



## Director's Notes: Monday, January 9th, 2023

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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## New Activities for FBWE Village Members

### Bocce:

The Arlington Neighborhood Village has an ongoing group of 10-15 members who meet biweekly to play Bocce. In warmer months they play outdoors in Arlington, but during the winter they play at [Pinstripes in Georgetown](#). FBWE Village has been invited to join them over the winter.

The \$7 cost to play is waived as long as the players stay and enjoy a lunch at Pinstripe which offers an array of fresh, made-from-scratch options. The group meets every other Friday at noon. All levels of bocce skills and experience are welcome. It's very easy to learn the basic. Everyone gets to play and has a great time.

If you are interested in joining please email [info@fbwevillage.org](mailto:info@fbwevillage.org) and we'll send you more detailed information and connect you with the Bocce leader from Arlington Neighborhood Village. Who knows – if we find enough interest we may start our own Bocce group here when the weather warms up!

### Yoga:

We ran a yoga affinity group pre-COVID which stopped due to the pandemic. We now have a new instructor, Delores Simmons. (Our previous instructor is no longer teaching, but Daniel recommended Delores.) She has great experience working with older adults and will be able to adapt the movements to a range of fitness levels. She will offer standing and floor exercises as well as seated options for those who don't want to or can't readily get up and down from the floor.

The yoga class will start on Wednesday, February 1st and occur every Wednesday at 11:00 am. The class will meet in the atrium of St. Paul's church, 2430 K St NW. Each participant will be asked to sign a release before starting their first class.

This class will be an affinity group which means the cost of the class will be paid for by the participants. The village will cover the cost for the first four sessions to allow all interested members to try it and make sure it works for them. [If you would like to try it out, please click here to register.](#)



### **Meditation:**

We would also like to start a meditation group again. This group met weekly pre-COVID and we'd like to reestablish it. The structure of the group will be determined by the participants as well as the regular meeting day & time. In the past, group members suggested meditation apps which were used to guide the sessions. If you are interested in participating with this revived affinity group, please email us at [info@fbwevillage.org](mailto:info@fbwevillage.org).

### **Grief Support Group:**

St. Stephen's Church and FBWE Village will be running a support group for anyone in our neighborhood who is grieving the loss of a spouse or partner. Grieving a loved one is a long process. Even if your loss is not recent, if you feel like support from a group of peers would be helpful, please consider the benefits of this group.

The weekly meetings will be at St. Stephen's, starting the second week of February. The group would meet on either Monday or Tuesday. Which day, and the specific time will depend on the availability of those interested in participating.

If you are interested, please let us know by emailing [info@fbwevillage.org](mailto:info@fbwevillage.org).

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# HAPPY BIRTHDAY!

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

- Abraham Avidor - January 12th
- Judith Hunter - January 12th



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## PROGRAMS

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### **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
4. [Register with the village by clicking here](#)

[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](mailto:nadiataran@mindspring.com)

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### **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.

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## **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 2 SPOTS REMAINING, REGISTER NOW!**

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.](#)

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## **ART INTROSPECTION - DROUAIS**

**Friday, January 20th, at 12:00 PM on  
Zoom**

This 1756 artwork by Francois Hubert Drouais, is titled, Family Portrait. Drouais used oil paint to render this portrait. The work is currently at the National Gallery of Art's West Wing. As we emerge from the holiday season, the image of a family is something we can all relate to, whether your family dynamics are of origin, of choice, or some combination. Let us gather to reflect and discuss Drouais's Family Portrait on January 20th at 12 pm.



[Register for the introspection here](#)

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## **AFFINITY GROUPS**

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### **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
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**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:cbwould2003@yahoo.com)

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## **A BIT OF HUMOR**

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**Always do your Best**

[Click here](#) to watch this hilarious animal video submission!

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## **OTHER PIECES**

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**New Year's resolution: give your body**

**some love**

Around Town DC is a free program for seniors in Wards 2 and 3 to engage in fitness classes and other stimulating activities. While most activities are offered virtually, there is a wonderful in-person fitness class at the West End library on Wednesdays at 1:00. Ruth Barnes' Move to Music class includes gentle range-of-motion exercises to loosen your joints from head to toe and a variety of stepping exercises to improve your balance. It's easy, it's fun, and it leaves you feeling limber and more confident on your feet.



To register, go to [aroundtowntdc.org](https://www.aroundtowntdc.org) and click on Create a free account here. Once you have created an account, go back to the Home page, click on View Calendar, enter keyword Move to Music, click on Find Events and then, in the calendar, click on Move to Music (be sure to click on the next upcoming date, not a date that has already passed). This will take you to a page from which you can log in to register for the class. Check the Keep me signed in box to avoid having to re-register each week. You will receive a weekly e-mail reminder about the class.

