



FORMER WASHINGTON POST COLUMNIST BOB LEVEY SPEAKS!



Please join us for an evening with the former and renowned Washington Post columnist Bob Levey who has written a new book entitled, "Larry Felder, Candidate" about a Washington journalist who quits his job to run for Congress. Bob is very clear that the book is not about him! It is, however, based on his extensive experience in Washington and an amalgam of journalists he has admired. The event will begin with a reception at 6:00 pm, followed by his presentation from 6:30 to 7:30 pm. Please reserve your slot by contacting Lynn in the office. This event is free and open to the public.

FROM THE PRESIDENT

Dear Members, Volunteers and Friends,



As I anticipate the end of my four years as Village President, in close cooperation with Jim Smith my co-President this year. I look back with appreciation on the work of Georgetown Village and the impact it has had on our lives. Joan Berkowitz, a very generous Founding Member, recently wrote me to say "Georgetown Village plays an important role in enhancing our quality of life." I agree. Each year the number of services and programs we provide has grown dramatically as additional members utilize and appreciate the benefits of their membership. A comparison of the first six months of 2019 to 2018 shows the growing needs for our trained, knowledgeable and vetted volunteers.

- The number of rides for medical appointments, grocery shopping, and Village events has nearly doubled.
- At home assistance has increased eightfold.
- IT services have grown by nearly 30%.
- Participation in cultural and social events increased 41% in July, 2019 demonstrating how the Village keeps members intellectually challenged and connected even in mid-summer.

None of this would have been possible without you--our wonderful and generous volunteers, members, and supporters. Even before our official launch in 2011, Sharon Lockwood, our Founding Chair worked tirelessly to spread the word about the Village and recruit members. Under the leadership of Board President Jessica Townsend, Georgetown Village generated the capital and confidence to recruit Lynn Golub-Rofrano, our indomitable executive director. I am very proud of all that has been accomplished.

Now I look forward with excitement to the year ahead. Our Strategic Plan, well informed by the surveys you completed last spring, was adopted by the Board in June. Helping to bring the plan to reality are three new board members: Diana Dennet who will help lead the Membership Committee, Barbara Hall who will co-chair Development with me, and Emily Sommers who, with co-chair Carol Kelly, has designed a cultural and social program for all of us to enjoy this fall. These three committees are the backbone of the Village and, with your help, can do an even better job this year. Please talk with the chairs or Lynn about how YOU can make a difference as a committee member.

GV is stronger than ever but we depend upon your generosity for all that we do. While many services and programs are provided by dedicated volunteers, they require staff to help coordinate, plan, and execute these ever increasing activities. Membership dues represent about half of our annual budget. Your contributions make up the balance. We want to keep

dues at the level established in 2011, and we want to continue to subsidize dues for those in need. But we can't do this without your help. Please consider increasing your gift this year.

I am grateful for each one of you and look forward to working with you to enhance the quality of life for all of us.

Gail Nordheimer, Co-President

PS- In addition to your 2019 gift, I hope you will join me and others in remembering the Village with a bequest or by designating it as a beneficiary of your IRA. Both gift options offer tax-wise ways to support the work of the GV for years to come. For more information about the Village Legacy Society, please check out our recently updated web site: [www. Georgetown-village.org](http://www.Georgetown-village.org) or contact Barbara Hall at bahall7@verizon.net.

WHAT YOU SHOULD KNOW ABOUT MEDICARE!

The First in a Series of Panels on Medicare, Money and My Future:

Well, it is that time of year again, the Medicare open enrollment period, and the time to review your options for Medicare program participation! Please join new Board Members Diana Dennett and Carol Kelly on October 24 for an overview of the program, what the program means to you, and how to change private plan options during open enrollment. Diana and Carol are willing to admit they have more than 50 years' experience working with the program, and Carol teaches this topic for GWU graduate public health students. Please call Lynn in the office to reserve your place. We will have a half hour reception at 6:00 PM, followed by the presentation and questions for one hour. Panels will be scheduled for early next year on finances for those 55 and older, plus creating the career and lifestyle you want for yourself as a modern senior.

