



NEIGHBORS HELPING NEIGHBORS THRIVE

GEORGETOWN VILLAGE

JUNE 2021

A BOOK GROUP REVELATION AS WE EMERGED FROM THE PANDEMIC



Toni Russin

My first mask-less Village outing was a lovely garden lunch with three Village friends- very smart women I would never have met without the Village! What did we discuss? Classic novels of course! But also what we were doing during WW II. A few days later our Village book group met on Zoom, and we learned something unexpected about our own members.

Our book group was discussing Code Girls, The Untold Story of the American women code breakers of WW II, by Liza Mundy. Unexpectedly a member told us that picking this book had renewed her interest in her mother’s mysterious years in Washington. One of the Code Girls, Barbara Hill Stroupe from South Carolina, never told her children exactly what she did in Washington during the war. A bright 1940 graduate of Winthrop College, Barbara Hill took a first job as a Latin and history teacher in Cherryville, North Carolina, where in 1941 she met and married Sargent L.S. Stroupe in 1941. Their new baby, our own Village member Mary Ellen Stroupe, was born in Cherryville in 1943. Her Dad, however, was shipped out to a base in Alaska until the end of the war. Barbara Stroupe then left Mary Ellen with grandma and some aunts and moved to Washington to do “war work” for the Army security agency at Arlington Hall, site of the future National Security Agency. In Arlington she shared a very small apartment with another army wife and eventually sent for her baby. She had to

care for Mary Ellen during the day and still work a full long shift during the night. She continued to work in Washington in security jobs until 1954, when she and her husband, having completed his education moved the family back to North Carolina to open a pharmacy. Three more children followed and their mother, unlike many in the 1950s, kept working most of the time. Her children often wondered why she loved the Margaret Truman detective stories. It was because they were set in Washington during the war which was clearly the most exciting time of her life.

Code Girls profiles another cryptanalyst connected to Georgetown Village, Ann Caracristi, who did not marry but stayed on at Arlington Hall to become the first female deputy director of the National Security Agency. In her 90s she became a member of the Georgetown Village until her death at 94 in 2016. Only by reading Code Girls did we discovered her secret career. An English major at Russell-Sage College on full scholarship she was recruited in 1942 to work for the Army Signal corps and assigned to be a cryptanalyst of Japanese Army and Navy codes. Considered among the most brilliant of a large team of code-breakers in Arlington hall, at 23 she was unlocking the encryptions on addresses and breaking the Japanese army codes from the tiniest of clues. This allowed the US Army to learn where the Japanese supply boats were located, and sink them, a major step toward ending the war in the Pacific. On August 14, 1945 she was among the codebreakers and translators who were thrilled to decipher the Japanese surrender message hours before it was transmitted to President Truman.

After the war most of the Code Girls were told to pack up, go home, and leave the few remaining jobs to the men. Caracristi did, but only for a few months. Her skills were needed and she was called back to Arlington Hall; she remained in Washington for the rest of her life. She and her companion, also a former Code Girl, bought a tiny one-story red wooden house in Georgetown, 1222 28th St. She did intelligence on Soviet weapon systems, East German codes and other major projects at NSA, all top secret, receiving highest honors, medals and commendations. You never know who you will meet at Georgetown Village!

Your Village Friend,

Toni Russin, Co-President of Georgetown Village

**Thursday, June 10th from 10 5:30 pm - 6:30 pm - Your Day, Your Way:
Occupational Therapists’ Perspectives on Body, Mind and Wellness.**

Join us for a great conversation about how to enjoy your favorite activities at home while being mindful of your body to minimize pain and fatigue. Our amazing Healthcare Committee has arranged for Occupational Therapists to present tips and techniques to incorporate into your routine so you can maximize participation in activities that are important to you.



Over its 10 year history, Georgetown Village (GV) has become an indispensable resource not only for us as individuals but for our entire community. The last year changed our world. But what hasn't changed is GV and the many ways we are here to serve you. When the pandemic hit, GV pivoted quickly, providing the services and programs we depend on and adding new ones.

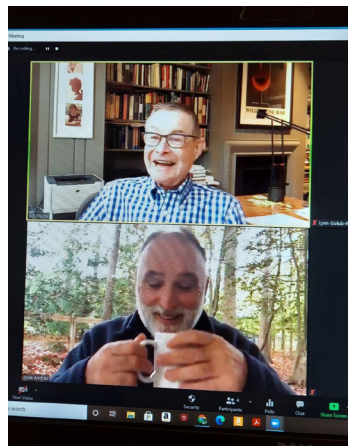
- Helping members secure and get to vaccine and other medical appointments
- Delivering masks as well as groceries and prescriptions
- Offering much needed IT services to enable our new virtual life on Zoom
- Expanding online program offerings with speakers and discussion leaders from around the country
- Providing virtual tours, concerts, and weekly chats

THE GEORGETOWN VILLAGE 10TH ANNIVERSARY FUND

Georgetown Village is celebrating a decade of service and is stronger than ever thanks to the generosity of its supporters who make possible the many services and activities that keep us informed, engaged, and connected. But we can't do any of this without you. GV operates on a tight budget and today donations and grants account for more than 60% of our annual revenues. Your gift also enables us to offer subsidized membership to those with limited means. Here are few tips and incentives on how to give easily and maximize your impact.

