

## JANUARY 2019

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

#### To a Joyful 2019!



Happy New Year! I hope your holiday season was filled with good cheer, food, family, and friends. The turnout for the ERCV holiday party was excellent. The volunteers who planned and worked to set up the celebration did a wonderful job, and I saw a lot of happy, smiling faces there. Let's do our best to carry those good feelings forward into 2019.

Thanks to all of you who recently donated to ERCV or renewed your membership. If you haven't done so yet, please do. And, if you can think of friends or neighbors who might benefit from ERCV membership or enjoy becoming members, please tell them about our Village, invite them to an event or an Open House, or simply let us know who they are.

The new year brings new opportunities to improve our Village. In November, as many of you know, we engaged the services of an excellent and highly-recommended social worker (Barbara Scott, profiled below), who will be available to assist our members in times of need. We also plan to revamp our website and upgrade our technology to simplify administration and make it easier for members and volunteers to request or offer services directly. What else do you think we can do together to improve ERCV -- to become a better Village for you and people you know?

*And that is just one of several questions I have for you . . .*

- As we begin the new year, I'm wondering what you members, volunteers, and well-wishers have enjoyed most about being part of the East Rock Creek Village community. Is it getting to know a neighbor as you give — or are given — a ride to an appointment or event? Is it enjoying festive food, music, and good company at our parties? Is it simply knowing that ERCV and its volunteers are ready to help you now or in the future? Or is it something else?

- Next, is there something you're expert at or know well, something interesting you've experienced, something you love to do that you are willing to teach or share with our community? Perhaps your travels or professional experiences have given you perspectives you'd like to convey in a lunchtime talk. Perhaps you're an avid knitter who can teach others to make gifts for family, friends, or the homeless. As an example, our valued ERCV Board member Peter Kramer is a trained docent at the US Holocaust Memorial Museum and will again offer us a guided tour on **Friday, January 4** (see *January Events* below). We are blessed to be in a community of talented, interesting, and curious people. We are all complex people with gifts we usually keep to ourselves; so think about which of yours you might like to share with your ERCV neighbors.
- Finally, for now — I was recently asked what one word captures my hopes for the new year. Without hesitation, I declared that I wanted my watchword to be JOY! Wouldn't it be nice to infuse that into our everyday lives? I'm not pretending there won't be tough days ahead, but I do believe that JOY is a mindset that can make the most difficult challenges more manageable. What do you want as your watchword — or watchphrase — in this new year?

I'm looking forward to hearing your answers to my questions and, in turn, trying to answer yours. I, among others, will be at our first Open House of 2019 on **Saturday, January 12** (again, see *January Events* below), and I'm always happy to find another time for a one-on-one conversation. Here's to an East Rock Creek Village where we continue to serve, grow, and learn together — hopefully with a lot of **JOY!** --*David Mackoff*



## **SPOTLIGHT: WE HAVE MOVED!**

The ERCV office is now located at 7707 13<sup>th</sup> Street NW, with entry from the driveway behind the house. We are very grateful to Board member Pati Griffith for allowing us to use her basement apartment. Many thanks to Urban Atlantic /The Parks at Walter Reed for our previous location. We are still unpacking but plan in future to have regular office hours and small events at the new office. Assistance with furniture repair (involving glue/plastic wood) is needed – please call Susan Davis at 202-656-7322 if you can help.



## **ERCV PORTRAITS – Meet Barbara Scott**

East Rock Creek Village elders are alert to the perils of a single misstep, the fall that can land them in the hospital or change the quality of life in an instant. The good news is that ERCV now

has a “Village Case Manager” who will help us navigate — or better yet, prevent — a care crisis.



Meet Barbara Scott, a standout graduate of Howard University’s Licensed Geriatric Social Work program (LGSW). Her skills include helping us see the big picture through a needs assessment; coordinating public and private services to prevent as well as respond to a crisis; and advocating for us in the (often confusing or intimidating) health care setting, as well as with local agencies and our own family members or other emergency contacts.

In short, Barbara helps us elders stay informed and in charge of our aging when facing a looming crisis. Her style is easy-going, warm, and non-judgmental. She stresses that what we discuss with her is confidential. She knows the resources (such as good rehab facilities). She connects us effectively with other problem-preventers/solvers such as Legal Counsel for the Elderly, George Washington Health Insurance Program, Meals on Wheels, the hospital social worker whose job it is to create a discharge plan for us, and Terrific, Inc., our Ward 4 lead agency on aging.

Barbara Scott traces her interest in working with elders to her childhood in rural Appalachia, where from a young age she was aware there were few resources for this at-risk population. She was raised in large part by her grandmother, Nola, who made a lasting impact on her. As a geriatric social worker, Barbara Scott has worked with elders in settings ranging from nursing homes to our residences in Wards 4, 7, and 8 (served by DC Villages) to homeless shelters.

ERCV shares Barbara Scott’s time and expertise with other DC Villages. In the Village care management model, a member (or agent such as family member or volunteer) reaches out to the ERCV office (202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)) from home or hospital regarding a life-altering event. The office contacts Barbara, whose first step is to meet the member (at home or hospital) to assess what caused the event, any other medical issues, support system, finances, Powers of Attorney, and the home environment/safety discharge planning. Then she helps set up resources — from meal delivery to a spot at a good rehab place — to support the elder to move out of crisis and to again live as full and independent a life as possible.

