



## Director's Notes: Monday, February 20th, 2023

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

---

### Assumptions

I need to write this week about how mercurial life is. It's so easy to operate on assumptions. We have a roof over our heads, food in the pantry, easy access to clean water. I'm sure those were assumptions of hundreds of thousands of people impacted by the earthquake in Turkey and Syria. And then they were no longer valid assumptions.

The people of Ukraine thought they were safe in their homes until Russia invaded. Closer to home, we assumed the medical field and our scientists could protect us from widespread disease. And then COVID hit.

This is not meant to be a pessimistic monologue. Rather, a reminder to not take things so much for granted. Every day is a new gift, filled with many gifts. When I came down with the flu a few weeks ago my sinuses were completely blocked for days. I found myself so excited to be able to breathe through my nose again that I was practically giddy.

Most of us assume so many things – the ability to move and to think; the ability to appreciate music, blue skies, and the feel of a warm hug; the love of family or best friends. And the warm muzzle of a beloved dog or cat.

My dog, Chief, died last week, very unexpectedly. He was over 12 years old, but seemed his usual self the day before. While I am, of course, dealing with the loss of my constant companion, I am also looking at the bigger picture and reminding myself not to take so much for granted.

The smile of my grandson when he beats me, yet again, at his favorite table game. How much I enjoy popcorn (and am willing to double the cost

of the movie ticket to get a large box of it). Laughter with a friend so loud I think we might get thrown out of the restaurant. My ability to work in a job with such kind and amazing people.

Here's hoping we can all take a step back this week and be thankful for all that we have. Recognize our assumptions about our lives and how ephemeral they may be. May we all approach our lives with gratitude for the myriad of gifts we have been given and balance that with the losses when they come.

-Denise

---



Village members enjoying the ever popular Guys Only at Lunch last week at Ris Restaurant

---

## **DC Health Announces End of Test Kit Distribution**



DC Health announced that beginning Tuesday, February 28, 2023 they will suspend the COVID-19 Test Yourself DC self-service kiosk program as well as rapid test distribution at libraries and senior centers. This means that you have until the end of the month to load up on rapid test kits from the library before they stop giving them out. We encourage all Village members to collect test kits before then to ensure the Village and its members have an adequate stockpile of test kits.

---

## **OFFICE CLOSED**

The office will be closed today, Monday, February 20th for President's Day.

---

# HAPPY BIRTHDAY!

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

- C.B. Wooldridge - February 20th
- Mary Dusing - February 22nd
- Jenny Brake - February 24th
- Jane Stieber - February 24th
- Don Fulsom - February 26th



---

## PROGRAMS

---

### Village Art Show

FBWE Village 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. Please note that we need to know by 2/28 if you are interested in displaying anything you've made. If you're interested in participating please email [info@fbwevillage.org](mailto:info@fbwevillage.org) or call the office at 202-333-1327.

---

### GWU Older Adult Exercise Program RETURNS!

Tuesdays and Thursdays from 12:00 PM - 12:50 PM, ending May 18, 2023  
(no class March 14 and 16)



Where: Room B112A or B112B (both next door to each other in the 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)

---

**Village Yoga Group Returns!**  
**Wednesday, February 22nd, at**  
**11:00 am**  
**In the the atrium of St. Paul's Church,**  
**2430 K St NW**



Join us for the last trial class this week!  
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.

---



**DISCUSSION AND TOUR OF THE COMPANION EXHIBITS**  
**“EMMETT TILL AND MAMIE TILL-MOBLEY: LET THE**  
**WORLD SEE” AND “MOTHERS OF THE MOVEMENT”**

**Tuesday, March 7th, at 2:00 PM**  
**MLK Library, 901 G St NW, Washington, DC 20001**

Emmett Till, who was Black, was visiting family in Mississippi when he was kidnapped, beaten, and killed by white men who accused the 14-year-old of whistling at a white woman. When the perpetrators tried to cover it up, Emmett's mother, Mamie, insisted that there be an open casket funeral and said “let the world see what they did to my boy.” The killing of Till in the Mississippi Delta became a catalyst for the Civil Rights Movement.

The Martin Luther King Jr. Memorial Library is sponsoring a traveling exhibit titled “Emmett Till and Mamie Till-Mobley: Let the World See” which tells the story of Emmett Till and his mother in the context of the larger Civil Rights Movement as well as an exhibit, Mothers of the



**Movement, which highlights women in our region who lost their children to violence and raises the awareness of this ongoing issue.**

**Susan Haight, a Founding Member of the FBWE Village, Co-President of the DC Public Library Foundation, and an active docent, will provide background on the exhibit and outline why this case is relevant today. Lorna Grenadier, also a Founding Member of the FBWE Village, will provide background on civil rights racial violence prosecutions and why the Till case is still being litigated. Lorna spent 35 years at the U.S. Department of Justice enforcing civil rights laws involving hate crimes and police misconduct.**

