

**AUGUST 2019**

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

### **Stay Cool and Connected**



There's no need to tell you that it's been hot this summer! I hope you are enjoying the cooler days, staying hydrated and taking it easy. The good news is that it's a relatively quiet time of year. Our usually-bustling city slows down a bit as Congress heads into recess and families head to the beach. But ERCV volunteers are still here, in your neighborhood, maybe moving a little more slowly in the heat, but still happily ready to help.

You can count on ERCV for weekly opportunities to enhance your health and well-being: Enjoy leisurely walks with neighbors, sip ice tea and lemonade with new and longtime friends, or try out chair yoga. Our monthly open house is popular with our continuing members and is a great chance for prospective members to meet and ask questions. If you're hungry for good food and company later in the month, come to our regular 4<sup>th</sup> Wednesday Lunch Bunch gathering. Or join us at the end of the month for a special outing to the Glenstone art museum in Potomac. Of course, in addition, service members can get check-in calls from our friendly volunteers, as well as rides to events and appointments, or help with errands.

There is also a lot going on behind the scenes. Thanks to a grant from DC's Department of Aging and Community Living, we're working on new ways to raise ERCV's visibility and enhance its presence in our neighborhoods. I'll share more with you in the months to come. In the meantime, if you are a Facebook user, please visit, "like", "follow," and "share" [our new Facebook page](#). By letting more people know who we are and what we offer, we can grow our Village, as we continue to connect with and help our wonderful neighbors and build our caring community.

*--David Mackoff*



## SPOTLIGHT: ERCV IS ON FACEBOOK!

**Join and Share!** We are happy to announce that we now have an East Rock Creek Village Group page on Facebook!

Just go to Facebook.com and SEARCH for East Rock Creek Village, or click [here](#). There, you can read updates and see photos of members and volunteers in action, stories of how we are helping people, and of course, UPCOMING EVENTS - social, fitness, educational, etc.

We hope you will take a few minutes to [JOIN](#) us on Facebook, and also to SHARE the page with your friends and others. If you have any questions or need help, please contact us at [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org).



## RESOURCES FOR SENIORS

**Here is an invitation to ERCV Villagers from Barbara Scott, our social worker:  
Recent Retiree Group —**

On **Wednesday, August 21 at 9:30 am**, join recent retirees for coffee and discussion of issues and activities of common interest. Our last coffee included retirees from the Northwest Neighbors, Palisades, Cleveland/Woodley Park, and Dupont Circle Villages. At Firehook Bakery (across from the Uptown Theatre and Cleveland Park Metro), 3411 Conn. Ave. NW. Meet in the back garden. If you have questions, please contact Barbara Scott, 202-557-8661 or [casemanager@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.net).

**Iona Senior Services** <https://www.iona.org/> offers several worthwhile programs coming up in August and September. Some of them require **registration**, so it is worth looking now.

**And here is a service that caught our eye, and we felt it was worth sharing:  
Elder Nourish —**

Can't or don't want to cook anymore? Perhaps you have complicated dietary restrictions that are challenging to manage on your own. Or, you have mobility issues that make food preparation difficult or impossible. You may be managing a family member's care and are concerned that they are eating enough and that their diet is a healthy one, and you can't always be there to check on them and know that they're getting the best possible nutrition.

Are you an older adult who is aging in place? Or an adult child with a busy life who is managing the care of an aging family member, often from a distance? Our clients are older adults living

independent lives who have a desire to live in their own homes for as long as it's possible and preferable.

1. We consult with you to determine your food preferences and dietary restrictions.
2. We develop a customized menu just for you and consult with a dietitian.
3. We return to your home where a chef spends a day cooking meals that are put up in your refrigerator and freezer.

For specific information contact: Elder Nourish, 1875 Conn. Ave. NW, 10<sup>th</sup> floor; 571-234-1135; [info@eldernourish.com](mailto:info@eldernourish.com); <http://www.eldernourish.com/services/>



**ERCV PORTRAITS – We're on vacation for August;  
watch for our return in September!**



## **SPECIAL CALENDAR LISTING**



**Tickets to Glenstone Museum in Potomac:** ERCV has obtained tickets for 4 to the [Glenstone Museum](#) for **Thurs., Aug. 8 at 10:30 am**, and **Thurs., Aug. 29 at 11:00 am**. We will drive together, leaving about an hour before the appointment time. Visiting this unique museum of art, architecture, & landscape involves walking both indoors & outdoors, but accommodations are available. Admission is free. We plan to purchase lunch at the museum café. Let us know as soon as possible ([info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322) which day you are interested in attending. Plans will be finalized in early August; we will keep a waiting list for each date in case of last-minute cancellations.



