

FROM THE PRESIDENT



Enjoying Maine

Greetings from Maine. No I am not sitting on the beach reading novels. Maine serves as my annual health spa. Senior Tennis and short bike rides and maybe a cold dip in the bay, are my way of keeping some muscle in my legs. I am a terrible player now and a pretty weak biker but I'm still trying because I just read a **frightening statistic**: "In a study of 585 80+ year old men, researchers saw a whopping 70 % loss of thigh muscle strength (quadriceps) over seven years. They lost only 7% while in their 70s but up to 70% in their 80s." (cited in Nutrition Action Health Letter, August 2020). That means we will soon have trouble just getting out of a chair! Yes these were men but women's decline can't be far behind. The authors added that the men who did prescribed strength, aerobic, flexibility and balance training were able to keep their muscle strength. If you can't get outdoors or to a gym due to Covid-19 at least turn on the classes offered by the Y that are listed in our Village weekly blast.

Village Volunteers help make my summer stay in Maine possible. While I am away who is taking care of my precious plants, keeping an eye on my house, and picking up the unwanted newspapers? Our Village volunteers of course. Volunteers do more than the heroic Covid-19 grocery shopping for many of us. And if I were home in DC I would be asking for volunteer help fixing my smart tv, adjusting my AC, getting Zoom calls, taking me to a crucial doctor's appointment and most likely solving my latest computer glitch. WE ARE SO VERY LUCKY TO HAVE A GREAT TEAM OF VOLUNTEERS. THANK YOU ALL FOR BEING HERE FOR US.

Your village friend,

Toni Russin, Co-president of Georgetown Village

CLIMATE AND COVID: TACKLING THE GREATEST CHALLENGES BY CAROL KELLY

On **October 28** at 5:30 PM, we will be joined by **Sherri Goodman, Senior Fellow at the Wilson Center**, for a thought-provoking session on climate change and Covid, two of the greatest challenges of our time. Climate change remains an existential threat to our globe, at the same time the greatest pandemic since 1918 is upon us. Our guest speaker is uniquely positioned to discuss these twin crises and how they relate to one another. Sherri is credited with educating U.S. military and government officials over the last generation about the nexus between climate change and national security. A former first Deputy Undersecretary of Defense (environmental security) and staff member of the Senate Armed Services Committee, she is uniquely positioned to address these issues for our audience. Please contact the office to sign up for the session. We hope you can join us!

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 September 21 to discuss "The Same Sea" by Amos Oz.

Covid Call-Every Thursday via Conference Call Village Conference Call Number for all programs is 1-515-604-9094

Access Code 190-486-505#

A NEW CONTRACT FOR THE MIDDLE CLASS

By Hans Kaper



Isabel Sawhill

Isabel Sawhill, Senior Fellow, Brookings Institution
Wednesday, September 30 at 5:30 P.M.

Most of us think of the U.S. as a middle-class nation. Although the concept of “middle class” is fuzzy, it implies an implicit understanding – a contract if you will – between individuals willing to work and contribute, and a society willing to support those in need and to break down barriers for upward mobility. Today, this contract is collapsing. Middle class families are working harder, with too little to show for it. Confidence in the prospects for the next generation is low. Trust in our institutions, and even in each other, is declining. The gaps between us are widening. Populism, fueled in part by middle class discontent, is rising.

Isabel V. Sawhill, Senior Fellow at the Brookings Institution, will discuss the American middle class, examine the various causes of the breakdown of the contract, and suggest new policies to build the foundation for a good quality of life. Ms. Sawhill, an expert on children, families, and the middle class in America, served in the Clinton Administration as an Associate Director at the Office of Management and Budget and is the winner of many prestigious awards. Her most recent book, “A New Contract with the Middle Class,” co-authored with her colleague Richard V. Reeves, will appear in September.

The talk by Ms. Sawhill is part of the online series Cocktails, Conversation, and Covid, organized by Georgetown Village. The series is open to the community, attendance is free. To sign up, please contact the GV Office at 202-999-8988 or Email lynn@georgetown-village.org.

MICKI AND ANNIE LEDER

By Andrea Kiernan

Annie Leder is one of Georgetown Village’s youngest volunteers. She has just graduated from High School and turned 18, but she and her mother, Miriam (known as Micki) have been grocery shopping for homebound GV members since sheltering in place became widespread pandemic practice. Two or three times a month, separately or together, they have been keeping members’ pantries stocked. Although normally just dropping off the purchases, Annie said she recently got to meet and chat with one of our members and that it was such a pleasure.

Annie has always lived in Georgetown and attended Georgetown Day School until 10th grade, before spending two years at Mercersburg Academy, PA. She has now taken a year out before becoming a freshman at Dickinson College, but will take online community college courses, as well as working as a hostess at Clyde’s Restaurant and continuing to volunteer for the Village. Micki is an in-house lawyer for Precision Medicine Group, headquartered in Bethesda, although she largely works from home. She has a wide professional background, including serving as an Associate Dean of Stanford University School of Medicine and legal counsel for the National Science Foundation. Two large mountain dogs are very much part of the family and Micki first heard about the Village from founding member, Leslie Smith, when they met dog walking in Montrose Park.