**The introductions and ensuing discussions will be followed by self-guided tours of these well-documented incidents.**

**Attendees will meet in Marianne's café of the Great Hall on the first floor of the library.**

**Cost: MLK Library is free to all.**

**[Click here to register](#)**

---



## **TOUR OF THE NEW INTERNATIONAL SPY MUSEUM**

**Thursday, March 9th, at 11:30 AM**

**Meet at the Museum: 700 L'Enfant Plaza SW, Washington, DC 20024**

**The International Spy Museum (SPY) is an independent nonprofit museum which documents the tradecraft, history, and contemporary role of espionage. It holds the largest collection of international espionage artifacts on public display. The Museum opened in 2002 in the Penn Quarter neighborhood of Washington, DC, and relocated to a new, expanded building with all-new exhibitions at L'Enfant Plaza in 2019.**

**Every nation considers intelligence essential to its national security. The Museum lifts the veil of secrecy on the hidden world of intelligence, exploring its successes and failures, challenges, and controversies.**

The Museum's mission is to create compelling exhibitions and other learning experiences that shed light on the shadow world of espionage and intelligence, educating and challenging each of us to engage critically with the complex world around us.

We are fortunate to have been able to arrange a tour by Richard Schroeder a longtime Foggy Bottom Village member and a retired CIA Clandestine Service Officer. A Founding Member of the Spy Museum Advisory Board and Adjunct Professor at Georgetown's School of Foreign Service, Rick enjoys conducting tours for his students and other groups.

**Accessibility:** The Museum is fully accessible for guests with mobility disabilities or in wheelchairs. A limited number of manually operated wheelchairs may be borrowed at the Information Desk on a first-come, first-served basis.

**Transportation:** The Spy Museum can be accessed by: (1) Metro – L'Enfant Plaza station serving the Orange, Blue, Silver, Green and Yellow Lines; (2) Bus - Metrobus stops are located on Independence Avenue, SW, and along 7th Street, SW; (3) Walking – two blocks west, on 10th Street, from the Smithsonian Castle and National Mall.

**MEET TOUR GUIDE:** In the museum lobby by the James Bond car. Please arrive by at least 11:15.

**COVID-19 Policies:** The Museum requests that guests adhere to its COVID-19 policies including the proper wearing of masks and social distancing.

**Cost:** \$10.00 per participant. (The Village is underwriting a major portion of the admission fee.) Please note that the \$10.00 fee is not refundable if you cancel at any time. When you register you will find instructions on how to make your payment.

**Registration Required.** [Click here to register.](#) *The tour is limited to 15 participants so register early!*

---

## **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.

- **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
- 

## Bonjour à tous!

The FBWEV French club will meet on Wednesday, February 22nd, at 4:00 pm 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, they will switch back to their normal time of 5:00.

---

### 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)

---

## A BIT OF HUMOR



when u leave ur dog w/ grandparents



My teacher pointed me with his ruler and said: "At the end of this ruler there's an idiot!"

I got detention after asking *which* end.

The distance it takes for me to forget a number between 1 and 10



I was worried at first watching my neighbor stack one small ladder on top of another one, but then I saw he had his knee pads on. You know, for safety.



## OTHER PIECES



This coming February cannot come in your life time again. Because This year's February has  
4 Sundays  
4 Mondays  
4 Tuesdays  
4 Wednesdays  
4 Thursdays  
4 Fridays  
4 Saturdays.

This Happens once every 823years.  
This is called MiracleIn.

**Tips To BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Get moving —** try gardening, biking, or walking.
- Choose healthy foods** rich in nutrients.
- Manage stress —** try yoga or keep a journal.
- Learn something new —** take a class or join a club.
- Go to the doctor** regularly.
- Connect with family and friends.**

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

**NIH** National Institute on Aging

**Click on the graphic above to enlarge it**

## **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!

---

## Explore new reads with Wowbrary



DC public **library**

"DC Public Library is constantly adding new books and resources to our collections.

Sometimes at a rate faster than we can talk about!

That's why we have Wowbrary, a weekly newsletter which organizes our new books, movies, and music and puts it at the top of your inbox. Find out which titles are among the most popular choices at DC Public Library for your favorite genre – or a genre you've never read before. You can never have too many suggestions, right?" [Sign up for Wowbrary here.](#)

---



## Village YouTube Channel Update

One of the most popular topics on our channel are our Village book talks. A excellent example of which was when Peter Canellos discussed 'The Great Dissenter,' his biography of U.S. Supreme Court Justice John Marshall Harlan. Click above to watch or rewatch this fascinating talk. Our YouTube channel [can be found here.](#)

---

## IN THE COMMUNITY

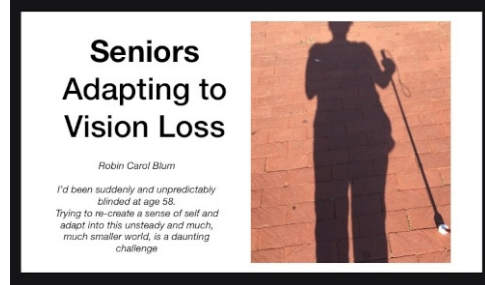
---

### SENIORS ADAPTING TO VISION LOSS

Tuesday, February 21st, at 11:00

## AM on Zoom

Robin Blum, a legally blind resident of Capitol Hill and volunteer with Capitol Hill Village will be on hand for a showing of her award winning DC Department of Aging slide presentation: **Seniors adapting to vision loss**. She will be discussing the difficult emotional impact of vision loss. Today's amazing technology and access to accessibility options help re-create independence after experiencing loss of sight. Learn of the wide variety of resources available in the DC metro area.



