



Director's Notes: Monday, January 16th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Office Hours

The FBWEV office, starting on Tuesday, January 17th will be open Monday - Friday from 11:00 am - 1:00 pm. Either Denise or Jonas will be in the office during those hours and available to meet with members. If you'd like to stop by for a cup of coffee, to pick up some masks or test kits, or to just say hello - at least one of us will be on hand.

Of course, as always, we are in the office much more than that and can almost always schedule ourselves to meet in the office or at your home either the same day or within a business day of your request. Just call ahead or email one of us and we'll make it happen.

-Denise

Office Closed for MLK Day

The Village office will be closed today, Monday, January 16th in observance of Martin Luther King Jr Day.

Reminder of New Activities for 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 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.

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.

Accessing our Website

A reminder that our website is always accessible by clicking the link at the beginning of every director's notes. Our website ends in .com instead of .org to reflect our partnership with helpful village to run our site.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to five amazing people!

- Arnetta Talley - January 17th
- Ana Clark - January 18th
- Evelyn Hudson - January 19th
- Gregg Weaver - January 19th
- Nancy Porter - January 22nd



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
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



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

This tour is now full, click below to join the waitlist. If you've registered previously and can no longer make the tour please let the office know so we can give your spot to someone on the waitlist.

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.

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 join the waitlist](#)

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](#)

JANUARY GUYS ONLY AT LUNCH (GOAL)

**Thursday, January 26th, at 12:30 PM
At Ris, 2275 L St NW**



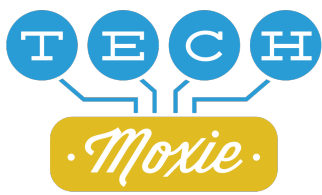
We're back at Ris for January's GOAL – our first of the new year. Menu is here: www.risdc.com. Hope to see a lot of regulars and newcomers alike for another great lunch and discussion with fine company.

Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name FBWEV.

Accessibility: The venue is fully accessible. Open to all fully vaccinated and boosted male members.

Registration is required, as they will want a headcount. Please register through the website this month since Trev is away. [Register for the lunch here](#). Please register by Tuesday, January 24th, if you plan to attend, so we can get a final count for the table reservation.

Rescheduled TUESDAYS WITH



TECHMOXIE OR TRAVELLING WITH TECHNOLOGY

Tuesday, February 7th, from 2:00 PM to
3:30 PM

At the West End Library

This is rescheduled from its original November 29th date.

Today's travelers can use their mobile devices in amazing ways, including managing their flights, monitoring where their luggage is during transit, and using QR codes to download various types of information. This technology can provide convenience, safety, and efficiency. However, for older adults, the technology can be intimidating and fear of using it can even stop us from travelling. The Village has asked Erin Byrne of TechMoxie to create a series of three tech sessions tailored for seniors. In each of the three sessions, Erin will focus on common applications that you can use to help you travel with ease and confidence. Attend one or all three of the sessions. TechMoxie has provided numerous presentations to the Village, and they are always informative and fun.

Session 3 -- Destination Tech Tips -- Applications upon Arrival

- QR codes for quick connections
- Calling plans (international, running out of data, & unlimited data plans)
- Map apps to keep you on your path
- Navigation Apps like Google Maps & Waze

[Register for the tech training here](#)

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 tineve@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



OTHER PIECES

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 aroundtowndc.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.

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

FREE culinary classes hosted by the GW Culinary Medicine Program.



Free hands-on courses, created to teach nutrition concepts, and the cooking skills to implement them!

The courses are open to the public, and geared towards all community members. Participants will learn to cook healthy, delicious recipes and learn basic nutrition concepts such as building a healthy meal, eating on a budget, meal planning, and how to use leftovers, all via Zoom from their own kitchen! They teach concepts based on Mediterranean Diet principles. Class members prepare different recipes each week and learn how to make terrific, delicious food that just happens to be good for you! The course runs for 2.5 course, once a week, for 6-7 weeks.

The classes are located at 1810 K Street NW, Washington, DC. The program now offers in-person courses along with their virtual, and hybrid courses. Virtual courses are taught via Zoom. Hybrid courses will be partially in person, and partially virtual. Fully in-person courses are held only at the Seva Teaching Kitchen.

