

JANUARY 2022

East Rock Creek Village — 202-656-7322

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PRESIDENT'S CORNER

Let's Have a Healthy, Happy New Year!

Last year at this time, I wrote about the promise and possibilities of the new year. The first vaccines to protect against COVID-19 were beginning to be administered and we saw brighter days on the horizon. We had a few months that seemed a return to almost-normal -- and then came the variants, Delta and now Omicron. As I write, there are record-breaking numbers of coronavirus cases in DC. This is happening because the Omicron variant is highly transmissible, and the protective strength of the initial vaccines has begun to wane. Vaccinations, booster shots, masking, and testing are not just good ideas, they are now essential. I urge you to carefully read our COVID-19 Update below or on our [website](#) for important information about District government policy changes, useful resources, and the ways you and ERCV can help slow the spread.



As always, we are closely monitoring our community's well-being and adjusting our policies to keep our members and volunteers safe. I'm sad to say that due to the prevalence of the Omicron variant in DC, we have **CANCELED** our planned January 9th In-person Post-holiday Holiday Party. Luckily a small group did enjoy our December 23rd holiday gathering online. Be assured, though, that we will continue to look for creative, fun ways to get together safely.

In the meantime, if you haven't met her already, I want to re-introduce you to Barbara Scott, who has been ERCV's social work case manager for the last three years. Barbara can help during times of transition or crisis. She has helped members prepare for surgery, hire home health aides, and navigate Medicare. She meets with our members to assess if our volunteers can safely provide requested services, and she helps people connect with District and Federal programs that may address their needs. Barbara is also available to provide general support and help solve unforeseen problems as they arise. Besides all that, Barbara is a lovely person to

know! Please read her message to ERCV members and consider attending her January 26th online discussion.

I want to take a moment to thank all who have responded to our end-of-the-year membership drive. Your vote of support is so heartening. And I want to encourage YOU, if you haven't yet acted, to stay with us in 2022. **Remember that no one will be turned away for financial reasons**, so just fill out and send back the form you should have received in late December – or renew online. Please call me directly at 202-230-7733 if you have any questions or concerns.

As we kick off 2022, I still believe there is great promise and possibility ahead. I have confidence that no matter what happens next, ERCV will continue to deal with difficulties, find our way forward, and create a community we are proud to be part of. I wish you and all the world a safe, secure, healthy, and happy new year!

--David Mackoff



SPOTLIGHT: Volunteers Needed!

- **Do you like to write & edit, and do you want to help keep the ERCV community informed?** Our beloved newsletter editor Nancy Foster plans to retire from her valued position after the February 2022 newsletter. This is an opportunity to be a creative volunteer leader.
- More **weekday drivers** are needed to help our members get to medical appointments.
- If it ever snows this year, we will need people who enjoy **shoveling walks and stairs**.
- Please [contact the ERCV office](#) if you are interested to learn more and are available to be trained in January.



COVID-19 UPDATE

What You Need to Know to Reduce the Spread of COVID-19

The highly transmissible [Omicron variant](#) has been detected in the District. The daily case rate in DC is soaring and is expected to continue to rise through the month. [Breakthrough infections](#) of those fully vaccinated and boosted have been reported. However, the *Covid-19 vaccines that are authorized for use have proven to be safe and have remained highly effective in preventing severe illness, hospitalization, and death among vaccinated persons – even with*

the emergence and spread of the Delta and Omicron variants. [For more information click here to read Mayor Bowser's Situational Update.](#)

The best guidance is to use [overlapping strategies](#) to reduce the spread of Covid-19. Key strategies include:

