



Director's Notes: Monday, March 14th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Ward 2 Redistricting Town Hall

The ANC2A meeting last Thursday gathered input from the community in regards to redistricting plans. However, the actual decision about which redistricting plan will be adopted will ultimately be made by the City Council. The three at-large Council members will determine which plans will be presented to the Council. In order to retain our current ANC boundaries, it is critically important to make that preference known to them.

There are two ways to do this. Please plan on attending the Town Hall Councilmember Pinto is running tonight at 6:45 to share your opinion orally. You need to register to attend (see below) and then indicate you wish to speak. Additionally, everyone wanting to support our ANC retaining all of the West End should also submit written testimony to Councilmembers Anita Bonds (abonds@dccouncil.us), Elissa Silverman (esilverman@dccouncil.us), and Christina Henderson (chenderson@dccouncil.us) with a cc: to Brooke Pinto (bpinto@dccouncil.us).

-Denise

**WARD 2 ANC
REDISTRICTING
TASKFORCE
TOWNHALL**

THE WARD 2 ANC REDISTRICTING TASKFORCE
WILL HOST A TOWNHALL ON

MARCH 14TH AT 6:45 P.M.

THE PUBLIC CAN REGISTER **TO VIEW** BELOW.

TO TESTIFY, PLEASE ALSO REGISTER BELOW.
WHEN THE WEBINAR BEGINS, PLEASE INDICATE IN THE CHAT
THAT YOU WOULD LIKE TO TESTIFY AND YOU
WILL BE ADDED TO THE WITNESS LIST.



[Register for the Town Hall by clicking here](#)



On March 3rd, Bill Kincaid, C.B. Wooldridge, Denise Snyder, and Jonas Frumkin went to the offices of World Central Kitchen (WCK) to present the Founder's Award from FBWE Village in appreciation for the invaluable contribution WCK made to older adults in our ANC in the early months of the pandemic. As you may recall, Jose Andres' organization, World Central Kitchen, provided over 3,000 free lunches to older adults in our neighborhood in 2020. Our village coordinated the volunteers who delivered the meals six days/week for over four months. The award was originally intended to be presented during our gala last year, but since the event was cancelled we delivered it to WCK staff at their office.

Although WCK's support for our community was a central reason for giving the award to Mr. Andres and his organization, it was also in recognition of the essential work they do year-round in crisis situations all over the globe. Currently, WCK is in Poland, providing food to the thousands of Ukrainian refugees pouring across the border and sending additional food into Ukraine for citizens struggling with the invasion.

We applaud the amazing and ongoing work of Jose Andres and the World Central Kitchen as they feed people in crisis around the world.

Cherry Blossom Festival Tickets still available

Foggy Bottom West End Village has been offered 15 free tickets to the Opening Ceremonies of the 2022 Cherry Blossom Festival. The 90 minute program will begin at 5:00 pm on Sunday, March 20th at the Warner Theatre. **[Click here for details of performers](#)**.

These tickets are being gifted to our village from the Waterfront Village who received them from the Host Committee for the festival.

These tickets will be available on a first come, first serve basis. Please email me (dsnyder@fbwevillage.org) if you are interested in attending. We would like all the tickets to be used by village members.

-Denise

More Masks and Test Kits

The Village has a refreshed supply of KN95 masks and rapid Covid test kits. Please contact the office if you would like more of either. They are free to all members and we have a large supply of both.

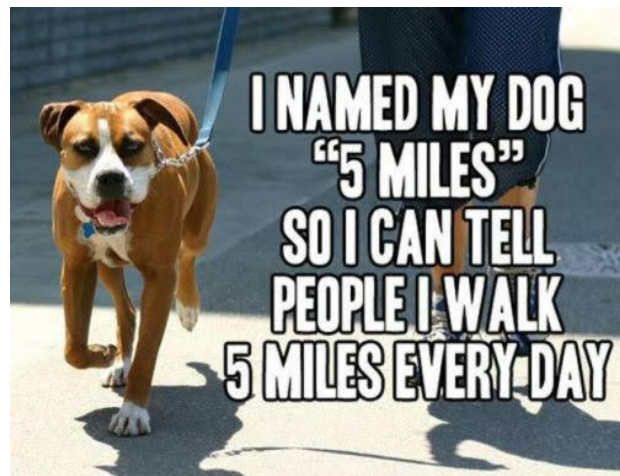
HAPPY BIRTHDAY!

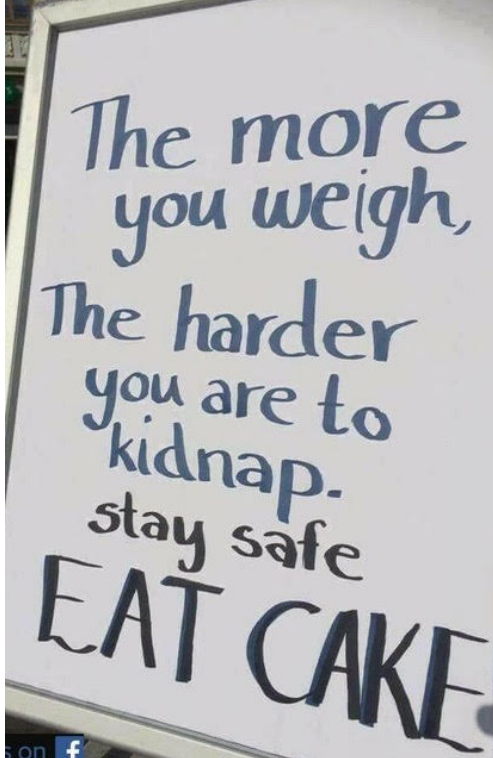
This week we are wishing a very Happy Birthday to one special person!

