



## Director's Notes: Monday, February 6th, 2023

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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## Yet Another New Service for Members! Opportunities to Bridge the Digital Divide

DC Villages has established a new collaboration with **Byte Back** to create digital equity and close the digital divide for older adults in our community.



Your input is essential to ensure this project addresses the actual needs of our members. To that end, if you are a FBWE Village member, [please click here to take a brief survey](#) and tell us how we can best support your technology needs. Please complete the survey by February 24th. If you need any help completing the survey, please call the office (202) 333-1327 and we can fill it out for you over the phone.

With generous support from *The Washington Home Foundation*, the DC Villages will work with Byte Back to pilot a program to enhance digital literacy for our members. DC Villages is collaborating with Byte Back to develop a comprehensive training model to provide the tools and support to help members navigate technology with confidence.

Through a Digital Skills Training village members will have the opportunity to participate in a Computer Foundations class – an intensive training that is specially tailored to our members' reported needs and interests. No computer experience is required to participate.

As sites and dates are finalized we'll notify you. But, in the meantime, please send in the survey!

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# HAPPY BIRTHDAY!

No member birthdays this week. We hope celebrating National Pizza Day on Thursday will help make up for the lack of members to celebrate this week.

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## PROGRAMS

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### **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:

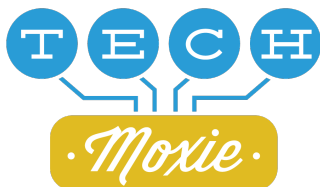
1. [Obtain or renew their GWorld Card](#)
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form
4. [Register with the village by clicking here](#)

[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](mailto:nadiataran@mindspring.com)

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### **Rescheduled TUESDAYS WITH TECHMOXIE OR TRAVELLING WITH TECHNOLOGY**

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

**At the West End Library**

**ONLY ONE SPOT REMAINING!**

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.

### 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](#)

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**Village Yoga Group Returns!**  
**Wednesday, February 8th, at**  
**11:00 am**  
**In the the atrium of St. Paul's Church,**  
**2430 K St NW**



Our first yoga class went very well last week. We were delighted to welcome 12 members! We hope you can make it to one of the upcoming trial classes throughout February. Standing and floor exercises as well as seated options are offered.

The yoga class started on Wednesday, February 1st and will 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.

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## **AFFINITY GROUPS**

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### **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.

- 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
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Throwback Walkie - Talkies Pic! Join our walking group on Thursday mornings. More details below

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## **Bonjour à tous!**

The FBWEV French club will meet on Feb 22 at 4:00 at the Fairmont Hotel bar — the outside bar if it is open, otherwise the inside bar. In March, when it is lighter in the early evening, we will switch back to our normal time of 5:00.

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### **TUESDAYS**

COFFEE & COMPANY at 10:00 am (weekly)

*Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)*

Contact: Jonas at [jfrumkin@fbwevillage.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:cbwould2003@yahoo.com)

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## A BIT OF HUMOR

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-Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

-If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

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## OTHER PIECES

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### **Free GWU Tax Clinic**

GW University is offering free tax preparations for individuals with adjusted gross income of \$75,000 or less. The business and law school students who are volunteering in this capacity have been fully trained and are certified to work in a Volunteer Income Tax Assistance (VITA) site.

The services will be offered at 2201 G St., NW (GW's School of Business, Duques Hall). Services are on a first come, first serve basis every Saturday and Sunday from 9:30 - 5:30, running from February 11th through April 16th.

Tax returns will be filed electronically by the volunteers. Please note that

persons with complicated tax documents (e.g. reporting rental income, self-employment income, investment income) cannot be served.

And, perhaps most importantly, remember that this is a free service!

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## 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](http://olli-dc.org) (look under CLASSES and then SEMESTERS).

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## Village YouTube Channel Update

The FBWE Village YouTube Channel is still going strong. Recently, we uploaded a program on fire safety at home offered by the DC Fire Department. Our YouTube channel [can be found here](#).



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## IN THE COMMUNITY

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### **Dupont Circle Village Zoom Meditation Group**



DUPONT CIRCLE VILLAGE  
SHATTERING THE STEREOTYPE  
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

Dupont Circle Village offers mediation twice a week (Monday and Thursday 9:00 a.m. - 9:30 a.m.) All are welcome. If you're interested, [please sign up here](#) in order to receive the zoom link.