Volunteering is clearly something they both feel strongly about and, when she was sixteen, Annie worked at the Georgetown Ministry Center during her summer vacation. Helping with meals, cleaning and laundry for the homeless, she discovered the importance of each individual, regardless of their circumstances.

The Village concept is one that Micki thinks highly of and she is disappointed that there is nothing comparable in the area of Boston where her own parents live. Besides grocery shopping, Annie would be happy to put her technological skills to use, helping members with their computer problems. Apparently she has great patience. They are enjoying volunteering for the Village and we are so fortunate to have such a dynamic mother and daughter duo.

Don’t forget about our durable Medical Equipment Loan Closet in case the need arises.

NEW OPTIONS FOR ENGAGEMENT

Georgetown Village is looking to increase the options for our members to be engaged and involved in the community from the safety of your homes. We are increasing our programming and offering some new ideas. In addition, we are going to start offering opportunities for our members to volunteer in the community. These opportunities will be highlighted in our newsletters and email blasts under the category “**Georgetown Village Gives Back**” so members can contact the office to sign up. We will coordinate you getting involved with the project that interests you. We welcome your suggestions and ideas for programs.

Ted Talks - There are a series of talks on the internet called TED Talks. These talks feature expert speakers on education, business, science, technology, sociology, and creativity that usually last around 20-30 minutes and are very thought-provoking with much to discuss. We would like to start a program to discuss these talks. Let us know if you have an interest in a specific topic and would like to host a TED talk and we will work with you to find the appropriate TED talk and set up the technology. All you will need to do is guide the discussion and share your wisdom with the group.

Georgetown Village Men’s Group - We are looking to restart our Men’s Lunch Group. Since meeting in a restaurant is out of the question, the group could meet by Zoom and continue their regular format of having one person present on a topic of interest and then discuss while having lunch. Perhaps the group will choose to order from the same restaurant, or just make their own, that is up to the participants.

Georgetown Village Gives Back - Our area is stuck in this virus vortex with no end in sight, classes are being held remotely, parents are working from home, and we have had to cancel our in-person programming. The success of Georgetown Village is possible due to generous responses from our neighbors. Now we can give back!

Perhaps we can offer to parents who are home with their children that our members can assist their children, over the phone or computer, with their school work. This might include having a child read to you, helping someone with math homework, editing a school paper, etc. Before offering this to the community, I would like a sense of how many of you are interested. If you are willing to get involved, please call or email the Georgetown Village office. If you are sending an email please indicate what type of help you are comfortable offering. We will get through this together and look back on this as a time when we did our part to help our neighbors thrive!

YOUR NEXT CHAPTER - A WOMAN’S GUIDE TO SUCCESSFUL RETIREMENT”

On Wednesday, September 16th at 5:30 pm join authors Alexandra Armstrong, CFP and Mary Donahue, PhD. After so many years of working, raising a family and more, all women deserve to have the retirement they choose. These two authors - a psychologist and a financial planner—speak to this topic from personal and professional experience. “*Your Next Chapter*” provides women with the information they will need in order to be successful in navigating this complex time in their lives.

GEORGETOWN VILLAGE LEGACY PARTNERS—ASSURING OUR FUTURE

by Barbara Hall

Georgetown Village is a major resource for our community, providing services and activities to help residents 55 years and over remain in their homes and stay connected, informed, and engaged. Please remember Georgetown Village with a bequest in your will or living trust or by designating the Village as a beneficiary of your IRA or retirement plan. Both legacy gift options offer flexible ways to support the important work of the GV in years to come and may also offer income and estate tax savings. For more information, please contact Board member Barbara Hall at bahall7@verizon.net or Executive Director Lynn Golub Rofrano, lynn@georgetown-village.org.

THE CARES ACT MAKES GIVING EASIER IN 2020

The CARES Act passed in March 2020 allows an individual who does not itemize to deduct up to \$300 of cash contributions to a qualified charity. This is in addition to the standard deduction. (Under prior rules, individuals who do not itemize their deductions could not take a charitable deduction for cash contributions.)

For individuals who choose to itemize, the CARES Act increased the deduction for cash contributions to a qualified charity in 2020 to 100% of the individual’s adjusted gross income (AGI), up from 60%.

Thank You for Making Your Gift Now!

JOIN US FOR THESE UPCOMING PROGRAMS

Georgetown Village kicked off **Cocktails, Conversation and Covid**, a new series of online lectures via Zoom. Please join us for these thought provoking discussions:

September 16, Wed at 5:30 “Your Next Chapter - A Woman’s Guide to Successful Retirement” with authors Alexandra Armstrong, CFP and Mary Donahue, PhD, a psychologist, on successfully navigating this complex time in our lives.

September 30, Wed at 5:30 Isabel Sawhill, Senior Fellow at Brookings Institution on her book “The New Contract for the Middle Class”

October 14, Wed at 5:30 Joy Doty on “My 50 Years As A British Journalist in America”

October 28 at 5:30 Sherri Goodman, Senior Fellow at Wilson Center speaking on Climate and Covid, the two greatest challenges of our time

November 12, Thursday at 5:30 Medicare with **Carol Kelly and Diana Dennett**

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.

