



## Director's Notes: Monday, March 27th, 2023

Phone: (202) 333-1327

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

Executive Director: Denise Snyder



## VOLUNTEER APPRECIATION PARTY

More than 25 of the village's volunteers gathered on the 11th in the community rooms at the Columbia Residences for an appreciation party in their honor. Delicious sweets and savories, a brief program, and lively conversations made a delightful gathering. (A special note of thanks to Terry Ziegler, a new volunteer/retired chef who made all the amazing sweets and to Sue Headlee who graciously booked the room and helped organize on the day)



Jackie Lemire was recognized as our Volunteer of the Year and given a plaque recognizing her significant contributions. In absentia, Lorna

Grenadier, who was out of town, was also recognized for her 10 years of contributions to the Program Committee.



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## HAPPY BIRTHDAY!

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

- Kate Clinton - March 30th
- Phyllis Bonanno - March 31st
- Linda Mazzochi - March 31st



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## PROGRAMS

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**ONE LIFE: MAYA LIN  
NATIONAL PORTRAIT  
GALLERY TOUR**

**Thursday, March 30th, at 11:30 am**

## At the National Portrait Gallery

*"I feel I exist on the boundaries, somewhere between science and art, art and architecture, public and private, East and West. I am always trying to find a balance between these opposing forces, the place where opposites meet." —Maya Ying Lin*



Maya Lin's work has been well known in our neighborhood for over 40 years. In 1981, after her design for the Vietnam Veterans Memorial was selected from 1,421 entries, Lin was unwittingly thrust into the limelight. Four decades later, she remains one of the most influential artists and architects of our time. Best known for her large-scale, site-specific installations, architectural works, and memorials, Lin also creates intimate studio artworks. The common thread, she notes, is "the love and respect I have for the natural world."

You might be surprised what you'll learn and you'll have a chance to share your thoughts with her as part of her effort to raise awareness and find solutions to the loss of our natural world through 'What is Missing.' Lorna Grenadier, Villager and NPG docent, will be our guide.

[Click here to register](#)

**Accessibility:** There are two ramps on either side of the 8th and G St. entrances. Wheelchairs and camp stools are available.

**Transportation:** NPG can be reached via Metro (either to Metro Center and walk from 11th St NW east 2 blocks or transfer to Red Line which is directly below the museum. The Circulator bus (Union Station) has a stop at 9th St. and New York Ave NW; then walk south 3 blocks to G St.

Please meet in the 8th and G St. lobby using the entry doors on the right side. Note: NPG has installed security scanners inside. Doors will open at 11:30 am.

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## Covid Communal Quilt

**Friday, March 31st, 2023 from noon to 1:15pm NEW TIME!!**

**At the Village Office, 2430 K St NW**

**LAST CHANCE TO REGISTER FOR THIS FUN CREATIVE PROGRAM!**

Since 3 years ago, the Covid pandemic has created a profound impact on the world, communities, groups, and individuals. Most of us have experienced a great deal of change. We may have also learned new ways of coping and problem solving.



Perhaps you now have new skills, hobbies, or even beautiful new



memories and stories to cherish and share. Art making can be both a coping strategy, and a way to celebrate and tell your pandemic story, even as the pandemic continues.

We would like to provide you time, space, art materials, and togetherness to reflect and make art around your pandemic experience, as we create a Villages community quilt. The finished art product will be displayed after the program concludes. No artistic experience is required. If you feel uncomfortable joining in person, or are not able to be physically present, we can provide you with art materials for at-home artmaking, after you register. The program will take place at our office in St. Paul's Episcopal Church, located at 2430 K Street NW, DC.

Our first and introductory session will be: Tuesday March 31st, from noon to 1:15pm. Two sessions will follow, to focus on artmaking and conjoining quilt pieces for a finished communal quilt.

If you are interested in joining, [please click here to register](#).

