



## Director's Notes: Monday, April 4th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

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### Need a Boost?

Statistics in the District of Columbia indicate that 84% of those ages 65-74 have been fully vaccinated and 72% of people 75+ are fully vaccinated. The numbers drop considerably, however, when looking at how many older adults have received a booster shot in the District. Only 55% of adults ages 65-74 have received their booster with a slightly higher percentage of those over 74 having had a booster shot.



Last week, the Food & Drug Administration authorized a second coronavirus booster shot for people 50 and older when it has been at least four months since the first booster. Unfortunately, almost half of us have not yet received even their first booster.

FBWE Village will help any member get an appointment for their booster shot and is happy to provide transportation to such appointments. Booster shots are available at many area facilities. You can also get a booster shot in the comfort of your own home by calling the district vaccination hotline, 1-855-363-0333. Some sites require a note from a doctor, others will give them based on age alone. If you would like any assistance with either your first or second booster shot, please reach out to us at [info@fbwevillage.org](mailto:info@fbwevillage.org).

-Denise

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### HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to

two special people!

- Deb Weaver - April 4th
- Ray Blozis - April 9th



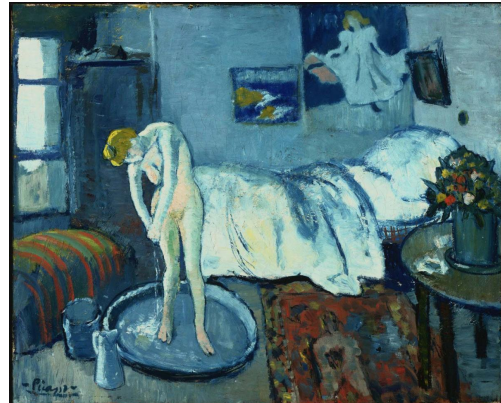
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## PROGRAMS

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### **Phillips Collection Tour of “Picasso: Painting the Blue Period”**

**Thursday, April 7th, at 1:00 p.m.  
On Site Tour: Meet in the lobby on the  
main floor of the Goh Annex, 1600 21st  
Street, NW**



The Foggy Bottom West End Village is very pleased to announce another private, guided tour for our Village members of a special exhibit, “Picasso: Painting the Blue Period,” at The Phillips Collection.

The Phillips notes that the exhibit Picasso: Painting the Blue Period “... is a groundbreaking exhibition that provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th century icon, just as he was beginning to define himself on the international stage.

#### **Cost:**

- If you are a member of The Phillips you will receive free admission. (Please have your proof of membership available at entry to the museum.)
- If you are not a member of the Phillips the cost to you will be \$5.00. When you register you will find instructions on how to make your own payment.

#### **COVID 19 protocols:**

- **Facemask:** Phillips Collection encourages all visitors to wear N95, KN95, or KF94 masks during their visit.
- **Proof of vaccination:** The Phillips Collection requires that museum visitors show proof of vaccination or a same-day negative COVID-19 test from a health care provider upon entry, along with a government-issued photo ID. However, please note that the Village requires that all members attending on-site programs be fully vaccinated (including a booster shot) and proof of vaccination must be on record at the Village office. If it is not on file already you will be contacted before the tour.

Registration Required: Please click below to register. The tour will have a limited number of participants so register early. You must be logged onto your member account on the website to register. When you register you will have to select either Phillips member or non-Phillips member.

[Click here to register](#)

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**Dr. Janson is back! - New topic:  
Nutrition and Exercises that help  
maintain muscle mass in arms and legs.  
Tuesday, April 12th, from 2:30-3:30 PM (via  
zoom)**

The Bad news: we all lose muscle mass as we age. The rate of loss is increased with inactivity. The Good news: exercise slows down age related muscle mass loss and reverses strength loss due to inactivity.

Dr. Janson will cover nutrition and demonstrate specific exercises that prevent age-related muscle mass loss in arms and legs. The session will use therabands and/or light weights. The village has therabands available if you would like to collect one before the class.

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.

[Registration required. To register, click here](#)

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## TOWN HALL MEETING

**Wednesday, April 13th, at 2:00pm  
At St. Pauls (2430 K St) in the dining room on  
the 3rd floor**

FBWE Village is hosting a Town Hall meeting which will feature our Councilmember, Brooke Pinto. The Councilmember will speak to our members briefly and then be open for questions, comments, and concerns. Pinto has been our ward's representative for almost two years and she has been open to meeting with us and the other Ward 2 villages. She has attended two of our Coffee Chats and has done similar meetings with both Dupont Circle Village and Georgetown Village. This is the first time she has been



invited to speak to our whole village.