## **Fire Safety Presentation on YouTube**

A few weeks ago the DC Fire & EMS Department ran a zoom program for the village. This program focused specifically on advice for older adults which addresses fire risk reduction and planning for "what if.." **This program is now available for your review on youtube by clicking here.**



## **Help Is Just a Phone Call Away**

A graphic with a dark blue background. On the left, there is a stylized smartphone screen divided into three sections. The top section shows a blue icon of a truck and the number "311" in white. The middle section shows a white bell icon and the number "911" in white. The bottom section shows a white icon of two hands shaking and the number "988" in white. To the right of the phone screen, there is white text providing information for each number.

CITY SERVICES AND INFORMATION	
	Call 311 24 hours a day, 7 days a week for city services, information, or to report police non-emergencies.
PUBLIC SAFETY EMERGENCIES	
	Call 911 to report crimes in progress, medical emergencies, fire, smoke, or smell of gas. Always remember - call if you can, text if you can't.
SUICIDE & CRISIS LIFELINE	
	The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

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
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## Restaurant Week Options

DC Winter Restaurant Week starts on Monday, January 16th and runs through Sunday, January 22nd. A list of participating restaurants in the area is below. This year brunch/ lunch/ dinner options are offered at \$25, \$40, \$55. [You can find the full list here](#)



- Bindaas Foggy Bottom - Lunch and Dinner
  - Chef Geoff's West End - Brunch, Lunch and Dinner
  - Circa - Dinner
  - Duke's Grocery Foggy Bottom - Lunch and Dinner
  - Eme Restaurant - Brunch and Dinner
  - Equinox Restaurant - Dinner
  - Founding Farmers - Lunch and Dinner
  - North Italia - Brunch, Lunch and Dinner
  - Rasika West End - Lunch and Dinner
  - Ris - Lunch and Dinner
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## Osher Lifelong Learning Institute Spring Semester



Calling all lifelong learners! OLLI at American University is open for registration for their upcoming [February Shorts](#) and [Spring Semester](#). Those who are 50 years and older can sign up for a wide variety of classes on topics such as the arts, sciences, politics, literature, philosophy, and more. Each of their February Shorts runs for 2-5 days and our spring classes run once a week from the end of February to early May. They are offering classes in-person and online, as well as several in hybrid format. Their Shorts are \$100 per session for up to three classes while our Spring Semester is \$300 for up to three classes.

Since they call the Spring Valley Building on American University's campus home, a membership also comes with benefits such as access to the university's library. They also work with several schools such as the School of Public Affairs (SPA) and the School of International Service (SIS) to host classes and special events. What makes OLLI unique is that the basic concept is that of peer learning and teaching. Members come from varied backgrounds, and what they have in common is genuine interest in continuing their learning experiences and intellectual



stimulation in an organization of like-minded people. Members participate fully in study groups, either by leading them or attending them. There are no tests and no grades; members participate purely for the joy of learning. The goal is a high-quality learning experience accessible to all.

Register for the [February Shorts](#) before the January 17 lottery; and register for the [Spring Semester](#) before the February 14 lottery. You can find us online at [olli-dc.org](http://olli-dc.org) (look under CLASSES and then SEMESTERS and SHORTS).

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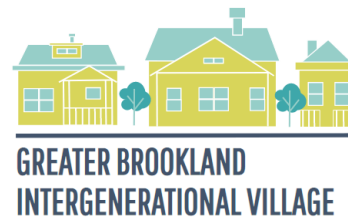
## IN THE COMMUNITY

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### **Taking Care of Me in 2023**

**Tuesday, January 10th, from 7-8:30pm on Zoom**

[Register here to receive the Zoom link](#)



Participants in this workshop will explore, discuss and engage in experiential exercises involving the following:

- Being mindful and self-aware (my S.P.I.E.S. model: Spiritual, Physical, Intellectual, Emotional and Social applies here)
- Being self-compassionate (the notion and practice of self-acceptance; treating oneself well; and expecting positive treatment from others)
- Being committed to healthy self-care (utilizing the 5 S.P.I.E.S. dimensions) Being intentional (Creating plans for self-care and Implementing accountability strategies)

This workshop will be led by Dr. Diane Kern, a licensed psychologist in Washington, DC, Maryland and Virginia with a wealth of experience and a well-established psychotherapy practice. Her Happy and Healthy U™: “Learn to Love Life and Live Well” services reflect her passion for empowering others to reduce stress and increase wellbeing and life satisfaction. She is known for her particularly warm and engaging interpersonal style.

