

THE HUB

The Hub is the official newsletter for the newly created East of the River Regional Socialization Hub (EOTR) for seniors residing in Ward 7 & 8 and is a program of the East River Family Strengthening Collaborative (ERFSC). The East of the River Regional Socialization Hub merged both the Lead Agencies for Ward 7 & Ward 8 into a new structure to ensure that seniors living East of the River are aware of/and receive services in an inclusive and welcoming environment to decrease isolation, improve nutrition food access, and promote physical and recreational activities. To access services, please contact:

Website: <https://eotrhud.org> Telephone: 202-534-4880

The East of the River Regional Socialization Hub is divided into 3 divisions of services:

The Senior Connections Division is responsible for all client services to decrease social isolation through peer-to-peer support, neighborhood clubs, support groups, information and referral, and reassurance calls. Including: EPD Waiver Program, Heavy House Cleaning, Care Coordination.

The Partnership and Community Engagement Division is responsible for all activities, events, outreach, and engagement for seniors living in Wards 7 & 8 communities, produce and meal delivery, and community pop-ups.

The Community Dining Division (Friendship Cafes) is responsible for providing nutritious meals and health promotion to seniors in both Wards 7 & 8 in a welcoming and inclusive experience both in person and virtually. This division includes the city-wide Deaf and Hard of Hearing Program.

AWARENESS MONTH written by JaNeise Sturdivant

July was first declared as National Minority Mental Health Association Month in 2008. Since then, July has been a time to acknowledge and explore issues concerning mental health, substance abuse disorders and minority communities, and to designate mental illness and enhance public awareness of mental illness among affected minority groups across the U.S..



EOTR Upcoming Events
(Please call to register & to access event calendars please visit our website)

July 27 at 2:00pm
Every 2nd & 4th Wednesdays
Connecting and Coping
(Virtual Support Group)
ZOOM: 8057921830
No password needed

July 29 at 10:15am
Friendship Café Cookout
4301 9th Street SE, Wash, DC

July 29 at 11:00am
Flash Table Event (Benning Terrace Community) Bard School Parking Lot

Message from ERFSC Executive Director Mae H. Best



"We are very excited about the new East of the River Regional Socialization Hub and have been receiving great feedback from seniors within the community in Ward 7 and Ward 8. We strive to provide the best experience for seniors engaged in our programs and those seeking services. Thank you to the entire EOTR Team for your dedication and care to all of the seniors!"

Meet the EOTR Team



Aisha Bailey, Deputy Director
East of the River Regional Socialization Hub

Beatrice Delima, Program Director
Senior Connections Division



Irwin Royster, Program Director
Partnership & Community Engagement
Division



Rose Ansara, Program Director
Deaf & Hard of Hearing Program



Laura Napoleon, Program Manager
Community Dining Division
(Friendship Cafes)



The East of the River Regional Socialization Hub is apart of the Senior Services Network for:



In the Community

July 30, 2022
4:00pm - 10:00pm
A Taste of DC
Gateway Pavillion DC

July 28, 2022 All Day
August 1, 2022 All Day
Next Step Job Prep: Job Readiness
Anacostia Neighborhood Library 1800 Good Hope Road SE, Washington, DC

August 1 – August 31, 2022
10:00am – 6:00pm
Discover Summer at Benning Neighborhood Library 3935 Benning Road NE, Washington, DC

August 31 – September 4
2:00pm – 10:00pm
DC JazzFest
District Pier at the Wharf 101 District Square Southwest Washington, DC

American Sign Language
"sign of the month":



Senior Connections Division

The Senior Connections Division consists of the Care Coordination Team, Senior Support Workers conducting reassurance calls to isolated seniors, the city-wide Heavy House Cleaning Program and Information & Referral services. This division provides short term services not considered to be case management. Services include but not limited to: wellness checks, utility assistance, transportation assistance, food stamp application assistance, scheduling medical or dental appointments, connecting with behavioral services, caregiver respite services, prescription delivery, assistance with obtaining a photo ID, birth certificate, etc.