The second half of the meeting will be a discussion for our village as we move out of the grips of the pandemic. The March planning retreat of the board and senior staff was very useful in terms of solidifying our priorities for the next several years. We want to share some ideas and get feedback from you.

I hope to see everyone at the Town Hall on April 13th!

-Denise



## **1000 YEARS OF INDIAN TEXTILES: Textile Museum Curator Tour just for FBWEV.**

**Thursday, April 14th, at 10 am**

**Meet at the George Washington University Museum and the Textile Museum. 701 21st St NW (21st & G)**

India is known for its vibrant textiles and its long and rich textile tradition. This show brings together 150 of the best works from the collections of the Textile Museum and of Karun Thakar, one of the world's great textile collectors. The pieces come from all over India and were created from the 9th to the early 20th century. They include costumes and decorative textiles and range from court weavings to folk embroideries. Their designs also provide a window into the wide range of religious beliefs across South Asia.

Our tour will be led by a Village favorite, Curator Lee Talbot. He has guided a number of our visits to the Textile Museum including the opening show and most recently textiles and costumes of minorities in Southwest China.

**Accessibility:** The venue and exhibits are accessible.

Just for FBWEV members and friends. We have extra space available so please let us know if you have a neighbor or a friend who would like to attend the tour with you. Limited to 20 participants. Registration required. [Please click here to register.](#)

COVID policies of FBWEV and of the Museum at the time will apply. We



will inform attendees closer to the date.



## **Alma Thomas Through the Lens of her Art**

**Monday, April 18th, from 2-  
3pm**

Alma Thomas is considered to be one of the greatest painters of the 20th century. Having spent her life

as an art teacher, she became a full-time artist in her sixties. Her paintings focused less on realism and instead favored accidental beauty and color abstraction.

With the world and space as her inspiration, the colors and shapes in her painting symbolize life itself. Her signature abstractions are world renowned, recognized for their simplicity in style and power in symbolism. Join us on April 18th via Zoom from 2-3pm for a discussion on the life of Alma Thomas and her symbolic, abstract paintings.

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

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

## **FOGGY BOTTOM HISTORIC DISTRICT WALKING TOUR**

**TUESDAY, APRIL 19th, AT 2 PM**

**LOCATION: meet at corner of I St NW and  
New Hampshire Ave (yellow house)**



Join us for a fascinating trip down the memory lanes of our neighborhood with FBWE Villagers Frank Leone and Denise Vogt as our guides. As residents of the Historic District with longtime family ties to the neighborhood, they are delighted to share what they've learned as Co-Chairs of the Foggy Bottom Association History Project.

Declared an historic district in 1987, our neighborhood uniquely showcases a 19th century working class community, with 130-year old alley dwellings, and streets lined with 12'-wide distinctive brick row houses. Learn about the area's history, how it changed over time, what remains, and what was lost. Listen to stories of the lives of Irish and German immigrants and African American residents who made the area their home. See a reputed underground railroad stop, German brewery worker houses, one of DC's most notorious alleys, and a 100 year old livery stable. And, you'll learn why it's called Foggy Bottom.

**ACCESSIBILITY:** Brick sidewalks and alleys are accessible.

**REGISTRATION REQUIRED.** Tour is open to fully vaccinated and boosted FBWE Village members only. Tour can accommodate 15 people.

[Register for the tour here](#)

If you are not able to join the tour on the 20th, The History Project also has a self-guided walking tour available 24/7. The tour can be viewed from the comfort of your armchair. With its 19 stops, it's rich with backstories and images of the Historic District. <https://theclio.com/tour/2098>

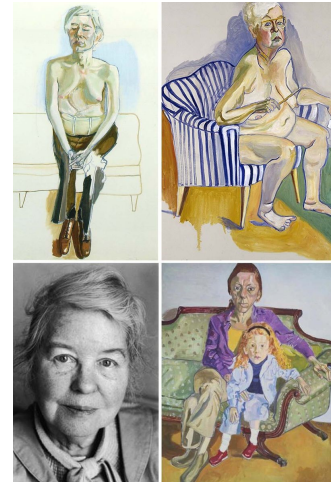
**RAINDATE:** *Wednesday, April 20th at 2 pm*

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## **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](mailto:lauramahon@gwmail.gwu.edu) or contact your DC Village office.

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## **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. In 2020 Dr Kogan partnered with Joan Liebmann-Smith to write the book, *Medical Marijuana* for the general public. The book went on sale in October 2021.

