

A LETTER FROM OUR NEW PRESIDENT



Carol Kelly

As Georgetown Village enters its second decade, I am honored to serve as co-president of the Village, with many thanks to Toni Russin for her tireless efforts on behalf of our Village and to Jim Smith, who remains as our co-president. Toni will be missed as our co-president, but will remain in charge of our membership efforts, where she will continue to lead the charge, and serve as our Immediate Past President for one year. For those of you I have not had the opportunity to meet personally as yet, I have been involved with our Village for four years (recruited to the board by our indefatigable Gail Nordheimer), done programming for the last three years with Emily Sommers, and also served on the board for a three-year term.

Since the founding of Georgetown Village, an enduring organization has been built to provide both key services to our members and programs to entertain and challenge us, while enhancing the health of our members and community. Many, many thanks to our founders for building an enduring organization and to the initial members who took a chance on the Village, signed on, and remain among our staunchest supporters.

While we were forced by the circumstances of the pandemic to postpone our 10th anniversary party till safer times, it is clear that we have much to celebrate when we are able to gather. It is also fair to ask ourselves what we see ahead for the next decade.

In the short term, the Village will continue to be a bulwark for all of us against the current pandemic. We had hoped to pivot to more in-person programming and gatherings, but are planning sessions and volunteer visits consistent with pandemic requirements. The gatherings, in the short term, will be small, outside, Zoom events, and telephone sessions. Volunteer sessions will be scheduled and enabled with the safety and health of our members and volunteers our paramount consideration, as members seek and receive necessary services.

Beyond the next few months, the board and staff are also involved in a series of important upgrades to our efforts. The website is in the process of being updated, and members will be briefed on how best to use its new features. We also engaged a management consultant who has provided us with recommendations on how to continue to explain our value to our members and the community, promote membership, better serve our members, and organize our volunteers efficiently. We do all these activities well now, and, for our second decade, we will seek to do even better! The board and staff is in the process of reviewing the current report and choosing which recommendations to implement for the benefit of all.

A final note of thanks to my fellow board members and Lynn, and Varnita, without whom none of this would be possible. I look forward to seeing all of you soon. Please feel free to contact me at any time through ckellyhillandale@verizon.net or 202-441-0367.

Your Village Friend,

Carol Kelly, President

A NOTE FROM TONI RUSSIN, OUTGOING CO-PRESIDENT OF GEORGETOWN VILLAGE, ON NEW FRIENDS

First, I am delighted that Carol Kelly is now your new co-president. Do read her piece in this newsletter. She is a first-rate manager and leader. We are very lucky to have her. And, second, I am more than happy now to have more time to enjoy the real riches of Georgetown: all of my new friends.

When I joined the Village back in 2011, I knew no one in Georgetown - not even my neighbors. Jonathan and I were just back from living in Moscow. So I joined as a member and a volunteer, and found all of you. First the book group, then some carless members in 2500 Q Street to whom I gave rides, then some GV board members, and with Covid and walking more I figured out how many of you were actually living within a stone's throw. There was Martine around the corner, Berit, Resha, Sarah, and Bea, all within three blocks, Nessa and Ingrid right across O Street, Margot and Ann up by Volta Park, and finally Diana on Q Street. I hope I can consider all of you my friends. That's a pretty good record for an eighty-plus person who's been living in Georgetown for just a few years. I urge all of you to look around and find your nearby Villagers and enjoy them as new and now old friends, as I plan to enjoy all of you.

MEET OUR NEW BOARD MEMBERS

MARTHA WILLIAMS

By Joan Kennan



Martha Williams

One of our new Board members, as of this month, is longtime Washingtonian, Martha Williams. Except for a brief time period in New Hampshire where her husband was stationed with the Navy, Martha has lived in or around Washington for all of her life. One of her fondest memories is riding the trolley all the way from Glen Echo (where her family was then living) to go shopping at stores like Garfinkel's and Hecht's on F Street downtown.

