



Director's Notes: Monday, January 23rd, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Google Group Update

We've had some trouble recently regarding responses on our Google Group. The problem has been that many of us get confused when responding to something, thinking we are addressing only the person whose name appears as the most recent sender, while in fact, that personal email goes out to the entire membership.



Therefore, we've made some changes to how comments will be posted on our Google Group. All comments will be viewed first by either Jonas or I. We will be screening to make sure that the comment is intended for the full group and not intended for one person. If it appears to be personal in nature, we'll let the sender know of the situation so they can resend it to the individual to whom they are speaking.

This may result in a small delay in comments being posted, but it should never take long - especially during the work week.

-Denise

If you'd prefer to receive less emails from the group in general you can change your group membership settings from "each email" to "digest." That way you only receive a once daily digest containing things that happened in the group that day.

[You can find your group membership settings by clicking here](#) You can also navigate to the group itself by [clicking here](#), and then clicking on membership settings in the bottom left corner of the screen.

Note that the google group is only open to village members.

-Jonas

Village Art show

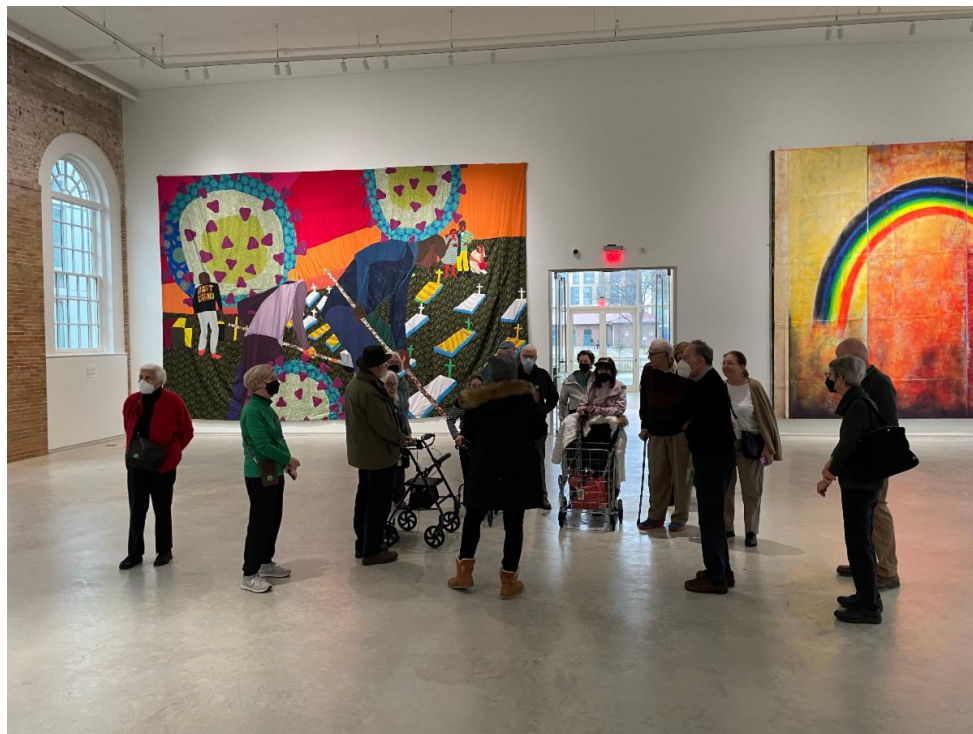
We will be hosting an art show, Art in the Atrium, on April 17. We will showcase all the member artists we have in our village and the public will be invited. The show will display art works in various mediums and will give each artist an opportunity to briefly present their piece. And, of course, the show will include wine and light refreshments.

Currently, we want to invite any member who is interested in learning more about the show and who might have some art they have made that they would like to include. The display will include everything from photos to jewelry to paintings and collages, etc.

Obviously, we're not looking for professional artists - although we do have a few of those in the village - but rather members who like to express their creativity through physical art.

If you'd like to learn more about it, please respond to Harriet Madan (harriet.madan@gmail.com) who is the lead for this interesting event.

-Denise





Rubell Museum Tour

Last Thursday a number of villagers went on a private tour of the new Rubell Museum in SW DC. The tour was a great success! We want to thank Jackie Lemire for organizing the tour and the Rubell Museum for hosting us.

