



CELEBRATING VILLAGE VACCINATIONS!



Toni Russin

Volunteering in the Time of Covid 19 - April is National Volunteers Month

Let's celebrate the heart of the Village, our pandemic volunteers. It's been a very busy time! The Village did not stop for a second when the first lockdown shut our physical doors in March 2020. The essence of the Village has always been neighbors helping each other directly with visits, meetings, parties, committees, book groups, exercise classes, French teas. Most of us went on line, especially for happy hours and book discussions, as we learned to Zoom. But for serious grocery, and pharmacy pick up and emergency medical visits we had to turn to our VOLUNTEERS.

Our younger volunteers, we call them our "pandemic helpers", stayed active and out and about while their job sites were temporarily closed and they were working from home. They have tirelessly grocery shopped for us, brought our medicines, taken us for Covid tests when we panicked about exposure, and driven us to doctors for critical medical treatments and

tests so that we did not ignore serious health conditions. The techy ones dashed in to our homes and fixed our remotes, our printers and our smoke alarms. Their greatest act was, and still is, taking us all over the city for Covid vaccinations. More than 50 runs were made often at a moment's notice. They have helped even on Saturdays and Sundays as some of us were too nervous to drive ourselves to unknown neighborhoods in far North East, Takoma Park or far Southeast to get our shots. As a result, about 90 percent of the Village members are now thoroughly vaccinated and protected!

Now is the time to thank our pandemic volunteers. They do not even know each other! But they will soon meet on line on **Tuesday, April 6 from 5:00 to 6:00 pm for "Springing into Action - Meet Other Volunteers."** If any member wants to contribute drinks or cookies or other snacks for them to enjoy during the event (as they brought goodie bags to 160 of us at Christmas and Valentine's Day), this is the time. Just call the office for pickup. We cannot say thank you enough. Thank You, Thank You!

Your Village Friend,

Toni Russin, Co-President of Georgetown Village

**Georgetown Village Members thank our volunteers,
Lynn and Varnita for all their assistance in getting us vaccinated!!**

- 90% of our members have been vaccinated.
- Vaccination Registration - 149 members were able to successfully register to receive vaccination appointments.
- Vaccination Information Calls - More than 198 calls were received and made to GV members.
- To date, 100% of the vaccination transportation requests received from our members were successfully filled.

JEAN SMITH, OUTSTANDING VOLUNTEER

By Joan Kennan

The Georgetown Village is fortunate to have many wonderful volunteers. Among these is Jean Smith, a standout for her commitment to the Georgetown Village community. I asked her how she had learned about the Village and she said that she couldn't remember any one source in particular but that she had heard about it here and there in the neighborhood and admired its community mission, specifically, the help that it provides to its older residents.

Jean grew up in Michigan. She decided it was time to make a change in her life – and that California was a tempting destination. But she had a sister, Gail, (still does) living in Washington who she decided to visit on her way, a pivotal decision, because she liked Washington enough to scrap the California plan and as they say, “the rest is history.”

When Jean first settled in DC, she worked for the Washingtonian Magazine for ten years. Moving on, she became a real estate broker, first with Pat Dixon, and then with Remax. She was for many years an active member of St. John's Church that had a strong social mission, the annual Georgetown House Tour and a luncheon program for seniors where Jean helped to serve the lunch. When she became better acquainted with the Georgetown Village and its volunteer opportunities, she offered her services and was quickly enlisted to help with driving, not only to medical appointments, but also for grocery store trips or other needs that the member might have. When driving, she tries to accommodate members when possible and is happy to stop and let the member pick something up at a store on the way back from an appointment.

Jean told me how much she enjoys driving Village members who she gets to know over time and that she derives as much pleasure from getting to know them as they do from being driven by her.



Our volunteers assembling a heat lamp.