After she graduated from Hood College, Martha was planning to teach English but when her children were old enough for her to consider working full time, she realized she could not support a family on the District's meagre teacher's salary, so she decided to try real estate, joining Begg Real Estate, a Georgetown firm, but ultimately switching to Evers and Company (now Long and Foster) where she remained for 35 years.

During her children's growing up years, Martha was a volunteer at Lafayette School in Chevy Chase, DC, and an ANC 3-G Commissioner; she was a member of the Vestry and Junior Warden at St. Margaret's Episcopal Church on Connecticut Avenue where she is still

a member. Martha also served on the Board of Directors of a former residence, the Kenwood House, and on the Board of her current residence, the Westchester.

As Martha was considering retiring and wondering what to do with her time, the Georgetown Village made a presentation at the Westchester. Until then, Martha had been unaware of how active and vital the Village movement was for the seniors of this city. Fortunately for the Georgetown Village, Martha joined and has been a very engaged member. The Village will now be even more fortunate to have Martha Williams on the Board!

BARREL OAK WINERY TRIP TO DELAPLANE, VA IN-PERSON VISIT FOR OCTOBER 14 FROM 10:45 AM TO 3:30 PM

We have arranged for Georgetown Village to visit an incredible winery about one hour outside of DC in Delaplane, VA. We will leave for the winery about 10:45 AM, arriving at the winery about Noon where we will sit on their outdoor tavern and porch, purchase the famous BBQ of Jeremiah's Kansas City Style BBQ, and enjoy their wine and beer. We have asked for someone to explain to us the operation of the vineyard and introduce us to their special wines. Space is limited to the first 10 people to rsvp, to reserve your spot for the event, please contact the office by October 8th. Transportation will be provided by a van hired by Georgetown Village, and participants will purchase the food and beverage of their choice!

DR. FRED RICKLES

by Hans Kaper



Dr. Fred Rickles

Dr. Frederick R. Rickles is one of the new board members of Georgetown Village. Fred and his wife Kay are long-time residents of Georgetown (Hillandale); they moved here in 1998, when Fred was appointed Associate Vice-President for Health Research and Technology Transfer at George Washington University.

Fred is a broad-based general internist with expertise in disorders of blood clotting and a strong interest in public health. He has held various research and teaching positions, including a stint at the Center for Disease Control and Prevention. Fred retired from active practice at GWU in July 2021, while retaining his affiliation as Emeritus Professor. He keeps seeing patients at the VA Hospital in Washington, DC.

Fred and Kay have two adult children, who enjoy their respective careers in social work and teaching. His wife Kay is known to some of our members; she has been a volunteer for the Village for several years. Fred and Kay are avid followers of the cultural scene in DC. They regularly attend concerts by the National Symphony Orchestra and chamber

music ensembles, enjoy performances at Arena and Studio Theater, and are generally interested in all art forms. To top it all off, Fred is an active member of the Hillandale book club and keeps in shape by a daily swim in the pool.

MICHELE SEIVER

by Henrietta LaMotte

Michele came to Washington right after college to work on The Hill for the senator from her home state of Wyoming and fell in love with the city. She married, continued to work and raised three children who are now grown and stay committed to helping others. She has lived in Georgetown since 2010 and says “I love the village feel and the opportunity it gives everyone to get anywhere and see anything in a matter of minutes. It is such a joy to walk, talk and have a quick visit with a neighbor on my way to biking to the Washington Monument or a walk to Roosevelt Island.”

She loves spending time on the water and is a member of the Washington Canoe Club and the Potomac Boat Club. This spring she started a 6-person Hawaiian Outrigger class to grow her water skills. She also loves to ski and is hoping to spend some time with her children this year hitting the slopes. She has previously served as a board member of Meals on Wheels, Washington Animal Rescue League, Dog Tag Bakery and the Board of Visitors at Children’s Hospital.