- **Get Vaccinated and Boosted** – Vaccinations, including booster shots, remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging. Vaccines are widely [available through the District](#) and at [local pharmacies](#).
 - Safeway Pharmacy – Piney Branch, 6500 Piney Branch Rd NW, <https://www.safeway.com/pharmacy/covid-19.html>
 - Walk-in Vaccinations: Petworth Library, 4200 Kansas Ave NW, Tuesday, Saturday: 11am – 5pm, Wednesday-Thursday: 1pm - 7pm, Last walk-ups will be accepted 15 minutes prior to clinic closure. **Residents 65 years or older will be moved to the front of the line at DC vaccination sites.**
 - Call 1-855-363-0333 to arrange to receive your vaccination or booster at home. This service is rated very highly by ERCV members!
- **Wear a Face Mask Indoors in Public Settings** – Wear a well-fitted face mask in public indoor settings regardless of vaccination status.
 - ERCV has purchased a supply of KN95 masks. We will distribute two masks to any ERCV member or volunteer while supplies last. Please email info@eastrockcreekvillage.org or call us at 202-656-7322 to arrange to get your masks.
 - Effective December 20, 2021, all people, regardless of vaccination status, are required to wear a mask indoors in public settings in the [District of Columbia](#) until at least January 31, 2022.
 - Beginning Saturday, January 15, 2022, DC establishments including restaurants, bars, indoor cultural entertainment facilities, indoor exercise and recreational facilities, and indoor event and meeting places will be required to verify that patrons age 12 and older have received at least one dose of the Covid-19 vaccine. Proof includes:
 - CDC-issued vaccination card: original or photocopy or photo
 - Immunization record print-out from the patient portal of their vaccine/healthcare provider.
 - A Covid-19 Verification app such as VaxYes
 - The New York Times *Wirecutter* website has a great, freely-available article with information on finding and purchasing reputable masks: [Where to Buy N95s, KN95s, and Surgical-Style Masks You Can Trust.](#)
 - [Project N95](#) is a nonprofit marketplace for vetted personal protective equipment (PPE) & COVID-19 test kits from verified suppliers.

- **Get Tested** - Testing after Covid exposure or when you have symptoms helps detect infection earlier and slow the spread of the virus. dc.gov offers many options for testing sites and at-home kits.
 - [Rapid test kits](#) are available in Ward 4 at the Petworth Library, 4200 Kansas Avenue NW. Test Yourself DC Express is a free COVID-19 Rapid Antigen test that detects if you have a current COVID-19 infection in as little as 15 minutes. These tests have been authorized for Emergency Use by the US Food and Drug Administration. The rapid tests are limited to two kits per person per day and are available to DC residents only. The kits have two tests each. <https://coronavirus.dc.gov/rapidantigen>
 - Residents will need to show a DC ID card or bring a piece of mail with their name and address on it to obtain a test kit. You are required to report results to coronavirus.dc.gov/overthecounter so the District can keep track of cases.
 - **Pick up DC Health Test Yourself At Home PCR kits** at Shepherd Park Library. Register online, follow instructions to swab your nose and return the kit by 8pm the same day. You will receive your results by text or email within 2-3 days.
 - Whenever possible, DC Health recommends that individuals get tested through their own health care provider, so they will already be connected to the health care they need when the results come in.

If you have questions about COVID vaccinations, testing, or prevention, want to get two KN95 masks, and/or need help arranging vaccination or booster shots, please call the ERCV office at 202-656-7322 or email info@eastrockcreekvillage.org.

– *Compiled from multiple sources and with thanks to Stephanie Chong, Executive Director of Northwest Neighbors Village (NNV)*

Beware of Scams During Covid-19

The Office of the Attorney General has released a consumer alert related to scams during the COVID crisis. Scammers may attempt to defraud consumers by selling products that are ineffective at preventing the disease and spread misinformation through social media and other channels. Scammers may pretend to solicit donations to help coronavirus victims, but instead steal consumers' money and personal information. [Office of the Attorney General Covid-19 Know Your Rights Fact Sheet](#)

Tips from the Federal Trade Commission:

- Don't click on email links from sources you don't know. They could download malware on your computer.
- Ignore any online offers for vaccinations or treatments. If a vaccine or treatment is developed, you will hear about it in the news, not from an online ad or sales pitch.

- If you receive a communication claiming to be from a government agency like the Centers for Disease Control and Prevention, close the email and visit the agency's website directly at www.cdc.gov .
- Engage your inner skeptic when confronted with donation requests from unknown sources. Before giving, check out charity watchdogs like give.org or charitynavigator.org.



A Note from Barbara Scott, Social Work Case Manager
- assisting ERCV and several area DC Villages thanks to a generous grant
from the DC Department of Aging and Community Living (DACL) -



Barbara Scott

As the case manager for ERCV, my role is to provide members with expertise and resources in navigating unanticipated events that can befall us as we age. Remaining in our homes as we age can be an important and wonderful experience, but we also must be prepared so that our home remains a safe and comfortable environment. In addition, sometimes life throws us a few unanticipated curveballs, and one of my roles for Village members is to help you navigate difficult times, whether a hospital stay, the need for rehab, or the loss of a loved one.

