



Director's Notes: Monday, April 11th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Town Hall – Q&A and Planning

Last month, the Village's board of directors held a retreat to begin the planning process for the next several years. The board used the results of our village-wide survey, completed by members last year, as well as input from several focus groups done earlier this year. Now, we would like more feedback on the plan's main goals.

Our Town Hall meeting this Wednesday at 2:00 pm provides all members the opportunity to hear about the broad goals of the plan and to provide input into the ways we might best achieve them.

The meeting will start with some Q&A time with Councilmember Brooke Pinto. Following that, we will discuss your suggestions and ideas to help Foggy Bottom West End Village move beyond the previous two year's limitations imposed by the pandemic and plan for our future growth and development.

Please join us for some face-to-face interactions with fellow village members, a chance to speak with our council representative, and to hear about and provide input into our three-year plan. And, of course, we'll have some tasty snacks as well.

The meeting will be this Wednesday, April 13th at 2:00 pm in the dining room (top floor) of St. Paul's Episcopal Church. Registration is not required. I look forward to seeing everyone there!

-Denise

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to

two special people!

- Bev Gyllenhaal - April 11th
- Lorna Grenadier - April 13th



PROGRAMS

**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](#)



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 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*



April Guys Only at Lunch (GOAL)

Thursday, April 21st at 12:30 pm

Location: Ris, on the corner of 23rd and L Streets, N.W.

Chrissy at Ris has made the reservations for "The Boys From The Village" and put us in the roundtable room again. Menu is here: <https://www.risdc.com>. Hope you're ready for another fine lunch with sparkling conversation amongst delightful lunch-

mates.

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

Accessibility: The venue is fully accessible.

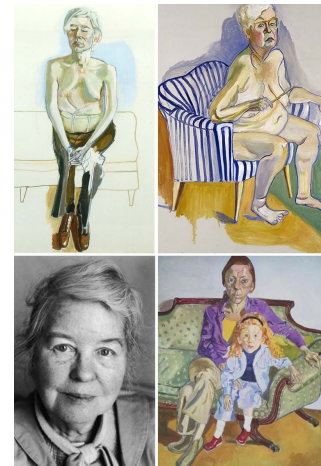
Open to all fully vaccinated and boosted male members. Please have vaccination status registered with the village prior to attending GOAL.

Registration is required. Please e-mail Trev Neve at tlneve@rcn.com by Tuesday, April 19th, if you plan to attend, so he can get a final headcount for the table reservation.

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](#)

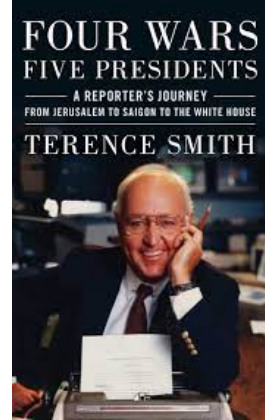
If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

Four Wars, Five Presidents with Terence Smith

Thursday, April 28 at 1 pm Via Zoom

Terence Smith is an award-winning journalist who has worked as a political reporter, foreign correspondent, editor and television analyst over the course of a four-decade career.

In his new riveting and fun memoir, he recounts his adventures as a globe-trotting correspondent for the New York Times and on-air with CBS and PBS, covering national and international issues including four wars, many presidents, and media issues. His work earned him numerous awards, including two Emmys, Pulitzer Prize nominations, and inclusion in the Society of Professional Journalists' Hall of Fame.



In addition to continuing to speak, write and broadcast on national politics and international affairs, Smith is committed to environmental issues involving the Chesapeake Bay and ocean policies.

Please join us for this amazing adventure story that takes us around the world and home again. [Register for the book talk here.](#)

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.

[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.)

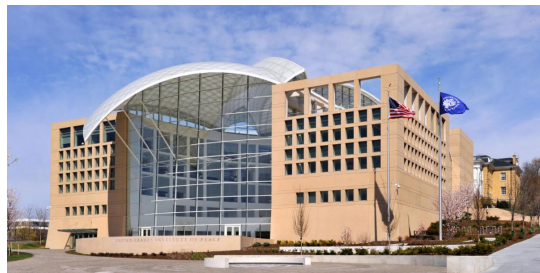
[Click here to read more about this extraordinary artist.](#)

REGISTRATION REQUIRED. [Click here to register](#)

**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](#)

AFFINITY GROUPS

BOOK DISCUSSION GROUP UPDATE!

The Book Discussion Group met for the first time on April 4th and is happy to share the following information with all Villagers who enjoy reading, and urge them to come to any or all three of the next planned meetings.

The Book Discussion Group will meet the first Wednesday of every month at the West End Library from 2:00 – 3:30 p.m.

The following books were selected:

May 4: Born A Crime (Trevor Noah)

Internet: Available in paperback and on Kindle

West End Library: 31 hard covers, Kindle, Audio and eBook

June 1: What Makes Olga Run (Bruce Grierson)

Internet: Available in paperback and on Kindle

West End Library: 3 hard covers, Kindle, Audio and eBook

July 6: A Man Called Ove (Fredrik Bachman)

Internet: Available in paperback and on Kindle

West End Library: 14 hard covers, Audio, and eBook

All interested Village members are invited to come with their covered drink of choice to the smaller conference room at 2:00 p.m. on May 4th ready to discuss Born a Crime by Trevor Noah. And don't forget to bring a suggested title of a book for the August 3rd meeting as it is the group that selects the books! Look forward to seeing you there.

