



Director's Notes: Monday, September 12th, 2022

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Responses to the FY22 FBWEV Survey

As you may recall, back in July we circulated a survey to our membership to get feedback on your experiences with FBWEV and what we offer. As a reminder, this survey was made possible by a Capitol Hill Village grant and the same survey was made available to all the DC Villages.

FBWEV had an impressive response rate of 46%, meaning 71 members answered the survey. (A hearty thank you to all who responded!) Following are a few demographics of the respondents:

- 62% live alone
- 73% plan to remain in their current home for at least five more years
- 71% are women and 95% are white

The respondents are very active in village life. At least once per month 97% read communications from the village and 42% participate in a village activity at least monthly.

Concerning Covid:

When asked what the Village could have done additionally during COVID, the vast majority indicated they were very satisfied with our performance relative to Covid and almost three-fourths felt they were better able to navigate the pandemic due to the village.

When asked what things people were most interested in when COVID permits more freedom the very clear top three items were educational programs; social activities and events; and wellness-related group activities.

In summary, it appears FBWEV has done a good job throughout the pandemic and members are anxious to have more face-to-face activities as long as we maintain our safety standards and the local infections rate has no significant rises.

Programs:

Not surprisingly, our programs are very popular with our members. Eighty-four percent (84%) are satisfied or very satisfied with our programming.

When asked what programs made people feel the most connected to other members the overwhelming number of answers had to do with in-person activities. The programs/activities that have been missed the most again centered on various in-person activities. The exercises classes at GWU were mentioned numerous times as were a number of affinity groups which have not re-formed yet.

Village Satisfaction:

Ninety-three percent (93%) feel like they are part of a caring community in the village. This makes sense in that just over 80% have found new friends through FBWEV. However, 36% of members sometimes or often feel isolated, something we will address over the coming year. Over 80% of respondents believe the village improves the quality of their lives.

Conclusions:

On a bottom line basis, I think the survey tells us that our members are very happy with the village in terms of companionship, communications, programs, services, and operations. While there is always more that can be done, we should take pride in who we are and what we do.

-Denise

NEW BOOSTER REMINDER

Boosters are available at the city's COVID centers. The Ward 2 center is closest to us. It is located at 926 F St NW and is open 10 am to 8 pm Monday – Saturday. No appointment is necessary, you can walk up and receive a booster shot whenever they are open. You can find more information here: coronavirus.dc.gov/covidcenters. You can go to any of the covid centers.



The CVS at 6 Dupont Circle and the Walgreens at 22nd & M St remain the two closest pharmacies offering the new booster. You can make a [CVS appointment here](#) and a [Walgreen appointment here](#). *If you need help making an appointment, please contact the office.* We will keep an eye out for other options as they become available and will update our members.

If you would like an in-home vaccination, please call 1-855-363-0333 to make an appointment. If you need a ride to a vaccination appointment please contact the office.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to three special people!

- Bobbie Hertzfeldt - September 14th
- Richard Schroeder - September 16th
- Raymond Blozis - September 17th



PROGRAMS

Preparing for Medicare Open Enrollment

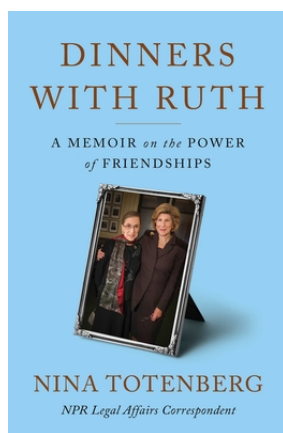
Wednesday, September 14th, 1 pm to 2 pm
On Zoom



Village Case Manager, Barbara Scott will be joined by Chris DeYoung from the Department of Aging and Community Living Health Insurance Program. Mr. DeYoung will speak to Village members about the difference between Medicare and Medicare Advantage ahead of the October 15 through December 7 Open Enrollment period.

Bring your questions. There will be a Q&A session at the end.