The new instructor is Patricia Ullman. She has studied and practiced meditation for almost 50 years with Tibetan Buddhist teachers. She has been an authorized teacher and meditation instructor for most of that time, leading classes and retreats throughout North America and Europe. She currently leads groups at Sibley/Johns Hopkins Hospital in DC and has written two books related to meditation and mindfulness (Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times, and Entering the Mainstream: Cultivating Mindfulness in Everyday Life, both available at Barnes & Noble and other major bookstores). Patricia is also a licensed therapist in the State of Maryland, where she sees individuals and groups virtually and in person. Her specialty is grief counseling, as well as anxiety, depression, and the stress and uncertainty involved with life transitions.



### **Mayor Bowser's 2023 Senior Budget Teletownhall Wednesday, February 8th, at 12:00pm**

Join with fellow DC residents at budget engagement forums to share your values, priorities, and ideas with the Bowser Administration as the FY24 budget is developed. A watch party will be hosted at the Washington Senior Wellness Center and is available for viewing at DCN, channel 16. Residents will be able to dial in to ask questions.

Virtually join the forum by dialing 844-881-1314 and watch live at DCN channel 16 or visiting [budget.dc.gov](https://budget.dc.gov).

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## **Drawing the Map of Your Life**

**Thursday, February 9th, at 1:00 PM**

One of the most important and satisfying tasks of elderhood is telling the story of how you came to be the unique person you are. Each of us has been shaped by events, experiences and relationships. Our characters have been formed by crises we have lived through, achievements and disappointments we have managed, and the full spectrum of ways we have touched others and been touched in return. The story of a long life fully lived is the great gift elders offer – to their families and future generations, and to themselves.

A fun and creative way of telling this story is by drawing your life's journey as a map. Maps use images to symbolize where we've been, what's impacted us, what we've learned, and how we've changed. Peaks of accomplishment and swamps of despair, crossroads of big decisions and shores of new beginnings – images are truly worth 1000 words!

David Oldfield has been inviting older people to construct maps of their lives for many years. He will share stories and illustrations from his recent book, *An Atlas of Aging*, which features the life maps of 20 older adults from around the world.

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

Selected other speakers:

***To Tell the Truth: The Life of a Foreign Correspondent; Tuesday, February 14th, at 11:00 AM***

Son of a New Jersey butcher. Lewis M. Simons became an intrepid foreign correspondent, covering five decades of wars, revolutions, upheavals and famines throughout Asia and the Middle East. Lew won a Pulitzer Prize for his investigation that led to toppling the corrupt Marcos regime in the Philippines.

In his new book, *To Tell the Truth, My Life as a Foreign Correspondent*, which includes a forward by the Dalai Lama, Lew recollects his adventures while covering more than a dozen countries, including India, Afghanistan, China, both North and South Korea, and the former Soviet Union. With America's free press under unprecedented assault, *To Tell the Truth* appears at precisely the right moment.

***Photos from Beirut to the White House: A Father-Daughter Legacy; Thursday, February 23rd, at 1:00 PM***

Award-winning photographer Harry Naltchayan (1925–1994) was born in Beirut, Lebanon. As a teenager, he sold his photographs to local



newspapers and later freelanced for Time, Newsweek, and several European magazines. Naltchayan came to the United States in 1958 as a refugee during the Lebanese Civil War and almost immediately began working for The Washington Post. During the 35 years he was with the newspaper, Naltchayan covered nine U.S. presidents, from Eisenhower to Clinton.

His daughter, Joyce Naltchayan Boghosian, continued his legacy by photographing six U.S. presidents. Boghosian has worked on both sides of the velvet rope as an official White House photographer as well as a member of the White House Press Corps for Agence France-Presse (AFP), an international wire service. She will share stories going back to her father's early days photographing historic events in Lebanon and the Middle East and his experiences at The Washington Post that inspired her own photographic journey through the White House spanning more than two decades from 1988 to 2021.