Barbara Scott’s “back story” is unusual and fun. After graduating from Ohio State with a B.S. in business education, a love of competitive bicycling took her to Europe. She lived in Spain and led bicycle trips there and in Italy and France. She also met her husband, Rob, and followed him to DC where he works at NIH. They take an overseas trip each year and always take their bicycles!

Welcome, Barbara Scott! Village members and volunteers look forward to being more effective and informed advocates for the aging as we benefit from your expertise. —*Gay Gellhorn*

## Two important reminders. . .

- It's time to register for visitor parking passes for 2019. For details click [here](#); or you can contact DDOT Customer Services at 202-671-2700; or ask the ERCV office to help.
- Beware of scams regarding Pepco rates or service. For more information see the Pepco scam document posted on our website, or contact the ERCV office (202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)).

## PLEASE JOIN US FOR JANUARY EVENTS --

Fridays, January 4, 18, 25 (no 11), 3:00-4:00 pm

### CHAIR YOGA FOR SENIORS

- **Location:** Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. There is limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour free parking on the side streets. 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). All are welcome!

Friday, January 4, 10:45 am

### "AMERICANS & THE HOLOCAUST" EXHIBIT AT THE US HOLOCAUST MEMORIAL MUSEUM

- Visit this special exhibit with Peter Kramer, ERCV Board member, who is a guide at the museum. This would be a 90- to 120-minute visit, with lunch (pay your own way) afterwards in the cafeteria. (The museum is open during the government shutdown.)
- We will meet at 10:45 at the main entrance to the US Holocaust Memorial Museum, on 14<sup>th</sup> Street, just south of Independence Avenue.
- The exhibit, which is very accessible and includes many interactive elements, examines the motives, pressures, and fears that shaped Americans' responses to Nazism, war, and the persecution and murder of Jews in Europe during the 1930's and '40's.
- To sign up for the visit, contact the ERCV office, 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). **For information/advice about transportation (metro, or parking) or to ask about carpooling possibilities, contact Peter directly at [pkramer@gmx.ch](mailto:pkramer@gmx.ch). Service members may request a ride by contacting the office.**

Sunday, January 12, 3:00-5:00 pm

### ERCV OPEN HOUSE – ALL ARE WELCOME!

- At the home of an ERCV Board member, 6706 5<sup>th</sup> St. NW, near the corner of Aspen St.
- Join us for conversation and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor! Or **let us know of potential members you would like us to invite!**
- For more information, contact ERCV at 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).

## COMMUNITY EVENTS OF INTEREST

- **Thurs., Jan. 3, 10, 17, 24, 31, 2:00-3:00 pm: *Integral Tai Chi for Seniors*** – Long Branch Library, 8800 Garland Ave., Silver Spring. A series of exercises, relaxation techniques, & meditation that combines yoga, Tai Chi, Qi Gong, & meditation into a self-healing system that integrates body, mind, & spirit. Begins with a warm-up before the movement exercises, then follows with a cool-down, relaxation, & meditation. Free & open to the public. For important details, click [here](#).
- **Sat., Jan. 5, 8:00 pm (other dates & times through Jan. 20): *From U Street to the Cotton Club*** – Source Theatre, 1835 14<sup>th</sup> St. NW. Original work by a local playwright telling the story of the rich cultural heritage & importance of music in the life of Black Broadway, & DC's role in shaping the sound & soul of the Harlem Renaissance. Tickets \$20-\$45 plus service charge. For details & to order tickets, click [here](#) or call 202-204-7763.
- **Sat., Jan. 12, 3:30-5:00 pm: *Author Talk with Maskarm Haile*** -- Silver Spring Library, 900 Wayne Ave., meeting room 3<sup>rd</sup> floor. Ms. Haile discusses her debut title, *Abyssinian Nomad: An African Woman's Journey of Love, Loss & Adventure from Cape to Cairo*. Her travel passion ignited by a humanitarian mission in Ethiopia with her mother, and having lived a life of adventure, challenge, & travel in more than 100 countries, Maskarm Haile encourages others to pursue their own dreams. Free event; all are welcome.
- **Sat., Jan. 12, 7:30 pm (other dates & times through Jan. 20): *Comedy as a Second Language*** – Black Box Theater, 8641 Colesville Rd., Silver Spring (across from the Fillmore). A night of stand-up comedy with the funniest immigrant and first generation performers. \$16-\$22 tickets available at [www.improbablecomedy.com](http://www.improbablecomedy.com) or call 301-351-2096.
- **Wed., Jan. 23, 1:00 pm: *Free Mid-day Movie: "Black Panther"*** – Chevy Chase Community Center, 5601 Conn. Ave. NW. Bring your popcorn! We'll do the drinks! Free event. For more information call 202-282-2204.

-- Our thanks to ERCV volunteer Rosalind Palmer for compiling the community calendar events.



### SUPPORT ERCV WHEN YOU SHOP AMAZON

ERCV is registered with AmazonSmile Foundation, so if you register us as your charity and bookmark the following link, all your eligible shopping will benefit us—we will receive a yearly donation from the foundation: <http://smile.amazon.com/ch/46-3491502>

We will be most appreciative!