

NEW YEAR, NEW PROGRAMS

OPENING NEW DOORS — A PROGRAM TO HELP YOU PREPARE FOR RETIREMENT

by Hans Kaper

Are you approaching retirement or recently retired and wondering how to make the transition and make the most of your freedom? Georgetown Village Board Members Carol Kelly and Emily Sommers have prepared a program to help you make critical decisions and take advantage of new opportunities. The program is called Opening New Doors and consists of four sessions. At each session, a panel of experts will highlight an aspect of retirement that you may not have thought of but should be thinking about.

The first session took place on January 30 and addressed basic steps to get your life during retirement under control, including financial planning and legal arrangements. Three more sessions are planned, on Second Careers (February 27), Grandparenting (March 18) and Travel (April 30). The sessions are held at St. John's Episcopal Church, 3240 O Street.

The series is designed to offer new perspectives on life after retirement. Retirement today can be exciting, but you should prepare yourself and set yourself goals that are realistic and contribute to the common good. This series will help you realize your potential.

FROM THE PRESIDENT

Dear Members, Volunteers and Friends,

I want to tell you how Georgetown Village saved my (social) life and why I will contribute to save it's (financial) Life with a Legacy Gift when I die.

The summer of 2011 we were back from living in Russia staying in our house on O St and I found I knew no one! All my former neighbors had moved away; the new ones thought we were the new family on the block, and all my work friends lived way across town or in the suburbs. I hate driving in traffic so I saw little of them. The only bright note came when Nessa Busjeet, who lives right across my street but whom I had never met, invited me to tea to meet someone named Sharon Lockwood who was promoting a "Village". I had heard of the Beacon Hill Village in Boston so I was prepped to join almost before I heard Sharon give her famous Chicken Soup pitch. I walked out, enthusiastic about joining the Village. I left the house with a much older couple, clearly in their late 80s, who told me they were "not ready yet". They could take care of themselves. I almost laughed but held my tongue as I helped them down the steps and walked them slowly two blocks to their house. Those two, childless, never made it to their 90s because there was no Village to help them when they both got sick. I joined the Village immediately and in 2013 I became an active volunteer driver, book group member and later a board member. My goal was to meet smart, friendly and local people and I did so in spades. Finally, I feel I am part of a real community.

Now that I am Co-President I have learned how much effort and money goes into keeping the Village going. I have decided to put into my will a \$10,000 Legacy gift to the Village. I am doing it TODAY because if and when I get sick I may not be able to tell my lawyer what I want to do with my money. My kids don't really need modest grants, they will get the house! But for the Village, a small gift of \$10,000 or \$20,000 will make a big difference, The Development Committee has explained to me how to do this. (Visit www.georgetown-village.org for more information.) So please join me and become a member of the "Legacy Society of Georgetown Village." With more money we can keep dues modest, bring in more lower income members and do more in services and programs for all of us. And I will continue to meet a lot of smart new friends like all of you.

Toni Russin, Co-President



GEORGETOWN VILLAGE FOR THE NEXT GENERATION THE GEORGETOWN VILLAGE LEGACY SOCIETY

Georgetown Village thanks you for helping to ensure our important work for years to come with a legacy gift. These gifts offer tax wise and flexible ways to extend your support of GV into the future and are a perfect complement to lifetime giving.

You don't have to be wealthy to make a gift. Two of the easiest ways to support GV are with a bequest or by designating GV a beneficiary of your retirement plan.

- Bequests are a simple but powerful way to help ensure the future of GV. They are flexible and revocable gifts in your will or living trust that do not affect cash flow during your lifetime and may not be subject to estate tax. Remembering GV can be specified as a fixed dollar amount or a percentage or residual of the estate after specific bequests have been made and estate expenses paid.
- Another simple legacy gift is to designate GV as a beneficiary of your retirement plan by completing a beneficiary designation document. This revocable gift is not restricted by age, does not affect cash flow during your lifetime, and may eliminate income and estate taxes on your retirement assets

NANCY TAYLOR BUBES NAMED CHARITY AND BUSINESS LEADER

by Henrietta LaMotte



Nancy Taylor Bubes has been named Georgetowner of the Year for 2019 for her contributions as a business leader and for giving back to her community in a big way. A top real estate agent with Washington Fine Properties, she has been recognized by the Wall Street Journal as one of the top 100 agents in the country for the last five years. She is known also for her creative Halloween decorations of her house each year.

Nancy volunteers and contributes to numerous local charities here in Georgetown and Georgetown Village is fortunate to be among the beneficiaries of her generosity. We all know Nancy who was our own Honoree in 2018 when we recognized her spirited leadership of our raffles and silent auctions, her many contributions to our Anniversary Dinners and spring benefits and for hosting us in her home more than once.

We extend our congratulations to Nancy on this award and our heartfelt appreciation of her support of Georgetown Village. Cheers to Nancy!

Georgetown Village fulfilled 1,032 service requests in 2019.

Many thanks to our wonderful volunteers and staff who make this possible.

