

JUNE 2020

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

"Stay-At-Home Light"



This month we will not only see the return of our summer flowers, but we will watch as DC begins cautiously to re-open and, hopefully, to bloom. (*See details below about what the Mayor calls "Stay-At-Home Light."*) You may feel tempted to be out and about after ten weeks living in an essentially shut-down city, but I strongly urge us all to be careful. People over the age of 60 are still extremely vulnerable to the most serious effects of COVID-19, and this includes the majority of our own ERCV members and volunteers.

Sheltering-in-place has clearly slowed the spread of the virus, and it is still the best way to stay healthy. Personally, when I go out, I try to always wear a mask, stay at least six feet from the people I meet, and keep my hands well-washed. I consider this an adjustment, not a burden. It's my way of saying that others matter to me and that I want to do my part to help keep my neighbors safe and healthy. I hope you too will wear a mask and take extra care if you choose to venture out.

Please know that the ERCV Board is monitoring the District's re-opening and will announce any policy or programming changes as soon as possible. We are consulting with our sister Villages and the DC government to determine best practices for our community. The safety and well-being of our members and volunteers is always our top priority. Also, remember that our volunteers are ready to help deliver groceries, medicine, and household supplies to your door and that our friendly check-in calls can help brighten your day.

While we continue to stay close to home, I hope you will consider joining us for our online activities. At the end of May, we successfully launched our Armchair Travel Series. Board member and biologist Peter Kramer shared amazing photos from his adventures living and working in the Galapagos Islands. It was a nice change of scenery and a wonderful way to learn about a unique part of the world that few of us will ever see in person. Wondering where we'll go next? On Thursday, June 18th, we are heading to Egypt with ERCV's past president, Gloria

Sulton! I hope you'll join us and let us know if you have your own travel stories and photos to share.

Finally, I want to thank everyone who helped us assist households impacted by COVID-19 this past month. We grieve the enormous loss of life from this dreadful virus and rededicate ourselves to helping others as we can. We are grateful to The Washington Home for the grant that enabled us to buy food and other necessities for neighbors in need. I also want to recognize our caring community that did the shopping, organized and donated additional supplies, and, in more ways than one, delivered the goods.

--David Mackoff



In memoriam. . .

On May 3, 2020, East Rock Creek Village member Joel R. Fassler passed away at the age of 76. He is survived by his wife Bettifae Fassler. Joel and Bettifae joined ERCV in 2015. We are very grateful to Bettifae for making arrangements to have contributions in Joel's memory made to East Rock Creek Village.



SPOTLIGHT: Staying up-to-date with information. . .

~ **Primary Election Day is June 2nd!** If you have received a mail-in ballot, you must return it or vote in person by June 2nd. Please remember that most normal precinct voting locations will not be open this year. While you can vote at any location in any Ward, the nearest centers are at Ida B. Wells Middle School and the Emery Heights Community Center. All Early Voting Centers are open 8:30 am–7:00 pm. Find a location and check the wait times [here](#).

~ **Check on your check:** If you haven't received your stimulus payment yet, [here](#) is the link to check on its status.

~ **Phase 1 of Re-Opening DC** began on May 29.

- While the stay-at-home order is lifted, the Public Health Emergency is still in effect.
- Gatherings of more than 10 people are still prohibited.
- Masks are required in public — as is social distancing of at least 6 feet.
- Barbershops and hair salons may provide limited services by appointment only.
- Recreation centers and public pools will remain closed.
- Restaurants taking adequate precautions may offer outside dining and can continue to offer takeout and food delivery.

- Nonessential businesses will remain closed except for minimum business operations.
- Non-essential shared transit continues to be discouraged.
- For more details see <https://coronavirus.dc.gov>

~ **Hearing Aid Assistance Program:** The District of Columbia Department of Health Hearing Aid Assistance Program (HAAP) provides a reimbursement to District residents with a household income of less than \$100,000 a year to offset the cost of purchasing a hearing aid. Click [here](#) for detailed information on how to qualify, how to apply, what documents are required, deadlines, and FAQs.

~ **DC Library beginning to phase in services:** Now that DC is beginning Phase 1 Re-opening, the library system is resuming some service in selected branches. For detailed information on what is available, visit <https://www.dclibrary.org/node/67157>



ERCV PORTRAITS - Meet Krayna Feinberg



Krayna Feinberg is a little different from most ERCV members, in that she and her husband have lived in our little corner of Upper Northwest for only five years. She jokes that they did retirement backwards by leaving a condo for their Shepherd Park single-family home!

Born and raised in Brookline, MA, Krayna met her husband Chuck while studying in Israel. She earned a master's in special education, and learned sign language when she landed her first job at a school for the deaf. She and Chuck married in 1969, and he was ordained as a rabbi in 1973. They settled in Madison, WI, where their three children were born. Krayna says she took a 14 ½ -year maternity leave, since she didn't work outside the home (other than Sunday School at their synagogue) while the children were young.

The family later moved to Poughkeepsie, NY, where they stayed for ten years and Krayna returned to work after retraining in learning disabilities. From Poughkeepsie they went to

British Columbia for eight years, where she retrained again, this time as a reading specialist. Krayna and Chuck came to DC in 2006 and lived in Van Ness until they purchased their current home in 2015.

