



Director's Notes: Monday, January 30th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Another New Benefit for Members

Washington Checkbook (checkbook.org) is a nonprofit organization providing monthly reports on a huge range of local service providers. Need to find a vet, a housecleaning service, a reputable shop to do auto body work? How about a good carpet cleaner, appliance repair shop, or a medical specialist? Want to know which grocery stores have the best prices or which pharmacies have the best service? Checkbook compiles ratings from thousands of subscribers and does undercover price research, all on Washington area providers.



Their informative articles help you think through advantages and disadvantages of various options, how to best assess a particular kind of vendor, what “technical” terms you should know about. In short, they help make you the best informed consumer you can be for products and services offered in this area.

Washington Checkbook is now offering a free one-year membership for all their online information (including previous issues) to any village member in exchange for submitting just one rating of a local business you’ve used lately.

This offer will begin in February and in next week’s Director’s Notes, we’ll explain the logistics of how you can begin to take advantage of another great benefit of being a member of FBWE Village!

-Denise

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 (harrietmadan@gmail.com) who is the lead for this interesting event.

(This ran last week with an incorrect email for Harriet, here correct email is listed here)

-Denise

LOOKING FOR MEMBER PICS

We're trying to feature more pictures of members out and about in our weekly director's notes. If you have any pictures of village members, including yourself, that you'd like to include please email them to info@fbwevillage.org. We'd love to see more pics from the recent Rubell Museum tour, our weekly coffee chat, updates from our upcoming exercise classes, or any other member updates. In the meantime, here is one more pic from the Rubell tour taken by myself.

-Jonas



HAPPY BIRTHDAY!

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

- Ruthmarie Finley - January 30th
- Susan Haight - January 31st
- Harriet Madan - February 1st
- Trevor Neve - February 1st
- Edda Silvestrini - February 5th



PROGRAMS

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

Mask Policy: "Strongly recommended" but not required.

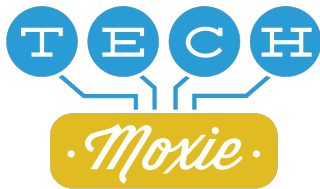
Prior to starting, participants need to:

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

3 SPOTS REMAIN FOR THIS CLASS!

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

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

- April 5th: 'White Knights in the Black Orchestra' by Tom Daniel
 - May 3rd: 'Of Boys and Men' by Richard Reeves
 - June 7th: 'Still Life' by Sarah Winman
 - July 5th: 'Visual Thinking' by Temple Grandin
-

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

Neologism: fun alternate meanings for common words

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have

- gained
3. Abdicate (v.), to give up all hope of having a flat stomach
 4. Esplanade (v.), to attempt an explanation while drunk
 5. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown
 6. Lymph (v.), to walk with a limp
 7. Gargoyle (n.), gross olive-flavored mouthwash
 8. Flatulence (n.), emergency vehicle that picks you up after you're run over by a steamroller
 9. Balderdash (n.), a rapidly receding hairline
 10. Rectitude (n.), the formal, dignified bearing adopted by proctologists
 11. Frisbeetarianism (n.), the belief that when you die, your soul flies up onto the roof and gets stuck there.
-

OTHER PIECES

How to Spot Customer Service Imposter Scams



New year, new scams. Plan to be more vigilant. Customer service scams come in many variations, but they all have a few things in common. Look for these red flags:

- The representative doesn't know anything about your account.
- They ask for personal information that is not needed to handle your problem, such as a credit card or Social Security number.
- They say you need to pay money to have your problem resolved.
- They want remote access to your computer or smartphone in order to solve your problem.

How can you protect yourself? [Learn more from Consumers' Checkbook.](#)

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.
-



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.

Osher Lifelong Learning Institute Spring Semester



Calling all lifelong learners! OLLI at American University is open for registration for their upcoming [Spring Semester](#). Those who are 50 years and older can sign up for a wide variety of classes on topics such as the arts, sciences, politics, literature, philosophy, and more. Each of their spring classes run once a week from the end of February to early May. They are offering

classes in-person and online, as well as several in hybrid format. Their Spring Semester is \$300 for up to three classes.

Since they call the Spring Valley Building on American University's campus home, a membership also comes with benefits such as access to the university's library. They also work with several schools such as the School of Public Affairs (SPA) and the School of International Service (SIS) to host classes and special events. What makes OLLI unique is that the basic concept is that of peer learning and teaching. Members come from varied backgrounds, and what they have in common is genuine interest in continuing their learning experiences and intellectual stimulation in an organization of like-minded people. Members participate fully in study groups, either by leading them or attending them. There are no tests and no grades; members participate purely for the joy of learning. The goal is a high-quality learning experience accessible to all.

Register for the [Spring Semester](#) before the February 14 lottery. You can find them online at olli-dc.org (look under CLASSES and then SEMESTERS).

Want to become a SHIP Volunteer? Connect with DACL

DC's State Health Insurance Assistance Program (SHIP), is seeking volunteer counselors to help DC residents navigate health insurance choices. With more than 10,000 thousand people reaching retirement age in the US every day, the need for SHIP volunteers is greater than ever.



APPLY TODAY!