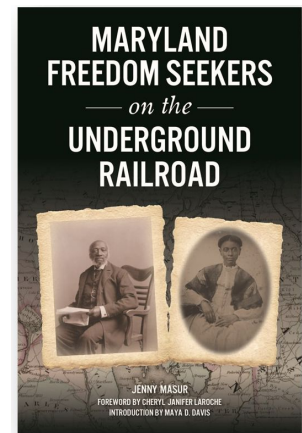
[Find more info and register here](#)

---

## Maryland Freedom Seekers on the Underground Railroad

**Wednesday, February 22nd, at 3:00 pm on Zoom**

Maryland was the starting point of many unsung heroes of the Underground Railroad. Freedom seekers embarked on the perilous journey from slavery to freedom in whatever way they could. John Thompson signed onto a whaling ship. James Watkins sailed to England and became a lecturer on slavery. Hester Norman fled, was caught and was rescued by the Black community in her husband's Pennsylvania town. They used ruses and found allies to elude slave catchers but lived in constant fear until they obtained their freedom papers. In their adventures, these freedom seekers used initiative, determination and courage. These qualities served them well as they achieved freedom. Jenny Masur tells their stories.



Jenny Masur is a native Washingtonian. She worked for seventeen years for the National Park Service as national capital region manager for the National Underground Railroad Network to Freedom.

[Find more info and register here](#)

---

## 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 February 20.

---



## **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.

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

---

## **Let's Get Physical: Joys and Challenges of Sex and Aging**

**Thursday, February 23rd, at 3:00 pm on Zoom**

Are you over 60? Interested in feeling more sexually fulfilled and true to yourself as you age? There's a lot of shame and stigma about being sexual as an older adult.

Research indicates that our perceptions about aging are far more challenging than the changes in our bodies. If your penis isn't getting hard, or your vaginal walls are dry, you can still have great sex.





Maybe you felt more empowered when you were younger. Maybe you want those feelings back. Maybe you never felt any kind of sexual empowerment and are ready for a change now. If you've answered yes to any of these questions, this class is for you.

Led by an experienced sex educator who is in her late 60s, you will be invited to explore your own sexuality. If you're in a relationship, you'll learn new ways of talking about sex with a partner. If you're single, you'll gain comfort in communication around sex and sexuality with new partners. In any case, you'll create more awareness about your own sexual energy, and become more comfortable in your own skin. Amid all the challenges of aging, there is still time for discovery, adventure, and joy.

Jane Fleishman, PhD, MEd, MS, is a writer, award-winning educator, sexuality researcher, and AASECT Certified Sexuality Educator. She earned her M.Ed. and Ph.D. at Widener University Center for Human Sexuality Studies. She is on a mission to promote the sexual wellness in older adults and doesn't shy away from the difficult and complex realities of making that happen

[Find more info and register here](#)

---

## **Sexual Health Equity and the LGBTQ+ Community - Presentation and Panel Discussion**



**SIBLEY MEMORIAL  
HOSPITAL**  
JOHNS HOPKINS MEDICINE

**Friday, February 24th, from 4 to 6:30 p.m. via Zoom**

Sexual and gender minorities often face discrimination and barriers to appropriate health care. While these barriers can impact many aspects of health, they are particularly evident when addressing issues related to sexuality and gender expression.

The LGBTQ+ community has frequently been marginalized and treated by health care providers with a degree of insensitivity and a lack of knowledge of some of their unique challenges.

Dr. Kate Thomas will examine the issues and challenges that face the LGBTQ+ community. What are the barriers inherent in our health care system? What are the historical underpinnings of these barriers, and how does stigma lead to poorer quality of health? Dr. Thomas will highlight examples of where stigma has led to less-than-optimal outcomes and focus on strategies to improve the education, cultural competence and the comfort in dealing with those who are among the sexual and gender minorities with the goal of advocating for evidence-based and humane sexual health care to the LGBTQ+ community.

[Register here](#), email [hprecou1@jhmi.edu](mailto:hprecou1@jhmi.edu) or call 202-364-7602 before February 22.

---

## WAVE Shared Calendar of Village Events



The Washington Area Villages Exchange shared calendar contains a number of interesting upcoming community programs. They are all free and open to the wider village community. The Shared Calendar is available at [wavevillages.org/sharedevents](http://wavevillages.org/sharedevents).

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



Try email marketing for free today!