Lauren Martin will join us at the beginning of our September 8 Happy Hour to mix a drink with us and teach us a few tricks for mixing cocktails. Cheers!



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

Our Impact - 4,661 Services To Our Community So Far

JOIN - VOLUNTEER - DONATE



GEORGETOWN VILLAGE

Calendar of Events September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Coffee Chat Conf. Call 11 am	3 COVID Call - 10:30	4	5
6 Travel Photo Show 2:00	7	8 Online Happy Hour 5:30pm - 7:00pm	9 Coffee Chat Conf. Call 11 am	10 COVID Call - 10:30	11	12
13	14	15	16 Coffee Chat Conf. Call 11 am Cocktails, Conversations	17 COVID Call - 10:30	18	19
20	21 Book Discussion "The Same Sea" by Amos Oz	22 Online Happy Hour 5:30pm - 7:00pm	23 Coffee Chat Conf. Call 11 am	24 COVID Call - 10:30	25	26
27	28	29 Online Happy Hour 5:30pm - 7:00pm	30 Conversation with Isabel Sawhill 5:30			

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

Please contact the office for more information on any of these events or to reserve a space by calling the GV office at 202-999-8988.

HEALTH BENEFITS OF VOLUNTEERING

An article from the Mayo Clinic says volunteers make an immeasurable difference in the lives of others and did you know volunteering can benefit your own health as well?

- Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.
- Volunteering gives a sense of purpose and teaches valuable skills.
- Volunteering helps people stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.
- Volunteering may reduce stress levels. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
- Volunteering may help you live longer. Analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender, physical health.
- Volunteering is a great way to meet new people who share common interests with you.

“TWINDEMIC” FALL/WINTER 2020-21 BY PAM GODWIN, CRNP

by Pam Godwin

There is no vaccine for the coronavirus but there is for the seasonal influenza. On August 16th, the NYT reported a possible “twindemic.” We are already coping with COVID-19 and we are just weeks away from the traditional flu season. Here are some thoughts after reading the CDC and FDA Guidelines.

It is possible to have influenza and the coronavirus at the same time. Some of the symptoms are similar, making it hard to tell the difference between them based on symptoms alone. Call your primary care provider to discuss. Diagnostic testing can help to determine if you are sick with the flu or COVID-19.

If you are symptomatic and before you reach your provider, generalized care is advised:

- Temperature and body aches....Tylenol (better than Advil or Aleve for temperature)
- Fatigue....rest
- Nutrition...adequate hydration (eight 8oz glasses of fluid a day/caffeine doesn't count) & a light diet
- Communicability....self isolate from members of your own “pod”

When should you get the influenza vaccine? Ideally, vaccination should occur before the onset of influenza activity in the community. In a CDC study of 36 influenza seasons from 1982-83 through 2017-18, peak influenza activity (which is often the midpoint of the influenza season) has not occurred until January or later. Balancing the considerations regarding the unpredictability of the timing of the onset of the influenza season and that the vaccine-induced immunity wanes over the course of the season and more quickly of older adults and young children, it is recommended that the vaccination should be gotten by the end of October. It takes about 2 weeks for the antibodies to develop to provide protection. Seniors only need one vaccination per season, as the CDC says protection lasts 6 months. Earlier vaccination is likely to be associated with suboptimal immunity before the end of the influenza season.

What is in the various influenza vaccines? Below are all composed of inactive (attenuated) HA (hemagglutinin antigen) virus strains:

Standard Fluzone: A(H1N1), A(H3N2), B (Victoria), B (Yamgata),...15mcg of each for a total of 60mcgHA

High Dose Fluzone Trivalent: A (H1N1), A(H3N2), B(Maryland & Colorado)...60mcg each, total 120mcgHA

High Dose Fluzone Quadrivalent: A(H1N1), A(H3N2), B(Victoria), B(Yamgata)..60mcg each, total 180mcgHA

The two “High Dose” vaccines are licensed specifically for people over 65 years and older. The Trivalent dose contains three times and the Quadrivalent dose contains four times the antigen level of the standard dose. (Antigen is the part of the vaccine that helps your body build up antibodies against the flu virus.) Because the older we get the less responsive we are to antigen stimuli the higher dose of antigen is more effective in preventing the flu in adults 65 years of age and older relative to the standard dose. A study published in 2014, in the New England Journal of Medicine found that the High Dose Trivalent vaccine was 24.2% more effective than the standard dose with 22% fewer hospitalizations.

The High Dose Fluzone Quadrivalent's most common side effect was pain at the site of injection, followed by fatigue, headache and body aches. If you are allergic to eggs or ever had a severe reaction after any influenza vaccination, any dose of the Fluzone is not for you. Discuss alternatives with your provider.

The CDC believes it's likely that influenza and COVID-19 will both be spreading in the coming months. Getting the flu vaccine this fall will be more important than ever. It will also boost the protection of others in your community via herd immunity. Lessen the chances of a twindemic. Be safe, be smart, get your High Dose Fluzone.