REMEMBER OUR MOTTO IS:

***“IF YOU NEED HELP, JUST ASK.
WE TRY TO HELP!”***

Andrea Kiernan and Shirley Barth at Medstar



TESTIMONIALS FROM OUR MEMBERS

“You helped my closest friend Nancy, my Foggy Bottom friend Jeanie who got an appointment at Washington Hospital Center and friend Allan will call them first thing tomorrow. This is the most important thing in our lives right now, and you are providing the help we need. I hope you know how much your work matters! With deep thanks and admiration.”

“As I have said before, your attention to GV members is first rate, and your information about available vaccines is outstanding, such a significant service to our members. we are going to Howard tomorrow morning (received confirmation today) for our second shot...thanks to YOU!”

We hope to see you at our weekly events

Happy Hour Every other Tuesday during Pandemic.

Weekly Chat & Check In Call Every Wednesday morning at 11 am via conference call 1-515-604-9094
Access Code 190-486-505#

Book Group is 10:15 am on April 19. Online discussion. The book group will be discussing “Other Minds- The Octopus, the Sea and Deep Origins of Consciousness” by Peter Godfrey-Smith. It's non-fiction and 272 pages.

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

A REVIEW OF “OTHER MINDS: THE OCTOPUS, THE SEA, AND THE DEEP ORIGINS OF CONSCIOUSNESS” BY PETER GODFREY-SMITH

By Hans Kaper

The Georgetown Village book group will discuss this book at its next (online) meeting on April 19 at 10:15am. The author is a skilled scuba diver based in Sydney, Australia, and a distinguished philosopher of science affiliated with City University of New York. As a scuba diver, he has had many opportunities to observe life under water, and as a philosopher, he is interested in big questions like “How did nature become aware of itself?”

This book is about the evolution of the nervous system, mental complexity and consciousness in cephalopods — a group of invertebrate animals that comprises octopus, cuttlefish and squids. Cephalopods, like humans, evolved large nervous systems, but they did this along an entirely different evolutionary path from us. The split may have occurred some 600 million years before present (BP). Our common ancestor was perhaps a flattened worm-like creature living in the ocean. It must have had the beginning of a nervous system, since that is the common feature of cephalopods and humans.

The author describes many observations of individual and collective behavior of octopus to suggest that they have higher “intelligence.” The big difference is in the organization of the nervous system. While humans have a centralized nervous system that is dominated by our brain, cephalopods have a distributed nervous system, where the brain plays a minor role and arms seem to be able to act independently. How does that make life different for an octopus? What does it mean that evolution built minds not once but at least twice?

The questions raised by the author have no easy answers. The octopus is the closest we will come to meeting an intelligent alien. What can we learn from the encounter?

The book is well written. I certainly enjoyed reading it and recommend it to anyone interested in the big questions of evolution.

NEW MEMBER WARREN ZWICKY

By Carol Kelly



Warren Zwicky playing piano.

Warren Zwicky, recent GV member, served as Executive and Washington Counsel to a major broadcasting company, leading the founding of CSPAN in 1979. Community minded throughout his career, he actively promoted the employment of minorities and women in radio and television. In retirement, music occupies much of his time both as a listener and pianist, and as a board member of the Washington Metropolitan Philharmonic Association, with three symphony orchestras. He decided to join GV when his neighbors who are members spoke to him about volunteering and also the broad range of services available through the Village.

Warren is a long-time resident of Hillandale, and a centerpiece of his living room is his grand piano! He would be interested in joining with others in GV to create a group on Zoom that would play for one another and discuss music. If you have an interest in being a member of such a group, please contact the GV office!

JOE STERNLIEB ON BID’S PLANS FOR GEORGETOWN



Joe Sternlieb

Please join us on **Wednesday, April 7 at 5:30 pm** as Joe Sternlieb, CEO of the Georgetown Business Improvement District, discusses “Georgetown in the Coming Months”. Joe will speak to us about upcoming and proposed plans the BID has for 2021, including the C&O canal boat launch, plans to expand the streatery program, and how we can best help struggling Georgetown businesses survive.

This is an excellent opportunity to learn about the future of Georgetown businesses and ask any questions you might have.

