



GEORGETOWN VILLAGE

June 2018



From the President

Dear Members and Volunteers,

April and May were busy months for Georgetown Village. A highlight was our extremely successful and enjoyable annual benefit, which ensured the Village has the financial capacity to grow and prosper. This enjoyable event was produced by Special Events Chair, Pat Scolaro, dozens of volunteers and our esteemed staff, Lynn Golub -Rofrano and Varnita Holzclaw. The party enabled us to thank Nancy Taylor Bubes for all she has done for the Village and the community by making her the 2018 honoree. In addition to serving as a Sponsor she also donated the wine, beautiful flowers and goody bags. A truly generous lady!

We also appreciate every supporter including the neighboring businesses that provided tempting silent auction items and our generous in-kind donors, Foley & Lardner for their luxurious penthouse space and Nick's Riverside Grill for the delicious hors d'oeuvres.

In addition to the party, the Village continued to offer its usual assortment of programs, activities, classes and services that helped our members in both on-going and innovative ways. Some ask, "how do you do it?" The answer is quite simply OUR VOLUNTEERS. During National Volunteer Month, we thanked our 50 trained and vetted volunteers with a special lunch. Our heartfelt thanks go to all who drive members to their medical appointments, shopping or other errands, fix all kinds of things around members' homes, organize kitchens, paperwork and gardens, assist in the Village office as well as the numerous committee and board members who plan it all.

I was fascinated by a Wall Street Journal article about a recent study led by Sumedha Gupta, assistant economics professor at Indiana University-Purdue on the benefits of volunteering. The study found that an individual who volunteers 2 ½ hours a week scores an average about 6% higher in cognitive testing than a non-volunteer. "The effect is significant. It's consistent," Dr. Gupta says. With each new research study, the benefits of volunteering become clearer. Health benefits to the volunteer include lower blood pressure, decreased mortality and volunteering also seems to help prevent dementia. All those benefits for you as well as helping other people are surely inducements to become a Village volunteer.

For further information refer to Wall Street Journal of April 22, 2018 "Research Finds Volunteering Can Be Good for Your Health" by Demetria Gallegos.

Gail Nordheimer, President

We hope to see you at our weekly events

Happy Hour is always on the 1st Monday 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 No book group meeting in July 2018 and August 2018

Georgetown's Remarkable Health and Social Resources

by Andrea Kiernan

On April 12, 2018, Georgetown Village organized a highly informative panel of experts to discuss the wealth of health and social resources available in our neighborhood. Moderated by John Bradshaw (Georgetown Home Care), the panel consisted of Deb Rubenstein, (Iona Senior Services), Rev. Elizabeth Keeler (Christ Church), Pam Godwin, (Adult Nurse-Practitioner) and Lynn Golub-Rofrano, (Georgetown Village). It was open to the public and we were pleased to welcome sixty participants.

Focusing on a hypothetical individual, "Angie", recently widowed and with no family near-by, each panel member shared how their organization could help with her changing needs in her 70s, 80s and 90s. In her 70s, much of Angie's support was likely of a more social nature; Rev. Elizabeth stressing the church's help in dealing with her bereavement and Lynn outlined the many social and practical services the Village provides. Pam Godwin tackled issues such as depression and Deb Rubenstein discussed the individualized Care Management service available at Iona.

By her 80s, it was imagined that Angie had developed some memory loss and reduced mobility. Pam Godwin discussed the risks of older people over-medicating and the need for medication to be clearly organized. Lynn outlined Georgetown Village's medical note-taking capacity and how, with permission, this information could be shared with family members. The Christ Church community would continue to engage with Angie and Iona would continually re-evaluate her Care Management and provide access to support groups and counseling services. Home care needs were also mentioned and John Bradshaw's contributions on this topic were invaluable.

There was emphasis on Angie's own preferences where her care was concerned, especially in her 90s and Rev. Elizabeth, Deb Rubenstein and John Bradshaw described the importance of mediation with well-meaning family members. Deb also described the Wellness & Arts Center at Iona that provides therapy and support for older adults and caregivers alike. The evening provided a wealth of information. A similar panel, addressing legal and financial issues will take place in the Fall.

Special Interest Groups – Bridge, Cooking, Bowling Anyone?

The Village is trying to determine whether our members and volunteers might be interested in getting together on a regularly scheduled basis to participate with others who share or would like to develop a special interest. Suggested activities include bridge, canasta, a lunch group, bowling, a cooking demonstration, cooking class on how to cook for one person, study of a language, knitting, yoga, tai chi class, and a walking group. The list is not limited to these topics. It could be anything you would like to pursue with others. The group itself would decide how frequently it would like to meet.

If you are interested in participating in such a group, please call or email the office to let them know of your interest so you can be matched with other members.

Book Group

Book Group will meet June 18, 2018 at Joan Kennan's to discuss "The Boy Who Harnessed The Wind". Members can read the book or watch the YouTube video.

No book group meeting in July 2018 and August 2018. September 10th meeting will discuss "Lincoln in the Bardo." Don't forget to join the Village tour of Oak Hill Cemetery on June 1, 2018 to learn about the cemetery featured in this book.