- Gifts of appreciated securities receive a double tax benefit. In addition to the charitable tax deduction, you eliminate taxes triggered by the capital gains tax.
- For those who are at least 70 1/2 years old, you can make a gift directly to GV from your IRA. This gift will count toward your annual required minimum distribution, will not be includable in your gross income, and will not be tax deductible.
- Gifts by check or credit card are easy to do. Checks can be mailed to Georgetown Village, P.O. Box 3563, Washington, DC 20027. If you want to use your credit card, call 202-999-8988 or go to www.georgetownvillage.org.

THANK YOU FOR YOUR CONTINUING GENEROSITY!



10TH ANNIVERSARY CELEBRATION TO HONOR GV FOUNDING BOARD-SEPTEMBER 30



*Georgetown Village Launch Party
December 2011*

At this 10 year mark, it is appropriate that we recognize those who helped bring Georgetown Village to life and therefore we are delighted to honor the Founding Board members whose vision, dedication, hard work, and generosity made GV possible and has helped sustain us over the last 10 years.

We also are thrilled that Nancy Taylor Bubes will host this year's benefit at her new home at Washington Harbor on September 30. Be sure to mark your calendar for a great evening to celebrate our 10th Anniversary and be among the first to see Nancy's new home. **With your 2021 donation of \$500 or more to the Georgetown 10th Anniversary Fund you will be recognized as a sponsor and will receive tickets to the September 30th Benefit as well as other perquisites. Individual tickets for the benefit will be sold separately. Stay tuned!**

Hazel Denton, Rose Marie Harris Caponio, Doris Gamser (dec.), Patricia Scolaro, Jessica Townsend, Robert vom Eigen Ann Satterthwaite, Joan Kennan, Sharon Lockwood, Jane Volkema, and Executive Director Lynn Golub-Rofrano

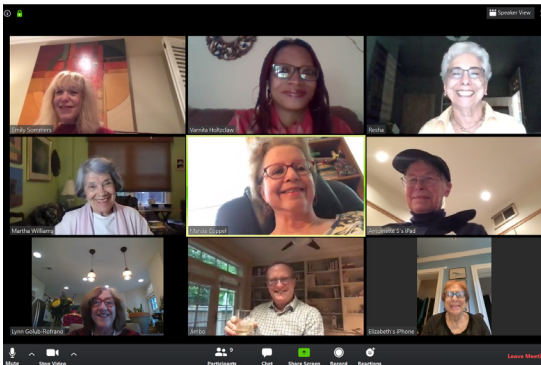


THE GEORGETOWN VILLAGE LEGACY PROGRAM

We hope you will consider Georgetown Village in your estate planning. With a bequest or other planned gift, you will help ensure that our important work will continue for years to come. Two of the easiest ways are with a bequest or by designating GV a beneficiary of your IRA. These gifts offer tax wise and flexible ways to extend your support of GV into the future and are a perfect complement to current giving.

We welcome gifts at all levels, including those in honor or in memory of family or friends. For more information about gifts to GV and a list of our donors, please visit www.georgetown-village.org or call 202-999-8988.

Thank you for your Continuing Generosity!



JOIN US FOR THESE UPCOMING PROGRAMS

Wednesday, June 2 from 5:30 pm - 6:30 pm Jonathan Russin, founding member of Russin & Vecchi Law Firm and managing partner of the firm's Russian Practice Group from 1991-2012, will speak on "What Makes Putin Tick?" Mr. Russin will discuss the background and circumstances that gave rise to the ascension of Vladimir Putin to the power and presidency of the Russian Federation and the current opportunities, pressures and conflicts facing President Putin today.

Thursday, July 15 from 5:30 pm - 6:30 pm - Dr. Virginia Treanor, associate curator at the **National Museum of Women in the Arts**, will discuss "Celebrating Women Artists", the history of women artists, as well as the continued need for a museum dedicated to championing gender equity in the arts.

Wednesday June 16 from 5:30 pm-6:30 pm Nicole Anzia, founder of Neatnick and freelance writer for The Washington Post, will speak on "Venturing Out Again: Getting Organized!" Nicole Anzia will provide her best advice on how to organize yourself as you move beyond a focus on your house and back into the wider public square again.

Thursday, September 30th GV Fall Fundraiser - Location: **Nancy Taylor Bubes' Beautiful Home**.