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### **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.

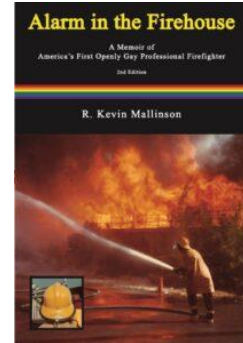
[Register and find other upcoming speakers here](#)

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## Lunch Learn Act

**Thursday, January 19th from 12:00pm to 1:00pm  
on Zoom**

Featuring former long-time DC resident Kevin Mallinson, who's had many experiences as an LGBTQ+ activist; as a nurse; as Fulbright Scholar in Africa and as a professor and public speaker. Mallinson was the first openly gay firefighter in America when he joined the Key West FL department in 1981. The foundation for this Lunch Learn Act will be his memoir *Alarm in the Firehouse*. [Learn more about Alarm In The Firehouse here](#)



To get your free copy of the book (while supplies last) and register for the zoom meeting email Rick Reinhard at [rickreinhard1910@gmail.com](mailto:rickreinhard1910@gmail.com).

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**"Social Security: Should I Worry?" with  
Mark Nadel, Ph.D.  
Thursday, January 19th, at 5:30 pm**

[Join the talk by clicking here](#)



In his presentation, Mark Nadel will talk about the importance of Social Security, the financial and other challenges facing the system, and the various proposals being offered to meet those challenges. Join Georgetown Village to find out how you might be affected by these changes.

Mark Nadel was a political science professor at Cornell University and participated in the policy process at the Government Accountability Office and as an Associate Commissioner at the Social Security Administration. After retiring from the government, he taught at Georgetown University's School of Public Policy. Mark has been on the Board of Directors at Chevy Chase at Home and is vice chair of the Board at the Osher Lifelong Learning Institute (OLLI) at American University. He is a graduate of the University of California at Berkeley and received his Ph.D. in political science at Johns Hopkins University.

This Georgetown Village program is free and open to the community! To sign up please contact the GV Office at 202-999-8988 or Email: [info@georgetown-village.org](mailto:info@georgetown-village.org)

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**REGISTRATION IS NOW OPEN for the WAVE  
Quarterly Meeting  
Monday, January 23rd, from 9:30 a.m. to 12 noon  
via ZOOM.**

Happy New Year! WAVE's New Year's resolution is to help grow and strengthen villages in our region through new programs and collaborations. They'll kick off the year by looking at initiatives that are good examples of what villages can do together. This "State of the Villages" report will include:

- Montgomery County's exploration of a hub-and-spoke village format
- The new tech coaching partnership led by Silver Spring Village and DOROT
- The DC villages' project to standardize data collection led by Capitol Hill Village that lays the groundwork for measuring the impact of villages' collective work nationwide.
- The use and results of the StrongerMemory program by various villages
- Regular meetings amongst some DC village board chairs to share problems and ideas

Conversations about these and other collaborations can be continued during the breakout sessions afterward.

[Register by clicking here.](#) Please note that WAVE event registration is now occurring through WAVE's new website. Log in is not required to register. Zoom information will be provided to those who register.

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**Hepatitis C Health Disparities:  
The Path Forward Through  
Health Equity - Discussing the  
Facts**



**Wednesday, Jan. 25 from 7 to 8 p.m. - free webinar via Zoom**

Join Sibley for a discussion about risk factors, treatments, and health disparities related to hepatitis C virus (HCV). HCV infection causes liver cirrhosis and liver cancer. While new treatments have made HCV infection curable, many individuals do not know they have the disease or have not had access to treatments. In order to reach HCV elimination metrics, we must ensure access to testing and treatment. Dr. Risha Irvin will also discuss overall liver health.



Dr. Risha Irvin is an associate professor at Johns Hopkins School of Medicine in the Division of Infectious Diseases where she focuses her clinical care, research, and community engagement projects on improving the health of vulnerable populations impacted by HIV and/or hepatitis C virus (HCV). Dr. Irvin obtained her bachelor's degree in biology from Spelman College and her medical degree and master's in public health from Harvard Medical School/Harvard School of Public Health.

[Register here](#) or email [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu) or call 202-364-7602 before Monday, January 23.

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## 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](http://dmvvillageevents.org) to reach the Shared Calendar, you may continue using it. The Shared Calendar also is available at [wavevillages.org/sharedevents](http://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.

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## How to Register for Village Programs

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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](http://fbwe.helpfulvillage.com)**

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