Dr. Kogan currently serves as medical director of the GW Center for Integrative Medicine and holds other positions at GWU. Dr Kogan is also the founder and the executive director of AIM Health Institute, a non-profit organization that provides integrative medical services to low-income and terminally ill patients regardless of their ability to pay.

[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](#)

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## **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](#)

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## **SAVE THE DATE**

The Village has set up a lunch at the Washington Arts Club on Thursday, June 2nd, at 12:30pm. It will be outdoors if weather permits, otherwise indoors. More information will follow closer to the lunch but we wanted to make sure you marked it in your calendars now!

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## **AFFINITY GROUPS**

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### **New Book Discussion Affinity Group Starting TODAY April 4th AT 2:00 PM**

The FBWE Village is pleased to announce that a planning meeting will take place to discuss the new Book Discussion Group commencing this spring. Affinity groups are groups of village members, sharing a common interest, self-directed by members, and under the auspices of the Program Committee.





All interested members are invited to attend the first meeting TODAY in the West End Library to talk about when the group will meet, how often, where, book selection and any other ideas as we move forward.

All village members who love reading are invited to participate. Barbara Reck will take participants through the initial process of formation, however there will be no formal leader for the group as there has been in previous village books clubs. It's informal - so come one, come all to our meeting on Monday, April 4th at 2:00 pm at the West End Library.

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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: [jfrumkin@fbwevillage.org](mailto: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](mailto: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](mailto: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](mailto:jfrumkin@fbwevillage.org)

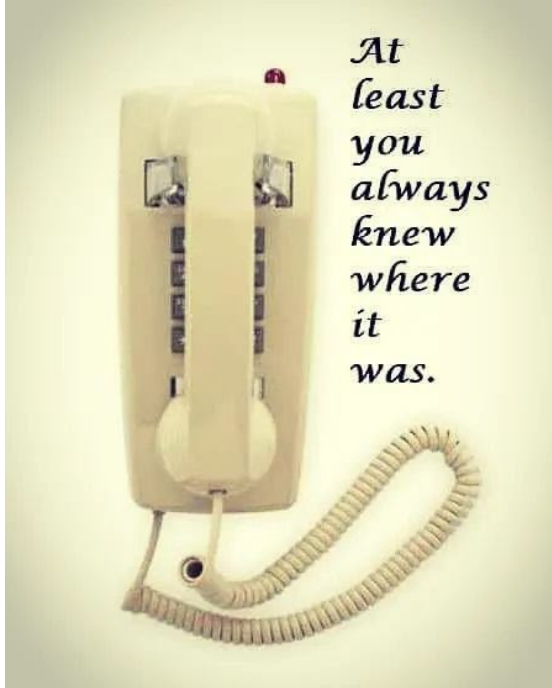
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## **A BIT OF HUMOR**

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"Siri, why am I so bad at relationships with women?"

"This is Alexa."



Do these look like they're laughing or have I gone crazy?



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## OVERFLOW HUMOR

A paraprosochian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected. [Find some hilarious examples here.](#)

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## OTHER PIECES

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## FBA HISTORY PROJECT

As you may be aware, the Foggy Bottom Association (FBA) has a history project underway, exploring the origins and early years of the Foggy Bottom area. Two of our members, Denise Vogt and Frank Leone, are spearheading this research project.

Currently, they are looking for anyone who lived in our neighborhood in

the 40's or 50's. If so, they'd like to talk with you about your memories. Or, perhaps you know someone who lived here then and could see if they might be interested. If you are interested, please let me know ([dsnyder@fbwevillage.org](mailto:dsnyder@fbwevillage.org)) or contact Denise or Frank directly.

And speaking of history - sign up for the Historic Walking Tour of Foggy Bottom on April 19th which will be led by Denise and Frank specifically for our village. Learn more about the fascinating background of our neighborhood.

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## Articles to Read and Videos to Watch

- [Health tips: How loud is too loud?](#) - From the Mayo Clinic
- Little Amelia, seven, who melted hearts singing Frozen hit in a Kyiv bunker makes it to Poland - [click here for the story and the video](#)

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## IN THE COMMUNITY

### How Can We Make The Roads Safer For All?

Tuesday, April 5th, at 3:00pm

The D.C. region can be dangerous for drivers, cyclists and pedestrians — and the past two years have seen an increase in traffic fatalities. What's going wrong? On Tuesday, April 5, at 3 p.m., Kojo Nnamdi will host a live call-in show to talk with officials, transit experts and community members about how we can safely share the road.