We just received the great news that Nancy Taylor Bubes will host this year's benefit at her new home at Washington Harbor on September 30! Mark your calendar for a great evening!

Stay tuned for more more information about when our in-person programming will reconvene. We are planning some very exciting programs for members this summer. Our Summer Ice Cream Social will be held July 13 in our new office space to celebrate seeing each other again!

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



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

JOIN - VOLUNTEER - DONATE



GEORGETOWN VILLAGE

Calendar of Events June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	Coffee Chat Conf. Call 11 am Cocktails, Coversation & Community- with Jonathan Russin	2	3 COVID Call - 10:30	4	5
6	7	8 Online Happy Hour	9 Coffee Chat Conf. Call 11 am	10 "Your Day Your Way" with Toni Goldhammer	11	12	
13	14	15	Coffee Chat Conf. Call 11 am Cocktails, Coversation & Community- with Nicole Anzia	16	17 COVID Call - 10:30	18	19
20	21 Book Group 10:15am Online Discussion "The Searcher" by Tana French	22 Online Happy Hour	23 Coffee Chat Conf. Call 11 am	24	25	26	
27	28	29	30 Coffee Chat Conf. Call 11 am				

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

Your Day, Your Way: Occupational Therapists' Perspectives on Body, Mind and Wellness June 10, 2021 at 5:30 pm.

Join us for a conversation about how to enjoy your favorite activities at home while being mindful of your body to minimize pain and fatigue. Occupational Therapists will present tips and techniques to incorporate into your routine so you can maximize participation in activities that are important to you, brought to you by the GV Health Care Committee.

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.

Drug Expiration Date

by Pam Godwin

When we are reaching for a medication bottle and look at the expiration date, what does that really mean? The label reads that it is expired yet the pill looks ok, but is it? If it were food and it was beyond the best buy label, you would know by the look, smell or consistency of the food that it was probably safe or not to eat.

Since a law was passed in 1979, drug manufactures are required to label prescription, over the counter and herbal supplements. The expiration date is the final day that the manufacturer guarantees the full potency and safety of a medication, usually one to five years out, based on their research. Once the original container is opened, either by the patient or pharmacist of a stock bottle, that original expiration date can no longer be relied upon. Typically, the drug will be considered retain its potency and be stable for one year at that point.

Most of what is known about drug expiration dates comes from a study conducted by the FDA at the request of the military. With a large and expensive stockpile of drugs, the military faced discarding and replacing its drugs every few years. What they found from the study is 90% of more than 100 drugs were perfectly good to use even 15 years after the expiration date. 1 In June 2020, FDA stated that that expiration dates could be extended for certain stockpiled influenza antivirals such as Tamiflu (15 years) and Relenza (10 years) if stored under labeled conditions.2 Also, testing reported in The Medical Letter in 2015 showed that many medications were still potent decades beyond their expiration dates.3.

There are exceptions. Any liquid, gel, paste, or compounded medication should not be used beyond the expiration date. Common sense is applied. Any drug that looks like it is degraded, like crumbling aspirin, or cloudy, or has a noxious smell, it should be discarded and replaced. DO NOT USE. If medication is prescribed for a chronic and potentially life-threatening condition, eg. heart, diabetes, cancer, seizure or allergies, get a new prescription before it expires and keep up with refills as needed.

Storage of the medication is a factor in its stability and safety. Heat, humidity, and light are primary factors that degrade the potency of medications. The traditional medicine cabinet in the bathroom is not recommended. Consider placing medication in in a cool place, such as a refrigerator. Not the freezer. Keep container caps tightly closed. Remember, younger grandchildren may visit therefore, keep out of their reach.

Contrary to what drug manufacturers want you to believe, research has found, not all medications loose their potency or safety upon their expiration date. Date of first opening of the bottle from the manufacturer, type of medication and it's storage will impact its longevity, hence safety and potency. Expiration date is only a guidepost, similar to " Best By." Always consult your healthcare provider or pharmacist to ensure this information applies to your personal circumstance, if you have any questions

1. <https://www.health.harvard.edu/staying-healthy/drug-expiration-dates-do-they-mean-anything>
2. <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/expiration-dating-extension>
3. Anon. Drugs Past Their Expiration Date. The Medical Letter on Drugs and Therapeutics. December 7, 2015; 57(1483):164-165

If you have medication that you wish to get rid of there are a few options available to you in the area. You do not need to wait for scheduled days to bring your expired medication to a police station. Here is a list of disposal sites in the Georgetown/Foggy Bottom area where members can dispose of expired medications.

CVS	MedStar Pharmacy at Georgetown Hospital	Kaiser Permanente
2240 M Street NW	3800 Reservoir Road NW	2301 M Street NW, Suite 200
202-296-9876	202-444-3772	844-549-0597

This article about the safest way to dispose of medication might also be helpful- Drug Disposal: "The best way to safely dispose of most types of unused or expired drugs"

<https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations>