



Director's Notes: Monday, April 25th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder



COFFEE CHAT ANNIVERSARY

Come and celebrate the 9th anniversary of FBWEV'S weekly coffee and conversation at Bread and Chocolate at 23rd and M St.

Tuesday, April 26th at 10 am! Coffee's on us!

National Prescription Take Back Day

National Prescription Take Back Day is Saturday, April 30th. This day is a reminder of the need to safely dispose of our prescription drugs. There are two local pharmacies with safe drug disposal bins. The [Kaiser Permanente pharmacy](#) at 23rd and M and the [Walgreens pharmacy](#) at 22nd and M. You can find more information on each site by clicking the

links above. If you need any help disposing of your old prescription drugs please don't hesitate to contact the office.

HAPPY BIRTHDAY!

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

- Jane Selby- April 29th
- Bill Kincaid - May 1st

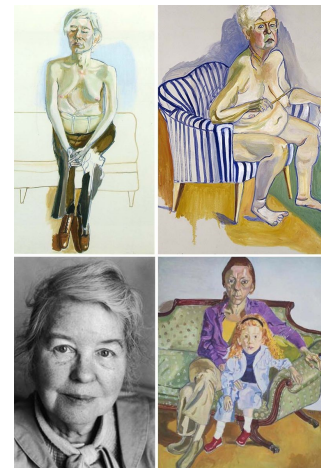


PROGRAMS

Alice Neel Through the Lens of her Art

Thursday, April 28th, from 12-1pm

Alice Neel was a rebel in a time of Abstract Expressionism, favoring expressive portrait painting in the 1900s. As an American portrait painter, the subjects of her work reflected the New York scene around her, focusing on her family, friends, and neighbors. Observing each subject with a fresh eye, she looked beyond their gender, age and social status and instead painted each person with empathy, reflecting the whole person.



In this online program, we will take a closer look at the life of Alice Neel, as told through her portrait paintings. When all eyes were focused on the Abstract Masters, Alice Neel paved her own path by bringing the people around her to life in her paintings.

Join us on April 28th from 12pm-1pm on Zoom for an inter-village discussion on the life of Alice Neel, as told through her work.

[Register for the Art Introspection program here](#)

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

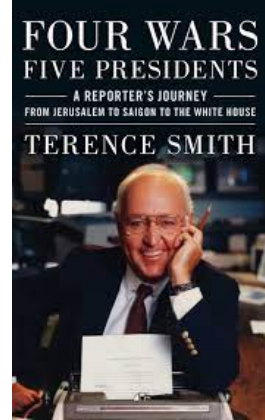
Four Wars, Five Presidents with Terence Smith

Thursday, April 28 at 1 pm Via Zoom

Terence Smith is an award-winning journalist who has worked as a political reporter, foreign correspondent,

editor and television analyst over the course of a four-decade career.

In his new riveting and fun memoir, he recounts his adventures as a globe-trotting correspondent for the New York Times and on-air with CBS and PBS, covering national and international issues including four wars, many presidents, and media issues. His work earned him numerous awards, including two Emmys, Pulitzer Prize nominations, and inclusion in the Society of Professional Journalists' Hall of Fame.



In addition to continuing to speak, write and broadcast on national politics and international affairs, Smith is committed to environmental issues involving the Chesapeake Bay and ocean policies.

Please join us for this amazing adventure story that takes us around the world and home again. [Register for the book talk here.](#)

MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD

Friday, April 29th, at 1:00 pm



While marijuana has been used as medicine for millennia, it has long been illegal in the United States. As more and more states legalize marijuana for medical use, healthcare providers and consumers are exploring marijuana as a safe and effective treatment for chronic pain, chemo side effects, sleep and mood disorders, MS, and Parkinson's disease, among others. Still, there is lot of disinformation about marijuana. While doctors have limited knowledge on best practices for marijuana use, your friendly neighborhood budtender lacks medical training.

Thankfully, Mikhail "Misha" Kogan, M.D., a renowned expert on medical marijuana, is here to help. In **MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD**, Dr. Kogan, along with medical sociologist Dr. Joan Liebmann-Smith, demystifies marijuana and other forms of cannabis, equipping readers with the needed tools to take charge of their health.

In this one hour Zoom talk Dr. Kogan will review the most important aspects of use of medical cannabis for a variety of medical conditions associated with aging as well as providing practical details of how to obtain the best products as well as some of the side effects and pitfalls of working with dispensaries.

Dr Kogan is a leader in the newly-established field of Integrative Geriatrics. He is the chief editor of the first definitive textbook of the field entitled "Integrative Geriatric Medicine", and is frequent speaker at a

variety of international conferences on the topics of Integrative Medicine, Geriatrics, healthy aging, as well as medical cannabis.

[Register for the talk here](#)



**FILM-MAKING in FOGGY
BOTTOM With NANCY BRESLIN
(Photographer/ Writer)
Thursday, May 5th, at 2 pm**

After leaving academic medicine to pursue an art career in photography, Nancy Breslin has explored alternative photographic processes and other forms of expression, including turning her apartment into a *camera obscura* that became a Tik Tok video with 1.9 million views.

She will share her vision and creativity in one of her most recent ventures, talking about and demonstrating the various steps involved as the story moved from an idea to a script to drawn designs to actual sets and puppets with sounds and colors.

Join us on Zoom for this behind-the-scenes discussion to learn about film-making first hand and view clips from her 8 minute short to be released this summer. (The yellow and blue bikes above are among the stars.)

[Click here to read more about this extraordinary artist.](#)

REGISTRATION REQUIRED. [Click here to register](#)

**Visit to the United States
Institute of Peace**

**Wednesday, May 11th, from 2:00
PM until 3:00 PM**

**Where: US Institute of Peace, 2301
Constitution Ave NW**



In this one-hour session, villagers will hear from USIP staff about the U.S. Institute of Peace and how it achieves its mission to prevent, mitigate, and resolve violent conflicts abroad. The session will be interactive, and visitors will be able to engage with USIP staff on issues of specific interest. Visitors will also learn about the Institute's headquarters and how it supports the organization's mission.

Confirmation of vaccination is required. Please register by May 1st as USIP needs a list of registrants in advance of the talk.

[Register for the interactive visit here](#)



**TUDOR PLACE - Afternoon
Tea and Guided House Tour**
**Thursday, May 19th, from 1:00 pm to
3:00 pm**
Tudor Place, 1644 31st St NW

Celebrate spring with a delicious tea followed by a tour of the historic Tudor Place mansion in Georgetown, the home of six generations of Martha Washington's descendants. Please join us for this special afternoon of delights in a unique setting surrounded by beautiful gardens.

Registration cost of \$30 includes house and gardens tour and afternoon tea. Please pay by credit card or check to FBWE Village by May 5.

[Register for the tour and tea here](#)

Transportation:

Car: Street parking free for two hours without a Zone 2 sticker.

Bus: Wisconsin Ave buses (31, 33, Circulator) to R St NW.

Walk 2 blocks east and turn right on 31st to entrance.

Please enter via the Administration Building at 1670 31st Street.



Tudor Place requires proof of vaccination for entry. FBWEV's current policy requires masks indoors unless eating or drinking and a negative rapid-test taken on Thursday morning. Free test kits are available through the FBWEV office and from the West End Library. Also, please indicate if you have any food allergies.

Accessibility: The first floor of the Historic House can be made accessible for wheelchairs up to 27" wide. Please let us know if you will be using a walker/ wheelchair during the tour and/or need accessible parking.

AFFINITY GROUPS

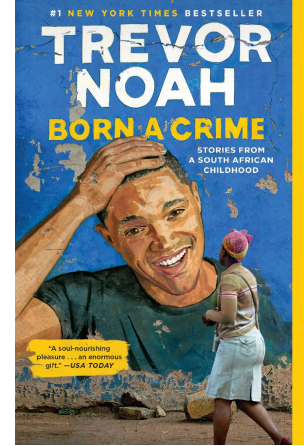
MAY BOOK DISCUSSION GROUP

Wednesday, May 4th, from 2:00 pm - 3:30 pm

Meets at the West End Library

The Book Discussion Group will meet the first Wednesday of May at the West End Library from 2:00 – 3:30 p.m.

The May book is *Born A Crime* by Trevor Noah. This is Noah's critically acclaimed autobiography. "Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life."



All interested Village members are invited to come with their covered drink of choice to the smaller conference room. And don't forget to bring a suggested title of a book for the August 3rd meeting as it is the group that selects the books! Look forward to seeing you there.

All participants are required to be fully vaccinated and boosted and to have that status registered with the village before attending a discussion.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

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

Contact: jfrumkin@fbwevillage.org

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

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

THURSDAYS

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

Various locations (contact for more information)

Contact: tlneve@rcn.com

TAKE FOUR AT TAZZA at 4:00 pm (weekly)

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

A BIT OF HUMOR



OVERFLOW HUMOR

The French and God. . .

Apparently, this notice can now be found in all French churches.
 "En entrant dans cette église, il est possible que vous entendiez l'appel de Dieu. Par contre, il n'est pas susceptible de vous contacter par téléphone. Merci d'avoir éteint votre téléphone. Si vous souhaitez parler à Dieu, entrez, choisissez un endroit tranquille et parlez-lui. Si vous souhaitez le voir, envoyez-lui un SMS en conduisant."

Translation:

"It is possible that on entering this church, you may hear the Call of God. On the other hand, it is not likely that he will contact you by phone. Thank you for turning off your phone. If you would like to talk to God, come in, choose a quiet place, and talk to him. If you would like to see him, send him a text while driving."

OTHER PIECES

WAVE VILLAGE AWARDS



At its quarterly meeting last Monday WAVE (Washington Area Village Exchange), the umbrella group for the 75 villages in the metro area, gave its first annual Founders' Awards for Village Excellence. One award was for villages with budgets under \$25,000 and one for villages with larger budgets.

The awards are to recognize "programs and/or services that are outstanding examples of Villages' contributions to the well-being of older adults in their communities and reflect the founders' values of inclusivity; collaboration; creative problem-solving; and positive impact on villages, their communities and the larger village movement."

One award went to Little Falls Village (Bethesda) for their vaccination/booster program which got 1,000 members, volunteers, and neighbors vaccinated. The other award went to Hyattsville Aging in Place (HAP) for its food insecurity project which, with support from the Greater Washington Community Foundation, partnered with local food pantries, farmers markets, restaurants, and Meals on Wheels to provide 1,435 meals to older adults and immigrants and delivered care packages to 95 isolated seniors along Route 1 in Prince George's County.

Congratulations to both villages! (A special note: I serve on the board of HAP which is an all-volunteer village.)

-Denise

FOGGY BOTTOM FARMERS MARKET IS BACK!

The Foggy Bottom Farmer's Market on the I Street plaza officially returned on April 6! "What a wonderful return and a special thank you to FRESHFARM for curating a wonderful group of stands and GWU for their orchestration of the return of the Farmer's Market. Gone for 2 years, we're so glad for the return... now until November 23, 2022 every Wednesday 3:00 pm - 7:00 pm." (From the Foggy Bottom Association)

IN THE COMMUNITY

2022 DC Attorney General and Mayoral Candidates Forums

The George Washington University, in partnership

with the League of Women Voters DC, will host two public candidates forums featuring candidates for the upcoming 2022 Washington DC Attorney General and Mayoral elections.



GW and the LWVDC, both nonpartisan entities, encourage informed and active participation in democracy through education and advocacy. These forums will give District voters an opportunity to hear candidates' priorities and issues of importance in this upcoming election, as well as answer question submitted by audience members. Registration is required through the links below. Event information can be found on the [website](#).

Attorney General Candidate Forum
Tuesday, April 26 2022 - 6:00 - 7:00 p.m.
Doors open at 5:30 p.m.

[REGISTER HERE](#)

Danya Bowen Matthew, Dean of GW Law School, will moderate the forum.

Mayoral Candidate Forum
Wednesday, April 27, 2022 - 6:00 - 8:00p.m.
Doors open at 5:30 p.m.

[REGISTER HERE](#)

Cheryl W. Thompson, NPR Investigative correspondent and senior editor for investigations and GW associate professor of media and public affairs, will moderate the forum.

The George Washington University
Media and Public Affairs Building
Jack Morton Auditorium (ground floor)
805 21st St., NW
Washington, D.C.

Please share the event and registration with your friends, family, and neighbors who may be interested in attending. If you are unable to attend in-person, both candidates' forums will be livestreamed via GW's Facebook. More information and a link to the livestream will be shared closer to the event. Event details and updates can be found on the [OGCR Website](#).



Navigating Diversity, Equity and Inclusion Issues Globally

Tuesday, April 26th, at 11:00 AM

Urgent challenges relating to diversity and inclusion are universal. The global #MeToo and #BlackLivesMatter movements as well as the push for LGBTQI rights are all emblematic of a growing interest in and focus on

how to better embrace and capitalize on diversity. Yet these social movements exist alongside renewed efforts to constrain minority rights and stem immigration around the world. Carla Koppell will join us for a conversation discussing how to understand and navigate these countervailing forces so that we can build a more peaceful and inclusive world.