There are several ways in which I can help you. One of the most effective is by arranging a home visit (which I have done with some of you) where I can learn about your current living situation, your general health, and the types of services that you may require, ranging from meal delivery, transportation, home health aides, or support groups, to identifying resources for legal and financial help. I may first meet you when you have had a significant life-altering experience that ends up with hospitalization. During these times of crisis, I can be an effective resource in helping you navigate the relationship with your health care providers, the hospital social worker, and anticipating and arranging for your needs once you are discharged. Post-discharge can often result in the need to spend time in a rehab facility before returning to your home, and I can help with those arrangements. I can also work closely with you, your family, and/or friends to make sure that your home environment will be safe upon your return. Should

you need additional nursing care, meals, transportation, etc., I can work with you to identify those resources as well.

As your case manager, I am here to make aging in place a positive experience, whether helping you navigate routine day-to-day activities or being a valuable resource in the event of a potentially life-altering event.

Take care — Barbara Scott casemanager@dupontcirclevillage.net 202-441-7290
or info@eastrockcreekvillage.org

PS. I hope you will consider attending the online session I'm facilitating on [Wed, January 26th. Discussion on Coping with Uncertainty](#), 11:00 am-Noon. Please see the notice in the Events by Our Sister Villages listed below.



ERCV PORTRAITS - Meet Mark Pattison



Most of us in upper Ward 4 will recognize the name Mark Pattison. Mark has been a stalwart leader in our area for many years, taking on roles such as creator and organizer of the Halloween Parade, PTA president, SPCA president, and currently leading the effort to save the Shepherd Park Library. Mark also works with the nonprofit organization Hope and a Home, coordinating donations to help families transitioning out of homelessness. In addition to all that, Mark has a full-time position as media editor at Catholic News Service and is a devoted husband and father.

A Detroit native, Mark came to live in the Brookland neighborhood of DC in 1989 for the job at Catholic News Service, and after 32 years there he wears a lot of hats. His primary responsibility is to edit reviews of movies, video games, and TV shows. He also writes a column called TV Eye as well as stories about rural affairs, liturgy, and other topics.

Mark moved to Shepherd Park in 2000 when he married Judith McCollough. They adopted their daughter Cyntia, now a freshman at Bowie State, in 2004. Mark and Cyntia are a father-daughter lector team at St. Gabriel's in Petworth (he reads the Old Testament stories, she reads from the New Testament).

A writer by nature, Mark is currently working on a memoir about growing up in a lily-white section of Detroit during the 1960s-70s. He is a lifelong Detroit Tigers fan, and he and a friend from Virginia have written three books all about the Tigers. While they met all publication deadlines, it still took two years to publish the first book. As a newspaper guy, he found it frustrating to see how much time books take to produce!

Mark's talents even branch into music. As a young man, he played keyboards and sang in a band, performing songs by The Eagles, America, ELO, Chicago, and others. He also plays guitar and took banjo lessons for several years, but never really got it the hang of it. Now he occasionally fills in for the music director at his church and performs song parodies at his company Christmas party.

When asked about his thoughts on ERCV, Mark says he especially likes that it's 100% volunteer-run and is very happy to be part of an organization that does not need to be rescued! He enjoys the lunch outings, and hopes to see more people participate in them in the future.

-- Our thanks to ERCV volunteer Brenda Mejia for this interview

If you are willing to be interviewed for a future Portrait,
please contact Brenda Mejia at 202-746-2714 or brenda.mejia@compass.com



PLEASE JOIN US FOR JANUARY EVENTS -



~Partridgeberry (Rock Creek Park, winter) ~

Mondays, January 3, 10, 17, 24, & 31: 9:00 am

ERCV MORNING WALKERS

- We are walking the neighborhood rather than in the park. Bundle up and join us at 9:00 am at 1312 Juniper St NW.
- No reservation is necessary but if you email info@eastrockcreekvillage.org before 8:30 am or call 202-656-7322 before 9:00, we will wait for you before we set out. There is a Sunday reminder email about this walk.

Mondays, January 3, 10, 17, 24, & 31: 4:00 pm

ERCV AFTERNOON WALKERS

- The Monday afternoon walkers will meet at the Learmonths' at 1309 Floral St. NW. The pace, length, and route depend on the wishes of the group, but the usual walk is on mostly paved, fairly level sidewalks.
- Reservations are not necessary, but if you email info@eastrockcreekvillage.org we will send you a reminder email on Sundays. If you call or text Judith McCullough at 202-255-2390 before 4:00 pm Monday, she will wait for you to arrive before setting out.

