



Director's Notes: Monday, January 2nd, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder



A Good Time Was Had by All

Almost 50 FBWE Village members celebrated Merry Everything and Happy Always last Thursday evening at the beautiful Crystal Room at St. Stephen's church. The delectable treats prepared by Provisions Catering included mini crab balls and pancake-wrapped duck bites. Based on the fact there were no leftovers, the fig/prosciutto triangles were the most popular. A countdown to our "new year's" arrival was accompanied by loud blowing of paper cone horns and a chorus of Auld Lang Syne, [see video here](#).

However, by far, the best part of the evening was the rich conversations

as members caught up with each other. One new member told me she appreciated meeting more fun and fascinating folks and a longer term member said she felt more integrated in the event than she had before. Thanks to all who attended and made the party lively and festive. Our members are the best!

A special thank you goes out to CB Wooldridge who did an amazing job, arranging the room (including decorating it) and the great bling he got to welcome the new year. CB's touch always makes it festive and celebratory while doing tons of work behind the scene to pull the pieces together. We also had many other volunteers who helped make the event a success for all who attended. I would be remiss if I didn't also mention our appreciation for the use of the Crystal Room which St. Stephen's donated to the village. The beautiful ballroom garnered many appreciative comments.

Hopefully, we'll see even more of you at our all-village spring lunch and many other programs between now and then.

-Denise

Pictures below were taken by Sue Headlee. If you have any pictures to contribute to our village records please email them to Jonas, jfrumkin@fbwevillage.org.





CB Wooldridge looking festive



Kate Clinton and Sue Headlee
also looking festive!

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to seven spectacular people!

- Marsha Ingber - January 2nd
- Lucia Pollock - January 2nd
- Amitai Etizoni - January 4th
- David Hertzfeldt - January 5th
- Dee Prins - January 5th
- Burke Dillon - January 6th
- Mary Frances Kornak - January 6th



PROGRAMS

GWU Older Adult Exercise Program RETURNS!

Tuesdays and Thursdays from 12:00
PM - 12:50 PM starting February 7th,

2023 and ending May 18, 2023 (no class March 14 and 16)

Where: Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave N.W.
Who: Cindy Pavell, Instructor, Department of Exercise and Nutrition Sciences



Prior to starting, participants need to:

1. [Obtain or renew their GWorld Card](#)
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form

[For details and forms click here.](#) If you would like printed copies of the forms please let the office know and they can be provided.

Cost: Free to members

Village liaison: Nadia Taran. For questions/information:
nadiataran@mindspring.com

Start the year with Dr. Janson!
Tuesday, January 10th, from 2:30-3:30 PM
(via zoom)

New topic: Arthritis –what it is and exercises that help!

The bad news: If you live long enough, the joint aches and pain will find you. The good news: There are exercises that can keep you safely in motion.



There's an adage "motion is lotion; rest is rust." Whether arthritis is your constant companion or just an occasional visitor, there is a safe way to stay active with exercise. Join Dr. Janson for an overview of arthritis and then participate in her special exercises. She will show modifications for those using a walker. The session will be recorded for repeated use.

Registration required. [To register, click here.](#) Please indicate if you use a walker by leaving a comment when you register.

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.



Art Thursday – Tour of the Rubell Museum DC

Thursday, January 19, 2:00 p.m.

At: Rubell Museum DC, 65 I (Eye) Street SW, WDC 20024

ONLY 6 SPOTS REMAINING, REGISTER SOON!

The Foggy Bottom West End Village is sponsoring a private tour of the new Rubell Museum DC which opened on October 29 with the exhibitions Sylvia Snowden and What's Going On. Dedicated exclusively to contemporary art, the Rubell Museum DC reinvigorates the 1906 building of the former Randall Junior High School, a historically Black public school in Southwest DC that ceased operations in 1978.

This exhibit brings together more than 190 works by 50 artists who are responding to pressing social and political issues that continue to affect society today. Artists include John Waters, Carrie Mae Weems, Kehinde Wiley, Kennedy Yanko, and Cajsa von Zeipel, among many others.

