

OCTOBER 2020

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



PRESIDENT'S CORNER

Preparing for the Fall



Autumn is a time of transitions. The leaves on the trees in our neighborhoods will soon turn into a blaze of colors, and cooler breezes will begin to blow. This is the time to prepare for whatever is to come.

Your health and well-being are most important. The COVID-19 virus is still in our midst and flu season is on its way. We encourage everyone to continue to stay close to home and away from crowds, wear a mask when outside, wash your hands, and get a flu shot. Please don't put off having your routine check-ups, and let us know if you need assistance in using telemedicine. ERCV volunteers are now offering [rides for your medical appointments](#) that need to be done in person.

The health and well-being of the District and our nation are also important. Ballots for the November 3rd election will soon arrive in your mailbox. Please check out the excellent [2020 General Election material](#) on our website and at the end of this newsletter to learn how to cast your vote in a COVID-safe way and how ERCV can help. See information on where neighborhood drop-boxes and early-vote centers are located. Curbside voting will be available for seniors and the disabled at all early and election-day polling places. ERCV can pick up and deliver completed ballots any day from Tuesday, October 27th through Election Day.

In October, ERCV leaders will be planning and preparing for the future. The Village to Village Network's national conference will be held online this year, enabling more of us to participate. It is an opportunity for us to hear about the larger Village movement and learn and share best practices and programming during this time of pandemic. If you are interested in attending, please let us know.



The ERCV Board is pleased to welcome Kelcie Glass as our newest (and youngest) member. Read about her (and our other Board members) on our [website](#). I am happy that Kelcie will be joining us at the planning retreat we are slated to hold this month. We will keep you informed, as always, as our plans for 2021 take shape.

In the meantime, please join us for our Thursday, October 15th online open house and our Thursday, October 22nd Armchair Travel Series. We will be exploring Alaska this month! Please let us know if you have a few pictures to share, or just plan to come and enjoy. Or, join us on our Monday or Wednesday walks or for any of the other healthy options listed in our [Events calendar](#). And please let us know if you have other creative ideas for our Village.

The weather may turn unfriendly, winds may blow, but we continue to stand together -- here for each other. In this turbulent season, please stay well, stay active, and stay involved.

--David Mackoff



SPOTLIGHT: Lots of information!

~ **It's time to get your flu shot:** Local pharmacies offer flu shots free with most insurance plans including Medicare. The **CVS in the Target at Georgia and Eastern** offers appointments and a chance to complete the paperwork ahead of time online so that you don't have to spend much time in the store. The **Giant at Blair Park** has paperwork which can be printed out, completed, and taken to the store. Appointments are not offered, but early risers can take advantage of early morning hours beginning at 6am on Mondays and Thursdays. The **Safeways at Piney Branch and Georgia** and on **Thayer Ave in Silver Spring** have online forms which you can complete designating the Safeway you will visit and which will be used by the pharmacist when you come in. Pneumonia vaccines and shingles immunizations are also offered, but these are not free.

~ **Library by mail:** Library by Mail (formerly L-STAR) is a free service to eligible DC residents to borrow and return library books and DVDs through the mail. DC Public Library staff will use your library card to check out materials on your behalf. This service is customized to your interests. **Who is Eligible:** DC residents who are unable to come to the library due to permanent or temporary disability or underlying health conditions. During the pandemic, if you are unable to get a certification of eligibility by a medical provider, you may self-certify your eligibility and Library staff will follow up at a future date to determine whether you are able to get a certification by a medical provider. Definition of "temporary," a temporary disability or underlying health condition lasting up to one year or less. Definition of "permanent," a

permanent disability or underlying health condition lasting one year or longer. To register, you must complete and return an application to Center for Accessibility, Martin Luther King Jr. Memorial Library, 901 G Street NW, Room 205-D, Washington DC 20001; or by email to lbph.dcpl@dc.gov. For more information, call 202-727-2142. You will receive a call from library staff after your application is processed. They will review your interests and begin sending materials. All materials are mailed in a postage-paid library mailing pouch through the US Postal Service.