Tuesdays, January 4, 11, 18, & 25: 8:00-9:00 am (NOTE time change.)

ZOOM OTAGO FALL PREVENTION EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an Otago exercise practice designed for those who have Otago experience or experience with other Strength and Balance Classes.
- When done regularly, this exercise routine is proven to prevent falls.
- The program is tailored to those who attend -- we can help you get back in shape. Email info@eastrockcreekvillage.org or call 202-656-7322 for more information and the Zoom link.

Thursday, January 6: 3:00-4:00 pm

ERCV WINTERTIME BINGO VIA ZOOM

- Join members, volunteers, and friends of East Rock Creek Village to celebrate wintertime in a toasty-warm COVID-safe way via Zoom. Fix yourself a cup of tea or hot chocolate and ENJOY our virtual gathering.
- RSVP to info@eastrockcreekvillage.org or call the office at 202-656-7322 if you would like us to print and deliver your bingo cards or need any other assistance to play.
- Use this [link](#) If you would like to get your [player code](#), print your own cards and even play online <https://mfbc.us/v/xzxtcbe>
- Join Zoom at <https://us02web.zoom.us/j/82256416341?pwd=VVBXNmpDUDVxUWZQZ0lHTmg2WHZLQT09> Meeting ID: 822 5641 6341; Passcode: 990607 or join by phone by calling 301-715 8592.

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

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. It is recommended for everyone.
- Email info@eastrockcreekvillage.org with questions about Zoom and to receive reminder emails each week.
- [Here](#) is the Zoom link to join the class.
<https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09#success> (The link is the same each week.)

Thursday, January 27: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES: BOHEMIAN RHAPSODY WITH RALPH BLESSING



- Explore the Czech Republic as well as snippets of Austria and Italy with ERCV volunteer leader Ralph Blessing. He is a world traveler, a world-class photographer, and a wonderful Shepherd Park neighbor.
- Whet your appetite for the journey with this [Washington Post Travel section article](#) about this trip.
- [Register online](#) or RSVP to info@eastrockcreekvillage.org or call the office at 202-656-7322.
- Join Zoom Meeting:

<https://us02web.zoom.us/j/88072503271?pwd=aW0xSVlNaXgyUFI5a2FnS1QrT1ZGUT09>
Meeting ID: 880 7250 3271; Passcode: 660648

Saturday, February 19, 4:00-5:30 pm.

ONLINE BOOK DISCUSSION — SNOW-STORM IN AUGUST WITH AUTHOR JEFFERSON MORLEY

- ERCV Volunteer leader Brenda Mejia will facilitate an informal discussion of the book ***Snow-Storm in August: Washington City, Francis Scott Key, and the Forgotten Race Riot of 1835*** with author Jefferson Morley.
- *The Washington Post* review calls the book, "Fascinating....an exploration of America's capital city at a time when the fault line over slavery had become impossible to ignore." Jefferson Morley is an author, journalist, and editor who has lived and worked in Washington DC for over thirty years.
- Join us on [Zoom](#) for an informal discussion
- <https://us02web.zoom.us/j/82322303359?pwd=UGRXS0JjSjVpdUtuVjZMVfVWdzdMUT09#success> Or participate by phone by calling 301-715-8592, then inputting the Meeting ID: 823 2230 3359 and the Passcode: 181117.
- Copies of the book are available at area libraries.
- RSVP at info@eastrockcreekvillage.org or [online](#)



EVENTS OFFERED BY OUR SISTER VILLAGES (free & open to all Villages)

Villages in the DC area work closely together, sharing resources and inviting others to participate in larger programs. Following is a sampling of these shared offerings; for more, visit the website DMVVillageEvents.org.

~ **Joy Zinoman Talk: Monday, January 10, 4:00 pm** – Joy Zinoman went from child actress to Master of Peking Opera to founder of Washington's Studio Theatre in 1987. She was instrumental in the development of Washington as an important theater city and was significant in the growth of 14th Street. She went on to develop the Studio Acting Conservatory. She brings her intelligence, wit, strong feelings, and great expression to speak with us. For details and to register, click [here](#). Offered by **Foggy Bottom/West End Village**.