Michele says the Georgetown Village came into her life when she learned about Village efforts to help seniors stay as independent as possible. She enjoys volunteering for the Village and surprising many seniors in her Mini Cooper with the top down. She can even fit a wheelchair in the back if necessary and off they go. “I have loved the variety of volunteer excursions from going to the DMV helping to get new ID to taking members to their first Covid shot. It is a joy to help others and I get much more from them than they get from me.”

MARK YOUR CALENDAR FOR A PRESENTATION BY DR. GREENWOLD

On Wednesday October 17 at 5:30pm we will be treated to a presentation by Dr. Diana Greenwold on “Mythmakers: The Art of Winslow Homer and Frederic Remington”. During her thought-provoking presentation, Dr. Greenwold will explore two major figures in 19th century American art and the surprising confluences between their careers. Based on her 2020 exhibition and exhibition catalogue, Dr. Greenwold proposes that these two artists, though seemingly removed from one another in their chosen subject matter, nonetheless explored similar basic ideas of late 19th century American life. Dr. Greenwold is formerly the Curator of American Art at the Portland Museum of Art where she oversaw the museum’s collection of American painting, sculpture and decorative arts. Her recent exhibitions include Mythmakers: The Art of Winslow Homer and Frederic Remington (2020) and In the Vanguard: Haystack Mountain School of Crafts, 1950-69 (2018). She received her Ph.D in History of Art from the University of California, Berkley. This program is free and open to the community. Call the office for any questions.

Our editor, Henrietta LaMotte thanks our writers: Joan Kennan, Carol Cavanaugh, Ann Satterthwaite, Andrea Kiernan, Hans Kaper, Toni Russin, Pam Godwin, Margot Backas, Resha Putzrath and Bill Plante and our proofreaders: Motrya Hanas and Nancy Schaefer.

JOIN US FOR THESE UPCOMING EVENTS

October 4 at 10:30am- Covid Call-Join us for our monthly COVID Call to ask questions, learn about booster shots, and discuss your feelings with our medical and scientific professionals. Dial 1-267-807-9495

Access Code 190-486-505#

October 14 - In-person wine tasting at a Virginia winery

October 18- Book Group plans to read for October 18th, a classic older novel, Graham Greene's "The Heart of the Matter" about a colonial policeman in British Sierra Leone during the war years. For more light reading we will also be reading Evalyn Waugh's funny book called "Scoop" perhaps for November.

October 27 at 5:30-6:30 - Zoom program presented by Dr. Diana Greenwold on "Mythmakers: The Art of Winslow Homer and Frederic Remington"

November 3 at 5:30-6:30 - Zoom program on "How to Retire on Less" presented by author/journalist Harriet Edleson

November 18 at 2:00 - In-person tour of the Russian Orthodox Cathedral on Massachusetts Ave. led by Jonathan Russin

Coffee Talk EVERY Thursday at 10:30 am -Vaccinated Members and Volunteers are invited to join us in-person for coffee, cookies and conversation at our weekly get together. We meet at St. John's Episcopal Church 3240 O Street, Enter on Potomac Street at the wooden door.

Call the office to reserve your place for any of these events.

Tech Tip: Always remember to clear your browser window after viewing financial information.



NEIGHBORS HELPING NEIGHBORS THRIVE

Georgetown Village
P.O. Box 3563
Washington, DC 20027
202-999-8988

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GEORGETOWN VILLAGE

Calendar of Events October 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----|---|-----|---|---|------------------------------|-----|---|
| | | | | | 1 | 2 | |
| 3 | COVID Call - at 10:30 Stonger Memory Class #1 @ 4pm | 4 | 5 | 6 | 7 Coffee Talk 10:30 am | 8 | 9 |
| 10 | 11 Stonger Memory Class #1 @ 4pm | 12 | 13 | 14 Coffee Talk 10:30 am In Person Trip Barrel Oak Winery | 15 | 16 | |
| 17 | 18 Book Group 10:15am Online "The Heart of the Matter" by Graham Greene Stonger Memory Class #1 @ 4pm | 19 | 20 Stonger Memory Class #2 @ 4pm | 21 Coffee Talk 10:30 am | 22 | 23 | |
| 24 | 25 | 26 | 27 Intro. Art Class (Details TBA) Stonger Memory Class #2 @ 4pm CCC with Dr. Diana Greenwold @ 5:30 pm | 28 Coffee Talk 10:30 am | 29 | 30 | |
| 31 | | | | | | | |