In June 2022, the Senior Connections Division Care Coordinators partnered with the Greater Washington Urban League Emergency Rental Assistance Program (ERAP) to create an ERAP workshop completing applications for rental assistance on-site for seniors residing at the Knox Hill Apartments in Ward 8.



**KNOX HILL
RENT
WORKSHOP**

The Senior Connections division implemented 4 senior neighborhood clubs (3 Bingo Clubs and 1 Paint & Sip Club) in Ward 7 and Ward 8 including locations such as JW King Senior Center, Triangle View, and Roundtree Senior Apartments.

The Senior Connections division partnered with Kingdom Care Village to initiate a grocery shuttle to area markets for seniors residing in Ward 8. On July 14, the Kingdom Care senior group traveled to Dutch Farmer's Market in Laurel, Maryland.



**TRIANGLE VIEW
SENIORS**

Join the Senior Connections Group for a new virtual support group "Connecting and Coping" to chat about different topics that are of interest to seniors. This group aims to foster connection among seniors in Ward 7 and Ward 8 while providing a supportive environment. The group is held every 2nd and 4th Wednesday of the month from 2:00pm – 3:00pm. ZOOM ID: 8057921830; no password required. Participants will be entered for a monthly raffle for a \$25 gift card.

If your senior group or resident building is interested in a neighborhood club or grocery shuttle, please contact the EOTR at:

Website: <https://eotrhq.org> Telephone: 202-534-4880

EOTR Socialization Hub's Senior Connections Division presents our

Virtual Senior Support Group "Connecting and Coping"

Join us to chat about different topics that are of interest to you! This group aims to foster connection among seniors in Ward 7 and Ward 8 while providing a supportive environment.

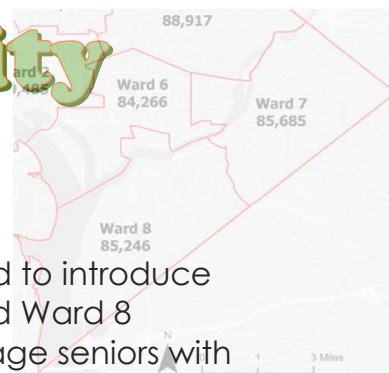


Every 2nd and 4th Wednesday, Time: 2:00pm – 3:00pm
Participants will be entered for a monthly raffle for a \$25 gift card!
Location: Zoom
<https://us06web.zoom.us/j/8057921830>
ZOOM ID: 8057921830 - NO PASSWORD NEEDED
Call In: 301-715-8592

CONTACT US FOR MORE INFO AT 202-534-4880

EAST OF THE RIVER
Senior Connections
East of the River

Partnership & Community Engagement Division



The EOTR partnership and community engagement division was created to introduce seniors into our network and programs by outreach efforts in Ward 7 and Ward 8 communities. The division focuses on nutrition interventions and to engage seniors with socialization interventions. The division conducts outreach in the form of community pop-ups, festivals, grocery distribution, and flash tables. The division's dedicated team members have conducted outreach and built relationships with the following sites in Ward 7/8:

Ward 7

Carver 2000
Capital View Community
Joseph King Senior Center
Milestone Senior Living
Stoddert Terrace Community
Triangle View Senior Living
Woody Ward Recreation Center

Ward 8

Overlook Senior Living
St. Paul (Wayne Place) Senior Living
Livingston Road Senior Center
Woodland Terrace Community
Fort Stanton Recreation Center
Marbury Plaza Apartments
Langston Lane Apartments



The Partnership and Community Engagement Division connects out of network seniors to services within the EOTR including care coordination, the Friendship Cafes, the Deaf and Hard of Hearing Program, etc..

In March 2022, the Partnership and Community Engagement Division held a Nola Zydeco Cultural Party at the Woody Ward Recreation Center. "A Party with a Purpose" is our way of bringing health and nutrition education to seniors in a festive environment. Over 100+ seniors attended the event which included music memory therapy, entertainment from youth and senior dancers, low calorie/low sodium meal, presentations on health benefits, COVID 19 information and PPE, blood pressure screenings and cholesterol / glucose testing.