## 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](https://bit.ly/GBIVHearingLoss)

Call (202) 658-5958 with questions



GREATER BROOKLAND  
INTERGENERATIONAL VILLAGE



[Click Here to Register](#)



## **MLK's Beloved Community and the DC Art Bank** **Saturday, February 11th, from 1:00 PM – 4:00 PM**

Dr. Martin Luther King, Jr. extolled the promise of the beloved community. As the result of a world committed to non-violence, the beloved community would be an integrated global society in which all citizens would share in prosperity; where justice and peace would reign; and where bigotry and prejudice would fall away. This panel explores how the Art Bank pieces on the walls at the MLK Library, from DCPL's inaugural Art Bank Collection Loan program, might bring Dr. King's teachings to life.

[Register and find more info here](#)

Moderator: Melanee Harvey, PhD, Associate Professor & Coordinator of Art History, Howard University

## **Caregiving Support Group for Men** **Wednesday, February 15th, at 3 pm on Zoom**



Capitol Hill Village is running a discussion group for men who are serving in a caregiving role for a loved one with an illness or disability, whether spouse, sibling, parent or other loved one.

[Click here to register](#)

Caregiving can be lonely and stressful. Even when we deeply love the person we're caring for, the role of caregiver can challenge us in myriad ways. With the physical, emotional and practical demands, there's no question that caregivers need support to be able to take care of themselves while they care for another.

According to AARP, 40% of the family caregivers in this country are men, and men often have a different experience of caregiving than women. We would like to create a space for men to share their caregiving experiences and find support from other men. If the meeting is enjoyable

or helpful, those attending may decide they'd like to meet again.

This event will be facilitated by Tim Rogers, a therapist certified in Somatic Integrity who has years of experience in group work.

The African American Music Association  
in association with Westminster Presbyterian Church (DC)  
and the DC Legendary Musicians, Inc. presents...

**A BLACK HISTORY MONTH PROGRAM**  
**FREE ADMISSION**

**DC DOO-WOP**  
From The  
**STREET CORNER**  
To The  
**STAGE**  
*A Musical Journey*

**SATURDAY FEB. 18th 2023 1PM-4PM**

**PANEL DISCUSSION FEATURING**

**RON MILES**  
ORIGINAL Member of The Rainbows "Mary Lee"

**GLORIA JOLIVET**  
Vocalist With The Bo Diddley Band "Hey, Bo Diddley"

**JIMI SMOOTH**  
An "Entertainer's Entertainer"

**JAY BRUDER**  
Moderator  
Historian & Author "R&B in DC"

**Moderator: JAY BRUDER**

**LIVE VOCAL PERFORMANCES BY**

**RON MILES** with **SOUNDS OF HARMONY**

**GLORIA JOLIVET** with **MIKE O'HAVER, PHIL BADELL**

**JIMI SMOOTH & The DC LEGENDARY MUSICIANS BAND**

**Hand Dance Showcase By THE NATIONAL HAND DANCE ASSOCIATION CLASSIC HAND DANCERS**

**WESTMINSTER PRESBYTERIAN CHURCH**  
400 I (EYE) STREET, SW WASHINGTON, DC 20024

This program is funded, in part, by a grant from HumanitiesDC with contributions from Westminster Presbyterian Church and DC Legendary Musicians, Inc.

For Further Information Contact:  
Beverly Lindsay-Johnson, Executive Director AAMA: 202-552-0000

HumanitiesDC  
Reverent the Legacy of the Nation's Capital

**Diabetes, Obesity, and Health Equity – Discussing the Facts**  
**Wednesday, February 22nd, from 7 to 8 p.m.**  
**Free Zoom Webinar**



Overweight and obesity are risk factors for the development of type 2 diabetes. These conditions disproportionately affect minority populations in the United States. This discussion will focus on the recognition, prevention and management of obesity in the context of diabetes mellitus. There will be plenty of time for questions and answers.

**Register here**, email [hprecou1@jhmi.edu](mailto:hprecou1@jhmi.edu), or call 202-364-7602 before

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## **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](http://dmvvillageevents.org) to reach the Shared Calendar, you may continue using it. The Shared Calendar also is available at [wavevillages.org/sharedevents](http://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.

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## **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**

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