VILLAGE MEMBERS ENTHUSED ABOUT EXERCISE CLASS

by Carol Cavanaugh

If you could spend an hour that would leave you feeling more active and ready to participate in the other things on your agenda, wouldn't you consider that a worthwhile use of your time? Jonathan Russin thus explains his regular attendance at Georgetown Village's exercise class. He speaks highly of the instructor, William Yates, whom he describes as "a magnetic person who makes you want to enjoy the exercises." Fellow participant Betsey Apple also gives Mr. Yates high marks: "He's terrific, a very good motivator, always smiling...and always patient." The fun and challenging class combines exercises done standing with those seated in a chair. Ms. Apple, who has been attending the class for six months, notes that the class has improved both her strength and balance.

This class, a wellness program designed specifically for seniors 55 and up, is produced through the YMCA's Fit and Well Seniors Program. Mr. Yates, director of the program, was inspired to create the program by helping his own father. Classes are held citywide, and are free to District residents. Our local class, open to the general community as well as Georgetown Village members, meets on Mondays, 11:30am-12:30pm at Christ Church of Georgetown. As you've read above, it's inspired some devoted regular attendees from our community, and would love to include YOU and your friends among them! Call the office to join the class.

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 meet on September 9 at 10:15 at Toni Russin's house to discuss "Becoming" by Michelle Obama. Future books will be decided then. Members are welcome to send recommendations now to include both fiction and nonfiction. American history may be the focus for the next few months.

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.

GEORGETOWN VILLAGE INTERVIEW WITH JILL TRAN

by Hans Kaper

Jill Tran is one of the active volunteers of Georgetown Village (GV). Following are some questions and answers recorded during an interview.

Tell us something about yourself: My husband and I have been living in Georgetown since 2007. Since I was working in Manhattan, we were doing the Washington DC-Hoboken NJ commute for several years before moving to Georgetown full time. My background is in finance and marketing in the pharmaceutical industry. Since last fall, I've been helping out at an immigration law firm. My favorite part of the job is when clients and their families come in the office to finalize and sign their applications for visas or green cards. Occasionally, I take my corgi Dora the Explorer to the office, which adds to a festive if noisy work atmosphere. Dora keeps my husband and me fit as we walk around town.

How did you get involved with Georgetown Village? I've been volunteering with GV since 2016. One early summer morning, I was waiting for the Volta Park pool to open for lap swimming and met Toni Russin, who talked passionately about GV. It sounded like a wonderful organization. Then in the fall, I saw a posting on Georgetown Forum for the GV monthly orientation for volunteers. At the orientation, I was impressed with Lynn Golub-Rofrano's presentation about the many services provided to Village members and thought it was good that GV performs background checks on volunteers. Also, my parents in California are facing similar issues, so I can totally relate to the objectives of the Village.

Any special features of GV that attract you? Lynn Golub-Rofrano, Gail Nordheimer, Toni Russin, and Henri LaMotte have been great in providing a variety of volunteer opportunities. I've walked member's dogs, checked on houses, brought a dog to visit a member, moved planters from the garden inside the house, made meals, witnessed will signing, reviewed and researched local senior living facilities, solicited donations from local shops and restaurants, and provided marketing recommendations. Village members are active and interesting people, and they have been so warm and appreciative of my help. In the process, I learned a great deal observing Lynn, Gail, Toni and Henri - hard at work and passionate about the organization. I feel like I'm part of the community.

Your most memorable volunteer experience? Last year, Dora and I were checking on a GV member's house and found a large opened package containing a small piece of furniture in front of the garage in the alley. It wasn't addressed to the member, so I gathered that a "porch pirate" had taken the package, went into the alley to open it, didn't want the content, and abandoned the box there. It was pouring rain, but Dora and I carried the heavy box down P Street and delivered it to the rightful owner, who was both surprised and relieved.

Anything special you would like to mention? My volunteer experience with Georgetown Village has been so rewarding that I encourage all my neighbors and friends to join or volunteer. The community-building aspect is definitely the key that makes this experience unique and special.