[Register for the event here on the NNV site](#) prior to September 7th, 2022. Or contact Barbara directly to register - casemanager@dupontcirclevillage.net



DINNERS WITH RUTH: AN EVENING WITH NINA TOTENBERG AND SCOTT SIMON

Tuesday, September 13th, at 7:00 pm
Dorothy Betts Auditorium - GW Student Center,
800 21st St NW

Dinners with Ruth is an extraordinary account of a remarkable, nearly fifty-year friendship, between Ruth Bader Ginsburg and Nina Totenberg. An intimate memoir of the power of friendships, Totenberg's book reveals how they paved the way for future generations of women by tearing down

professional and legal barriers that opened career doors and transformed the workplace.

Nina Totenberg has spent decades covering legal affairs for NPR, including the Supreme Court. Considered a “founding mother” of NPR, she will be in conversation with Scott Simon, one of America's most admired writers and broadcasters and award-winning host of Weekend Edition Saturday. Just to note: Both Justice Ginsburg and Scott Simon have been our Foggy Bottom neighbors for quite some time.

ONE TICKET REMAINING! The ticket costs \$5. [Register and secure the last ticket here](#). Come and join us for what will surely be an informative and fun evening!

VILLAGE HAPPY HOUR

Tuesday, September 20th, from 4:00 - 5:30 pm [note time change]
Bottles Wine Garden, 2500 Penn Ave



We enjoyed our visit to Bottles last month and have scheduled the site again for this month. Bottles' management will open one hour earlier than usual just for us!! We will have the place to ourselves until 5:00!

Bottles
WINE GARDEN

Bottles is located in the former Avenue Suites hotel at 2500 Pennsylvania Ave NW. There will be food provided. Members pay for their own drinks. There is an indoor portion of the wine garden and an expansive wine garden patio. You can find the drink menu and more information on Bottles on their website here: bottleswinegarden.com

Hope you can join us! [Register for the happy hour here](#)



Korean Fashion: From Royal Court to Runway Tour

Thursday, September 22nd, at 10:30 am
GWU Textile Museum, 701 21st St NW

Korea opened to the world about 150 years ago, and

today South Korea is a pop culture powerhouse. This major exhibition explores the extraordinary transformation of Korean costume and fashion over that time.

Join us as Textile Museum curator Lee Talbot takes us on a private tour that goes from a dazzling array of traditional clothing and royal ceremonial dress to pioneering Paris runway collections of the 50s and 60s and to today's cutting edge street fashion.



ONLY 2 SPOTS LEFT! Accessibility: The venue and exhibits are accessible. [Register and find more info here](#)

SEPTEMBER GUYS ONLY AT LUNCH (GOAL)

Thursday, September 22nd, at 12:30 pm
Ris Restaurant, 23rd and L Streets, N.W.



We've slipped the date a week for this month's GOAL and we're back at Ris. This will give us more time to think up stories to share and to research more wild theories to propound. In the meantime, the menu is here: <https://www.risd.com/menu/>.

Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

Accessibility: The venue is fully accessible. Open to all male members.

Registration is required. Please e-mail Trev Neve at tneve@rcn.com by Tuesday, September 20, if you plan to attend, so he can get a final headcount for the table reservation.



Art Thursday – NGA's Sculpture Galleries and Rodin

Thursday, October 6th, at 1:30 p.m.
Online via Zoom (Link sent on Registration)

The Foggy Bottom West End Village is very fortunate to be able to present a live Zoom presentation by docents at the National Gallery of Art of the Gallery's sculpture galleries. The NGA has one of the finest collections of Italian

Renaissance sculpture in the United States; a significant group of 50 original wax figures of dancers, nudes, and horses by Edgar Degas (including the Little Dancer); a collection of sculptures by Auguste Rodin; American sculptures from the 19th and 20th century; and many more.

In this presentation, NGA docents will offer a virtual tour of the sculpture

galleries with particular focus on the works by Rodin who followed an unusual path to becoming one of the most innovative, influential, celebrated, and controversial sculptors of the late 19th and early 20th centuries.

This program is free. Registration Required. [Please click here to register.](#)

AFFINITY GROUPS

WALKIE TALKIES RETURNS

Want to combine the benefits of walking with the pleasure of talking? Come join us for a walk in the city every Monday morning at 9 a.m. Meet in Washington Circle at the Statue and we'll walk and talk and get exercise at the same time! Feel free to let us know you're coming, and if it's last minute, just show up. We'll be there!



Contact Lorna Grenadier at lgrenadier@gmail.com for more information.

JOIN THE FBWEV BOOK GROUP

We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm in the West End Library. Upcoming books are listed below. Please note that the October meeting has been postponed a week.