And he wants to hear from listeners! Join the conversation during the live program by calling in, emailing, or responding on Twitter and Facebook. [Find more information on the WAMU website here.](#)



### The Artists of Washington: A Virtual Tour at the Smithsonian American Art Museum

Thursday, April 7th, at 1:00 PM

Washington, D.C. may not spring to mind when you think about cities that have nurtured great artists, but in fact, visual artists have been making exciting art in Washington since the birth of our nation's capital. Washington is even renowned for its own branch of abstract

impressionism, dubbed The Washington Color School. The Smithsonian American Art Museum (SAAM) has many fine examples of works by D.C. artists, including Alma Thomas, Morris Louis, Sam Gilliam, Gene Davis, Lois Mailou Jones, and Charles Bird King, to name just a few. SAAM Docent Amy Sabrin will lead us on a virtual tour of works by artists who lived or worked in the District of Columbia from 1820 to the present.

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

Other talks in the next two weeks:

***The Method: How the 20th Century Learned to Act***  
***Thursday, April 14th, at 2:00 PM***  
***Speaker: Isaac Butler***

More than a century ago, Konstantin Stanislavski created the Method system of acting which forever transformed American theatre and film. Critic and theatre director Isaac Butler traces how a cohort of American mavericks--including Stella Adler, Lee Strasberg, and the storied Group Theatre--refashioned Stanislavski's ideas to shape generations of actors from Marlon Brando, Marilyn Monroe, and Elia Kazan, to James Baldwin, Ellen Burstyn, and Dustin Hoffman, enabling Hollywood to become the global dream-factory it is today. Long after its midcentury heyday, the Method lives on as one of the most influential--and misunderstood--ideas in American culture.

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## **Hearing Loss, the Pandemic and Mental Health**

**Saturday, April 23rd, at 2 p.m.**



A few months ago, the HLAA District of Columbia Chapter sponsored a program looking at a major public health concern – the association between hearing loss and cognitive decline. This one will be related but will consider more specifically the impact of the pandemic, especially the effects of distancing and of facial masks on communication and in turn how these affect the mental health of people living with hearing loss.

Presenter for this meeting, Kristel J. Scoresby, MSW, LCSW, is currently working with University of Tennessee colleagues on a study of this topic. She has 17 years of direct experience as a licensed clinical social worker in a variety of settings – focusing on general mental health, grief and loss, trauma and residential treatment.

Please note they are asking for RSVPs by Tuesday April 19. To do so, [please click here.](#)

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Event Directory For Ages 60 and Up.

## UPCOMING ZOOM AROUND TOWN DC PROGRAMS

### ***Maintaining Your Memories As you Clear Out Your Clutter with Dale Brown***

***Wednesday, April 6th, from 3:00 pm - 4:00 pm***

Many of us live with unfinished projects, piles of papers, and disorganized drawers. It's spring which can motivate us to get started. But how do we get the job done? And how do we let go of items with good memories attached? Dale will tell you her success story and share the tips she learned from experts. Learn to let go of your things and keep the memories and comfort that they provided. [Register for the talk here.](#)

### ***Tips for Improving your Money Management Skills with Christine Dolan*** ***Tuesday, April 12th, from 3:00 pm - 4:00 pm***

Christine Dolan, a daily money manager who will meet with us to discuss some tips you can use to better manage your funds. Christine is a Daily Money Manager with a passion for assisting clients who feel stressed and overwhelmed navigating their financial matters, or who are simply too busy to handle it all. Clients include seniors struggling to keep up with their financial paperwork; adult children of those seniors trying to help their parents cope while remaining independent; high net worth individuals; busy professionals juggling careers and families; and organizations without the time, staff and expertise to manage these monthly challenges themselves. [Register here](#)

### ***The Science and History of the Shroud of Turin*** ***Wednesday, April 13th, from 3:00 pm - 4:00 pm***

The Shroud of Turin is perhaps the most studied and argued over ancient artifact that is, or has ever been, in existence. In 1978, a team of elite scientists from the Jet Propulsion Lab, Los Alamos, and other institutions made the first true examination of the Shroud, which yielded extraordinary results. Since then, other testing has given us more clues to its origin. Is the Shroud a fabricated medieval fraud, or the actual burial cloth of Jesus? D.C. resident Dr. Sal Selvaggio has had an interest in the Shroud for many years, and will present a compilation of information, including known facts and speculations on its authenticity. [Register here](#)

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## WEBSITE FOR PUBLIC WAVE 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



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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 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.

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**2430 K Street NW**  
**(202) 333-1327**

[www.fbwevillage.org](http://www.fbwevillage.org)