

JULY 2018

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



David Mackoff

As we swing from spring to summer, the seasons change and so do we. . .

Thanks to everyone who contributed to our wonderful Swing into Spring gala! We are all grateful to Gloria Sulton and Pati Griffith, who did an excellent job co-chairing the event, and we appreciate all the volunteers who made sure that everything went smoothly. Special thanks go to the many area businesses that donated delicious food and drink, to the musicians who lifted our spirits, and to our resident photographer, who captured so much of the fun. As for myself, I enjoyed pouring libations, handing out the raffle prizes, and visiting with so many of our supporters.

ERCV is on the move! Our office, for now, has relocated to the Parks of Walter Reed! We will be housed in one of two former general's quarters near the Butternut Street entrance and will be sharing space with our friends at ANC 4A (who have always been supportive of our work). As you no doubt know, the Walter Reed property is under major renovation, and this will only be a temporary home for our administrative office while we seek a long-term arrangement elsewhere. Please note that social and educational activities will now be held at our neighborhood libraries and other easily accessible venues. We will certainly miss our big office, but remember, our Village doesn't depend on where we are — it's who we are and how we care for each other.

Please let us know if you have creative ideas for future events or are interested in doing more with ERCV. We are always looking for volunteers who want to share their time, their energy and their gifts with our community. In particular, we are seeking to add some new voices to our Board of Directors, beginning this fall. So, please let me know if you, or someone you know, may be interested in exploring ways of helping our Village grow. In the meantime, have a wonderful Independence Day celebration and stay as cool as you can this summer.

—David Mackoff



SPOTLIGHT: SUPPORTING OUR ERCV COMMUNITY

Our third annual “Swing into Spring — A Taste of our Neighborhoods” fund-raiser, held on June 10 at the Washington Ethical Society, was a great success! This community event was



Enjoying Dessert!

supported by 80-some members, neighbors, and friends who gathered to socialize and enjoy delicious tastings, from Italian to Ethiopian cuisines, to Asian, to Southern, to pizza and deli selections. Desserts and libations topped off the array of foods and drinks from fifteen local businesses.

The program was kicked off by Pati Griffith, co-chair of the event, welcoming the attendees and providing her personal thoughts about working with a non-profit organization as a new Board member — a presentation delivered with a great sense of humor.

Gloria Sulton, co-chair and former President of the Board, recognized and thanked the restaurants, businesses, advertisers, and sponsors for their support of the event. She also thanked the event committee members, as well as our Village volunteers, individuals who give their time and talents to ERCV and are the backbone of our services and programs.

Current president David Mackoff presented Certificates of Appreciation to some special volunteers who have consistently provided services to ERCV in the last year, and recognized two former interns who returned to assist with the event, providing essential help.

The fun continued with a raffle of restaurant gift certificates and other items, conducted by David Mackoff and Board member Linda Glass. Music was provided by The Devitt/Jenkins Duo, a return by a group whose music was so enjoyed last year.



Good Fellowship

Thanks to the organizing committee and all who attended and helped with this event, which raised much-needed funds in support of the work we do. And special thanks to David Hamilton for these photos of the festive day. —*Gloria Sulton and Pati Griffith*



TRANSPORTATION TIPS FOR SENIORS

June Confer and Gloria Sulton recently attended a meeting at Capitol Hill Village funded by a DC Dept. of Transportation grant, where they gleaned some helpful information for seniors:

~ If you're still driving, consider enrolling in one of the senior driver safety classes that the Office on Aging, ERCV, AARP, and AAA offer. They're very helpful and can lower your insurance bill.

~ A Senior SmartTrip card for the bus or the metro is a good emergency item. Bus rides are only a dollar and the metro is half-price. You can get a card at the office at the Silver Spring metro station, or online.

~ Uber and Lyft provide reliable service if you use a cell phone. If you're not a cell phone user or find the instructions difficult, try contacting gogograndparent.com or call 1(855)469-6872 to get information on the group's service that lets you use a landline. The website has a helpful FAQ (frequently asked questions) link.

~ The Seabury Resources Organization offers a subsidized mobility debit card that will save you money on Uber, Lyft, airport buses, and even some intercity travel. You can call (202)844-3000 or email EnhancedMobility@seabury.resources.org to get an application. The subsidy is income-based and is available to seniors age 60+. Be patient; getting an application can take a week or so. –June Confer



PLEASE JOIN US FOR JULY EVENTS --

Fridays, July 13, 20, & 27 (no July 6), 3:00 pm

CHAIR YOGA FOR SENIORS – NOTE NEW LOCATION

- 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.
- **Location:** Upstairs conference room at Shepherd Park Library. There is 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. There is an elevator to the second floor. All are welcome!

Saturday, July 29, 3:00-5:00 pm

ERCV OPEN HOUSE at the home of board member Peter Kramer, 6706 5th St., NW. Come and bring a friend or neighbor to socialize, enjoy light refreshments, and learn about ERCV! If you have questions, contact Peter at 202-723-2383.

FOLLOWING ARE TWO FREE INFORMATIONAL EVENTS

offered by the consortium of volunteer-managed villages
and funded by a grant from the DC Office on Aging.

ALL ARE WELCOME! **For both events, please RSVP to info@eastrockcreekvillage.org.**

Light refreshments will be provided.

Sunday, July 15, 2:30-4:30 pm

SUPPORTING SENIORS THROUGH TRANSITION AND CRISIS

- How can village volunteers support neighbors when they encounter challenges & obstacles? How can we notice difficulties & know where to get the support or resources needed?
- Presenters: Caroline Scully & Michele Linnen. At **Shepherd Park (Juanita E. Thornton) Library**, 7420 Georgia Ave. NW; S2 or 70 16th St. bus line; get off at Hemlock St.

Sunday, July 22, 2:30-4:30 pm

RESOURCE GUIDE FOR WARD 4 VOLUNTEERS & CAREGIVERS

- Learn what resources are available in the community to help seniors: financial aid for medical matters, health, transportation, veterans, & social and legal community services.
- Presenters: Caroline Scully & Michele Linnen. At **Shepherd Park (Juanita E. Thornton) Library**, 7420 Georgia Ave. NW; S2 or 70 16th St. bus line; get off at Hemlock St.

COMMUNITY EVENTS OF INTEREST

- **Every Tuesday until August 28, 6:30-7:30 pm: *Fitness in the Parks*:** Free fitness classes on the **Great Lawn at Walter Reed**; enter through the security gate located at Georgia Ave. & Butternut St. Group instruction with certified personal trainers; exercises tailored for a wide range of levels. No equipment needed; just bring your workout clothes.
- **Saturday, July 7, 10:00 am-3:00 pm: *Friends of the Shepherd Park Library Book Sale*:** 7420 Georgia Ave. NW. First floor conference room (and some sales outside, weather permitting). Books for everyone, on every subject, and the price is right!
- **Thursday, July 12, 10:00 am-noon: *Helping Village Members with Cognitive Loss and Mental Illness*:** Join Seabury Resources for Aging Care Managers Christine Bitzer, LICSW, and Michelle McGrath, LICSW, as they discuss the basics of dementia, depression, and other mental health issues: signs & symptoms, how to communicate with someone who has dementia, & when to seek help. Group discussion and case examples. At **Forest Hills of DC, 4901 Connecticut Ave., NW**, offered by Northwest Neighbors Village. Questions? Contact Stephanie Chong at nvillage@gmail.com or 202-777-3435.