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**Discussion: Plowing through the Red Tape of Estate Planning**  
**Friday, April 14th, at 1:00 p.m.**  
**St. Paul's Church, 2430 K St NW, Undercroft Room in Basement**



The Foggy Bottom West End Village is sponsoring a discussion led by Myrna Fawcett, Esq, regarding preparation and details for estate planning. Too often survivors are left with a variety of red tape issues to navigate through, even though the documents have been prepared. Myrna has extensive experience as an elder law attorney and will be supported in this conversation by her colleague, Robin Derwin, MSW, a social worker who can offer an additional perspective.

Please join us and feel free to submit your questions to [myrna@fawcettlaw.com](mailto:myrna@fawcettlaw.com) prior to the meeting.

Cost: None

Registration Required. [Please click here to register](#).

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**New Meditation Group**  
**Friday, April 14th, at 3:00 pm**  
**Undercroft Room, St. Paul's Church,**  
**2430 K St NW**



A new affinity group for meditation will be meeting every Friday, beginning on April 14th, at 3 pm in the Undercroft Room at St Paul's. The group will use phone apps for guided meditations. Participants are welcome to

share their favorite apps.

All are welcome to join - whether you already meditate regularly or want to give it a try for the first time. Some people report that meditating with others enhances their experience.

Please join us on 4/14 or any Friday after that!

For more information, please contact Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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## **Foggy Bottom West End Village Presents Art in the Atrium**

**Monday, April 17th, from 2 pm - 4  
pm**

**St Paul's Church atrium, 2430 K Street  
NW**



Come join us for tasty refreshments and a review of some of the amazing art works made by Village members including paintings, photography, sculptures, and collages. Pre registration is highly encouraged. [Find more info and register here.](#)

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## **Oh, My Aching Back! with Dr. Janson Tuesday, April 18th from 2:30-3:30 PM (on Zoom)**

If you want more long lasting pain relief than Ben Gay can offer, then consider this session with Dr. Janson. She will provide an overview of common back ailments, cover posture correction and body mechanics. Then Dr. Janson will demonstrate simple stretches and strengthening exercises that can restore mobility, reduce pain, and help keep your back healthy. You'll see that little changes can have a big impact! Have a chair nearby in a cleared space.



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 the George Washington University.

Cost: Free to Village members

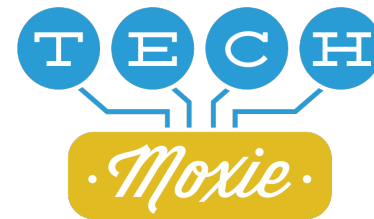
Registration required. [To register, click here.](#)

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# ABCs of Staying Safe Online

Wednesday, April 19, 2:00 p.m.

Where: West End Library, Small Meeting Room



As we conduct so much of our personal lives online, especially as we strive to stay safe from Covid, it is so important to understand the best practices for staying safe online. It seems that the fraudulent telephone calls, emails, and pop-ups never cease. Join us for an informative discussion lead by TechMoxie on how to recognize phishing (fraudulent) emails, avoid computer viruses and scams, and how to find trustworthy information online. The presentation will include a review of actual fraudulent emails and scam “pop up” computer virus warnings. Note: this will be a PowerPoint presentation rather than a hands-on workshop, but Erin will have time for questions at the end of her presentation.

Presenter: Erin Byrne of TechMoxie

Erin graduated from the University of Wisconsin, Eau Claire with a B.S. in Education. She has taught in many different environments, including Wisconsin public schools and nonprofit organizations. Erin is an enthusiastic educator and training professional who is particularly passionate about bolstering the cognition and technological skills of older adults. Erin has worked with Tech Moxie for many years supporting her clients with in-home coaching visits, community talks, and courses tailored to meet the specific tech needs of seniors.

Cost: Free.

Registration Required: [Please click here to register](#). Class is limited to 12 participants.

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## GWU Older Adult Exercise Program

Tuesdays and Thursdays from 12:00 PM - 12:50 PM, ending May 18th  
Room B112A or B112B, Milken School of Public Health, 950 New Hampshire Ave NW



Who: Angela Ingram, 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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## **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.

- 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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#### **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**

VILLAGE YOGA GROUP (weekly) at 11:00 am

*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*

Contact: Denise at [dsnyder@fbwevillage.org](mailto:dsnyder@fbwevillage.org)

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)

**MEDITATION GROUP (weekly) at 3:00 pm starts 4/14**  
*Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW (contact for more information)*  
Contact: Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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## A BIT OF HUMOR

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### TRUE HEADLINES!