Our editor, Henrietta LaMotte thanks our writers: Joan Kennan, Carol Cavanaugh, Ann Satterthwaite, Andrea Kiernan, Hans Kaper, Toni Russin, Sandra McElwaine and Joann Serrani and our proof readers: Motrya Hanas and Nancy Shaffer.

Sandra Renfro Helping Neighbors

by Sandra McElwaine

Sandra Renfro has devoted her life to food and nutrition. She is an expert on the subject.

Over the years she has written for innumerable publications and scientific journals and even conquered her fear of public speaking in order to instruct the public on the basics of good food.

Born and raised in a suburb of Pittsburgh, she received a PhD from Penn State and went on to Purdue University to teach nutrition and work with the Food Stamp Program.” It was a wonderful experience,” she says.” Those families really cared about their children learning to eat well.’

Her next stop was with the food industry in Cleveland as Director of Nutrition and Consumer Services, where she oversaw the frozen, prepared school lunch program as well the summer feeding program - crucial for needy kids.

That job took her to New York City in order to ferret out corruption and fraud lurking within that system. Working undercover with the FBI, occasionally wearing a wire, she helped the agency discover many millions in fraudulent payments. “It was scary and exciting,” she recalls.”

After a couple of years with USDA in Washington during the early 80’s, when ketchup was called a vegetable, Renfro launched her own consulting firm with a number of high profile clients including Proctor and Gamble. She moved on to a high-level position at the National Academy of Sciences and decided to retire after a stint in the DC Office of States Education.

A Georgetown dweller she learned about The Village from friends, attended a CAG meeting and signed on as a volunteer in 2015.

She now drives a regular route, once a week to Trader Joe’s, “It’s great because it gives me a chance to shop,” she says. On other days she chauffeurs members, to different doctor appointments around town-often with her lab in the back seat.” It’s been so much fun,” she observes. “I’ve met so many fascinating people. But most important is being able to help my neighbors.”



L to R - Gail Nordheimer, Nancy Taylor Bubes and Jack Evans.



Kate Semerad Bakker and Luis Bakker.

Join Us For These Upcoming Tours

June 1 @11AM. Oak Hill Cemetery. The Superintendent is our host. A historic 22 -acre garden cemetery where many famous people are buried. The Chapel and the Van Ness Mausoleum are listed on the National Register of Historic Places. Parking is limited so best to walk or Uber (the entrance is at 30th and R Streets). Food is not allowed. The Chapel is not air-conditioned. Some walking is required but it will be limited.

June 1, 5-8:30PM. National Gallery of Art Sculpture Garden, located along Constitution Avenue and Madison Drive between 7th and 9th Streets, NW. U.S. Army Blues Swamp Romp performs traditional New Orleans Jazz. Guests may purchase refreshments at the Pavilion Café or from the outdoor grill but are not allowed to bring alcoholic beverages into the Sculpture Garden.

Please bring your own folding lawn chair.

June 13, 1PM. Renwick Gallery, 17th and Pennsylvania Avenue. No Spectators: The Art of Burning Man. Burning Man is a gathering of anarchic spirits in the Nevada desert that culminates in the incineration of a giant, wooden effigy of a man. The Burning Man Exhibition takes over the entire museum and spills onto neighboring streets. The exhibition focuses on the ethos of the Maker Movement that promotes repurposing castoff materials.

July 13, 1PM. Glenstone, 12002 Glen Road, Potomac, Maryland. A guided outdoor sculpture walking tour covering about one mile of varied terrain that includes mulched walkways, open fields, and wooded areas. We then view the current exhibition, Louise Bourgeois: To Unravel A Torment. The exhibition showcases early wooden sculptures, drawings, prints, textile-based works, and roomlike pieces Bourgeois called “cells”.

July 20, 1PM. Dumbarton Oaks, 1703 32nd Street. A historic estate in Georgetown. We will visit the gardens and museum for a 90-minute docent-led tour. The Dumbarton Oaks Museum features Byzantine and Pre-Columbian art. The Byzantine collection comprises more than 1,200 objects from the 4th-15th centuries including mosaics, relief sculptures and textiles. The Pre-Columbian collection has a variety of sculptures in stone, including carvings of Aztec deities and several large relief panels bearing the likenesses of Maya kings. (Cost \$8/person)

August 10, 1PM. Theodore Roosevelt Island

Remember To Renew Your Membership. If you have an invoice that is due, please renew promptly.



NEIGHBORS HELPING NEIGHBORS

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GEORGETOWN VILLAGE

Calendar of Events - June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					11:00 Tour Oak Hill Cemetery Safeway Trans 5:00 NGA Sculpture Garden	
3	4 Happy Hour	5	6 10:30 IT Support Group	7 10:30 Coffee Talk Trader Joe's	8 Safeway Trans	9
10	11	12	13 Renwick Gallery Men's Lunch Group @ Paolo's	14 10:30 Coffee Talk	15 Safeway Trans	16
17	18 Book Group	19 Happy Hour	20 10:30 IT Support Group	21 Coffee Talk Trader Joe's	22 Safeway Trans	23
24	25	26 Movie Night	27	28 Coffee Talk	29 Safeway Trans	30