HAPPY BIRTHDAY!

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

- Jill Eicher - January 23rd
- Jean Efron - January 28th



PROGRAMS

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.risdccom. 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.

Village Yoga Group Returns!
Wednesday, February 1st, at 11:00 am
In the the atrium of St. Paul's Church,
2430 K St NW



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, Daniel, is no longer teaching, but he 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.](#)

DELORES SIMMONS: Yoga + Grief Support:

During her 15 years in the wellness industry, Delores has had extensive experience working with beginners and persons with limited mobility as well as more experienced yogi.

Following an injury that curtailed her physical activities for a period, Delores learned and began to understand the importance of Sukha (comfort or ease), something she focused on during a 200-hr yoga training program. Focusing on breathwork and meditation, as well as strength and flexibility, she found built her mental and physical resilience.

Having been deeply impacted by the suicide of her godson, a 22-year old Army private, Delores has prioritized working with Warriors at Ease yoga

and is a GriefShare facilitator and a Mindful Grieving Yoga facilitator. Through all this she has developed a commitment to ensuring yoga class work for people, regardless of age, size, ability, or experience level.

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

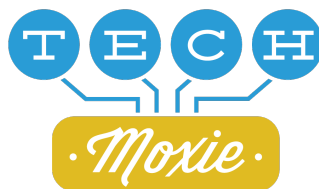
Prior to starting, participants need to:

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



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 tneve@rcn.com

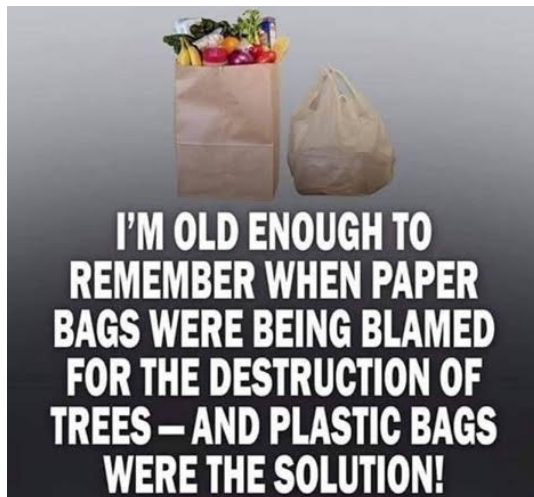
FRIDAYS

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



**I'M SO OLD
I REMEMBER
MULTIPLICATION
WAS CALLED
"TIMES TABLES"**



OTHER PIECES

Updated West End Library Hours

DCPL has announced increased hours for neighborhood libraries including our West End Library. The new West End Library hours are below:

- Monday - Wednesday | 10 a.m. - 9 p.m.
- Thursday | 1 p.m. - 9 p.m.
- Friday - Saturday - 10 a.m. - 6 p.m.
- Sunday | 1 p.m. - 5 p.m.

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](#)



Submit Your Ideas for DC's Comeback

Earlier this month, Mayor Bowser and the Office of the Deputy Mayor for Planning and Economic Development unveiled DC's Comeback Plan. The Comeback Plan is a tool for setting DC's economic development goals for the next five years, and it centers around making Washington, DC a place for successful businesses, opportunity-rich neighborhoods, and thriving people.

The Comeback Plan sets six goals to achieve by 2028:

- Create 35,000 new jobs in high-growth target sectors, which will include increasing apprenticeship programs and filling gaps in training and credentialing;
- Increase the share of minority-owned employer businesses to 33% of all employer businesses;
- Increase access to opportunity for residents and eliminate key amenity gaps (food, housing, and internet) across all neighborhoods;
- Add 15,000 residents to the Downtown population by adding seven million square feet of residential units;
- Retain current residents and reach a population of 725,000;
- Increase economic prosperity in DC by lifting the median household income of Black residents by \$25,000.

