



Georgetown Village

Neighbors Helping Neighbors Thrive

Engage. Connect. Support

www.georgetown-village.org Tel: 202-999-8988

Dear GV Members,

Thank you very much for the many emails, flowers, cards, donations and calls that I received when I lost my mother last month. Your support and caring meant a great deal to me and my family. I have often told my family about the great community we have at Georgetown Village and this experience certainly illustrated that face.

Thanks to the extremely hard work of Michele Seiver and our wonderful volunteers we are able to officially open our new Georgetown Village Square this month! We hope to see you on March 29 for our celebratory opening of this space. See the back page for more information.

Beginning in April we will be hosting meetings and starting some new programs in the Village Square. We have many ideas, but welcome your thoughts! If you have program ideas or would like to schedule an activity in the Square, please let me know.

Remember, our new office address is 1801 34th Street NW, the building and parking lot are accessed via 34th Street using the driveway immediately past the Hardy School. To access the parking lot press 3399# and the gate will open slowly.

This month we have a very interesting CCC Program scheduled on March 16 with Carol Weissbrod, "The Psychology of Parenting Adult Children" More information on the back page.

Remember, our exercise class meets on Mondays at 11:30 and is free for members! Join us to stay healthy and improve your balance to avoid falls.

All the best,
Lynn

Mondays

March 6-10:30 am

**Health Care Committee Call
Dial:(1) 267-807-9495
Access Code 190-486-505**

March 6, 13,20, 27 -11:30 am

**11:30 am Basic Training 4
Your Body-Georgetown
Village Square-1801 34th
Street**

**4 pm-Stronger Memory-
Online-NO MEETING March 13**

Wednesdays

March 15-12:00 pm

**12:00 Men's Lunch-City Sliders
1529 Wisc. Ave NW**

March 29-4-6 pm

**GV Square-OPEN HOUSE &
RECEPTION-Join us to see and
enjoy our new space**

Thursdays

March 16 5:30 pm

**CCC Program w/Carol
Weissbrod "The Psychology of
Parenting Adult Children"
Meeting ID 883 7494 6712
PW 644 450**

Health Care Committee Information Call
Monday, March 6 @ 10:30 am
Dial: (1) 267-807-9495 Access Code: 190-486-505#

In April, our Health Care Committee will start hosting Zoom calls, watch for more information. This month they plan to discuss the following topics:

“Do Masks Work”-recent Cochrane group meta -analysis has stimulated publication of much misinformation in the lay press (even in the venerable NYT -see OED 12/22/23). We'll dissect this with the help of Epidemiologist, Katelyn Jetelina.

“Does the Bivalent vaccine work?” We'll review the most recent report from the Advisory Committee on Immunization Practices- of CDC(2/22-2/24/23 meeting) and other recent reports from UNV, Chapel Hill and Israel (New England Journal of Medicine).

Technology Enabled health Care-plan for continuation of the series by Dr. Neal Sikka (GWU) on the tour. Call in to learn more about these and other health-related topics.

CCC Program-The Psychology of Parenting Adult Children
Presented by Dr. Carol Weissbrod
Meeting ID 883 74946712 PW: 644 450

Our children will always be our children. Yet, our children emerge as adults, and through our own aging process and their own development, different issues in need for closeness, consultation and advice, perspective, and priority emerge. Key thematic issues that inform the relationships between parents and their adult children are questions of—whose life is it?, validation, and boundaries.

Dr. Weissbrod will explore these issues from the perspective of the parent and the adult-child, using information from the fields of Developmental and Clinical Psychology. Dr. Carol Weissbrod is a psychologist practicing in Washington, DC who specializes in the treatment of mental health problems and helps people to cope with their mental illnesses.

Georgetown Village Square Open House & Reception
Wednesday, March 29 4-6 pm
1801 34th Street NW Parking Lot Code 3399#

Thanks to the extremely hard work and vision of **Michele Seiver**, and the efforts of our hard-working volunteers, the Georgetown Village Square is finished! Join us to see this beautiful space, enjoy some refreshments and catch up with other members and volunteers on March 29.

We want to thank the following volunteers who came in to put together and arrange our furniture and help create this warm welcoming room for us to use: **Tom Bettag, Tony Conway, Richard Davis, John Doolittle, Ellen Eisenberg, Howard Eisenberg, Mat Gulley, Peter Hubley, and Julien LeBourgeois.**

We can't wait to share their accomplishments with you on March 29!