Our editor, Henrietta LaMotte thanks our writers: Joan Kennan, Carol Cavanaugh, Ann Satterthwaite, Andrea Kiernan, Hans Kaper, Toni Russin, Pam Godwin, Margot Backas, Resha Putzrath and Bill Plante and our proofreaders: Motrya Hanas and Nancy Schaefer.

JOIN US FOR THESE UPCOMING CCC PROGRAMS

Wednesday, April 7th - 5:30 pm - "Georgetown in the Coming Months" with Joe Sternlieb, CEO of the Georgetown Business Improvement District. Joe will speak to us about upcoming and proposed plans the BID has for 2021

Wednesday, April 21st - 5:30 pm - "Wills, Trusts & Estates" with Megan M. Wallace, J.D., LL.M. Elder law attorney Megan M. Wallace, J.D., LL.M. (Taxation), principal of Wallace Law, LLC, focuses on estate planning, probate and trust administration in Maryland, Virginia, and DC. She is an Adjunct Professor at American University Washington College of Law (Wills, Trusts & Estates), and a member of the Maryland, Virginia, and DC bars.

Thursday, May 6th - 5:30 pm - "Combining Traditional and Integrative Medicine" with Dr. Sam Pappas, Board Certified Physician in Internal Medicine and the "Dr. Oz of Arlington. Join us for a fascinating discussion with Dr. Sam Pappas, who uniquely combines the best of traditional and integrative medicine to optimize patient care. He now runs his own practice, Pappas Health, that incorporates innovative services encompassing both a high tech and high touch approach, while maintaining the best of holistic and traditional medicine in a collaborative environment.

Wednesday, May 19 at 5:30 pm - "The Foggy Bottom Gang: The Story of the Warring Brothers of Washington, DC" by Leo Warring. After a 40 year career at the U.S. Department of Treasury, Leo Warring has written a page-turner about the history of his family's 'business' during Washington's years of prohibition and racketeering. Please join us for a fun and fact-filled evening about Washington and the characters prohibition brought us!

Tech Tip: Always remember to clear your browser window after viewing financial information.



NEIGHBORS HELPING NEIGHBORS THRIVE

Georgetown Village
P.O. Box 3563
Washington, DC 20027
202-999-8988

JOIN - VOLUNTEER - DONATE



GEORGETOWN VILLAGE

Calendar of Events April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Coffee Chat Conf. Call 11 am Cocktails, Conversation & Community- "Georgetown in the Coming Months" with Joe Stemlieb	8 COVID Call - 10:30	9	10
11	12	13 Online Happy Hour	14 Coffee Chat Conf. Call 11 am	15	16	17
18	19 Book Group 10:15am Online Discussion	20	21 Coffee Chat Conf. Call 11 am Wills, Trusts, & Estates	22 COVID Call - 10:30	23	24
25	26	27 Online Happy Hour	28 Coffee Chat Conf. Call 11 am	29	30	

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

QUESTIONS re: CDC's "Interim Public Health Recommendations for Fully Vaccinated People" of 3/8/2021 and DC's Phase Two Guidance of 6/20/2020

By Pam Godwin and Resha Putzrath

Toni, our Georgetown Village President, asked me several good questions last Thursday. I think many people might have similar questions. I will attempt to answer them based on the two published documents listed in the title. Things change, so my answers might change in light of the next iteration of guidance and as more scientific information becomes available. For example, we are still gathering information on the efficacy of the vaccines on the new variants of the virus. If you have additional questions, you can either ask them at our now bi-weekly covid calls or email the office to obtain a quicker response from the Health Committee. Note: Both of the above references are on the Georgetown Village website. Until then, the Program Committee has been busy planning interesting Cocktails, Conversations, and Community online programming.

1. When will the Village be able to go back to in-person meetings, such as Book Club and Coffee Talk, since the "Interim Recommendations for Fully Vaccinated People" allow small group gatherings of fully vaccinated people without masks?

Answer: The Georgetown Village Health Committee will make recommendations as to when and how we can restart in-person activities. These recommendations would need approval from the Board. Until then, no official Georgetown Village activities can take place in person. If Village members wish to gather outside official activities, that is their choice. Small groups generally mean 6 or fewer people, especially if there are no masks or social distancing. Current CDC guidance allows for fully vaccinated people, i.e., 2-4 weeks after the last shot depending upon vaccination received, to meet unmasked with unvaccinated people who are at low risk for covid and only from one household. While the guidance states that masks should be worn if unvaccinated people from two households meet vaccinated people in one house, it gives no guidance about sequential visits to multiple households. The guidance also allows fully vaccinated people to meet with people with covid – masked, socially distanced, and outside or with good ventilation since they are not at low risk – without quarantining after the visit. For the safety of all the attendees, a host might want to know that everyone in the group was fully vaccinated, as well as if attendees had visited multiple households with people at low risk unmasked, or households with people with covid with precautions.

2. Jonathan and I want to go out to eat again. How do we know that a restaurant is safe to go to?

Answer: Each person must decide what risks of potential exposure are worth the action taken. DC Health has published "Restaurant Guidance." Personally, I would recommend that you only go to restaurants that you have felt safe in before, i.e., observation of good hygiene practices. Here are some examples of what restaurants must follow: tables limited to 6 persons and placed so that patrons are at least 6 feet apart; no standing permitted at the bar area; all staff wearing a well fitted mask covering nose and mouth; no typical congregation of staff near the kitchen or front entryway; and receptionist asking for and recording of contact information should the DC Health need to contact you. Briefly, observe the restaurants' and staffs' mitigation behaviors.

3. Can the vaccine give me COVID-19?

Answer: For the Pfizer, Moderna, and Johnson & Johnson vaccines, the answer is no. Those three Covid-19 vaccines currently approved for the US do not contain any of the live virus that causes covid; they only carry the code for the protein of that virus that allows and facilitates its entry into our body's cells. However, it typically takes 2-4 weeks for the body to build immunity after the vaccination. That means it's possible you could be infected with the virus that causes covid just before or just after vaccination and get sick. Moreover, no vaccine is 100% effective; you may still get covid. If you develop a cough, shortness of breath, runny nose, sore throat, or loss of taste or smell after getting the vaccine, you should not assume these symptoms are from the vaccine and should take steps to quarantine yourself and contact your health care provider.

4. What is a Vaccine Passport?

Answer: Before our community and nation has reached herd immunity, if we want to resume our normal life in public without always wearing a mask, observing social distancing, etc., with more security and lower risk, such as eating in restaurants, going to concerts, attending sporting events, we may be required to prove that we have been fully vaccinated. The US and countries around the world are working toward launching certificates or a "digital green pass" that will declare a person's vaccination status or recent negative PCR COVID-19 test. For now, it might be wise to take a photo of your CDC COVID-19 Vaccination Record Card on your smart phone and keep it safe with your passport. You might also want to send a copy to your health care provider.

5. Is FONO "Fear of Normal" irrational?

Answer: Dr. Lucy McBride, a primary care doctor, wrote a recent article for the Washington Post regarding FONO, i.e., the fear of returning to normal. Now that we've adjusted to pandemic life, with its inherent struggle, stress, social isolation, emotional toll, and hidden silver linings, it's understandable to experience emotional whiplash even as the trauma recedes. Dr. McBride's advice is to name the fears, acknowledge the new normal, and be patient with yourself.

Some Additional Thoughts

If each of us seriously thinks back to the past year, there have been some hidden silver linings from the pandemic. Take a moment and acknowledge how each of us and the Georgetown Village has adapted to this challenge. The Georgetown Village has remained open and provided services to our members throughout the entire pandemic. Our volunteers, old and new, young and old, have faithfully and responsibly taken assignments to help village members. Lynn, our Executive Director, has said every request throughout the pandemic has been filled.

We look forward to seeing one another at our live events, meetings, and parties soon. For now, we are relying on the health professionals and scientists to tell us when "soon" will be and what precautions will still be recommended.