



Director's Notes: Monday, September 19th, 2022

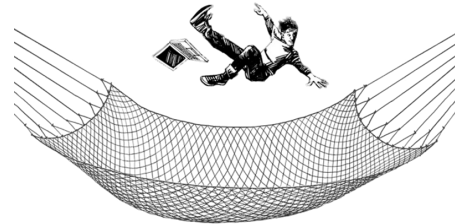
Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Building A Safety Net – We Need Your Help

During the worst of the pandemic we had a very extensive network of volunteers (mostly village members) calling other members who might be struggling with feeling a bit isolated or lonely. The calls were highly valued and appreciated by the recipients who felt a nice connection with those weekly check-in calls. Understandably, that system has largely fallen by the wayside over the past year as Covid restrictions have lightened up some.



However, the survey completed by many members this summer indicated that 6% of members feel isolated often and another 30% sometimes feel isolated. That's a concerning statistic. The point of a village, as one member recently told me, is enabling older adults to find a sense of community; to feel like they belong to a group of people who also belong to them.

To make sure none of us are falling between the cracks I want to ask for members who would be willing to volunteer 20 -30 minutes once a week to connect to another member who might be feeling a bit lonely. If you wanted, you might meet in person for a cup of coffee, especially while the weather is still nice. Or you could make a 20-minute phone call, send a few emails or mail a card. There are so many ways to let someone know they are being thought about.

If you are interested in supporting this effort, please send me an email at dsnyder@fbwevillage.org or call me at 202-333-1327. What a great new way to make another friend while offering a listening ear.

NEW BOOSTER REMINDER

All the major pharmacies in our footprint are now offering the new booster. Appointments are recommended but they may also give you a shot if you walk up. You can make a [CVS appointment here](#) and a [Walgreen appointment here](#). *If you need help making an appointment, please contact the office*



Boosters are still 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.

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 four amazing people!

- Ernest Pozzi - September 19th
- George Arnstein - September 20th
- Marianne Taylor - September 21st
- Betty Jane Ammirati - September 25th



PROGRAMS

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

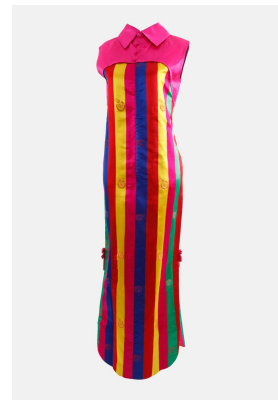
Hope you can join us! [Register for the happy hour here](#)



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

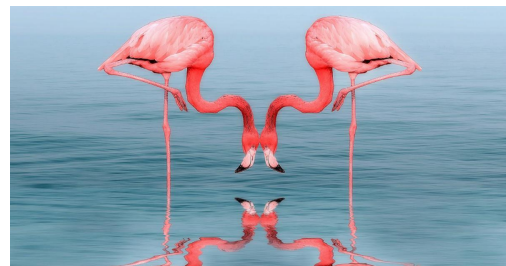
Renaissance sculpture in the United States; a significant group of 50 original wax figures of dancers, nudes, and horses by Edgar Degas (including the Little Dancer); a collection of sculptures by Auguste Rodin; American sculptures from the 19th and 20th century; and many more.

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.](#)

More Exercises for Balance and Bone Health

**Tuesday, October 11, 2022 from
2:30-3:30 PM (zoom)**



Want to live longer? Strike a flamingo pose for 10 seconds. That’s right. The one legged pose is key because we encounter it all the time in our lives, such as when we step out of cars or climb stairs. Research has shown that balance is a strong indicator of our overall health.

A simple way to improve your balance and maintain bone health is to practice with Dr. Janson. Wear comfortable clothes, bring a Thera-band and have water nearby. The session will be recorded for repeated use.

Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes

home safety assessments and falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.

[Click here to register](#). For questions, please email Nadia Taran —nadiataran@mindspring.com.

HISTORY OF BLACK GEORGETOWN WALKING TOUR

**Friday, October 14, 2022 from
11:00 AM - 1:30 PM
Meet at 3206 O St NW**



You will want to put this tour on your calendar! Whether you're a longtime DC resident or a newcomer like Villager Claudine Parloff (who raves about her experience with Off the Mall Walking Tours), you are sure to have a unique experience learning about our next-door neighborhood.

