

**MAY 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**



In addition to our normal activities this month -- such as helping our members or gathering for brunch, for a book discussion, games or yoga -- we at East Rock Creek Village (ERCV) have something exciting to share.

I hope you will be able to attend Miriam Kelty's talk on May 6<sup>th</sup> at 3pm on "The Village's Role in Planning for Longevity," at the Washington Ethical Society (7750 16<sup>th</sup> St. NW). This is the first in a series of educational opportunities we plan to offer in the months ahead on topics related to volunteer-led Villages and the communities we serve.

We are grateful to the Village leaders at ERCV and DC's two other volunteer-led Villages -- Glover Park and Mt. Pleasant -- who have been working hard behind the scenes organizing this series and to the DC Office on Aging (DCOA) for its generous support.

I hope you will join us for this and all of our upcoming events. *—David Mackoff*



## **NOTICE: TRANSPORTATION SURVEY COMING YOUR WAY**

Our "sister" village, Capitol Hill Village, is spearheading a survey of seniors in DC about our need for and use of transportation options. The ultimate goal is to find out where gaps exist and find ways to better meet seniors' needs, and CHV has received a grant for this worthwhile project. **We are asking all our readers to please help by taking part in the survey when you receive it from us in the coming weeks.** Results of this confidential survey will be compiled by a professional outside evaluator so you can feel confident that your information will be appropriately used.

**Please note:** ERCV members and volunteers will receive a paper survey (with a stamped return envelope) in the mail. *All* of our readers will receive an email with a link to the survey which can

be taken online. Members and volunteers can choose which format they prefer to use. If any non-members would prefer to take the survey on a paper form, please let us know – call 202-656-7322 or email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) to request a paper copy.

Feel free to contact us if you have any questions; ask for Susan Davis, who is representing ERCV in the transportation project, assisted by volunteer June Confer.



## **SPOTLIGHT: ERCV CREATES COMMUNITY**



On a pleasant day in mid-April, Martha Vassar, Gertrude Redd, and Bettifae Fassler joined other ERCV members for lunch at Parkway Deli on Grubb Rd. For some of the group, this was a first-time visit to this popular deli; for all, it was a chance to enjoy good food and get acquainted, sharing experiences in a relaxed atmosphere. They hope to plan future lunches, so stay tuned – and consider participating in the next lunch gathering!



## **SWING INTO SPRING Featuring “A Taste of our Neighborhoods”**



**Sunday, June 10, 5-7 pm**  
**Washington Ethical Society**  
7750 16<sup>th</sup> St. NW, Washington, DC 20012  
**RSVP by May 25 – purchase tickets on our website or call 202-656-7322**

## **SWING INTO SPRING, contd.**

Those of you who attended our annual fund-raiser last year will remember the fun and good cheer of being with so many of our neighbors. We are sure you will want to come again! And those who didn't make it last year – don't miss this great event!

To repeat last year's success, **we need help with the myriad tasks** leading up to the event, as well as on the day itself. Can you help? If so, please respond directly to Gloria Sulton, [grs02@me.com](mailto:grs02@me.com) or 202-726-4444. Please leave contact information so we can follow up with you.



## **PLEASE JOIN US FOR MAY EVENTS --**

Thursday, May 3, 6:00-8:00 pm

### **AGING WITH WISDOM – DISCUSSION WITH AUTHOR OLIVIA AMES HOBLITZELLE**

- Offered by a consortium of DC Villages
- Author of *Ten Thousand Joys and Ten Thousand Sorrows* will draw on her own experiences, as well as stories and studies about aging from other cultures, to offer strategies to nourish your inner life and spirit through the inevitable physical changes as we age – how to age with compassion, find beauty in aging, face death with dignity and rejoice in everyday blessings.
- Light refreshments
- At St. Johns' Episcopal Church, 3240 O St. NW, in Georgetown
- **Please reserve your place:** Call 202-244-3310 or email [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org)

Fridays, May 4, 18, & 25 (no May 11), 3:00 pm

### **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 one hour 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, May 6, 3:00-5:00 pm

### **PLANNING FOR LONGEVITY—OUR FIRST FREE INFORMATIONAL EVENT OF THE SEASON!**

- Offered by a consortium of volunteer-managed Villages through a grant from DCOA
- Featuring Miriam Kelty, Co-President of the Washington Area Villages Exchange and a consultant in bioethics and aging
- At the Washington Ethical Society, 7750 16<sup>th</sup> St. NW
- Please see the **flyer** posted on our website: [www.rockcreekvillage.org](http://www.rockcreekvillage.org)
- **Please sign up** at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322.

Friday, May 11, 10:00-11:30 am

### **OLDER ADULT PEDESTRIAN SAFETY – OFFERED BY DC VILLAGES’ TRANSPORTATION COLLABORATIVE**

- Join a discussion with Cesar Barreto, ADA Coordinator & DDOT Office of Civil Rights to learn how to use the 311 system to report problems & how resident calls or emails are prioritized, tracked, & handled. **Flyer** posted on our website: [www.rockcreekvillage.org](http://www.rockcreekvillage.org)
- **Please sign up** at [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) with DDOT/311 event in the subject line. Include the name of your Village in the body of the email.

Sunday, May 20, 3:00-5:00 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.



## **COMMUNITY EVENTS OF INTEREST**

- **Thursday, May 3, 6:30 pm: Author speaks at Shepherd Park Library:** Former US Ambassador John Campbell will speak about how South Africa has progressed since the end of apartheid, as discussed in his book *Morning in South Africa*. Copies of the book are available to check out from the library system. Parking is available across the street at 7445 Georgia Ave. NW. For Ambassador Campbell’s biography and work on the Council of Foreign Relations, visit <https://www.cfr.org/experts/john-campbell>
- **Sunday, May 20, 3:00 pm: Encore Chorale & Encore ROCKS Chorus spring concert:** Free and open to the community. Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Parking garage behind the Center. Hear a *West Side Story* medley, *Swingin’ with the Saints*, *Old Time Rock’N’Roll*, and more! These are no-audition choruses for people over 55 – Might you like to join? Visit [www.encorecreativity.org](http://www.encorecreativity.org) for more information.
- **Thursday, May 31, 6:30 pm: Save the date for Brandon Todd’s 35<sup>th</sup> birthday celebration:** Location to be determined.



## **SUPPORT ERCV WHEN YOU SHOP AMAZON**

ERCV is registered with AmazonSmile Foundation, so if you register us as your charity and bookmark the following link, all your eligible shopping will benefit us—we will receive a yearly donation from the foundation: <http://smile.amazon.com/ch/46-3491502> We will be most appreciative!