The following classes are now open for registration:

1. Wednesday evenings from 5:30-8:00 pm beginning January 18, fully virtual via Zoom.
2. Thursday evenings from 5:30-8:00 pm beginning February 9, in person at the Seva Teaching Kitchen, 1810 K St NW Washington, DC
3. Saturday mornings from 10 am - 12:30 pm beginning March 18, fully virtual via Zoom

[Find more info and register here](#)

WAVE Needs Your Input!

"The Washington Area Villages Exchange would like to hear what YOU would like to learn more about in 2023. We will have three more Quarterly Meetings—in April, July, and October, hopefully in-person—where we can have plenary sessions on one or more topics and follow up breakout sessions to dive into the topics in more depth. We want to again offer our facilitated zoom Mutual Support sessions. Both these types of programs are often of greatest value to people engaged in village development and leadership at any level. We also have a Special Speaker Series that features experts on a topic related to broader issues of aging at home and in community, such as health, finance, policy, etc."



Please take just a few minutes to complete their short survey on potential program topics, [which can be found here](#). They'd appreciate hearing from you by January 26th so that planning can get underway.

IN THE COMMUNITY

FREE Tai Chi Classes EVERY SATURDAY From February to April 8th from 10:15am to 11:15am At the West End Library



Join the West End Library Friends for free Tai Chi Classes at the West End Library with topnotch instructor Nick Gracenin!

The classes do not have pre-registration and are open to all patrons of the library. However a contribution to the West End Library Friends to help cover the cost would be appreciated.

26th & I Streets Park Community Meeting 1: Public Site Visit

Project Design Kickoff

Please join the DC Department of Parks and Recreation (DPR), DC Department of General Services (DGS) for our initial project kickoff meeting to: meet the design/build team, learn the scope of work for the project, review the project timeline and provide feedback.

Your attendance and input are greatly appreciated!

For more information, please visit:

26thandi.splashthat.com



Wednesday

January 18, 2023

11:00 am – 12:00 pm

26th & I Street Plaza (In-person)

Contact: Tommie Jones at: tommie.jones@dc.gov



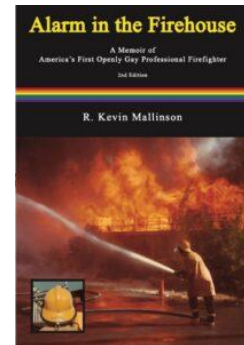
We strongly encourage you to come out for this meeting which will help set priorities for the upcoming work on the park at 26th & Eye Sts. It will be important for all of us to ensure the needs and desires of older adults are taken into consideration as the plans progress. [Click here for a brief video](#) (found by Lorna Grenadier) showing older adults using playground equipment that can be intergenerational, but focuses on functional movements to help older adults maintain a vital lifestyle.

-Denise

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.

**"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:



Navigating Legal Decisions For LGBT Individuals

Friday, January 20th at 1:00pm on Zoom



Join Capitol Hill Village for a one hour legal planning seminar by special guest Rebecca Geller, Esq. Rebecca will present on topics such as wills, estates, medical directives, and other legal matters related to ensuring you and your loved ones are well protected. Attendees will also have the opportunity for Q and A. [Learn more about GLG by clicking here](#)

Rebecca is an award-winning attorney, a philanthropist, a trailblazer, and a passionate advocate for equality and human rights. Rebecca is also a devoted wife, mom to three young kids + a dog, and community leader. Rebecca lives by the idea that “To whom much is given, much is expected.” She believes it is vitally important that the law—and all the protections and opportunities it provides—is accessible to all, including those who cannot afford legal help.

[Find more info and register here](#)



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.

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 or call 202-364-7602 before Monday, January 23.



What are "Main Streets"? What Do They Mean for You?

Thursday, January 26th, at 11:00 AM

Speaker: Anna Claire Walker, Manager, Chevy Chase Main Street; Gloria Garcia, Executive Director, Van Ness Main Street; and Kyle Todd, Interim

You may have heard about “Main Streets” in DC, including three that encompass the area of Northwest Neighbors Village: Chevy Chase Main Street, Van Ness Main Street, and Tenleytown Main Street. Just what are “Main Streets”?

DC Main Streets is a comprehensive program funded by the Department of Small and Local Business Development that promotes the revitalization of commercial districts in DC. There are currently 28 designated programs within DC Main Streets. Join us to hear what Main Streets do and what plans some of them have.

[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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