

NOVEMBER 2018

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

Being Grateful



Did you know that you can't be scared or angry in the same moment that you feel grateful? It's true. Try it. It's especially important when we are bombarded with the harsh rhetoric of the election season and the daily news cycle. I recommend taking a moment to think of three things you are grateful for. Here are three things that come to mind for me:

➤ I am grateful that Shelley Moskowitz and I had the opportunity to represent East Rock Creek Village at the **2018 National Village Gathering** last month in San Diego (with financial assistance from the DC Office on Aging). We met dedicated staff and volunteer leaders from across the country who shared their experiences working in their local communities. (Shelley is pictured here on the left with Marilyn Olson, a founder of Oklahoma's spanking-new first Village.) We learned about new technologies that help Villages run more smoothly and practices that help grow vibrant Villages. I'm inspired by the idea that Villages can and do provide much more than services and social occasions: We create compassionate, caring communities where we can live more fully because we are engaged in life together. I look forward to sharing some of what I've learned with you over the coming months.



➤ I am grateful to return home to our wonderful **East Rock Creek Village community**. Attending our October lunch outing gave me a chance to catch up with a few of our members whom I seldom see. So many of our members have led such interesting lives and have such fascinating stories to tell. Soon ERCV members will receive my end-of-the-year renewal letter highlighting a vision for our future. If you are grateful that ERCV is part of your community and want to help it continue to thrive and grow, I hope you will take a moment to **renew your ERCV membership**. If you are not yet a member, I

hope you will join us to make our work lighter and more joyful. Together we can make plans for a great 2019.

- And, on a sadder note, I am grateful for having had the opportunity to work with and get to know friend, colleague, and ERCV volunteer leader **Vanessa Sampson-Stroman**, who recently passed away. She brought an upbeat spirit, keen intelligence, and a good heart to all she did while serving on the ERCV Board. Vanessa helped monitor ERCV's financial health and was always ready to lend a hand wherever needed. She especially enjoyed the comradery of our social gatherings. I have fond memories of playing board games with Vanessa and her husband Ron during rainy Sunday afternoon Open Houses.



Originally from St. Louis, Vanessa attended Cornell University, graduated from Howard University Medical School, and was a successful DC radiologist for 26 years until her retirement. She was an active member of the Coalition of 100 Black Women and a longtime resident of Shepherd Park. My heart goes out to Vanessa's loving husband Ron, her sons Jarrett and Jordan, and her extended community of family and friends. There will be a memorial service

for Vanessa at **11:00 am on November 10** in Howard University Law School's Dunbarton Chapel, 4900 Van Ness Street NW. In lieu of flowers, the family asks that donations be made to Cornell University's **James Turner Scholarship** or to **East Rock Creek Village**. For more information, please contact info@eastrockcreekvillage.org.

ERCV is here for us in the good times we create together and in the tougher times as well. For that I am grateful, and I hope you are too.

Please remember to **vote** (before or) on November 6.
Please renew your ERCV membership (before or) soon thereafter,
and then be ready to enjoy a season of Thanksgiving!

--David Mackoff



SPOTLIGHT: ERCV SERVES OUR MEMBERS AND FRIENDS!

Tech help is available - a free service: Do you wish you could send your friends and family the photos you take with your smartphone? Or maybe you have so many email messages that you can't find that important reminder. Or maybe you want to use the internet to make airline reservations. Help is available through ERCV and GTG Tech! "GTG" stands for "Generation to Generation;" these high school volunteers enjoy working with seniors and are both knowledgeable and patient. Bring your smartphone, tablet, or laptop to the second floor of the Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave, on Saturday afternoon, November 10, for a 30-minute individual session to answer your questions and address your

technology difficulties. To **reserve a time** between 1:00 and 4:00 pm, email us at info@eastrockcreekvillage.org (click on this email address to reply) or call us at 202-656-7322.

The ERCV office has useful information for you: If you would like to receive any of these publications, please contact the office (info@eastrockcreekvillage.org or 202-656-7322) and we will be glad to deliver a copy or arrange a time for pick-up:

- *AARP Home-Fit Guide* – how to make your home safe and accessible
- *Iona's Resource Guide for Seniors, 2018-20 Edition* – a wealth of information on community resources
- *ERCV DC Transportation Guide for Seniors* (ERCV members and volunteers will receive a copy by mail; non-members may request a copy by contacting the office.)
- *Publications from the Alzheimer's Association and NIH*
- *MetroAccess application form*



TIME-SENSITIVE NOTICE: Please note the **Nov. 2 registration deadline** for the November 8 event, “The Road Home,” described in the community calendar section below. We encourage our readers to take advantage of this free opportunity. We never know when we – or a loved one – may need to cope with a hospitalization and its aftermath. This event, sponsored jointly by Forest Hills of DC and Iona Senior Services, offers an excellent way to be prepared.



PLEASE JOIN US FOR NOVEMBER EVENTS --

Fridays, November 2, 9, 16, & 30 (no Nov. 23), 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, but we will send you an email or a phone reminder on Thursdays if you request it; service members may request a ride by calling the office (202-656-7322).
- **Location:** Upstairs Conference Room 2 at Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave. NW. There is limited parking at the library and paid street parking on Georgia Ave., as well as free 2-hour parking on the side streets. There is an elevator to the second floor. All are welcome!

Saturday, November 10, 1:00-4:00 pm

GTG TECH HELP WITH YOUR ELECTRONIC DEVICES (See details on page 2 above.)

- Bring your smartphone, tablet, or personal computer and receive free expert help with questions or problems. One-on-one 30-minute appointments.

- **Location:** Juanita Thornton/Shepherd Park Library, 7420 Georgia Ave., 2nd floor conference room. Elevator to 2nd floor. Limited parking at library; paid parking on Georgia Ave.; free 2-hour parking on side streets. Service members may request a ride.
- **Reserve a time** by contacting our office: 202-656-7322 or info@eastrockcreekvillage.org.



COMMUNITY EVENTS OF INTEREST

- **Tues., Nov. 6, 7:00 am-8:00 pm: Election Day:** Click [here](#) to find your polling place and [here](#) to see the DC Board of Election Voter Guide. Assistants are available at every polling place to help seniors and people with disabilities. If you are a service member and need a ride to the polls, please contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org.
- **Thurs., Nov. 8, 12:00-2:00 pm: The Road Home – Navigating a Successful Hospital Stay and Recuperation:** At Forest Hills of DC, 4901 Connecticut Avenue NW. Parking on campus or neighborhood streets. Free event sponsored jointly by Forest Hills and Iona Senior Services. Complimentary buffet lunch. Learn how to plan for a successful hospital stay, a good rehabilitation experience, and a positive transition to home, including various options for services. For more details, click [here](#). **Reserve a space by Nov. 2:** Call Elizabeth Frick at 202-895-9420 or email community@iona.org.
- **Thurs., Nov. 8, 6:30-8:00 pm: Supporting a Family Member with Memory Loss:** At Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase. Free event. Iona Senior Services and Brighton Gardens are partnering to provide a forum for adult children and other caregivers to understand the challenges of aging, particularly memory loss, and how best to support aging parents and other relatives while practicing good self-care. **To register:** 202-895-9409 or registration@iona.org.
- **Tues., Nov. 13, 6:30 pm: Authors Series, Friends of the Juanita Thornton/Shepherd Park Library:** 7420 Georgia Ave. NW. Paul Butler of Georgetown U. Law Center and one of the nation's most frequently consulted scholars on issues of race and criminal justice, will discuss his award-winning book *Chokehold: Policing Black Men*, which was published in July 2017. Copies of the book will be available for sale and signing after his presentation.