Carla Koppell, editor of the newly released Oxford University Press volume *Untapped Power: Leveraging Diversity and Inclusion for Conflict and Development*, currently teaches and serves as a distinguished fellow and senior advisor with the Georgetown University School of Foreign Service. Carla has an extensive career in international affairs. She served in the Clinton and Obama Administrations with the U.S. Agency for International Development, and as a vice president with the U.S. Institute for Peace. She writes and speaks widely on global affairs issues and has worked in over 30 countries globally.

[Register and find more upcoming speakers on the NWN site here](#)

HEALTH DISPARITIES: How People of Color May Advocate for Excellent Care

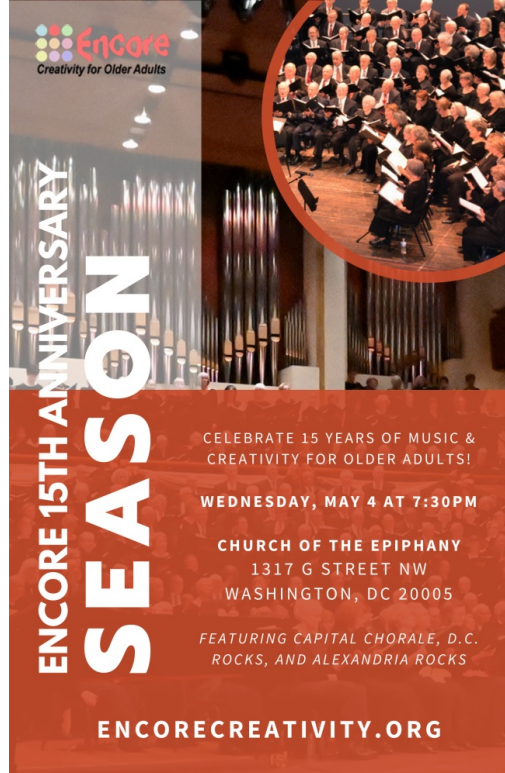


Wednesday, April 27 | 7 TO 8 p.m. | Free Zoom Webinar
Sponsored by the New Morning Star Baptist Church and Sibley Senior Association

Did you know that health disparities can contribute to decreased quality of care? Explore factors that contribute to disparities in health, and health care use and outcomes. Learn how you can best advocate to receive high-quality care for yourself and your family. We seek to identify practices that promote health equity and reduce disparities. There will be time for questions and answers.

Guest Speaker: Sharon Sellers, M.B.A., M.P.H., C.D.P., senior community dementia program manager, Sibley Senior Association (SSA), will discuss the impact of health disparities and ways we can advocate for quality care. Sharon has spent over 25 years serving seniors and their families in assisted living communities and nursing homes. At SSA, Sharon brings her passion of supporting and developing programming for seniors with memory concerns and dementia. She facilitates support groups for family caregivers who seek guidance in navigating the dementia journey with a loved one.

[Register before April 25 here](#) or by emailing jsmit470@jhmi.edu or calling 202-364-7602.



FBWEV members Lorna Grenadier, Deb Neve, Bari Bienia, and Nadia Taran sing in this group as well as members of other villages.



UPCOMING ZOOM AROUND TOWN DC PROGRAMS

***Four Freedoms: the Spirit of Democracy Today and Tomorrow-
Wednesday, April 27 from 1:00 pm - 2:30 pm***

Freedom lies at the heart of democracy, but what does it mean? Please join us for this four-event discussion series, where we'll help each other explore what freedom means to us today—and into the future. To start our discussions in each session, we'll view one of Norman Rockwell's iconic "Four Freedoms" paintings coupled with a modern interpretation by visual artist Maggie Meiners. April 27: Freedom of Speech. What does it mean, and what could it mean? What concerns do you have as you look to the future? [Register here.](#)

***Online Alzheimer's Education Programs conducted by Sheila Griffith -
Thursday, April 28 from 3:00 pm - 4:00 pm***

DEMENTIA CONVERSATIONS: DOCTORS VISITS, DRIVING, LEGAL AND FINANCIAL. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical

treatment, deciding when to stop driving, and making legal and financial plans for future care. [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 NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration 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.

All FBWE programs take place on Zoom unless otherwise indicated.

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

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