Now retired, Krayna utilizes her educational background as a volunteer at Capital City Public Charter School. She feels strongly that all children can learn to read, and works to build the trust of her students while they reach their full potential. She uses different methodologies for different kids – there is no “one size fits all” solution!

Her daughters and grandchildren live close by, while her son is in Vancouver. The joy and blessing of her life is that their children have a strong bond, and love and support each other. One of her most cherished memories is the entire family’s trip to Mexico last year to celebrate Krayna and Chuck’s 50th wedding anniversary.

A talented sewer, Krayna has recently made many face masks for a local hospice and others in need. Current projects include a quilt for her grandson and matching dresses for her granddaughter and her American Girl doll.

Krayna enjoys biking, walking, and reading. She’s also very happy to have garden space during this time of social isolation. Her custom-built 4-foot high garden beds make it easy and fun to grow vegetables, berries, and flowers. Hopefully you will see Krayna at an ERCV event when the isolation guidelines are lifted!

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



PLEASE JOIN US FOR JUNE EVENTS -

Fridays, June 5, 12, 19, & 26: 3:00-4:00 pm

ZOOM CHAIR YOGA WITH ANTONIA

- Our long-running class is now online each Friday afternoon with many of the regular participants joining in virtually. This gentle yoga class 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 info@eastrockcreekvillage.org or phone or text 202-656-7322 to register. We will send you the unique Zoom link on each Thursday. Assistance in using Zoom, which is free, is available from our office.

Thursday, June 11: 3:00-5:00 pm

ERCV OPEN HOUSE VIA ZOOM

- Everyone is invited to join us *via* your laptop, tablet, or smart phone! Meet new friends or connect with old ones, learn about ERCV, and enjoy good fellowship. We welcome your photos sent to info@eastrockcreekvillage.org to be shared at the event. How about showing what you have been making during your time at home?
- **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 by clicking [here](#).
- If you have never used Zoom before, plan to log in a little early to get oriented, or you can even call or email our office to set up a Zoom introductory meeting at another time. It's easy and fun to use Zoom, which is free!

Thursday, June 18: 2:00-3:30 pm

ERCV ARMCHAIR TRAVEL SERIES VIA ZOOM: EGYPT

- Join us online to hear Gloria Sulton, Past President of ERCV, share photos and impressions from her “trip of a lifetime” to Egypt. This is sure to be enjoyable as well as educational!
- **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 by going to our [website](#) and clicking on the Event List, where you will find the Egypt trip.



. . . **and here are some interesting possibilities.** . . .

~ **Gardening Tips** – You may enjoy the short, informative videos on [Your Garden Show](#). Learn tips for garden planning and care from gardeners around the country, and enjoy peeking at a variety of beautiful gardens in the process.

~ **Carnegie Hall Fridays** – Through July 11, 2020, enjoy *Carnegie Hall Fridays*, a new streaming series released with medici.tv. Each Friday, a new selection from their archive of live broadcasts will be made available for on-demand streaming free of charge. Each program will be accessible throughout the weekend for 72 hours—from Friday at 3 AM through Monday at 3 AM (Eastern). Click [here](#) and scroll down to find the schedule and links to programs. Beneath each video you can find the program and notes so you know what you are hearing. The weekend of June 5-7 features a 2016 performance of the Simon Bolivar Symphony Orchestra of Venezuela, the dynamic youth orchestra from the famed El Sistema

music education program. Other weekends offer a variety of soloists, ensembles, & orchestras.

~ **Resources for Consumers** – Check out [Washington Consumers' Checkbook](#) online for information about local service providers to help you get high-quality services and products at the best possible prices. Access to this resource has been temporarily expanded to DC library cardholders working remotely, courtesy of Consumers' Checkbook. Account creation is required with a valid email address. [Consumer Reports](#) online allows you to research thousands of products and services with test results, ratings, recommendations and buying guides, all from your home. Enjoy unbiased reports on a variety of products to help you make better, more informed purchasing decisions.

~ **Visit the 50 States** – As we make our way in this strange world of self-isolating and social distancing, travel has come to a halt. But there is a way to check something off your bucket list – [visit all 50 states with these virtual tours!](#)

~ **Universal Class (DC Library resource)** – Learn something new today! [Universal Class](#) offers over 500 free online continuing education classes, all free with your DC library card. These self-paced, non-credit personal and professional development classes are led by real instructors who will give you continuous feedback on your progress. When you get to the website, click on the “Tutorial” button for clear step-by-step instructions for accessing course information and registering.

~ **Art & Spirituality: Artist Hyman Bloom** – In this inspiring, beautifully produced [symposium](#) from the Boston Museum of Fine Art, learn about this mid-20th century American artist who “produced works of astounding beauty and probing mysticism” through wide-ranging subject matter grounded in his Jewish background. The symposium brings together academics, curators, and musical performers to explore Bloom’s work in the context of spirituality, music, and mid-20th century art. Other symposia are also available on this website.

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