~ **Discussion on Coping with Uncertainty: Wednesday, January 26, 11:00 am-noon** – Village Case Manager Barbara Scott will lead a discussion with special guest Kathleen Johnson, Nurse Practitioner from the Georgetown University Medical Center Memory Disorder Program, who specializes in the assessment, diagnosis, and management of persons with dementia and related disorders. Ms. Johnson will cover:

- Normal aging and dementia
- Types and stages
- Current treatments and research trials
- Assessment and evaluation for those living with neurocognitive change
- Caregiver support: options for caregivers from home to memory support assisted living

Due to the confidential nature of the discussions in this group, this session is for Members and Volunteers of local Villages only. If you are interested in participating in this meeting and are not a Village member, please contact the office at 202-935-6060. Join the program by [clicking here](#). <https://nwnv.helpfulvillage.com/events/2842> Prefer to join us by phone? Dial +1 301 715 8592; input Meeting ID: 899 8517 0362 and Passcode: Connected

~ **Website for public Washington Area Village Exchange (WAVE)** – The Washington Area Village Exchange (WAVE) has a website for area villages to list their public programs. It includes many fascinating programs from many area villages. Check out their site [here](#) to see what might interest you.



. . . AND SOME COMMUNITY OPPORTUNITIES . . .

~ **Gratitude Circle: Monday, January 3 & weekly via Zoom, 3:00-4:00 pm** – Join

AroundTownDC's "Gratitude Circle," a fun and effective way to raise your spirits. The group will begin by talking about gratitude, which is an evidence-based way to raise spirits during stressful times. Each person should prepare with at least two things you are grateful for. Make them as specific as you can. So, for example you could say, "I am grateful for the delicious cinnamon and wheat cereal that I ate for breakfast," rather than, "I am grateful for food." We will go around the circle with our names and what we are grateful for. We will discuss items we have in common and then do it a second time, if possible. This will be a Zoom Discussion facilitated by Helen Mulkeen. To **register**, click [here](#). Once you are registered for this class you will receive an invitation each week. Offered by **AroundTownDC**. *[Note: Events offered by AroundTownDC are free, but they require you to set up an account in order to register. **This is easy to do!** Click on the "Create a free account" button on the registration page and fill in the information requested. Then all you have to do is create a password. Once you have done this, you can register for any event by clicking the "Login" button on the registration page.]*

~ **Parks at Walter Reed Community Advisory Committee Meeting (CAC): Monday, January 10, 6:30-8:00 pm** – Neighbors are invited to get an update on the development and events at The Parks at Walter Reed by attending the next CAC meeting. These bimonthly meetings provide a forum for community members to advise the Walter Reed Army Medical Center Local Redevelopment Authority on site implementation based on the Reuse Plan and Small Area Plan. The meetings are open to the public and currently take place virtually. More details can be found [here](#).

~ **2022 Accountability Circle: starting Friday, January 21 & continuing the 3rd Fridays of each month, 11:30am** – Let's make 2022 the year you accomplish your goals! Be accountable to a small online group of people. Join Deshawn Larrimore and Gloria Levin to report on the small steps you have taken to move forward. Let go of the impossible, make new connections, and achieve your New Year's Resolutions! For details and to **register**, click [here](#). Offered by **AroundTownDC**.

~ **Cooking with Chef Susan Barocas: Wednesday, January 26, 3:00 pm** – Tasty and healthy shortcut pasta recipes mean an easy, fast meal in one pot or pan. Chef Susan will talk recipes, techniques, and various pasta alternatives made from wholewheat, chickpeas, peas, rice, and more. For details and to **register** for this online event, click [here](#). Offered by **AroundTownDC**.

~ **New Knitting Class at St. Alban's: Monday, January 31 & continuing for 8 weeks on Mondays, 12:45-1:45 pm** – Join Penny Ray and Sarah Whitener in an **in-person** class at [St. Alban's Church – Nourse Hall](#) to **learn** the basics of knitting. They will help you learn how to cast on and off, knit and purl, and help you to create a project within your skillset. As you improve

your skills, they will be happy to help you advance your knitting ability. **For details and to register, click [here](#). Offered by AroundTownDC.**

-- Our thanks to Shelley Moskowitz, ERCV member and consultant, for compiling events for the calendar.



ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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Our thanks to the DC Department of Aging and Community Living (DACL) and The Washington Home for their generous support.



SUPPORT ERCV WHEN YOU SHOP AMAZON -

ERCV is registered with AmazonSmile Foundation. If you register us as your charity and bookmark the following link, all your eligible shopping will benefit us:

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

Thanks!