What's Going On draws its title from the groundbreaking 1971 album by Randall Junior High School alumnus Marvin Gaye that provided a powerful condemnation of the Vietnam War and the destructive realities of social injustice, drug abuse, and environmental negligence. It also references the cornerstone of the exhibition: Keith Haring's Untitled (Against All Odds), 1989, a series of 20 works inspired by Gaye's revolutionary lyrics

Attendees will meet the tour guide in the museum's atrium.

Cost: The museum is free for Washington DC residents. Village members attending the tour are asked to bring proof of residency which will be checked upon arrival at the museum.

Registration Required. [Please click here to register.](#)

AFFINITY GROUPS

JOIN THE FBWEV BOOK GROUP

January's book club has been postponed due to the holidays. January's book has been pushed back to February. The updated schedule is below.

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.

- February 1st: 'The Dinner' by Herman Koch
- March 1st: 'The Echo Wife' by Sarah Gailey

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 (changing Weds) at 5:00 pm

Location Changes (contact for more information)

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

THURSDAYS

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

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 FILLAGERS (1st Fri) at 11:30 am

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

Contact: CB Wooldridge at cbwould2003@yahoo.com

A BIT OF HUMOR

- Taken off T-shirts found in various catalogs
- Mom didn't raise no dummy. And if she did it was my brother.
- My psychiatrist has a wet nose.
- Never trust an atom. They make up everything.
- I don't like to brag about expensive trips, but I did just return from the gas station.
- YOU MATTER. Unless you multiply yourself by the speed of light.
- Then YOU ENERGY.
- Bad puns are how eye roll.
- I had a hen who could count her own eggs. She was a mathemachicken.
- It's not hoarding if it's books.
- Am I working from home or living at work??
- Moses was the first person with a tablet, downloading data from the cloud.
- Two steps to happiness: 1) Get a dog. 2) Get more dogs
- I'm not arguing. I'm explaining why I'm right.
- Great at Multitasking! I can waste time, be unproductive and procrastinate all at once.
- Just once I want a username and password prompt to say, "Close enough".
- I'm on the Naughty List and I don't regret a thing.
- The world's best antidepressant has 4 legs, a wagging tail, and unconditional love.
- I'd grow my own food if only I could find bacon seeds.
- If you see me talking to myself, just move along. I'm self employed and we're having a staff meeting.

OTHER PIECES

Help Is Just a Phone Call Away



The District also has several other phone numbers that residents should know about:

- The Shelter Hotline provides free transportation for you or someone else to a shelter: (202) 399-7093
- [The Community Response Team](#) offers 24-hour services to community members experiencing psychiatric emergencies and other mental health and substance use crises: (202) 673-6495
- [The Mental Health Hotline](#) is free, confidential, operates 24/7, and connects people to trained mental health specialists: 1-888-793-4357

DCPL Chamber Music Concert Series

Enjoy an hour of beautiful music, once a month, in the Martin Luther King Jr. Memorial Library auditorium with our Performance Lab: Chamber Music at Noon concert series! Curated by Vasily Popov and Ralitza Patcheva, each program features different musicians and includes background discussions on the works being performed. Upcoming performances include:

- Thursday, Jan. 5 at Noon
- Thursday, Feb. 2 at Noon
- Thursday, Mar. 2 at Noon

Can't make it in person? Stream the concerts on [Youtube](#) while you enjoy your lunch and while you're at it, check out some of our past Performance Lab concerts!

[See all upcoming concerts here](#)

Free Test Kit Mailings Restart

The federal government is again offering free test kits through the mail this winter to anyone



who has insurance, including Medicare or Medicaid. Visit www.covid.gov/tests to place your order. You might want to order them now so you have them in hand if you want or need to test yourself.



Also remember that FBWE Village has test kits available (also free) and we'll happily drop them off at your home. We also have free KN95 masks available. Just call the office (202) 333-1327 or email us at info@fbwevillage.org to request either. Furthermore, the library is still offering free tests, both rapid tests and the PCR tests that get sent to the lab. You can find live updates on the [amount of tests at the library here](#).

Let's all stay as healthy as possible this winter!