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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!

A member who went last weekend had this stellar review of the service:

"I wanted to tell you of my experience getting my taxes done at the GWU Tax Clinic. Since we have one month to go and it's a free service, I arrived 5 minutes early - no need, I was seated immediately and actually enjoyed doing my taxes with Melissa. They are really looking to spread the word - I was there for a little over an hour and 2 desks never had a "client". The professor there said they can do taxes for people from anywhere, not just DC in case you want to spread the word to other villages. There are doughnuts and fruit for snacks. 3 blocks from Foggy Bottom Metro. Great experience!"

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## **Village YouTube Channel Update**

Another special author talk was our conversation with Leo Waring, author of 'The Foggy Bottom Gang: the Story of the Warring Brothers of Washington, DC.' A local documentarian found this interview on our channel this week and reached out to the village to set up a followup interview with Leo. Our programs continue to inspire others in the community! Click above to watch or rewatch this fascinating talk. Our YouTube channel [can be found here.](#)

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## IN THE COMMUNITY

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### Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, **A Matter of Balance: Managing Concerns About Falls** is the program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. **A Matter of Balance** can help people improve their quality of life and remain independent.

**A Matter of Balance** is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The DC Department of Aging and Community Living's Safe at Home Program is offering **A Matter of Balance** on Saturdays this spring and is free to Village members. The course will be hosted online via Zoom and consists of 9 two-hour sessions. Each session will be facilitated by graduate students from The George Washington University's physical therapy program.

The course will begin in late April. If you're interested please email [info@fbwevillage.org](mailto:info@fbwevillage.org) to note your interest. We will follow up with more details on the classes.

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### March Author Talks at DC Public Library

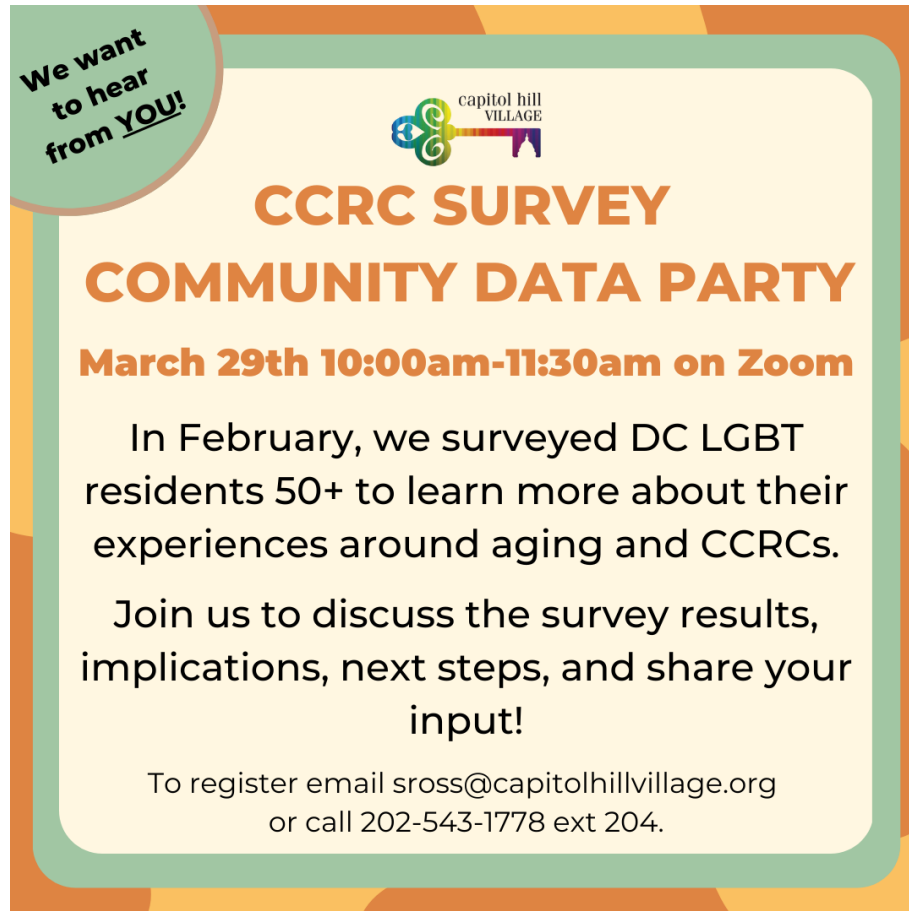
Step into March with a calendar chock full of author talks! DC Public