- October 12th: 'Crying in H Mart' by Michelle Zauner
 - November 2nd: 'Rules for Old Men Waiting' by Peter Pouncey
 - December 7th: 'The Reading List' by Sara Nisha Adams
 - January 4th: 'The Dinner' by Herman Koch
 - February 1st: 'The Echo Wife' by Sarah Gailey
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FRENCH CLUB UPDATE

The French club will meet at 5:00 pm on Wednesday September 21 at Bottles Wine Garden, 2500 Pennsylvania Avenue. For more information, contact Sally Willis at sally.willis@yahoo.com.



MONDAYS

WALKIE TALKIES at 9:00 am (weekly)
Meets in Washington Circle at the Statue (contact for more information)

Contact: Lorna Grenadier at lgrenadier@gmail.com

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: Jonas at jfrumkin@fbwevillage.org

CAREGIVER'S SUPPORT GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: Phyllis Kramer at pfkramer38@gmail.com

WEDNESDAYS

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: Jonas at jfrumkin@fbwevillage.org

FRENCH CONVERSATION GROUP (3rd Wed) at 5:00 pm

Location Changes (contact for more information)

Contact: Sally Willis at sally.willis@yahoo.com

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

Contact: Trev Neve at tneve@rcn.com

FRIDAYS

FIRST FRIDAY FELLOWSHIP - GRATE PATROL (1st Fri) at 11:30 am

Meets in the Dining Room at St. Pauls Church, 2430 K St NW (contact for more information)

Contact: CB Wooldridge at cbwould2003@yahoo.com

A BIT OF HUMOR

- I'm responsible for what I say, not what you understand.
- Common sense is like deodorant. The people who need it the most never use it.
- My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there's a new strain out there.
- Me, sobbing: "I can't see you anymore. . . . I'm not going to let you hurt me again." My Trainer: "It was one sit-up."
- I'm on two diets. I wasn't getting enough food on one.
- I put my scale in the bathroom corner and that's where the little liar

will stay until it apologizes.

- My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.
- Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.
- Apparently RSVPing to a wedding invitation "Maybe next time" isn't the correct response.

OTHER PIECES

IN THE COMMUNITY

DIY Digital: Intro to Personal Digital Archiving

Thursday, September 15th, from 10:00am - 11:00am

Virtual Program. Learn the concepts and principles of personal digital archiving and about equipment and free resources available to digitize your family's history. Space is limited. Registration is required.



Do you have boxes with photographs and slides in your basement or attic you want to put in order? Have you always wanted to surprise your loved ones with a family video, but you don't know where to start? Take this on-line workshop and learn your first steps. You will learn principles of personal archiving and learn more about equipment and free resources available to digitize your photographs and documents.

[Register for the zoom class here](#)

Other upcoming DIY Digital programs include '[Intro to Podcasting](#)' on September 22nd and '[Intro to Audio Recording and Editing](#)' on September 29th

Staff Day Library Closure



DC Public Library Is Open Online on
Friday, Sept. 16 in Observance of
DC Public Library Staff Professional
Development Day



Sign up for
a library card



Check out eBooks,
eAudiobooks and
eMagazines



Watch videos and
library events on
demand



Stream
unlimited
music

Quarterly Book Discussion on Race

Wednesday, September 21st, at 3:30
p.m.



SIBLEY MEMORIAL
HOSPITAL
JOHNS HOPKINS MEDICINE

Join Sharon L. Sellers, MBA, MPH, CDP, a staff member of the Sibley Senior Association, for our quarterly zoom book study on race. She will lead a discussion with Sheryll Cashin on her latest book, *White Space, Black Hood – Opportunity Hoarding and Segregation in the Age of Inequality*

Sheryll Cashin is an author and the Carmack Waterhouse Professor of Law, Civil Rights and Social Justice at Georgetown University. She is an active member of the Poverty and Race Research Action Council.

[Please register here](#) or email jsmit470@jhmi.edu or call 203-364-7602 before September 19.

LGBTQ Intergenerational Symposium 2022: Over The Rainbow

The LGBTQ Intergenerational Symposium is full of virtual conversations, education, and fun! We welcome LGBTQ folks and allies of all ages to engage in health and wellness sessions, workshops, and hear from our keynote speaker. This year's theme is "Over the Rainbow" which centers around the idea that our community is continuously expanding, developing, and looking towards the future.