This private tour will allow us to discover the stories of Georgetown's Black citizens, from its early days as a port town known for its tobacco and slave trade to the era of gentrification that took place after the New Deal brought droves of government workers to the District. Through it all, Black Georgetown made significant contributions to its history.

COST: \$5; Limited to 25 participants; [Register for the tour here](#)



SW WATERFRONT TOUR and LUNCH

Monday, October 31, 2022

Tour meets at Waterfront Metro, 399 M St SW, at 10:45 am

Lunch is at the Brighton, 949 Wharf St SW, at Noon

Whether you're new to DC or have lived here for decades, here's a chance to connect with fellow SW Villagers from Waterfront Village who will be our guides in exploring Southwest DC, including the Wharf. A neighborhood with roots in DC's early days, it's now become one of the most "happening" areas of the city.

The tour portion meets at the Waterfront Metro stop and then make our way past

Arena Stage and Pearl Street (named after the ship that sought to take dozens of enslaved people to freedom in 1848). We'll then gather at noon for lunch at [The Brighton](#) to enjoy good food and convivial conversation by the water. You are welcome to meet the group directly at Lunch.



After dining, members may enjoy walking past the marinas to see other significant sites, including the Titanic Memorial and the historic and contemporary homes of Wheat's Row and River Park.

To learn more about Waterfront Villagers and their home, [check out their website by clicking here.](#)

REGISTRATION REQUIRED: Please select either one or both options.

1. [Pre Lunch Tour Portion](#)
2. [Lunch Portion](#)

LUNCH: Individual checks provided.

TRANSPORTATION: There are several options. Metro to Waterfront on Green Line; The Wharf Shuttle (free) or ride-sharing. Parking at The Wharf is very expensive. Please meet at the Waterfront Metro stop if doing the pre-lunch tour.

ACCESSIBILITY: Villagers who use an assisted walking device may wish to use Maine Avenue in lieu of the cobbled Wharf. Both paths are about a half-mile from the Metro and pass the same sites. The Wharf Shuttle stops at 800 Maine Ave and is wheel-chair accessible.

[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

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

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

1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.
6. Just so everyone's clear, I'm going to put my glasses on.
7. A commander walks into a bar and orders everyone around.
8. I lost my job as a stage designer. I left without making a scene.
9. Never buy flowers from a monk. Only you can prevent florist friars.
10. How much did the pirate pay to get his ears pierced? A buccaneer.
11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
12. My friends and I have named our band 'Duvet'. It's a cover band.
13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
15. Why is it unwise to share your secrets with a clock? Well, time will tell.
16. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
17. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
18. Prison is just one word to you, but for some people, it's a whole sentence.
19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
23. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."

24. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
25. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

OTHER PIECES

IN THE COMMUNITY

Quarterly Book Discussion on Race

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



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.

DIY Digital: Intro to Podcasting

Thursday, September 22nd, from 10:00am - 11:00am

Learn more about the art of podcasting. The workshop is for beginners and those who are interested in podcasting as a form of storytelling. Space is limited. Registration is required.



The workshop is for beginners and those who are interested in podcasting as a form of storytelling. The workshop is divided into two parts. In the first part, the instructor will cover "theory" and answer the questions: Who, Why, How? In the second part of workshop, the instructor will demonstrate how to create and publish podcasts with Anchor.fm, a free online podcasting tool.

[Register for the zoom class here](#)

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](#)



The graphic is a vertical poster for the 'Over the Rainbow' 2022 LGBTQ Intergenerational Symposium. At the top, a rainbow banner contains the DACL logo, the Capitol Hill Village logo, and the event title 'Over the Rainbow 2022 LGBTQ Intergenerational Symposium'. Below this is a dark blue box with the text '2022 LGBTQ Intergenerational Symposium Agenda'. The agenda is divided into two main sections for September 22nd and 23rd, each marked with a pink pushpin icon. The 22nd section includes a 'Symposium Kickoff Celebration' from 6:00pm to 7:30pm. The 23rd section includes a full-day 'Symposium' from 12:00pm to 4:30pm, with a detailed schedule of sessions and breakout groups. A rainbow and clouds illustration is at the bottom left.

Over the Rainbow
2022 LGBTQ Intergenerational Symposium

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](#)



UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

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.
-

Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

fbwe.helpfulvillage.com

FBWE Village | 2430 K Street NW, Washington, DC 20037

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