## PLEASE JOIN US FOR ADDITIONAL AUGUST EVENTS --

Mondays, August 5, 12, 19, & 26: 8:00 am (Note time change for hot weather!)

### ERCV MORNING WALKERS

- Meet at the home of Susan Davis, 1202 Hemlock St NW; we will walk at a leisurely pace to the Shepherd School lower field where we can walk around the track or sit a bit and rest before walking back. Walkers are invited for lemonade or water and conversation afterwards, at about 10:00 am.
- Open to all – no reservations needed. Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or phone or text 202-656-7322 to be added to the weekly reminder email/call.

Wednesdays, August 7, 14, 21, & 28: 4:00 pm

### ERCV AFTERNOON WALKERS

- Meet at Susan Learmonth's home (1309 Floral St. NW) and walk for an hour, followed by tea or lemonade.
- Email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 if you have a question.

Thursday, August 15, 3:00-5:00 pm

### ERCV OPEN HOUSE & GAME DAY – 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, games, 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. Feel free to bring your favorite game to share. For more information, contact us at 202-656-7322 or [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org). Please let us know of potential members you would like us to invite!

Fridays, August 16, 23, & 30 (no Aug. 2 or 9): 3:00-4:00 pm

### CHAIR YOGA FOR SENIORS

- At Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. Limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- Antonia teaches this free 1-hour gentle movement class suitable for everyone. Stretching, centering, strengthening, & balance poses are done sitting on or standing beside a chair. Wear loose clothing. All are welcome! Reservations are not required, but email [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or call or text 202-656-7322 to be added to the weekly reminder list.

Wednesday, August 28: 12:00 noon

**ERCV LUNCH BUNCH – ALL ARE WELCOME! JOIN THE FUN!**

- Join us at **El Aguila Restaurant**, a Salvadoran/Tex/Mex restaurant, 7926 Georgia Ave., Silver Spring. Parking is in the rear off Eastern Ave.
- We will pay for our own lunches; lunch buffet or order from large and varied menu.
- RSVP **by Monday the 26<sup>th</sup>** to [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org) or 202-656-7322 so we can reserve a place for you. Service members may request a ride (please notify us a week in advance).

**Please note: There will be no Calendar Update in August. Be sure to check our website for up-to-date calendar listings.**

## COMMUNITY EVENTS OF INTEREST

~ **Sunday, Aug. 4, 12:00-5:00 pm: *Community Day at National Museum of Women in the Arts*** – 1250 New York Ave. NW. Free admission for visitors to explore the permanent collection & current exhibits, including [Power in My Hand: Women Poets, Women Artists, and Social Change](#). For information, contact 202-783-5000 or [media@nmwa.org](mailto:media@nmwa.org). Free event.

~ **Tuesday, Aug. 6, 1:00 pm: *Senior Tech Drop-In Clinic*** – Cleveland Park Neighborhood Library, 3310 Conn. Ave. NW. Get one-on-one assistance with navigating your digital devices. Please be sure to bring your charged device with you. Free event.

~ **Saturday, Aug. 10, 12:00 noon: *Gearin' Up Bicycles*** – Shepherd Park Library, 7420 Georgia Ave. NW. Need to dust off that bike sitting in the garage & get it going? Receive *free* basic bike repair & maintenance at this “pop-up” repair shop. *Limit one adult bicycle or 2 children’s bicycles per customer.* The Gearin’ Up pop-up shops provide parts, tools, & skills, & repair bicycles in need of safety-related service, as well as educate city cyclists about safe riding habits. More information: 202-541-6100 or click [here](#). Free event.

~ **Saturday, Aug. 24, 10:00 am-12:00 noon: *Tomato Tasting/Competition*** – FreshFarm Market, Downtown Silver Spring. Join *Washington Gardener Magazine* as farmers contribute locally-grown selections – from super-sweet Sungold to not-so-pretty Cherokee Purple – and we’ll explore which tomatoes make the short list of favorites. Tomato gardening tips, tomato recipes, tomato seeds. . . And your taste voting ballot is also your entry into prize drawing for a basketful of gardening goodies. The drawing is at noon; you must be present to win. Free event.

-- *Our thanks to ERCV volunteer Rosalind Palmer for helping to compile events for the calendar*