GV MEMBER DAVID ROLL DISCUSSES HIS LATEST BOOK ON GEORGE MARSHALL

by Hans G. Kaper



This fall, GV will host David L. Roll, who will speak about his latest book, "George Marshall: The Defender of the Republic." David, who is Senior Council at the Washington DC-based international law firm Steptoe & Johnson LLP and a long-time resident of Georgetown, is interested in the history of the Roosevelt-Truman years. With Keith McFarland, he co-authored a biography of the founder of the Steptoe law firm and later Truman's defense secretary, "Louis Johnson and the Arming of America" (Indiana University Press, 2005). His second book, "The Hopkins Touch" (Oxford University Press, 2013) is an authoritative biography of Harry Hopkins, one of Roosevelt's trusted advisors.

David's latest book, "George Marshall: Defender of the Republic" (Dutton Caliber, Penguin Random House, 2019), is a profile of George C. Marshall (1880-1959), the five-star General of the Army who served as FDR's chief of staff during WWII and as both secretary of state and secretary of defense for President Truman. Marshall stood out for his integrity, judgment, and ability to build bipartisan support for the relief bill for post-WWII Europe that would later be known as the Marshall Plan. (The earlier suggestion to name the European Recovery Program

for President Truman was rejected by the president as too obviously partisan.) Marshall's 1946 mission to China to broker a coalition government between the nationalists and communists ended in failure. Marshall was Time Magazine's Man of the Year in 1943 and 1947, and was awarded the Nobel Peace Prize for his post-war work in 1953. The British Parliament established the Marshall Scholarship in recognition of Marshall's contributions to Anglo-American relations.

Since its publication in July 2019, David has given many book presentations at bookstores and venues around the country. He hopes that many of our members will enjoy his presentation for Georgetown Village (and buy his book).

JOIN US FOR THESE UPCOMING TOURS

September 12 at 6:00 pm at St. John's Church (Blake Hall) Bob Levey, former Washington Post columnist speaks about his new book "Larry Felder, Candidate" about a Washington journalist who quits his job to run for Congress. Call the office to reserve your place or email Lynn.

Week of September 23 The Reach, Kennedy Center Docent led tour of The Reach building coupled with either lunch or happy hour at the new facility. Stay tuned for further details.

October 19: 8:00 p.m., Dumbarton Concerts Quaretto Di Cremona: Italian Journey Evening performance at Dumbarton Church Concerts for Quartetto di Cremona, a pre-eminent quartet of its generation. They will perform the "Pagnini Quartet" by Antonio Stradivari. Dinner Martin's Tavern 6:00 p.m. Response deadline is September 20 to assure tickets.

October 24: Medicare Overview Panel at St. John's Church (Chapel downstairs) 6:00pm

First in a Series of Panels on Medicare, Money and My Future: What You Should Know About Medicare! Join Board Members Diana Dennett and Carol Kelly for an overview of the program, what the program means to you, how to change private plan options during open enrollment.

The Washington Chorus: Private Concert! December 7: 8:00 p.m. Dumbarton Concerts Holiday music with the renowned Washington Chorus touring chorale. The chorus has appeared at Kennedy Center and features its own regular performances in Washington.

An Emerald Isle Christmas Each year the Dumbarton Concert series features a holiday concert. This year, they have a new ensemble, Celtic Music with Danu, winner of key awards from the BBC and Irish Music Magazine. Dinner before the show Martin's Tavern at 6:00 pm.