Conference Call number: 1-267-807-9495 - Access Code 190-486-505#

THOUGHTS ABOUT THE COVID-19 BOOSTER AND INFLUENZA VACCINE TIMING*

By Pam Godwin

Welcome to Fall. It's time to again to begin thinking about your annual influenza vaccine. This year we will also be thinking about an additional vaccine, the COVID-19 booster. Get your calendars out so you can plot it out in relationship to your last COVID-19 vaccine in the initial series. Women also need to consider when to plan for their annual mammogram, if it typically is done in the Fall.

To review, it takes about 2 weeks for any vaccine to become fully effective. The coronavirus is in our community here and now, so let's get started. We become eligible for the COVID-19 booster starting 8 months after we have received our second dose of an mRNA vaccine (either Pfizer or Moderna). Research findings regarding the Johnson & Johnson booster results are due end of 2021, but most minds think it will carry the same guidance. When you read this article in October, most of our Georgetown Village members are and have been eligible for the booster. GET IT NOW or when your primary care provider recommends it for you. The number of COVID-19 cases in DC is higher than in February 2021. Most likely the guidance will suggest that you get your booster from the same manufacturer of your initial series. Lynn & Varnita have the names of the local pharmacies that are giving either Pfizer or Moderna. Most accept walk-ins. No documentation of prior vaccines or referral from your provider are needed... just arrive. Or make an appointment. Interestingly, the booster is only half the volume of the original vaccines, yet they are mounting a robust response from the immune system.

For review, the influenza virus typically comes the Washington area January and peaks in March. The influenza vaccine's effectiveness seriously diminishes after +/- 4 months. Therefore, schedule your vaccine in November/December. Think of getting it between Thanksgiving and by the end of the year holidays...as a gift to yourself. Reminder...if over 65 yo request the HIGH DOSE QUADRIVALENT vs trivalent. It is stronger and made for seniors. Remember our immune system is a little sluggish and needs a big kick to manufacturer protective antibodies.

Lastly, think timing of both vaccines and your mammogram. This past year, roughly 1 in 10 women showed up with enlarged lymph nodes in the axilla of the arm that they gotten the COVID-19 vaccine in...very scary! Good news is that it was found to mean that it stimulated the lymph system to start the protective mechanisms the vaccine was intended to do. Absolutely no relationship to inducing breast cancer. The recommendation is to space a mammogram 4-6 weeks after a COVID-19 vaccine and some suggest likewise after the influenza vaccine administration. If that timing interferes with your annual or requested mammogram, tell the radiologist the last timing of your vaccination and which arm you got it in. DO NOT SKIP OR POSTPONE YOUR MAMMOGRAM.

*The current authorization by the FDA and recommendation by the CDC will be released after submission of this article. Therefore, I have had to use reliable sources to support data in this article. Bottom line, GET BOTH VACCINES!

STRONGER MEMORY PROGRAM CLASS 2 IS STARTING OCTOBER 20 AT 4 PM

Participants in our first Stronger Memory class have found it helpful and are seeing an improvement in their ability to focus and an increase in memory retention. We are starting a second class for those who are interested in increasing their abilities and improving their cognitive health. You must sign up ahead of time to participate and let us know if you wish to purchase the print materials or receive a free, online copy.

Please call Lynn at 202-999-8988 with any questions. Below is the information to join us: www.zoom.com
Meeting ID: 828 7462 5729 Passcode: 895968 Dial by your location +1 301 715 8592 US (Washington DC) Meeting ID: 828 7462 5729 Passcode: 895968