

FROM THE PRESIDENT



Toni distributing masks.

“On Dropping By, In The Time of Quarantine”

Hello from 3400 O Street. No, I am not selling flowers in the photo. Just giving out beautiful Covid-19 masks made by Lynn’s crafty friends in Maryland. Thank you Julia, thank you Nita. Yes, I have a few still available so come on by or call 202-338-1926. You can have the mask in minutes because you all live so close! Please drop by.

Remember the old days when people would stroll around and casually drop in on friends and neighbors? Later we forgot how, got too busy, and felt we had to schedule social events. But in May and June of 2020, neighborhood stop-bys are back. On the 3000 block of Q all the neighbors come out for a 6 pm Jazz concert, twice a week! Masked and 6 feet apart. That same jazz band celebrated a member’s birthday on 34th St and Volta. Bagpipes are playing somewhere near the Georgetown University Hospital, drawing folks out to say hello and give thanks to the nurses. And now when we walk for exercise we all wave hello at masked strangers who may or may not live next door.

It is strange but in a time of cancelled social events I have discovered how many of you are really close neighbors, yet we really never talked. I live on 34th and O Street and by delivering masks I found members who live only two blocks away that I had met only once at our annual dinner and assumed lived 10 blocks away. When some of you came to my door to pick up a mask we had a good chat at 6 feet distance. And we promised to meet again here or there. My house has a front hedge just 6 feet from the door. So is easy to “drop in” safely. Just ring the bell, step back, and let’s talk! You are all invited!! God knows we are always home and not too busy.

Like all the Villages we have had to cancel in-person events, exercise classes, speakers at St. Johns, but now we have entertainment piped in via computer or phone; frequent calls and letters from Lynn; people to talk to over Zoom or conference calls and personal phone pals. Far more members have come to our virtual happy hours on Zoom than came to the restaurants. Our best attended book discussions have been by conference call. Cocktails and Conversation with Nancy Taylor Bubes and others were hits too.

So, I thank goodness for the Village, for Lynn’s fortitude and powers of innovation, for Varnita’s patience, for our health and for my new masked friends. Please drop by!

Your village friend,

Toni Russin, Co-president of Georgetown Village

We hope to see you at our weekly events

Happy Hour taking place every other Tuesday during Pandemic Crisis.

Coffee Talk Every Wednesday Morning via Conference Call at 11 am.

Book Group We will next meet on June 8 to discuss a novel called *Where The Crawdads Sing* by Delia Owens. After that we will be reading Madeline Albright’s new book, *Hell and Other Destinations*.

Covid Call-Every Thursday via Conference Call Village Conference Call Number for all programs is 1-515-604-9094-Access Code 190-486-505#

LOCKDOWN IN LONDON

by Andrea Kiernan

In late February, my husband and I were in Egypt and the Corona virus was hardly on our radar. Only three cases had been confirmed in England and no one was talking about a nationwide response. We returned in mid-March to near panic. Our local grocery store was stripped of all paper-, disinfecting- and cleaning-products, also items like eggs, flour, coffee and sugar. Fresh fruit and vegetables were in short supply and home deliveries impossible to get. The contrast was dystopian.

On March 23, Prime Minister Boris Johnson announced a partial “lockdown”, as the British call sheltering in place. Only essential workers could leave home and everything was to close except food and liquor stores, pharmacies, banks and post offices. We were only allowed out to buy groceries, go to urgent medical appointments or to do one hour of exercise a day, and everyone had to keep two metres apart. Masks and disposable gloves were not mandatory - and, anyway, they were almost impossible to obtain.

Being retired this was not too onerous. Our area has quiet streets in which to wander, most of our neighbors had fled to their country homes and with almost plane-free skies, it was extraordinarily peaceful. But we were very aware we were living in a privileged bubble compared to most of the rest of the nation. Our experience was similar to that of friends in Georgetown, but there were differences. Great stress was put on “essential” purchases so, to many people’s frustration, hardware stores and plant nurseries were closed and at Easter time some convenience stores were told they couldn’t sell chocolate Easter eggs because they weren’t essential. Public outcry soon had this revoked! Perhaps the greatest dissimilarity was that Boris Johnson contracted the virus himself and was rushed into hospital. For a country reeling from Brexit and a recent General Election, this was a truly alarming moment. Fortunately he survived and two weeks later announced the birth of a son. It was stranger than fiction!