Examples of Partnership and Community Engagement Division July 2022 events include: Chat-N-Chew, Universal Soul Circus Trip, Pop-Up Ice Cream Social (New Communities) Martha's Table Grocery Pick up and Delivery (River Terrace District, Green Way Apts) Sip & Paint (Overlook Apts.), Flash Table (Marbury Plaza Apts.), Bingo & Ice Cream Social (Roundtree Residences), & Pop-Up Ice Cream Social (Woodland Senior Community).

If your senior group or residential building in Ward 7 and Ward 8 is interested in grocery distribution or a pop-up event for seniors, please contact the EOTR at:

Website: <https://eotrhub.org> Telephone: 202-534-4880



Spotlight on EOTR Programs

Knox Hill Friendship Cafe

The Knox Hill Friendship Café is located at 2700 Jasper Street SE. Mamie Holmes is the Community Dining Site Supervisor (pictured centered sitting). The Knox Hill Friendship Café was remodeled from the traditional dining site to a more of a café style environment including new activities, programming, and technology. We thank all of the seniors at the Knox Hill Friendship Café for making this location such a fun place to work. We sat down to interview Ms. Holmes:



Interviewer: How did you get started working with the senior population?

Ms. Holmes: Well I started out working with the senior population at my church Allen Chapel A.M.E.. I really love seniors and then I was approached by one of my ushers asking me if I wanted a part-time job working with the seniors. I thought about them and said yes and accepted the position.

Interviewer: What is something that you enjoy working with the seniors at Knox Hill?

Ms. Holmes: The seniors at Knox Hill are awesome! They are very cooperative, they assist others in the program. I just love them all! And I really enjoy them also, we get along very good, and they are very respectful to me.

To join a Friendship Café near you in Ward 7 and Ward 8, please call the EOTR at 202-534-4880.

Deaf & Hard of Hearing Program

The Deaf and Hard of Hearing Program (DHH) provides a Hearing loss-friendly environment, free sign language education, nutritious lunch, counseling, nutrition education, weekly trips and activities, and health promotion events. The Deaf and Hard of Hearing Program is a District-wide program for hearing impaired seniors. **Deaf and Hard of Hearing Program operates Monday – Friday 10am – 2pm at 4301 9th Street SE.** Please contact Rose Ansara, Program Director of DHH at 202-744-9649 or RAnsara@erfsc.org



The Deaf and Hard of Hearing Specialized Equipment Program provides free specialized telecommunication and safety equipment that allows for the continuation of independent living. Equipment is provided to seniors (age 60 and above) residing in DC. Please contact Rose Ansara, Program Director of DHH at 202-744-9649 or RAnsara@erfsc.org



EOTR Food & Nutrition

Welcome to EOTR Friendship Café's Food and Nutrition Column. This column provides our seniors updates on recent health trends, food and nutrition recommendations, healthy recipes, and food safety tips.

Hydrate with Fruits During the Summer!

Juicy fruits are hydrating, full of nutrients and delicious during the summer. Although all fruits are healthy for you, there are some fruits that have more water than others to help quench your thirst while keeping your body replenished with electrolytes such as potassium, calcium, magnesium, chloride, and sugar (for energy)!

Why electrolytes are important? Electrolytes are minerals found in your blood. These electrolytes help regulate and control the balance of fluids in the body. There are several reasons why a person can experience an electrolyte imbalance (a low level of electrolyte). Here are a few conditions that may cause electrolyte imbalances.

1. Sweating
2. Dehydration
3. Kidney disease
4. Frequent urination, especially from high blood sugar (or diabetes)
5. Some medications

This summer, right now, is the time to go and enjoy you a serving of delicious fruit. You can have some fruit with breakfast, lunch, and dinner or as a snack. Here are a few snack ideas with fruits: ½ cup of watermelon with 6 ounces of cottage cheese or 15 whole almonds.

1. 1 small peach with 1 string cheese
2. 8 ounces mango-strawberry smoothie (Smoothie made with ½ cup mango, ½ cup of strawberries, + 1 cup of low-fat milk or almond milk + ½ cup of ice cubes)
3. 1 cup of cherry (removed pits) + 6 ounces of plain yogurt

Enjoy your favorite fruits and learn why they are good for you!