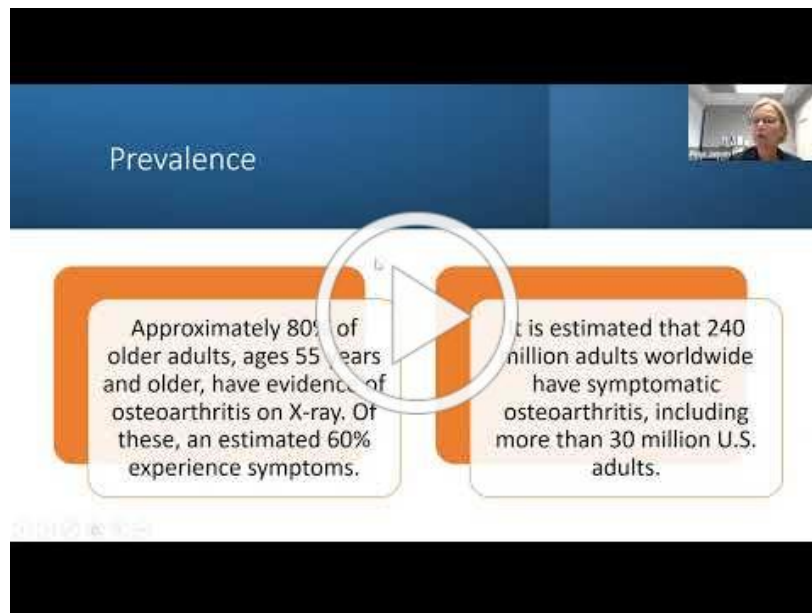
Residents are invited to learn more about DC's Comeback Plan and submit ideas at comeback.dc.gov.

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.



Village YouTube Channel Update

The FBWE Village YouTube Channel is still going strong. Just last week we uploaded the most recent of Dr. Janson's popular fall prevention classes. You can see that video by clicking the video link above. Her classes have received 800+ views as people use the classes over and over again. You can find the [playlist of falls prevention classes here](#). Our YouTube channel [can be found here](#).

IN THE COMMUNITY



**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.



Touring Emmett Till Exhibit comes to DC

DC Public Library is honored to host the Emmett Till & Mamie Till-Mobley: Let the World See exhibit, opening Jan. 26 until Mar. 12 in the Great Hall of the Martin Luther King Jr. Memorial Library. Emmett Till & Mamie Till-Mobley is a touring exhibition recommended for visitors ages 10 and up that shares the story of how a mother's bravery and fight for justice more than six decades ago fueled the civil rights movement in America and provides a framework for people and communities committed to racial healing. Accompanying this work is a local exhibit, Mothers of the Movement, which uplifts the role Black women activists in our region have had, standing at the front lines to combat police lynching and police brutality for more than a century.

DC Public Library invites you to join for a special opening event on Thursday, Jan. 26 at 6 p.m. featuring a moving keynote from Reverend Wheeler Parker Jr., best friend and cousin of Emmett Till, followed by a panel and an opportunity to tour the new exhibit. Panelists include: Ayesha Rascoe (host of NPR programs Weekend Edition Sunday and Up First), Denise Rolark Barnes (Publisher and owner of The Washington Informer), David J. Johns (executive director of the National Black Justice Coalition), and Vann R. Newkirk II (senior editor at The Atlantic). [Please register for that event here.](#)

This exhibit was created in collaboration with the Emmett Till and Mamie Till-Mobley Institute, the Emmett Till Interpretive Center, the Till family, and The Children's Museum of Indianapolis. The DC Public Library Exhibits Team extends a special thanks to the Mothers of the Movement Advisory Committee, and participating mothers for their support of this exhibit.



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 Director, Tenleytown Main Street

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](#)

Tai Chi & Qigong

AN INTRODUCTION

SATURDAYS @ 10:15-11:15 AM
FEBRUARY 4 - APRIL 8, 2023
WEST END LIBRARY LARGE MEETING ROOM

Taught by **Nick Gracenin**, founder of **DC Tai Chi**,
and an internationally recognized master instructor
with 46 years of experience.

This series of 10 classes will provide participants with
a fundamental knowledge of Tai Chi and Qigong, traditional
Chinese health and martial disciplines.

Each class will introduce a few movements and guide students
to practice them. **FREE!**

*This program is generously sponsored by the **West End Library Friends**
of Washington, DC. To learn more and support the Friends visit:
<https://www.dclibraryfriends.org/west-end>*



West End Neighborhood Library | 2301 L St NW | Washington, DC, 20037
www.dclibrary.org/westend

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. Any such donations should be marked "In appreciation of the Tai Chi classes"

Click on the flyer above to enlarge it.

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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