NEIGHBORS HELPING NEIGHBORS

Georgetown Village
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GEORGETOWN VILLAGE

Calendar of Events - September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LABOR DAY Office Closed	3 Happy Hour	4 IT Support Group 10:30am	5 Coffee Talk 10:30am	6 Safeway Grocery Shopping	7
8	9 Book Discussion Basic Training 4 Your Body	10	11 Men's Group Lunch	12 Coffee Talk 10:30am Bob Levey Speaks	13 Safeway Grocery Shopping	14
15	16 Basic Training 4 Your Body Quarterly Birthday Tea	17 Happy Hour	18 IT Support Group 10:30am	19 Trader Joe's Shopping 1pm	20 Safeway Grocery Shopping	21
22	23 Basic Training 4 Your Body	24 Dinner & Movie Night	25	26 Coffee Talk 10:30am	27 Safeway Grocery Shopping	28
29	30 Basic Training 4 Your Body					

VILLAGE BOARD MEMBER PAM GODWIN ON MEDICAL MISSION IN PERU

I began my medical practice with Dr Gabriel Berrebi in 1997 and when he unfortunately had to sell his practice, I got Mindi Cohen, DO and Konstantin Khludenev, MD to be my partners. We renamed the practice, Comprehensive Primary Care. I retired and have since had a low profile in the medical field until now. This is my most recent service experience.

Want a different vacation? No greens or court fees. Plenty of exercise, being close to nature and away from it all. I just returned from Peru as a member of a 14 member medical mission in Santa Teresa/Macchu Picchu. We were in small mountain villages, high in the Andes Mountains. Mountain Medics International (MMI) came across my computer about 10 months ago. MMI is a non profit, non sectarian, volunteer staffed organization, focused on the health of remote mountain communities. I researched the legitimacy of it and with docs from UMASS, I felt confident it was for real.

The team logged nearly 1000 visits over the week. There were 4 dentists that cleaned, drilled/filled and pulled a mountain of teeth. The 4 gynecologists did manual exams, acetic acid swabbing of the cervix, pregnancy testing and gave birth control options. The 5 primary care providers saw children to elders. We had in addition to BP equipment, a glucometer, a pulse oximeter, a 10 minute h.pylori blood test and dipstick U/A. Almost every patient was prescribed multivitamins for nutritional deficits. The pharmacy was basically stocked with NSAIDS, antibiotics, antiparasitics, one brand of PPIs and a modest amount of other drugs. All were dispensed by our 1 pharmacist at no cost to the patients or their community. Not everyone spoke Spanish or Quechua, so MMI hired 3 interpreters to facilitate the patient/ provider visits.

Patients were always lined up before we arrived, waiting patiently. Many had walked for hours to get there and some were not seen until the end of the day at 5pm. No public transportation in these remote mountain villages. Each day we set up in 4 elementary school classrooms.

The medical mission was very rewarding. I asked to see the elders. Beautiful clear mahogany skinned people, despite continuous unprotected sun exposure. Strong hearts. Only one of nearly 100 patients that I saw had high blood pressure (150/110). However, having worked in the fields all their lives, their bodies were quite broken down. An unusual amount of cataracts and as expected pterygium from too much sun and no sunglasses. Lots of arthritis from overuse (manual labor) and no indoor heating. Many old injuries from accidents of years ago. I really had to be creative in prescribing treatment plans. Heat often is helpful for painful joints. They don't have heating pads, bathtubs to soak in or OTC "IcyHot." One patient on the first morning who understood the concept came up with a great idea, cow manure! When dried, it can be heated and it will retain the heat like a heating pad. Perfect solution...free, plentiful supply and not offensive for these rural mountain villagers. I then recommended it to all my following joint and muscle pain patients.

My non-medical partner came to assist with Spanish interpretation but his biggest asset was his technical and mechanical abilities. The dentists knew dentistry but were stressed to assemble and breakdown the old donated dental equipment stored in boxes every day as we went from school to school. Other non-medical partners helped with patient flow and the pharmacy.

The patients were grateful for anything we did for them. I had brought many small gift items from the Dollar Tree store to give to them..comb and brush sets, Paw Patrol shampoo (could be secondarily used for conjunctivitis), Dove soap, muscle rub ointment, etc. Most appreciated by the men was a small flashlight with AAA batteries. Other providers brought other things such as birth control implants, tooth brush kits and small knitted dolls.

If you are up for an adventure, a great cause and instant camaraderie this might be worth considering for your next vacation. You will come home more appreciative of what you have professionally and personally.

