

## Georgetown Village

### Neighbors Helping Neighbors Thrive

[www.georgetown-village.org](http://www.georgetown-village.org) Tel: 202-999-8988



Dear GV Members,

Our Health Care Committee has been meeting to create new guidelines for Georgetown Village programs as we work to move ahead and begin meeting in person again. We will implement these guidelines and add them to our webpage once they have been approved by our board. As the situation seems to be rapidly changing feel free to check with us before attending a program.

This month, we are very excited to be one of only 15 Villages around the country to offer our members a new, important program for your brain health! This program, developed by Goodwin House, is called **Stronger Memory** and has been tested and proven to stimulate the brain's pre-frontal cortex, which governs our ability to retrieve memories. Prior program participants have noted an improvement in their ability to focus, find misplaced items and remember conversations. **Please join us on May 24 at 4 pm for our introductory session.** We will discuss the best time to meet for those who are interested and I will introduce the program and share materials with those who want to participate. Feel free to contact me with any questions about this program.

As you are making your summer plans, be sure to let us know if you will need someone to watch your home while you are away. Our volunteers are happy to walk by your house, pick up any stray papers or packages, and water your plants while you are gone.

As we hope you know, our motto is just ask, we pride ourselves on filling unusual or surprising requests, and our volunteers also enjoy the opportunity to help our members in new and unusual ways, so please don't hesitate to give us a call if you need help!

We look forward to being able to see our members in person again shortly, and want to remind you to give us a call if you would like to stop by the office and say hello or meet with me.

Stay well,

Lynn

**Mondays**

**May 17**

**10:15 am-Online Book Discussion-Code Girls by Liza Mundy**

**Zoom Link will be sent in email blast, to participate by phone dial 301-715-8592  
Meeting ID # 898 5443 8771  
Passcode-313521**

**May 24**

**4 pm-Stronger Memory Intro Session**

**Tuesdays**

**May 8, & 22**

**5:30 pm-Online Happy Hour  
Zoom link will be sent in email blast. To participate by phone dial 301-715-8592  
Meeting ID# 750-955 1044  
Passcode-016 954**

**Wednesdays**

**11 am-Check-In Call-Dial 1-515-604-9094 to call in—  
Meeting ID is 190-486-505#**

**Thursdays**

**May 6 & 20**

**10:30 am Covid Information Call  
Dial 1-515-604-9094  
Meeting ID is 190-486-505#**

**CCC Programs below:**

**Thursday, May 6 5:30 pm  
Combining Traditional & Integrative Medicine w/  
Dr. Sam Pappas**

**Wed. May 19 5:30 p.m.**

**The Foggy Bottom  
Gang**

**See back page for info**

**Cocktails, Conversations, and Community Programs**  
**May 6-5:30 pm-Combining Traditional and Integrative Medicine**  
**May 19-5:30 pm-The Foggy Bottom Gang: The Story of the Warring**  
**Brothers of Washington DC**

**On Thursday, May 6, Dr. Sam Pappas**, Board Certified Physician in Internal Medicine and the “Dr. Oz of Arlington, will discuss his unique approach to medicine and patient care. Dr. Pappas will explain how he has created a holistic approach to integrate different approaches to optimize patient care. As the son of Greek Immigrants, Dr. Pappas has studied the roots of his heritage and the Greek origins of health care and managed to combine this knowledge with his knowledge of current technology to form his unique medical practice.

Join us on May 6 to learn more about this unique approach to patient care which encompasses both a high tech and high touch approach, while maintaining the best of holistic and traditional medicine in a collaborative environment.

**On Wednesday, May 19, Leo Warring** will share the fascinating story of the history of his family's business during Washington's years of prohibition and racketeering. From a Georgetown Barrel shop to a Foggy Bottom bootlegging and numbers racket. Bruce Warring and his sons; Charles, Emmitt and Leo found this move enormously profitable. They frequented Pete's Daily's Bar at 25<sup>th</sup> and G Street in Foggy Bottom with characters like: Sam “Pickle King” Beard; Victor “Toots” Juliano; Alfred “Puddinhead” Jones, and others.

Join us on May 19 to enjoy amusing anecdotes like the one about a hay filled truck parked under a hospital window to facilitate an escape. Leo Warring has written a page-turner about the history of his family's 'business' during Washington years of prohibition and racketeering and we look forward to what is sure to be a fun and fascinating evening!

Join us for these great online programs and feel free to share the information with your friends as well. These programs are open to the community, to help keep our neighbors and friends engaged and involved while safely at home. Information to join these programs on Zoom will be in email blasts.

**Online Book Discussion, May 17 10:30 am**  
**Code Girls by Liza Mundy**

Code Girls is the astonishing, untold story of the young American women who cracked key Axis codes, helping to secure Allied victory and revolutionizing the field of crypto-analysis. Recruited by the US Army and Navy from small towns and elite colleges, more than ten thousand women served as code breakers during World War II. A strict vow of secrecy nearly erased their efforts from history; now, through dazzling research and interviews with surviving code girls, author Liza Mundy brings to life this riveting and vital story of American courage, service and scientific accomplishment.