All participants are required to be fully vaccinated and boosted and to have that status registered with the village before attending a discussion.

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

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

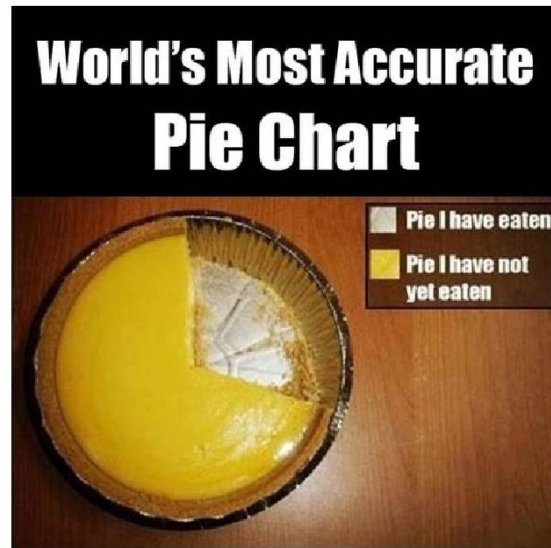
Contact: tlneve@rcn.com

TAKE FOUR AT TAZZA at 4:00 pm (weekly)

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

A BIT OF HUMOR



NO I CAN'T DO SNAPCHAT
OR TIKTOK BUT I CAN
WRITE IN CURSIVE, DO
MATH WITHOUT A
CALCULATOR AND TELL
TIME ON A CLOCK WITH
HANDS.

It's a good day.
The bulb finally
burned out on my
check engine light.



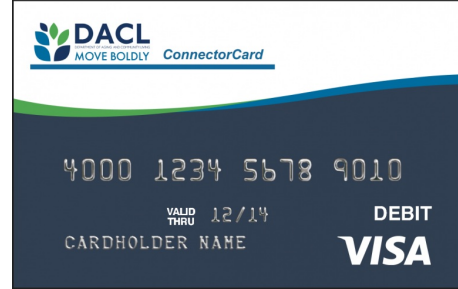
OVERFLOW HUMOR

Never Squat with your Spurs On (Will Rogers)

OTHER PIECES

DACL CONNECTOR CARD

The ConnectorCard program is an income-based cost-share program that is funded by the Department of Aging and Community Living (DACL) and managed by Yellow Cab Co. of DC Inc. The program operates through a Visa-logo debit card which you will be able to use for a variety of ground transportation services. This would allow you to obtain subsidized taxi trips. The card cannot be used for air travel and any other goods or services.



You may apply in person at YCDC office, by mail or electronically submitting a signed application through [YCDC's ConnectorCard secured page here](#). The completed paper application can be mailed, dropped off to YCDC's office or electronically signed and submitted along with the required identification for proof of age and DC residency. Please contact the office if you need any help applying

Eligibility/Contributions: Participants are eligible to receive up to \$100 per month. The amount you are asked to contribute is based on a sliding scale, and your contribution may range between \$0- \$35 per month based on your income.

Website Testers Needed: National Institutes of Health

The National Institutes of Health is looking to recruit regular internet users to review a website to see if it is easy to use and understand. If selected, you will participate in a 60-minute session from your own computer at home. During the session, you will be viewing and interacting with a real website and asked to provide feedback on your experience using the site.

Your participation is essential for the success of this project and, to thank you for participating, you will receive a \$75 stipend.

To determine if you are eligible to participate, [please complete this short form](#). Testing will occur in April. If you are not able to participate in any of these sessions and know someone who may be interested, please share the link or this email.

If you have any questions about the testing or how the information will be used, please contact jordan.broderick@nih.gov.

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

Move to the Music with Ruth Barnes

Wednesday, April 13th, at 1:00 pm

In-Person at the West End Library

In partnership with Age Friendly DC, Around Town DC, and Iona Senior Services, the West End Neighborhood Library is pleased to present Move to the Music with Ruth Barnes.



Move to Music is a gentle, full body movement class that offers greater mobility, balance and posture. Class incorporates smooth, rhythmic moves done to a mix of classical, jazz and contemporary music. Good for all fitness levels.

[Register for the class here](#)

About the Instructor:

A lifelong love of dance and movement therapy led Ruth Barnes to become a fitness instructor in 1999. Ruth is certified by the American Council on Exercise as a Group Fitness Instructor and is also a certified Zumba and Zumba Gold Instructor. Her philosophy is that exercise should be fun, safe and accessible to everyone. Her goal is to welcome all participants to an enjoyable experience of movement.



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.

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

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.](#)

ENCORE 15TH ANNIVERSARY SEASON

CELEBRATE 15 YEARS OF MUSIC &
CREATIVITY FOR OLDER ADULTS!

WEDNESDAY, MAY 4 AT 7:30PM

CHURCH OF THE EPIPHANY
1317 G STREET NW
WASHINGTON, DC 20005

FEATURING CAPITAL CHORALE, D.C.
ROCKS, AND ALEXANDRIA ROCKS

ENCORECREATIVITY.ORG

FBWEV members Lorna Grenadier, Deb Neve, Bari Bienia, and Nadia Taran sing in this group as well as members of other villages.



**Around
Town DC**

Event Directory For Ages 60 and Up.

UPCOMING ZOOM AROUND TOWN DC PROGRAMS

***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](#)

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

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 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.

Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

www.fbwevillage.org