We hope to see you at our weekly events

Happy Hour is always on the 1st and 3rd Tuesday of the month.

Movie Night is always the fourth Tuesday of the month (unless there is a conflict).

Coffee Talk is every Thursday morning at 10:30 at St. John's, 3240 O Street, NW. Please use the Potomac Street entrance.

The Portable Electronics Help Session is on the 1st and 3rd Wednesday of the month at the GV Office, 10:30 am.

Book Group will be Monday February 17. 10.15 am. Location to be decided. Topic; open discussion about the books you have been reading.

Our editor, Henrietta LaMotte thanks our writers: Joan Kennan, Carol Cavanaugh, Ann Satterthwaite, Andrea Kiernan, Hans Kaper, Toni Russin, Sandra McElwaine, Pam Godwin and Bill Plante and our proof readers: Motrya Hanas and Nancy Schaefer.

JOAN BRISTOL

by Andrea Kiernan

It is always a pleasure to meet a Village member who enjoys “having a good time” and Joan Bristol is one. She even relishes her weekly GV trips to Safeway’s because they introduce her to volunteers and other members. Joan joined the Village in order to make friends. She had lived on the East Coast, including on Q Street in Georgetown, and raised her five sons in New Jersey, but then spent many years in Denver, CO. Before moving West, she worked for a Savings and Loans Consulting Company, a job that took her all over the country. At the time there were few women in that role and she chuckled when she recalled the surprise her arrival provoked in some of the Southern States. Eventually, however, she went to Denver, a city she adores, and there set up her own portfolio management company. By the time she decided to move back to the DC area to be closer to four of her sons, she knew few people locally.

Participation in Village activities has brought her many friends through the book group, wine-tasting, and the GV parties. She especially likes the panel events and speakers. She is enormously grateful to our volunteers for their willingness to go the extra mile. She described how one volunteer came to un-jam her printer, discovered it was irreparable, then installed a new one, as well as sorting out her television problems and giving her helpful instructions to ensure the TV worked correctly. Others have helped her with computer glitches and she is so appreciative.

But Joan loves to give back, too, and is very active on the Membership Committee. She will happily telephone existing or prospective members to ask if they are attending an event or to discuss membership issues. It’s an easy way to volunteer, she told me - proving that volunteering for the Village can be achieved in many ways! Joan describes herself as “very content” and we are so happy the Village has contributed to this.

SECOND CAREERS: BREAKING THE RETIREMENT MOLD FEBRUARY 27 AT 6:00 P.M.

By Hans Kaper

On **February 27 at 6:00 P.M.** the second session in the program Opening New Doors will focus on careers after full-time employment. We are living healthier and longer lives and have the opportunity to rediscover ourselves, follow new interests and apply our skills in exciting new directions while serving our community. Village Board member Bill Plante will moderate a panel with Jewell Vinson of AARP, Barbara Hall GV Board Member and Carol Kelly, GV Board Member who have reinvented their lives in key ways and will share their experiences with the audience.

NEED TO BORROW MEDICAL EQUIPMENT? WE CAN HELP

By Carol Cavanaugh

Did you know that Georgetown Village loans out durable medical equipment? The Village can make available canes, crutches, a walker or a wheelchair upon request. Here are a few ways these might help!

- If there’s a particularly long path or hallway you have to negotiate en route to that appointment or event, a volunteer can pick you up with a walker or wheelchair in their car for you to use. When you return home, the volunteer can return the item to the Village office.
- If you need temporary mobility assistance after joint surgery or injury, you can borrow our equipment. As you transition, for example from walker to cane, just swap the equipment for what you need! We can drop items off or pick them up.
- We can also loan items for the long term. This might be especially helpful for people needing mobility devices who live on two stories. It’s helpful to have a walker, crutches or wheelchair on each floor, but Medicare will only pay for one...borrow a second one from us! Please call the office if you can make use of this service. We’re all about assisting you to live more fully, so we’d be glad to help.

GRANDPARENTS IN MODERN FAMILIES

We have become a nation in which many families have two parents in the workforce, bringing to the forefront childcare issues for the families and the nation. Please join us for this panel which will explore the ways in which grandparents interact with and more directly support the younger generation with children than they did in the past. This panel features Merry Adler, author of “Grandmothers Who Inspired Us Across the World” and two presenters, Pam Godwin and Nancy Regan who will discuss their active experiences with their families on March 18 at 6:00. Contact the GV office to reserve your place.

***Our Exercise Class is open to the public for a fee however Georgetown Village members do not have to pay.
Hope to see you there!***

JOIN US FOR THESE UPCOMING TOURS

February 21 at Noon - Highlights Tour of the National Cathedral. The 40 minute guided tour, on the nave level costs \$6 and starts at 2:00. We will meet for lunch at Noon at Cactus Cantina, 3300 Wisconsin Avenue and walk to the Cathedral. Please call the office by February 5 to sign up.