More personally, we and similarly-aged friends became outraged when talk of relaxing lockdown included the suggestion that anyone over 70 should not be allowed to leave home until a vaccine was available. Happily some very influential senior citizens had the ear of government and the provision was quietly dropped. And proving that age is no barrier, the wonderful 99-year-old soldier, Captain Tom, following hip surgery, walked up and down his garden a hundred times before his hundredth birthday. His goal was to raise £1,000 for the National Health Service. He raised over £23 million, as Britain and the world took him to their hearts. Just the sort of positive news we all needed. (See photos on reverse of calendar).

KEEPING GEORGETOWN VILLAGE RESILIENT

Two months ago my husband Bob and I never could have imagined where we would find ourselves today. Like so many of you, we have had to adjust to a new normal. That includes a bit too much time at home and togetherness (even after 50 years), too many meetings on Zoom, too much cooking and eating, and the highlight of each day—long walks, often to the Bishops Garden at the Cathedral where the peonies are just now opening up.

Since early March we also have been trying to focus on the more important and the urgent. A pandemic certainly does this, particularly when you are of a certain age and have underlying health issues. What is increasingly important to us are organizations like Georgetown Village that add value to the quality of our lives and to our communities.

During this crisis, Georgetown Village has continued to rise to the challenge by providing services such as rides to the doctor, grocery shopping, and, of course, Zoom training—the most recent addition to essential services. Just as important are the weekly chats, book discussions, virtual tours and discussions that reduce the impact of isolation and connect us with one another and with our community.

As members, volunteers, and donors, Bob and I very much appreciated the importance of the Village. And now as a member of the Board, I have an even greater understanding of what it takes to get the job done. For that reason, in addition to lifetime gifts, I have joined the Georgetown Village Legacy Partners by designating GV as a beneficiary of my IRA. This was an easy way for me to support the indispensable work of the GV in years to come.

Our support helps to sustain GV, and such support now is more important than ever for GV to remain resilient and relevant. Please join me in saying thank you by including GV in your trust or will or by making the Village a beneficiary of your IRA. And, please take good care of yourself.

Barbara Hall, Board Member

THE VILLAGE IS ONLY A PHONE CALL AWAY

By Joan Kennan

As we all know, the Village exists because of its volunteers. Volunteering to help our older neighbors is what we do. During this pandemic which has changed the daily lives and habits of all people worldwide, the result has been increased isolation for everyone as we are told to stay home and “shelter in place”. The Pandemic is not only a novel coronavirus, it is truly “novel” for all of us – unexplored territory never before experienced in our lifetimes. This has caused interesting challenges for many of us here in Georgetown – especially for families with young children, but for older residents as well, especially those of us living alone. Fortunately, during difficult times, the Village is only a phone call away: it has many volunteers who can help in other ways beyond errands and driving. Some volunteers have been helpful as “chat buddies” calling members just to check in and make sure that they are all right.

Two of the volunteers who have been doing this are Catherine Harper and Carole Sargent.

Catherine Harper moved from San Francisco to DC over a year ago and specifically to Georgetown when she bought her house in June, 2019. She is still working from home as a Marketing Consultant for Kaiser Permanente. Catherine happened to meet Gail Nordheimer at a women’s group luncheon and expressed her interest in seeking out volunteer opportunities in this area (in the course of her career, Catherine had worked as an activities director at two nursing homes), saying that she enjoys working with the older population so volunteering for the Georgetown Village was a natural fit. When she learned that she could volunteer as a “chat buddy” she struck up a relationship with her “buddy” easily, calling her every day, and as they live close to each other, even enjoying a walk in the neighborhood together six feet apart! She says that the chat visits benefits go both ways and she, personally, finds her chat buddy relationship to be rewarding as well.

As an aside: Catherine loves to dance – all kinds of dance. When she lived in California she did ballroom dancing, swing, Dixieland – you name it. But that’s a story for another day.

Carole Sargent moved to Georgetown in 2006. She is not sure from whom she first heard about the Village, but it was possibly from CAG. She began volunteering for the Village in 2016. Since she did not have a car, Carole offered her services in other ways, home organizing and companionship. When the Pandemic lockdown began, Carole began calling two Village members on a regular basis. She, too, echoed Catherine’s view that she enjoys her chats and through them, has met some interesting people. She said that one of the advantages of being a member of the Village is the people one meets – members have varied backgrounds reflected in their choice of careers, many of which have involved overseas travel and residence. She maintains that the Village provides a good opportunity for people seeking to make more friends in the community as she apparently has herself. Thankfully, because of volunteers like Catherine and Carole, Georgetown Village members know that they can always count on its support – someone at the other end of the phone – someone to listen - especially during a Pandemic!