[Register and find more info here](#)



2022 LGBTQ Intergenerational Symposium Agenda

SEPT
22

6:00pm
to 7:30pm

Symposium Kickoff Celebration

Help us kick off the 2022 LGBTQ Symposium with a virtual celebration. The kickoff will include fun activities, a raffle, & comedy performances from Jim David & Anthony Oakes!

SEPT
23

12:00pm
to 4:30pm

Symposium

12:00pm - Welcome

12:10pm to 12:40pm - Health & Wellness Session, Lead By Reya Mellicker

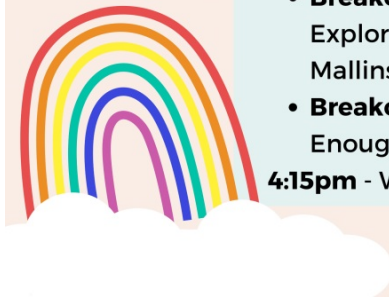
12:45 to 1:45pm - Keynote, Featuring Armonté Butler

2:00pm to 3:00pm - Over The Rainbow Panel, Featuring Jennifer Nunes, Jules Losee, and Wes Morrison

3:10pm to 4:10pm - Breakout Sessions

- **Breakout 1:** LGBT Aging 101 and Supporting LGBT Elders, Lead By Andy Pollock
- **Breakout 2:** If You Don't Stand For Something: Exploring Identity, Society, and Oneself, Lead By Kevin Mallinson
- **Breakout 3:** Gay Enough, Straight Enough, Sexual Enough?, Lead By Elana Caparco

4:15pm - Wrap Up and Talk Back



Georgetown Library Movie Screening

Thursday, September 29th, at 6:30 pm



Learn about the importance of exercising your right to vote with a special screening of *Suppressed and Sabotaged: The Fight To Vote* (2022) by Robert Greenwald which explores the growing threat of voter suppression and election sabotage on Sept. 29 at 6:30 p.m. at the Georgetown Library.

[Find more info here](#)



**Around
Town DC**

Event Directory For Ages 60 and Up.

UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

Third Thursday End-of-Life Planning Series

Thursday, September 15th, at 3:00pm

If I ever Lose My Mind: Aid in Dying with Advanced Dementia
Susan Flanders Susan will talk about the importance of honest conversations among family members well before the time of final illness, including preparation of advance directives. She will discuss medical aid-in-dying and directives that cover situations of advanced dementia when stopping of eating and drinking (SED) may be a desired path. The session will include time for questions and conversation. [Read more and register here.](#)

Costly Medicare Mistakes; When, Where, and How to Avoid Them

Thursday, September 29th, at 3:00pm

Did you decide not to sign up for Part B when you were first eligible because it was too expensive? Did you know that you might be able to reduce your Part B premium? Did you forego enrolling in a Medigap plan when you were first eligible thinking you could enroll later if you got sick? Did you forego enrolling in a drug plan because you do not use prescription drugs, then want to enroll later? Did you enroll in a Medicare Advantage plan and assume that you can automatically change to a Medigap plan? Did you opt for COBRA coverage when you left your job, thinking you could enroll in Medicare later? If any of these questions pique your interest, plan to join MaryAnn Griffin, MSW in an interactive discussion on How to Avoid Costly Medicare Mistakes. MaryAnn has had a long-standing career in aging and healthcare. She now has a private practice, Griffin Healthcare Solutions, through which she works 1:1 with individuals to navigate the Medicare maze. [Find more info and register here.](#)

WEBSITES FOR PUBLIC VILLAGE EVENTS

The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you.

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#)
Please contact the office if you would like to register for any VtoV event.

How to Register for Village Programs

Village programs and events will generally be announced only in the weekly Director's Notes, published on Monday morning.

- To register, first make sure you are logged into your account on the Village website. From the listing at the end of each program invite, click on the link.
 - Then simply click the **REGISTER FOR THIS EVENT** button and follow the prompts.
 - Finally, click **REGISTER FOR THIS EVENT AGAIN ON THE NEXT PAGE**.
 - **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
 - **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
 - If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.
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Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

fbwe.helpfulvillage.com

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