IN THE COMMUNITY



DC Public Library

Learn American Sign Language with the Center for Accessibility!

In Person

Beginner - Saturdays at 10 a.m.

Intermediate - Saturdays at 11:45 a.m.

Virtual

Beginner - Mondays at 12 p.m.

Intermediate - Thursdays 7 p.m.

Email DCPLaccess@dc.gov to sign up!



Join the Center for Accessibility at DC Public Library for their new series of [ASL classes](#) this Winter and Spring! Classes will be returning to in-person options, as well as continuing virtually.

- In-person Beginner and Intermediate classes will take place at the Northeast Neighborhood Library (330 7th St. NE) on Saturday mornings at 10 a.m. (beginner) and 11:45 a.m. (intermediate)
- Virtual classes will be held via Zoom on Mondays at 12 p.m. (Beginning Level) and Thursdays at 7 p.m. (Intermediate Level).

If you want to join the virtual class, please contact the Center for Accessibility at DCPLaccess@dc.gov for the Zoom link.



Supporting LGBT Grandchildren Part 4

Tuesday, January 10th from 3:00pm to
4:30pm on Zoom



This Capitol Hill Village event is intended to bring together anyone who is or may become a grandparent of an LGBT grandchild, or is a grandparent figure. We will be focusing on how to talk to others about a family member that recently came out, addressing reactions, and more. This event is open to all.

[Register and find more info here](#)

Coping with Uncertainty: Oral Health —It's More than a Nice Smile Wednesday, January 11th, at 1 pm

Village Case Manager Barbara Scott hosts this ongoing discussion group. This month, Dr. Sal Selvaggio DDS shares his extensive knowledge on the importance of oral health for well-being. Sal is



a graduate of the Georgetown U. School of Dentistry and completed a General Practice Residency at Providence Hospital in DC. He had a dental practice in DC for 35 years, retiring in 2015, and was a volunteer dentist for the Catholic Charities Spanish Catholic Center from 1985-2019, serving as President of its Board for six years. Dr. Selvaggio is a member and volunteer of the Northwest Neighbors Village. Dr. Selvaggio will do a Q and A after speaking. Bring your questions and concerns. Please register by January 9th, 2023.

[Register for the program here](#)



Yearning to Breathe Free: Robert Smalls of South Carolina and His Families

Thursday, January 12th, at 2:00 PM

On May 13, 1862, Robert Smalls (1839-1915) commandeered a Confederate warship, the Planter, from Charleston Harbor and piloted the vessel to cheering seamen of the Union blockade, thus securing his place in the annals of Civil War heroics. Slave, pilot, businessman, statesman, U.S. congressman — Smalls played many roles en route to becoming an American icon, but none of his accomplishments was a solo effort. With *Yearning to Breathe Free: Robert Smalls of South Carolina and His Families*, sociologist Andrew Billingsley offers the first biography of Smalls to assess the influence of his families — black and white, past and present — on his life and enduring legend. In so doing, Billingsley creates a compelling mosaic of evolving black-white social relations in the American South as exemplified by this famous figure and his descendants.

Writing of subsequent generations of the Smalls family, Billingsley delineates the evolving patterns of opportunity, challenge, and change that have been the hallmarks of the African American experience thanks to the selfless investments in freedom and family made by Robert Smalls of South Carolina.

Andrew Billingsley, Ph.D. is an American sociologist, author, lecturer, and college professor. He is Distinguished Professor Emeritus and former Professor of Sociology and African American Studies and Senior-Scholar-in-Residence at the Institute for Families in Society at the University of South Carolina.

[Register and find other upcoming speakers here](#)

WAVE Website Hosts New

Shared Calendar of Village Events



The Washington Area Villages Exchange is very pleased to announce that the Shared Calendar of Village Events formerly hosted by Silver Spring Village has been moved to the WAVE website. The new Shared Calendar contains the same information and the same registration method(s) as the old calendar, presented in a slightly different format. If you have been using dmvvillageevents.org to reach the Shared Calendar, you may continue using it. The Shared Calendar also is available at wavevillages.org/sharedevents. (Note: you may need to clear your browser cache to access the new calendar.)

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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