

SEPTEMBER 2018

East Rock Creek Village — 202-656-7322
info@eastrockcreekvillage.org—www.eastrockcreekvillage.org



PRESIDENT'S CORNER



Lauding those who labor, hailing those who help

To begin with, Happy Labor Day! Whether you are retired or still working full- or part-time, it's important to take a moment to appreciate — perhaps even thank — those whose hard work we depend on every day. It's also an opportunity to enjoy the end of summer and look forward to the approach of autumn.

Of course, volunteers do important work too. Indeed, they are the life-blood of our organization. ERCV has entered its second year as a volunteer-managed Village, and depends on your can-do spirit. If you find you have any extra time and want to be of service, we have a volunteer training coming up on September 16th. Attending the training is a great way to meet other volunteers and get involved in the most important thing we do — helping our neighbors. We haven't offered a training in over a year, so, if you haven't been before, I hope you'll come. If you're already a trained volunteer (or a newly-trained volunteer), be sure to come to our ice cream social on September 20th. We appreciate and want to celebrate everyone who generously offers time and talent to ERCV and its mission.

I also want to thank the volunteer leaders who serve on our Board of Directors. I'm sorry to say that two valued members of our Board are stepping down: Vanessa Sampson-Stroman, who joined the Board last September; and Gloria Sulton, a founding member since 2013 (when ERCV was just a fine idea), our immediate past President and, this year, the hard-working, capable co-chair of our joyful June gala. We wish both Vanessa and Gloria all the best. We will miss them on the Board, but we are grateful for their service and glad that they plan to stay involved with ERCV.

To those celebrating the Jewish New Year this month, let me say *I'shanah tovah*: may it be a good year for all. - David Mackoff



SPOTLIGHT: COMMON-SENSE TIPS FOR SENIORS

In July ERCV offered an information session by two women, both from Glover Park, with experience in senior issues. In addition to helpful guidance for village volunteers, they offered some worthwhile tips that we could all benefit from following, including:

- 1) Post emergency contact information in your home where it is easily visible, in case you have an emergency or sudden illness. Make sure your emergency contact(s) are aware that you are listing their name. Also consider posting the name/phone number of your health care professional(s).
- 2) Give a neighbor or close friend a key to your house, and make sure your friends and relatives know this.
- 3) Your local fire department will install smoke detectors for you at no charge, or will check the location of smoke detectors you already have. Contact your fire station for information about this service.
- 4) Make sure a friend or family member knows where important documents are kept, such as powers of attorney for medical and financial affairs, your living will, your health insurance card(s), and information about medicines and any allergies.
- 5) Consider contacting a geriatric specialist to evaluate your home for possible safety issues (such as exposed extension cords, or throw rugs that may slip or cause someone to trip) and take common-sense steps such as having grab bars installed in your shower or tub.
- 6) Consult the *Iona Resource Guide for Seniors* to learn about services that are available. To obtain a free copy, contact the ERCV office (info@eastrockcreekvillage.org or 202-656-7322) and we will deliver one to you.



Community volunteer opportunity: Love kids? Looking for a way to support our Ward 4 families and schools? Have some time in the early morning you could volunteer? Consider joining Early Readers, an all-volunteer effort working since 2008 to support readers at Shepherd Elementary School. The mission of Early Readers is “to encourage interest in reading and boost the ability to read among K-2 students who need extra attention.” Different teams of volunteers meet the kids in the school library Tuesday, Wednesday, & Thursday from 8-8:30 am. Contact Judith McCollough at mccullough.judith@gmail.com for more information.



PLEASE JOIN US FOR SEPTEMBER EVENTS --

Wednesday, September 5, 1:00-2:30 pm

MONEY SMART FOR OLDER ADULTS

- Presentation by Idriys Abdullah, a consumer protection advocate with the DC government, sponsored jointly by the Shepherd Park Library Book Club and ERCV, to educate us about elder exploitation, prevention strategies, & community resources. (See flyer posted on our website.)
- At the Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave. NW. All are welcome! For more information contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org

Fridays, September 7, 14, 21, & 28, 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. No need to sign up for the class ahead of time; service members may request a ride by calling the office (202-656-7322).
- **Location:** Upstairs Conference Room 2 at Juanita Thornton/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!

Sunday, September 16, 2:00-4:00 pm

VOLUNTEER TRAINING SESSION

- A training session for those interested in volunteering for ERCV as drivers, office support, or board or committee members. Pictures will be taken for identification badges and information for a background check. Please bring your driver's license and copy of your car insurance. Refreshments will be served.
- **Location:** Sunrise Senior Living, 2201 Colston Dr., Silver Spring. **RSVP by Sept. 15** at info@eastrockcreekvillage.org if you would like to attend, or if you have questions.

Thursday, September 20, 7:00 pm

ICE CREAM SOCIAL FOR VOLUNTEERS

- Join us for ice cream to celebrate our volunteers who make this village possible!
- At the home of Gloria Sulton, 1638 Primrose Rd. NW. All are welcome! **RSVP by September 19:** 202-656-7322 or info@eastrockcreekvillage.org.

Wednesday, September 26, 11:30 am

LUNCH AT LEDO PIZZA WITH FRIENDS FROM ERCV

- All are welcome to join us at this popular local venue (7435 Georgia Ave. NW)! We will pay for our own lunches. Service members may request a ride by contacting the office.
- Please sign up at 202-656-7322 or info@eastrockcreekvillage.org.



COMMUNITY EVENTS OF INTEREST

- **Mondays, September 3 & 15; October 1 & 15; November 5 & 19; December 3 & 17, 2:00-3:30 pm: *JUST US at the National Gallery of Art*:** This program provides interactive, discussion-based experiences in the galleries for people with early-stage dementia & their caregivers. Participants explore 2 or 3 works of art during each 90-min. program. The theme changes for every season. Space is limited & registration is required. **Call to register:** 202-842-6905.
- **Tuesdays, Sept. 11 & Nov. 6: *Village Nights at Arena Stage*:** Sponsored by Waterfront Village. Theater performances for which tickets are available include “Turn Me Loose” on Sept. 11, and “Anything Goes” on Nov. 6. To book online, visit www.dewaterfrontvillage.org/calendar or email events@waterfrontvillage.org. Please note that there are no refunds after ticket purchase.
- **Wednesday, September 12, 7:30-8:30 am: *Councilmember Todd—Pop-up Office Hours*:** At the Takoma Metro Station. No appointment needed for this casual, unstructured opportunity to express a neighborhood concern, suggest a legislative idea, give input on a matter before the Council, or just chat with your Councilmember.
- **Saturday, September 15, 12:00 noon: *Edward Ayers, author, keynote speaker*:** Friends of Shepherd Park Library & Military Road School Preservation Trust, supported by the National Park Service, are co-sponsoring the author of *The Thin Light of Freedom: The Civil War and Emancipation in the Heart of America* (see the flyer posted on our website for details about this noted author). At Fort Stevens, 13th & Quackenbos Streets NW.

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