



## **Georgetown Village** **Neighbors Helping Neighbors Thrive** **Engage. Connect. Support**

[www.georgetown-village.org](http://www.georgetown-village.org) Tel: 202-999-8988

**Dear GV Members -change in format this month as we have an important update from Carol Kelly on the back page.**

### **Interacting with Patient Portals** **March 6-1 pm GV Square**

This is a great opportunity to meet with members of the George Washington Medical Staff to learn how to access and use medical patient portals. They team will offer a brief power point presentation to start the program with an overview of portals. They will then help you get into your individual portal and answer questions you might have about how to best use patient portals. **Please be sure to bring your portal log in information and password with you to the program. Portals can be accessed on your cell phones, laptops or tablets.**

### **CCC Program-How to Live Healthier & Happier in Retirement** **March 14 5:30 pm** **Presented by Brad Bickford**

Brad Bickford, author and lecturer, will talk about what research has found about some of the key pillars to health, happiness and longevity and how these pillars, and others, impact your brain to prevent or slow down the onset of dementia, depression, anxiety, or high blood pressure.

### **Tour of National Archive** **March 21-11 am; RSVP by March 19**

Our program committee has arranged for our group to have a tour of the National Archives, and its publicly exhibited Charters of Freedom, which include the original Declaration of Independence, United States Constitution, Bill of Rights and many other historical documents. We will share rides from GV.

### **Mondays**

**March 4, 11, 18 & 25-11:30 am**  
**Basic Training 4 Your Body-GVS**  
**4 pm-Stronger Memory Online**  
**March 11-10:30 Book Disc of**  
**Matrix by Lauren Groff-GVS**

### **Tuesdays**

**March 5-5:15**  
**Movie Night-Killers of the**  
**Flower Moon-Part 1**  
**March 12 10:30 am**  
**Health Care Discussion**  
**Online: 827 2873 7032**  
**Passcode: 539162**

### **Wednesdays**

**11-4-Drop by GV Square**  
**March 6-1 pm**  
**Interacting with Patient Portals**  
**with GW Medical Staff**  
**March 13-2:00 pm**  
**Genealogy Affinity Group**  
**March 20 -12:00 pm**  
**Men's Lunch-City Sliders**  
**Women's Lunch-La Bonne**  
**Vache-3265 Prospect Street**  
**March 27**  
**1:00-Navigating Aging Affinity**  
**Group Discussion**

### **Thursdays**

**March 7-Movie Night Part 2**  
**Killers of the Flower Moon**  
**March 14 2-4 pm**  
**Tech Support -GVS**  
**March 14-5:30 pm**  
**CCC program-How to Live**  
**Healthier & Happier in**  
**Retirement**  
**March 21-11 am**  
**Tour of National Archives**  
**March 28-4:30-6:30 pm**  
**Social Hour-GVS**

## **A REPORT TO GEORGETOWN VILLAGE MEMBERS ON 2024 EFFORTS**

**Many thanks to those of you who attended the Town Hall meeting, the breakout sessions there, or filled out the survey providing the board and staff team with feedback on our efforts on your behalf. Having reviewed all of the information myself, I am struck by how much you value our mutual Village. We have a lot that we are doing right as we address our twin missions of keeping our members aging in place and breaking down the barriers of social isolation. It is clear how much you value our volunteer services on many fronts and the wide variety of events and programs we do, plus more we could do.**

**In 2024, you can expect us to keep up a range of high-quality programs and activities. We know how much you enjoy special programs like the Bill Plante Conversations and tours such as the recent docent-led tour of the Supreme Court. We will keep those activities going and seek others of high quality. We also see that you are interested in more active programs and a second exercise class each week, both on the list to pursue. The creation of affinity groups is also mentioned, and you can see recent staff efforts to allow for the creation of several more. If you want to create others, our staff can assist.**

**Under the heading of keeping members in their homes, we have created a Navigating Aging Affinity Group which will work on more focused information and services to maintain the health of our members in the community. If members need to move, the new affinity group will explore information to help them sharpen their search for new places and can also arrange site visits of interest.**

**In short, we have another incredible year ahead and are still reviewing your requests. Please keep the feedback coming. Please also mark your calendar for our May 16th Annual Gala from 6:00 to 8:00 PM honoring Dr. Sachiko Kuno, the Co-Founder, President, and CEO of S&R Evermay, at the gorgeous home of Alan and Nancy Taylor Bubes.**

**I look forward to seeing you soon and an incredible 2024!**

**Carol A. Kelly**

**President of the Board**

**Georgetown Village**