Library is excited to host a variety of speakers throughout the month to share their latest works and passions with the DC community. Topics range from the relationship between social media and narcissism, the history and movement of Go-Go, personal belonging and so much more. Take a look at our lineup and reserve your seat now!

- [Clint Smith and Elizabeth Acevedo: Above Ground](#) | Tuesday, Mar. 28 at 6:30 p.m., Martin Luther King Jr. Memorial Library

[Click here to find other upcoming DCPL Author Talks](#)

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The poster is for a "CCRC SURVEY COMMUNITY DATA PARTY". It features a green speech bubble in the top left corner that says "We want to hear from YOU!". The Capitol Hill Village logo is at the top center. The event is scheduled for "March 29th 10:00am-11:30am on Zoom". The text describes a survey conducted in February with DC LGBT residents aged 50+, and invites participants to discuss results and share input. Registration information is provided at the bottom: email sross@capitolhillvillage.org or call 202-543-1778 ext 204.

**We want to hear from YOU!**

capitol hill VILLAGE

**CCRC SURVEY**

**COMMUNITY DATA PARTY**

**March 29th 10:00am-11:30am on Zoom**

In February, we surveyed DC LGBT residents 50+ to learn more about their experiences around aging and CCRCs.

Join us to discuss the survey results, implications, next steps, and share your input!

To register email [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778 ext 204.



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## **The Glory of Medieval Stained Glass**

**Thursday, March 30th, at 1:00 PM**

Filtering sunlight into prisms of color, stained-glass windows have captured the imagination since their inception in the later Middle Ages. Abbot Suger, whose 12th-century church at Saint-Denis was one of the first to house a full-scale installation of stained-glass windows, recalled that the effect caused him to “see myself dwelling, as it were, in some strange region of the universe which neither exists entirely in the slime of the earth nor entirely in the purity of Heaven.” In her talk, Mary Shepard

will introduce the aesthetic and spiritual philosophies guiding the creation of medieval stained glass, the critical role it plays in Gothic architecture, and how it was made—well before the advent of the diamond glasscutter. She'll also discuss the remarkable survival of the medieval rose windows following the 2019 fire at the Cathedral of Notre-Dame in Paris, including the methods being used in their conservation and reinstallation.

Mary B. Shepard is Professor Emerita at the University of Arkansas-Fort Smith and is the author of numerous publications on medieval art and medieval stained glass. Shepard currently serves as the Vice-President and President-Elect of the American Committee of the Corpus Vitrearum, the international organization dedicated to the study and documentation of stained-glass windows created before 1700

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

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## **Women's History Month at DC Public Library**

During Women's History Month 2023, DC Public Library is "Celebrating Women Who Tell Our Stories." This theme honors all women, including trans women, and femme individuals who have made it their life's work to capture our stories and reflect them back to us with their words, their art or their actions. You are invited to immerse yourself in the power of these stories through a series of DC Public Library special events:

Click on each event below for more details and to register

[We Who Believe in Freedom: Black Feminist DC](#) | Thursday, Mar. 30, 5 p.m., Martin Luther King Jr. Memorial Library

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## **“Organic Magic” An Organ Concert with Charles Reardon, Organist**

**Saturday, April 1st, at 7 pm**  
**THE UNITED CHURCH, 1920 G St NW**



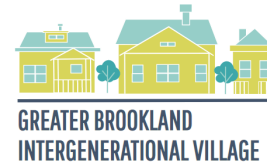


The program consists of music in the full range of classical to swing to blues and more! Free will donations to support the Foggy Bottom Food Pantry and to help Charles pay for a summer organ workshop. Please join us for a reception following the concert and meet the artist.