~ **More from the library:** The Martin Luther King Jr. Memorial Library is re-opening after its extensive renovation. Click on the links for details. Celebrate the opening by exploring the variety of wonderful [virtual programs](#) available to suit all ages and interests. The newly revitalized space includes over 200,000 new books, vast rows of public computers, D.C. history, power tools, music recording space, a rooftop garden, and much more. From the outside, it's the same iconic building that first opened in 1972. But take a [closer look](#) and you'll see that within the brick, steel, and glass is a 20th-century library with a well-deserved makeover.

~ **And still more from the library:** Get free access to thousands of movies with your library card through **Kanopy**, which partners with public libraries and universities to stream thoughtful entertainment to your preferred device with no fees and no commercials. All you need to do is enter your library card number and PIN. Enjoy critically acclaimed movies, inspiring documentaries, award-winning foreign films, and more: <https://dclibrary.kanopy.com/>

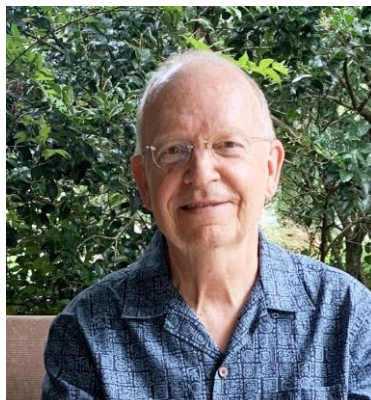
~ **Hearing aid assistance:** The District of Columbia's Hearing Aid Assistance Program (HAAP) provides eligible residents with up to a \$500 reimbursement to offset the cost of a hearing aid. Eligible residents include adults 65 and older with an annual income of less than \$100,000. To apply, click [here](#) and scroll down on the page to complete an application online. For questions or to request an application, email tmoses@smsllcgroup.com or call 202-656-3027.

~ **DC Museums begin to re-open:** Museums across the city are slowly welcoming visitors back in person. These include: The American Art Museum, Renwick Gallery, National Museum of Women in the Arts, National Museum of African American History & Culture, National Museum of American History, National Museum of the American Indian, National Portrait Gallery, and more. Some may require free timed tickets to prevent crowding, and all require masks. For detailed information including updates on openings, click [here](#).

~ **Panda baby:** Enjoy watching mama panda Mei Xiang care for her baby, born in August. This is adorable! [National Zoo Panda Cam](#).



ERCV PORTRAITS: Meet Bill Foster



ERCV volunteer Bill Foster grew up in Toledo, Ohio. His family loved music, so he started piano lessons at age five and moved on to violin in 1st grade. He never thought about pursuing music seriously until senior year of high school. That was when he fell in love with the viola. He began college at Oberlin with a double major of math and music, but quickly dropped the math to focus strictly on music. While there, he fell in love again, this time with a cello player named Nancy, who would become his wife.

Upon graduation both Bill and Nancy were offered positions in the Dallas Symphony. The offer to Bill fell through at the last minute, so he opted for an advanced degree from the Cleveland Institute of Music, and thus narrowly escaped becoming a Cowboys fan! When Bill auditioned for the National Symphony in 1968, only three people were competing for two openings. He listened to the person who was rejected and thought to himself, "I'll never make it!" Fortunately, he was wrong about that and ended up staying for 50 years.

When Bill and Nancy were preparing to move from Cleveland to DC, they noticed an ad for Neighbors, Inc. They got in touch, liked what they heard, and have been in Shepherd Park ever since. Once settled, Bill got involved in the orchestra's union and, as chairman of the Orchestra Committee, led several contract negotiations on behalf of his colleagues. Other roles included serving as chairman of the Media Committee of the International Conference of Symphony and Opera Musicians, negotiating electronic media contracts, and serving as a trustee of the pension fund for the American Federation of Musicians.

Upon retiring in 2018, Bill began volunteering in the long-neglected National Symphony archives. Since then, the Kennedy Center has hired a full-time archivist, which he is very happy about. He looks forward to resuming work with her when things return to normal. He also volunteers as a tax aide with AARP and sings with Encore Chorale. The family tradition of music continues through generations, as his younger son is now the principal violist in the NSO. His elder son is an attorney in Chicago.

Bill enjoys being part of ERCV because he likes the idea of neighbors helping each other and creating a community where people can age in place. He is hoping the return to normal happens sooner rather than later, so he can resume volunteer activities with us!