You can be featured in the EOTR Friendship Café's Food and Nutrition Column! Send your favorite recipe, food and nutrition questions to Laura Napoleon, Program Manager at lnapoleon@erfsc.org so we can share it with others!

Do you want one-on-one nutrition counseling? Please contact April Lee, EOTR Intake Coordinator at Alee@erfsc.org to be referred to the EOTR Nutritionist for a one-on-one nutrition Counseling session. Join us and learn about healthy eating at the Friendship Café! Contact us at 202-534-4880 to find out when the next nutrition education workshop or cooking class will be held this month.

FOOD jonezi

THE BENEFITS OF FRUIT



PINEAPPLE

Rich in potassium, calcium, vitamin C, beta carotene, thiamin, B6, as well as soluble and insoluble fiber.



WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes.



ORANGE

Boosts immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



LEMON

Has nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, and riboflavin.



APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders.



KIWI

Has antioxidant properties and is an excellent source of vitamin C, vitamin A, folate, vitamin E, and vitamin K.

Article Written By: Food Jonezi, a partner with East River Family Strengthening Collaborative.

Meet Chef Katrell

The EOTR Hub partnered with Chef Katrell to bring new cooking demonstrations and Nutrition Education to the Friendship Cafes in Ward 7 and Ward 8. On May 16, 2022, the EOTR Hub partnered with Chef Katrell to celebrate Older American's Month for a rooftop brunch at the new Park Kennedy Apartments in Ward 7. We sat down to interview Chef Katrell:

Interviewer: What inspired you to begin a career as a chef?

Chef Katrell: I was in the entertainment field for a long time and was no longer happy. I was scared to make the change... thinking about what others would think of me. I'm so glad I conquered that fear and went to culinary school because I'm definitely living in my purpose

Interviewer: How did you get started with brunch and mimosas at Park Kennedy?

Chef Katrell: As soon as I saw the unit, I knew the vision God had for me. I wrote it on my vision board and prayed over it almost every night. I went to Paris before Covid-19 and had an amazing private dining experience and thought how do I bring this back to the States. And so Brunch & Mimosas was born.

Interviewer: What interested you to begin working with seniors in the community?

Chef Katrell: Many don't know but when I was in culinary school one of our projects was to come up with a business we wanted to have upon Graduation. Well, I had a 15-page paper of working with seniors on food education and a healthy lifestyle. So I knew I always wanted to work with seniors. I just wasn't sure how it was going to happen. Seniors have so much wisdom and I absolutely love working with them.

Interviewer: How was working with the EOTR senior Friendship Café in Ward 7 & Ward 8 been including cooking demonstrations?

Chef Katrell: **OMG!** It gave me so much joy working all of the cooking demos. They trusted my knowledge and expertise and I don't take that for granted. I listen and educated their concerns on diet and nutrition and felt as though we became a family in a short amount of time. I was even able to introduce them to new food options.

Interviewer: How can other agencies or organizations reach you for scheduling?

Chef Katrell: I can be reached at:

www.chefkatrell.com

Instagram - @ChefKatrell



Meet Joyce Pratt



Joyce Pratt, age 84 years young, has been a resident at Triangle View Apartments in Ward 7 for 14 years.

"To East of the River. I would like to thank East of the River (Family Strengthening Collaborative) for its continuous support for Triangle View Senior living for supporting our Bingo night and for supplying gifts and refreshments. Ms. Terri Newman is such a blessing to all of us here.

Thank you and God Bless!

~Joyce Pratt

Special Thanks

Donnita Bennett, Program Coordinator for the East of the River Regional Socialization Hub wears many hats assisting each division in the development of programs and operations. Ms. Bennett contributed to the development of the EOTR newsletter along with the EOTR team. We appreciate and thank Ms. Bennett for all of her efforts in the new EOTR Hub.



CONNECT WITH US



East of the River Regional Socialization Hub
202-534-4880 Phone#

Scan the QR Code to connect to the EOTR Website at:

<https://eotrhub.org>



[Instagram: eotrhub](#)

[Youtube: EOTR HUB](#)

[Facebook: EOTR HUB](#)