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## What is an End-of-Life Doula?

Wednesday, April 12th from 7-8pm on Zoom



In this Zoom presentation, Laura Lyster-Mensh, who is currently “Death Doula in residence” at Congressional Cemetery in DC, will describe her path to becoming an end-of-life doula, explain what that means, how to find one, and why you might want to have one on your team. Laura is a writer, podcaster, and mental health advocate in her 60s who believes that talking about death won’t kill you, but avoiding the topic may be unhealthy.

[Register here for the Zoom link](#) (do not login) or call (202) 658-5958 for assistance.

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## Caregiving Discussion with Paula Stone, the Playwright of “Because She’s My Mother”

Friday, April 14 from 12:00 – 1:15 pm on Zoom

[Click here to register](#)

Caregiving is one of the most difficult experiences many of us will ever have. On Friday, April 14th at noon, Cleveland & Woodley Park Village will host a Zoom program about the challenges of caregiving based on *Because She’s My Mother*, a poignant yet humorous play about an adult daughter’s bittersweet journey to care for both her aging mother and herself. The program will be facilitated by the playwright, Paula Stone, who will discuss the issues facing the caregiver as well as the care recipient and how to navigate each of these roles with more wisdom and compassion.

A videorecording of a “Table Read” of the play is now available as an

unlisted youtube and was produced by the online theatre company, PlayZoomers, Inc. The video is available for streaming at no charge as a community service. You are encouraged to view the video at your convenience in advance of the program. [You can watch it here](#)

Paula began writing plays after retiring from a technical career. Her plays have won competitions and been featured in play festivals, broadcast on radio theatre, published and produced. Before covid, Because She's My Mother had several in-person public readings in the Washington area, and Paula was leading workshops under the auspices of Montgomery County's Caregiver Support Program for adult children who are caring for aging parents. She has practiced mindfulness for many years; and her education includes a PhD from MIT.

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## **WAVE Quarterly Meeting: Exploring Multigenerational Ideas**

**Wednesday, April 19th, 9:30 - 12:00  
Via Zoom**



We're living in the most age-diverse society in history--and yet, one of the most age-segregated. As our villages increasingly become an integral part of our local communities, what opportunities can we explore to connect our members to a younger population for their mutual interaction and learning? We'll hear from some villages that have added a multigenerational project to their offerings with positive results, as well as from villages whose mission is centrally built around an intergenerational model. Together, we'll discuss some simple ways to enhance our village offerings with intergenerational components. Break out sessions will follow up on these and other topics. Winners of the 2023 \$1000 Founders Awards will also be announced. Don't miss this rich set of discussions!

[To register, click here.](#)

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## **Our Verse in Time to Come at DC Public Library**

**Part of Searching for Shakespeare  
Various Dates, times, and venues  
between Mon, Apr 03 — Sun, Apr 23**



### **Venues:**

DCPL - Lamond-Riggs; DCPL - Anacostia; DCPL - Francis A. Gregory;  
DCPL - Southwest; DCPL - Petworth; DCPL - West End; DCPL - Shepherd  
Park; DCPL - Tenley-Friendship; DCPL - Mt. Pleasant; DCPL -  
Georgetown; DCPL - MLK Memorial

**Tickets: Free, Duration: 90 minutes with no intermission**

Inspired by the works and words of Shakespeare, Our Verse in Time to Come bridges the past with the present through verse, song and memory, and interrogates whose stories remain and whose role it is to ensure they survive.

An aging emcee, affectionately known as SOS, gets out of prison after 25 years only to be diagnosed with early onset dementia. Realizing it's his last chance to reconnect with his children, he engages an old family friend and legal ally to arrange his estate and ensure his now grown twins, Vi and Will, accept it before his memory slips away for good.

Reuniting to sort out their father's inheritance, the estranged siblings uncover more than they bargained for. Along their journey, they meet storytellers who hold pieces of the puzzle that unlock their hearts and offer renewed connection to their heritage, community and father.

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## 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.

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## How to Register for Village Programs

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

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