-- Our thanks to ERCV Board member Brenda Mejia for this interview



PLEASE JOIN US FOR OCTOBER EVENTS -

Fridays, Oct. 2, 9, 16, 23, & 30: 3:00-4:00 pm

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is now online each Friday afternoon. Gentle yoga involves centering, stretching, and balancing poses done sitting in a chair or standing next to it. Wear loose clothing. You just need a chair and a device connected to the internet — the bigger the screen, the better.
- [Email](#) or phone or text 202-656-7322 to register. We will send you the unique Zoom link each Thursday. Assistance in using Zoom, which is free, is available from our office.

Mondays, Oct. 5, 12, 19, & 26: 9:00 am

ERCV MORNING WALKERS

- We will meet on the track at the Shepherd Field. Gates on both Jonquil & Kalmia are open, and there is currently plenty of parking on both streets, so you can do all your walking on the springy surface of the track. We walk the track in pairs, wearing masks – you choose the pace and distance; we usually walk and have conversation for about 30 minutes.
- Reservations are not necessary, but if you [email](#) us or call or text 202-656-7322, we can add you to the Sunday evening email reminder list or the Monday morning phone or text reminder.
- We are open to changing the day and the location (we could walk on the track inside old Walter Reed instead) if that would increase participation.

Tuesdays, Oct. 6, 13, 20, & 27: 10:00 am

ZOOM OTAGO EXERCISE WITH ANTONIA

- Antonia, our yoga instructor, is leading an Otago exercise practice designed for those who have Otago experience or experience with Strength and Balance Classes. These exercises are proven to prevent falls when practiced regularly.
- [Email](#) us or call 202-656-7322 for more information on Otago and to receive the Zoom link.

Wednesdays, Oct. 7, 14, 21, & 28: 5:00 pm

ERCV AFTERNOON WALKERS

- We will meet at the Learmonths' porch (1309 Floral St.) and will walk on the track inside Walter Reed. Other routes are possible, including on pavement or the dirt Valley Trail in Rock Creek Park. We will walk masked, in pairs. Plan to bring your own water, as we will not gather afterwards for beverages for the time being.
- Reservations are not necessary, but [email](#) or call 202-656-7322 if you would like reminder emails on Tuesdays, or if you have questions.

Thursday, Oct. 15: 3:00-4:30 pm

ERCV OPEN HOUSE VIA ZOOM: Conversation on experiences during the pandemic

- Join members, volunteers, and friends of East Rock Creek Village for a discussion about experiences during the pandemic, looking ahead to the holiday season, and whatever else is on your mind. We will also share what services and activities ERCV is doing now -- membership is free through the end of the year.
- All are invited to join us via laptop, tablet, or smart phone. ZOOM is free and easy to use. **Let us know if you plan to attend** so we can send you an invitation with the link to join in (ERCV members and volunteers will receive the link automatically). Your RSVP can be by [email](#) or by phone or text to 202-656-7322, or you can register on our [website](#).
- If you have never used Zoom before, plan to log into the session at 2:30pm on the 15th to get oriented, or you can call or email our office to set up a Zoom introductory meeting at another time.

Thursday, Oct. 22: 3:00-4:30 pm

ARMCHAIR TRAVEL SERIES VIA ZOOM: Explore Alaska!

- Margie Odle and Shelley Moskowitz have visited this vast and beautiful state and will be sharing their photos of wildlife, glaciers, and indigenous art.
- Do you have any Alaska photos to add to the presentation? Please email digital pictures to info@eastrockcreekvillage.org by Tuesday, October 20, or, if you have prints that we can scan, please let us know by the 18th. Everyone is invited to join our Alaska adventure!
- Members, volunteers, and participants in ERCV events will get the Zoom link automatically for both the Open House and the Armchair Travel, but all are invited! [Email](#) or call us at 202-656-7322, or register on our [website](#), and we will send you the Zoom link.



EVENTS OFFERED BY OUR SISTER VILLAGES -

~ **Northwest Neighbors Village** has a number of Zoom programs open to other Villagers. Capacity is limited. For details and to **register**, click on the link/title for each event & follow instructions on the website.

