

Georgetown Village

Neighbors Helping Neighbors

www.georgetown-village.org T: 202-999-8988

Dear GV Members,

It was wonderful to see so many of you at our HCAC lecture and trip to the Phillips collection last month. Between those two events alone, over 60 GV members participated! This month we have another wonderful lecture planned-**Joints that Ache and Bones that Break**, full program description on the back of this newsletter.

Also this month, on Feb. 19, at 1 pm, as a special treat, we have Dr. David Gariff, Senior Lecturer of the National Gallery of Art, providing a tour and lecture of the fascinating exhibit, **Heaven and Earth: Art of Byzantium** from Greek Collections. This is the first exhibition devoted to Byzantine art at the Gallery. It presents life in Byzantium through approximately 170 works of art dating from the inception of the empire to its close. The exhibit is drawn from collections throughout Greece, they include sculpture, mosaics, icons, frescoes, manuscripts, metalwork, jewelry, glass, embroideries, coins and ceramics.

Our interns are offering GV members the opportunity to stop by and receive help with smartphones, tablets, e-readers, laptops or other portable electronics. Caroline is available on Mondays from 4-6, and Sara is available on Tuesdays from 4-6. Please call the office to make an appointment to bring your electronic device in for help.

In January we filled 57 requests for services from our members, is there something we can do for YOU? Please remember to call the office if you need help or assistance.



February Programs

Mondays

February 6

5:30 pm-Happy Hour- Daily Grill-1310 Wisconsin Ave.

February 10

1:00 pm Caregivers Support Group-St. John's Church

2:00 pm –Senior Discussion Group-St. John's Church

February 24

3:00 pm-Volunteer Training
GV Office Location

March 3

10:30-Book Discussion-**Those Angry Days** at the home of Sara Mashek

Tuesdays

February 18

5:30 pm Happy Hour-(DG)

February 25

Dinner Out & Movie Night

Wednesdays

February 19

1 pm National Gallery of Art

March 6-Flower Show

Thursdays

10:30 am Coffee Talk

St. John's 3240 O Street-
use Potomac St. entrance.

Feb. 20-HCAC Lecture

Health Care Advisory Committee Lecture Feb. 20

Joints That Ache and Bones that Break

6:00 pm -3240 O Street NW

Osteoarthritis is the most common joint disorder in the US, affecting about 27 million people. While arthritis has no cure, there are things you can do to make life with arthritis a little easier. Nurse practitioner Janet Selway will discuss lifestyle strategies and other options known to improve joint function and decrease arthritic pain.

Bones that Break-Osteoporosis- 52 million people have low bone density or osteoporosis. About 50% of women will break a bone due to osteoporosis, and up to one in four men over the age of 50 will break a bone due to osteoporosis. Let physical therapist Justine Bernard teach you how to promote bone health.

Janet Selway earned a Doctor of Nursing Science degree from Johns Hopkins in 2004 and a Master of Science in Nursing from University of Maryland in 1988. She is currently the Director of the Adult Gerontology Nurse Practitioner Program at Catholic University.

Justine Bernard received her Doctorate in Physical Therapy from Columbia University, College of Physicians and Surgeons specializing in Neurological and Orthopedic Rehabilitation in 2003. She has her own orthopedic and neurologic private practice in Glover Park, DC.

Tai Chi/Qigong Classes Return

There have been many studies done about the positive health benefits to regular exercise. Tai Chi/Qigong classes offer our members the opportunity to work on improving their balance and strengthening their core. We are thrilled that Jeff Robbins is well enough to continue teaching and classes will restart on March 13.

Book Group Discusses Those Angry Days by Lynne Olson

This fascinating look at the debate over America's intervention in World War II has gotten many rave reviews. The book is filled with fascinating anecdotes and surprising twists sure to give you some new insight of this period of American history.

We will be discussing the book at 10:30 am, on **March 3** at the home of Sara Mashek. It is possible that Ms. Olson will be at the discussion.



Save the Dates-Special Programs

Feb 19-1 pm-National Gallery of Art West Building-Heaven and Earth: Art of Byzantium

Feb 20- 6 pm HCAC Lecture-see article-Wine & light refreshments served

March 6, 2014 Philadelphia Flower Show- The cost for the day, including transportation and admission to the show is only \$83 with a pickup at St. John's Church. 185th PHS Philadelphia Flower Show celebrates everyone from Michelangelo to Monet, Picasso to Pollock, and da Vinci to Dali.
Call the office to sign up as soon as possible.

March 13
2:00 pm-Tai Chi/Qigong **Class**-3240 O Street-The cost for this valuable class is only \$12.00 a session for 6 sessions or \$15.00 a session for drop in rate. Call the office to sign up for this class.