MADELINE ALBRIGHT EVENT A GREAT SUCCESS



Secretary Madeline Albright

On Thursday, May 28th over 150 of us had the pleasure of joining former Secretary of State and New York Times best-selling author Madeline Albright for a Zoom chat. The conversation was moderated by Bill Plante, renowned former CBS news correspondent, and the main topic was Secretary Albright’s new book, *Hell and Other Destinations*. It was a stimulating and enjoyable conversation with our esteemed neighbor and we are all eagerly awaiting receipt of our signed copies of her book to start reading!

Lynn Golub-Rofrano has pronounced this online fundraising event “a great success. as well as a very interesting and well-attended evening”. Georgetown Village has been extremely active during this crisis, offering services to both our members as well as the community. We hosted the online fundraiser to try to make up for some of the loss of expected income from our spring fundraiser.

JOIN US FOR THESE UPCOMING PROGRAMS

Georgetown Village kicked off **Cocktails, Conversation and Covid**, a new series of online lectures (via Zoom) on May 13 with Nancy Taylor Bubes, top agent with Washington Fine Properties, who gave a wonderful presentation about the impact of the pandemic on local real estate.

Please join us for these thought-provoking discussions:

June 10 at 5:30 pm with **Dr. Fred Rickles**, GWU Professor of Medicine, “How Telemedicine Can Help You” while sheltering in place and beyond.

June 24 at 5:30 pm with **Joe Sternlieb**, CEO, Georgetown Business Improvement District, “The Changing Face of Georgetown”, how Covid is impacting Georgetown business and what to expect when the city reopens.

The series will continue as long as the city has not fully reopened. We look forward to resuming our in-person events when we can, starting with Georgetown locations to support our local businesses. Contact the office to sign up at 202-999-8988 or lynn@georgetown-village.org

We are deeply grateful for the generous contributions we have received during these challenging times. Your gifts have helped us meet the need for increased services for our members during this pandemic.



Georgetown Village
P.O. Box 3563
Washington, DC 20007
202-999-8988

JOIN - VOLUNTEER - DONATE



GEORGETOWN VILLAGE

Calendar of Events June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Zoom Happy Hour 5:30pm - 7:00pm	3 Coffee Chat Conf. Call 11 am	4 COVID Call - 10:30	5	6
7	8 Book Group	9	10 Coffee Chat Conf. Call 11 am Telehealth Discussion with Frederick Rickles	11 COVID Call - 10:30	12	13
14	15	16 Zoom Happy Hour 5:30pm - 7:00pm	17 Coffee Chat Conf. Call 11 am	18 COVID Call - 10:30	19	20
21	22	23	24 Coffee Chat Conf. Call 11 am Joe Sternlieb 5:30pm	25 COVID Call - 10:30	26	27
28	29	30 Zoom Happy Hour 5:30pm - 7:00pm				

Conference Call number--1-515-604-9094-Access Code 190-486-505#

Asparagus

By Katherine Tallmadge, M.A., R.D.N., L.D.

PersonalizedNutrition.com • Katherine@PersonalizedNutrition.com



Call office for recipe

June: A harbinger of summer, and a time when the delicate fruits and vegetables of spring are still at their peak. One of my favorite May/June vegetables dates back to 3,000 BC, and was once hailed as an aphrodisiac. What is it? Asparagus!

Asparagus is considered a nutrition super star because it is loaded with hundreds of vitamins, minerals and newly discovered nutrients called “phytochemicals” (“phyto” is Greek for plant) that impart impressive nutritional benefits. Asparagus species (family Liliaceae) are medicinal plants of temperate Himalayas. They possess a variety of biological properties, such

as being antioxidants, immune-stimulants, anti-inflammatory, anti-hepatotoxic (helps the liver), and antibacterial agents.

Asparagus is an excellent source of essential vitamins like the B1 (Thiamine), B2 (Riboflavin), and B9 (Folate), and Vitamin C, E and K. It contains some Vitamin A, B5 (Pantothenic Acid), B6 and Choline. It's a good source of the essential minerals Iron, and contains some Calcium, Magnesium, Manganese, Phosphorus, Potassium and Zinc. “Essential” vitamins and minerals are nutrients that a deficiency would lead to death. I have many favorite asparagus recipes, but this is my favorite.



The British put rainbows of hope often with messages of support for NHS



Making sure kids don't use swing in garden square



Closed plant nursery



Normally bustling King's Rd



Enjoy the park but keep at a distance