February 27 at 6:00 P.M. - Breaking the Retirement Mold Seniors today are living healthier and longer, presenting them with more opportunities to continue to work after full-time employment and finding new ways to contribute to their communities. Join us for a panel moderated by Georgetown Village Board Member Bill Plante, to include representatives from AARP and Georgetown Village Members who have reinvented their lives! The event will be hosted at St John's Church, 6:00 P.M.

March 6 Noon Tour the Smithsonian's New Fossil Hall Tour the new Fossil Hall, which reopened in the summer of 2019, at the National Museum of Natural History. The David H. Koch Hall of Fossils--Deep Time features more than 700 specimens, including dinosaurs, plants, animals and insects, and depicts a journey through time on earth of more than 3.7 billion years. We will meet at the 1310 Kitchen on Wisconsin Avenue for a quick lunch at Noon and take cabs to the exhibit from there.

March 18 at 6:00 P.M. Grandparents in Modern Families This session will explore the ways in which grandparents interact with and more directly support the young generation with children, than in past generations. The panel features one author, Merry Adler, "Grandparents Who Inspired Us Across The World," and two Georgetown Village members who actively support their own families. At St. John's Church, at 6:00.

April 3 Noon Trip to International Spy Museum/Lunch at Hank's Oyster Bar (701 Wharf Street, S.W.) We will meet at the Southwest waterfront, for lunch at Hank's Oyster Bar at Noon then tour the new International Spy Museum at L'Enfant Plaza, "the foremost collection of spy artifacts in the world." featuring interactive exhibitions, Tickets are \$17.95 for seniors.

April 30 at 6:00 P.M. The Art of Traveling for Today's Seniors This panel, anchored by Emily Sommers, Georgetown Village Board member and frequent traveler, includes a nationally known tour service operator, plus a frequent solo traveler who ran her own tour business for many years. At. St John's Church, at 6:00 P.M.

Please call the office to reserve your space at these events



NEIGHBORS HELPING NEIGHBORS

Georgetown Village
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GEORGETOWN VILLAGE

Calendar of Events February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Basic Training 4 Your Body	4 Happy Hour	5 IT Support Group 10:30am	6 Coffee Talk 10:30am	7 Safeway Transportation	8
9	10 Basic Training 4 Your Body	11	12 Men's Group Lunch Social Media Vol. Meeting 5:30pm	13 Coffee Talk 10:30am	14 Safeway Transportation	15
16	17 Presidents Day Office Closed Book Discussion	18 Happy Hour	19 IT Support Group 10:30am	20 Coffee Talk 10:30am 12:00 pm Vol. Committee Meeting Trader Joe's Shopping 1pm	21 Tour of the National Cathedral Safeway Transportation	22
23	24 Basic Training 4 Your Body	25 Dinner & Movie Night	26	27 Coffee Talk 10:30am Breaking the Retirement Mold 6:00pm	28 Safeway Transportation	29

Georgetown Village members may be interested to know about these services that are available through the Center for Accessibility at the DC Public Library:

L-Star program- The Library Services for At-Home Readers (L-Star) sends books, music, and videos by mail to patrons of the DC Public Library who cannot get to a library building. DCPL Staff will use your library card to check out materials on your behalf.

Who is eligible? Washington DC residents who are unable to come to the library due to permanent or temporary health, mobility, or disability issues. A medical doctor, nurse, optometrist, licensed social worker or professional staff of a hospital, health or service agency certifies eligibility.

Materials are sent and returned in a reusable envelope through the United States Postal Service. This service is Free.

National Library Service for the blind and physically handicapped (Talking book Program)- The DC Talking Book and Braille Library is part of a cooperating network library of the Library of Congress. The free service provides access to books and magazines in audio and Braille formats to persons who live or work in the District of Columbia who cannot read standard print due to a visual, physical, or reading disability. You may also access books and magazines through the Braille and Audio Reading Download (BARD). Once enrolled in the program, you will receive on loan the portable digital audio player required to read talking books and magazines. There is also a bimonthly periodical that list newly released books, and music scores available.

Materials and equipment are provided free of charge via postage-free mail

If interested email their office at lbph.dcpl@dc.gov

Advice from Mayo Clinic on Preventing Falls

Fall prevention is important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Consider six simple fall-prevention strategies.

1. Make an appointment with your doctor - Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.

- **Have you fallen before?** • **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk.

2. Keep moving. - Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

3. Wear sensible shoes. - Walking in your stocking feet can cause falls. Wear properly fitting, sturdy shoes with nonskid soles. This may also reduce joint pain.

4. Remove home hazards - Remove boxes, newspapers, electrical cords and phone cords from walkways.

- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs or remove loose rugs from your home.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub/ shower. Use a bath seat, to sit while showering.

5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices. - Your doctor might recommend using a cane or walker to keep you steady. Some other assistive devices that can help too are: hand rails for both sides of stairways; nonslip treads for bare-wood steps; a raised toilet seat; grab bars for the shower or tub; a sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.

Investing in falls prevention is investing in your independence.