Please arrive in time for snacks prior to the training. **Please register** with Samantha Nolan, Citywide Trainer, at NolanTutor@yahoo.com so materials can be provided for you. Fourth District MPD Station (6001 Georgia Ave. NW).
- **Tues., March 13, 7-9 pm: *When Seniors Lose their Rights: Guardianship & Fiduciary Issues*:** When a loved one is unable to make decisions for themselves (dementia, Alzheimer's, or other incapacity) there are a host of social, emotional, financial & legal issues to be considered. Nationally-recognized elder law attorney Bill Fralin will discuss the essentials of the legal agents – Guardianship & Fiduciary – and how you can make an informed choice that benefits all concerned. Free & open to the public. Palisades Library, 4901 V St., NW. **Please register** by calling Palisades Village at 202-244-3310 or email ablanton@palisadesvillage.org.
- **Tues., March 27, 7 pm: *Authors Series, Friends of the Shepherd Park Library*:** Patricia Elam, award-winning author and Professor of Creative Writing at Howard University, will discuss her novel *Breathing Room*. Shepherd Park Library, 7420 Georgia Ave., NW.



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from the foundation: <http://smile.amazon.com/ch/46-3491502>

We will be most appreciative!