

# The Georgetown Letter

GRACIOUS RETIREMENT LIVING IN HISTORIC GEORGETOWN

Fall 2010

The Georgetown Retirement Residence, 2512 Q St., N.W.

202-338-6111

[www.thegeorgetown.com](http://www.thegeorgetown.com)



## MAKING LEARNING FUN

Twenty years ago, Rosa Weinstein saw an ad from the Hebrew Home of Greater Washington asking for donated goods: “I thought, I don’t have a table or anything, but maybe they’d like a class in anthropology.” That was the start of the Himmelfarb Mobile University. Mrs. Weinstein and 30 other volunteer teachers visit 160 senior centers, assisted-living residences, and nursing homes in Maryland, Virginia and DC, to teach classes ranging from musicology to economics.

Rosa Weinstein, founder and director of Himmelfarb Mobile University, first came to The Georgetown in October of 2000. Since that time, she has facilitated classes on a monthly basis, taking time out only in the summer to go antiquing. Her

lectures are one of the more popular programs at The Georgetown.

The Georgetown has collaborated with Himmelfarb Mobile University to provide our residents with opportunities to participate in college-like class’s right here on our facility. All classes are taught by volunteers — retired professors and professionals from a variety of fields. “Being a senior doesn’t mean the end of living or learning.”

Weinstein teaches seven classes a week. A lifelong learner herself, she went back to school after her children were grown, discovering anthropology while getting a master’s in Georgetown University’s liberal-studies program. Then she went on to Catholic University to learn more about her new favorite subject.

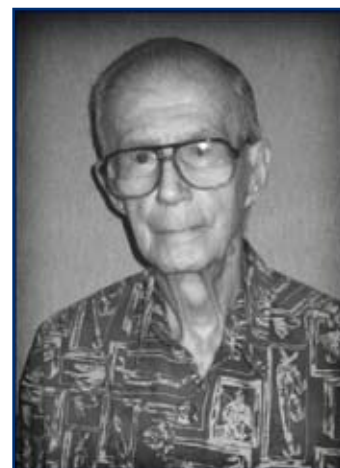
Weinstein says her students continually amaze her. “They are young and fresh at heart.

## Dale Overmyer

Voodoo, geology, oil exploration, and the efficiency of the Marines in Haiti in the early part of the last century are just a few of the areas of expertise of The Georgetown resident Dale Overmyer. Mr. Overmyer, a senior geologist with GULF Oil, worked all over the world in a long career with the company.

Mr. Overmyer’s early life was spent with his family in Haiti, where his father helped build Haiti and where he learned a great deal about the local population, it’s customs, and their devotion to the religious practice we know as Voodoo. Dale remembers hearing the drumbeats that would sometimes last for many days and nights, until they would stop abruptly. Mr. Overmyer went to the Voodoo doctor who assured him that nothing would harm him or his family while in Haiti, and that turned out to be the truth.

Dale Overmyer served in the Navy for 34 months during WWII and then moved back home to Mississippi to work in his father’s construction business. One day his



mother read an article on the GI Bill and encouraged Dale to “make something of his life”, and so he did. Mr. Overmyer received his degree in Petroleum Geology and a Masters at Southern Methodist University.

Dale spent a year working in the burgeoning West Texas oil fields and then on to Venezuela for GULF Oil where he spent 28 happy years. Dale’s career with the company posted

him all over the world, but it was in Venezuela where he met his wife and produced three wonderful children.

When asked about the current situation with the massive oil spill in the Gulf of Mexico, Mr. Overmyer says: “The whole thing is so complex. It’s hard to work that far down in the water. We didn’t have issues like this in my days working for the GULF Oil Company.”

## September Special Events

### *Labor Day Cookout*

Monday, September 6<sup>th</sup> @ 12:00 p.m.

### *Anthropology Lecture with Rosa Weinstein*

Thursday, September 16<sup>th</sup> @ 2:15 p.m.

Subject: The History of Humor

### *Oktoberfest*

Sunday, October 24<sup>th</sup> @ 2:30 p.m.

Christiana Drapkin & Bob Walker as  
Organ Grinder Lola & Master Bob



*Organ Grinder Lola & Master Bob*  
Photo by Alyona Vogelmann

## It's Never Too Late to Improve Your Health

A year ago it was a chore to get residents to attend exercise classes. “I’m too old to exercise” or “I’ve done enough exercise in my life” were the answers that were given when invited to join the class. This past Monday, 24 residents participated in the Stretch, Flex & Weights class. What caused the change — word of mouth from those that regularly participate. “My agility is attributed to the exercise programs here at The Georgetown.” Jean Miller states. Nerina Myson says, “It makes me feel better.” No matter what your age, it

is never too late to exercise and improve your health. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia. Exercise can help older adults feel better and enjoy life more, even those who think they’re too old or too out of shape.

Exercise is held every day but Sunday here at The Georgetown. In addition to Stretch & Flex, we provide Yoga with Janet Thompson and Tai Chi with Alexander King.



For information about  
retirement living at  
The Georgetown contact us at  
**202-338-6111**