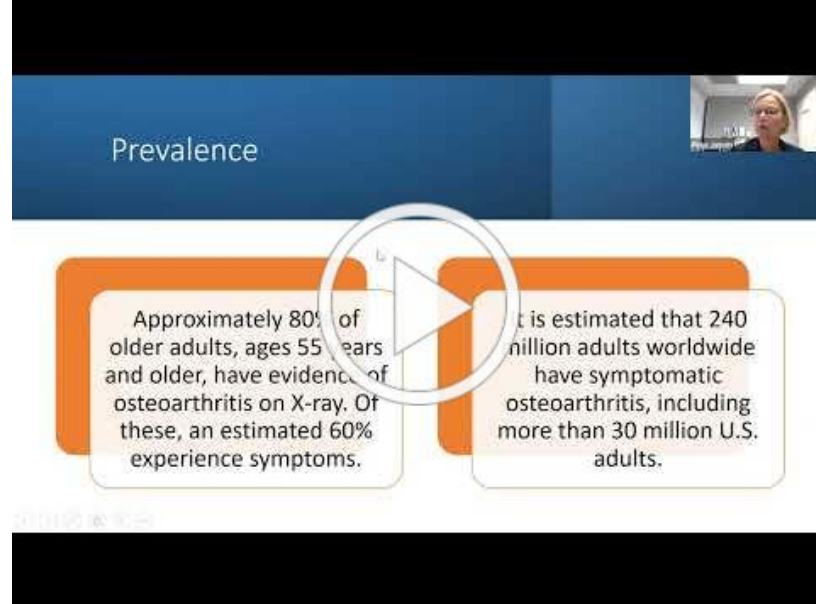
If you are interested in becoming a part of this volunteer program, please:

- [Review the SHIP Volunteer Counselor Duties and Responsibilities;](#)
- Complete the [volunteer application online](#); or
- Print the application and submit by email/mail to:

Email: volunteer.dacl@dc.gov

Mail: DC SHIP Attn: Volunteer Coordinator: 250 E Street SW, 6th Floor
Washington, DC 20024

Questions? Contact the SHIP Volunteer Coordinator, Melishe Ivey at (202) 741-5875, or volunteer.dacl@dc.gov.



Village YouTube Channel Update

The FBWE Village YouTube Channel is still going strong. Recently, 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



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.

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.



The 2023 Political Landscape: What is Possible?

Thursday, February 2nd, at 2:00 PM

As the 118th Congress begins, it is apparent that the deeply divided Republican majority will have difficulties governing. The Senate will continue to function with a narrow Democratic majority. What can get done in this environment? Meanwhile, political observers are eyeing who the likely candidates are for the 2024 Presidential race that is just around the corner. Will Biden run again? If not, what does the Democratic primary field look like? Who will challenge Trump for the 2024 Republican nomination? Join us as Eleanor Clift shares her perspective on the forces shaping these issues.

For nearly five decades, Eleanor Clift has been writing about politics and policy in Washington and the partisan clashes that make governing almost impossible. She is currently a columnist for the Daily Beast, an online publication, while also teaching a hugely popular course for John Hopkins University.

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



The Public Square returns with social justice activist, author, and writer, Brittany Packnett Cunningham. On Thursday, Feb. 2 at 7 p.m. at the Martin Luther King Jr. Memorial Library She will be in conversation with educator, author, playwright and director Soyica Colbert. Together they will be unpacking where we are in 2023 as we stare down the oppression that has risen up in backlash to the progress that we have made. Here in the nation's capital, one of our first instincts is to pick up a sign and march. But what do you do when your feet are tired and your voice is hoarse? Now is the time to think about what long-term resistance looks like for each and every one of us. How do we bring resistance home - literally?

[Find more info and register here](#)

Friday Movie Matinee

Friday, February 3rd, at 1:30 pm
Miracle Theater, 535 8th St SE, Washington, DC 20003

All DC Villages members are invited to join Waterfront Village for a movie event on Friday, February 3rd at 1:30 p.m. at the Miracle Theatre. The theatre has agreed to show the well-reviewed film Devotion with captions for all audiences including those with difficulty hearing dialogue in a movie theatre.



Celebrate the start of Black History Month with a movie about the inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately make them the Navy's most celebrated wingmen. This is a story about perseverance, friendship and bravery. The movie event is open to all DC Villages and hearing impaired residents. This movie will be played with captions in English. [To register for the event, click 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.



LIVING WITH HEARING LOSS

Thursday, February 9 | 7:00 - 8:30 PM | Virtual



An Age Well Event

Lead by **Russell Misheloff**, past president and current board member of the Hearing Loss Association of America – DC area chapter (HLAA-DC)

Learn all about hearing loss:

- Who has it
- Common misconceptions
- Why denial and avoidance are common, but not a good idea
- What to expect when visiting a hearing professional
- What hearing aids do and don't do, and what new over-the-counter aids mean for you
- Hearing Assistive Technology and Communication Strategies for dealing with difficult hearing situations
- And more!

Read more & register: bit.ly/GBIVHearingLoss

Call (202) 658-5958 with questions



GREATER BROOKLAND
INTERGENERATIONAL VILLAGE



[Click Here to Register](#)

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.
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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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