Thursday, Oct. 1, 2:00-3:30 pm – [An Exploration of Race and Racism through Forum Theater](#)

(This is a 4-part series, continuing on Oct. 29, Nov. 19, & Dec. 3.)

Thursday, October 8, 2:00-3:00 pm – [Author Talk: Anxiety Meets Ocean Breathing](#)

Wednesday, Oct. 14, 2:00-3:00 pm – [Healthy Eating on a Budget](#) – Session I: Plants

Thursday, Oct. 15, 2:00-3:00 – [Author Talk: The Riddle of Oedipus](#)

~ **Georgetown Village “Cocktails, Conversation, and COVID” series** – Offered by Georgetown Village with community experts sharing information of interest to village members. The online programs are free of charge and open to the community. To **register** for either program, email lynn@georgetown-village.org or call 202-999-8988. For details: click on links/titles below.

Wednesday, Oct. 14, 5:30 p.m. – [My 50 Years as A British Journalist in America](#)

Wednesday, Oct. 28, 5:30 p.m. – [Climate and COVID: Tackling the Greatest Challenges](#)



VILLAGE VOICE SPECIAL: UPDATED VOTER INFORMATION FOR THE GENERAL ELECTION

All DC-registered voters will be sent a mail-in ballot in early October. If you received two recent Board of Elections mailers addressed to you personally and your address was correct, you do not need to do anything and you will receive your mail-in ballot very soon. If you did not get the mailers or don't receive your ballot by Oct. 8, you can check and confirm your registration information [here](#), or you can call the Board of Elections at 202-727-2525 between 8:15 am and 4:45 pm Monday through Friday for assistance. If the information on the mailers was not correct or if you are not registered to vote, you will need to update your information or **register to vote** [here](#). You can register online without needing to sign a paper registration form. Voter registrations will be accepted until Oct. 13 if received by mail. You can also register and vote the same day during early voting and on Election Day. Bring proof of DC residency.

Once you receive your mail-in ballot along with a voters' guide and "I voted" sticker, you can vote from home at your convenience, referring to any written or online materials while you are filling in your ballot. When you have completed voting, follow the instructions to seal your ballot, sign the outside envelope, and either return it by mail or drop it at a secure drop-box or inside an open vote center (see locations below). You can use any drop box or open vote center to return your completed mail-in ballot. Drop-boxes will be available from Oct. 5 until 8:00 pm on Election Day. Ballots will be picked up from the boxes twice a day and delivered to the Board

of Elections. No postage is needed to mail your ballot, but you should get it to a mailbox by Oct. 27. Here are locations of ballot drop boxes in the ERCV service area:

- Takoma Metro Station
- Shepherd Park Library
- Fourth District Police Station
- Lamond Recreation Center
- Takoma Library (beginning Oct. 8)

If you choose not to vote by mail or drop box, you can **vote in person** (and same-day register) at an early-vote center from Oct. 27 through Nov. 2 (8:30am-7pm), or at any early-vote center or election-day vote center on Nov. 3 (7am-8pm). If you choose to vote in person, voting early is recommended! Curbside voting will be available for seniors and the disabled at all early and election-day polling places. You can also deposit your completed, sealed, and signed mail-in ballot inside any open vote center. Masks will be required to enter all vote centers. A map of vote center locations is available [here](#). Click on one of the colored tabs and a box with complete information for that site will pop up. Here are the vote centers in the ERCV area:

Early-Vote and Election-Day Centers in the ERCV area:

- Shepherd Elementary School
- Ida B. Wells Middle School
- Emery Heights Community Center

Election-Day ONLY Vote Centers in the ERCV area

- Takoma Education Campus
- LaSalle-Backus Education Campus
- Brightwood Elementary School
- Fort Stevens Recreation Center gymnasium

ERCV is available to help you with checking your voter registration and getting registered, and ERCV volunteers are available to pick up and deliver completed ballots to a drop-box any day from Oct. 8 through Election Day, Tuesday, Nov. 3. Your ballot must be sealed and signed on the envelope when it is picked up. Call us at 202-656-7322 or [email](#) us to request any of these services. ERCV is not providing rides to voting places, so be sure you are registered so you will receive your own ballot in the mail.

ERCV Newsletter Editor: Nancy Foster nfoster14thst@gmail.com

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