- Chrissy Gardner - March 17th



A BIT OF HUMOR





OTHER PIECES

SAFE AT HOME

DACL's Safe at Home program provides in-home preventative adaptations to reduce the risk of falls for District residents age 60 and older and adults with disabilities.

This may include handrails, grab bars, bathtub cuts, shower seats, and stair lifts.

Income Qualifications

A maximum of \$72,550 annually for an individual or \$82,550 for a married couple.



Call 202-724-5626

for information on eligibility requirements and how you can apply for the program.

NOTE: All applicants may not qualify for the **Safe at Home** program. Applicants who do not qualify may receive referrals to other programs better suited for their specific needs.

Referrals to other programs are not a guarantee of eligibility.



WE ARE WASHINGTON
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR



[Find more info and the complete list of recommendations here](#)



PETAL PORCHES

This year, spring starts at your doorstep with Petal Porches! The National Cherry Blossom Festival invites DC residents to unleash their creativity and celebrate their springtime spirit by decorating their home.

The program is back for a second year by popular demand. In 2022, Petal Porches includes a neighborly decoration competition. Decorations should be out during the Festival from March 20 through April 17 for all to explore. More information on how to decorate and register your home [can be found here](#). The winning porch in each ward will be chosen by a popular vote.

AGING MYTHS FOLLOW UP

Whether you were able to attend our recent program on Myths About Aging, you may find [some of the links given here](#) to be of interest to you.

Articles to Read

- [You Can Learn to Love Being Alone](#) from the New York Times
- [How Simple Exercises May Save Your Lower Back](#) from NYT

If you are not a NYT subscriber you will not be able to access the above articles. If the topics interest you, let the office know and we can provide

PROGRAMS

Guys Only at Lunch (GOAL)

Thursday, March 17th, at 12:30 pm

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



GOAL is officially back in business. We'll start back at Ris in the "Round Table" room. [Menu can be found here](#). Hope you're ready to get out and about again, and can join us. We have a lot of catching up to do.

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

Accessibility: The venue is fully accessible.

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

Registration is required. Please e-mail Trev Neve at tneve@rcn.com by Tuesday, March 15th, if you plan to attend, so he can get a final headcount for the table reservation.



Van Gogh Through the Lens of his Art

Monday, March 21st, at 1pm

In this month's art introspection, we will be looking at the fascinating life of Vincent van Gogh. Exploring the connections between van Gogh's life and art, we will take a dive into the

world of van Gogh! Often characterized by his experience of mental illness, van Gogh used his artmaking as a mode of expression and a way to deal with the difficulties he faced in life.

Join us on Monday, March 21st at for an inter-village discussion on the power of art and healing through the perspective of van Gogh's life. Village members are welcome to create artwork in response to this discussion so are asked to bring along any art materials available to them.

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

Announcing March PT Shorts: Physical Therapy in only 15 minutes!

Dates: March 22nd, and 29th

GWU/Physical Therapy Department graduate students will design and conduct 5 special PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. Register for any one or all 5! All sessions will be on zoom and recorded so that you can make them part of your weekly fitness routine.



March 22nd, 12:30 pm - 12:45pm: ENERGIZING FULL BODY MORNING STRETCH

Is your get-up-and-go still stuck in bed? Join Kate, Allison, Emma and Brianna for a head to toe easy routine that will leave you ready to face the day.

[To register click here](#)

March 22nd, 1:00 pm - 1:15 pm: BENEFITS OF MAINTAINING MUSCLE MASS

Remember the saying “use it or lose it?” In just 15 minutes, Rachael, Kate, Hannah, and Kristina will show you ways you can maintain your muscle mass and what effect it can have on your daily life!

[To register click here](#)

March 29th, 12:30 pm - 12:45pm: KEEPING ARTHRITIS JOINTS HEALTHY AND HAPPY

Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian and Chloe for a brief overview of arthritis and learn some do’s and don’ts. The team will show you exercises you can do at home to improve your range of motion safely.

[To register click here](#)

March 29th, 1:00 pm - 1:15 pm: EXERCISES/STRETCHES AFTER LONG SEDENTARY PERIODS

They say that “sitting” is the new smoking. If you can’t break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much needed stretch break. Warning: the exercises may be habit forming.

[To register click here](#)

If you have any questions please contact Nadia Taran,
nadiataran@mindspring.com

**Picasso: Through the Lens of
his Art - RERUN**

Thursday, March 24th at 2:00 pm

THIS PROGRAM IS A RERUN OF THE EARLY FEBRUARY PROGRAM THAT OUR VILLAGE MISSED DUE TO A TIME MIXUP. PLEASE RE-REGISTER FOR THE NEW DATE.

As a painter, sculptor, ceramicist, stage designer and lithographer, Pablo Ruiz Picasso is considered to be one of the greatest artists of the 20th century, if not of all time. With his career spanning almost 80 years, Picasso used art as an outlet to explore and heal from many of life's obstacles put in his way. Facing the loss of friends, heartbreak, financial difficulties and mental illness, Picasso channeled his emotions and feelings through his art.



In this online program, we will take a deep dive into the life of Picasso, using the different stages of his art as markers of major life events. Join for an inter-village discussion on the power of art in healing through the perspective of Picasso's life.

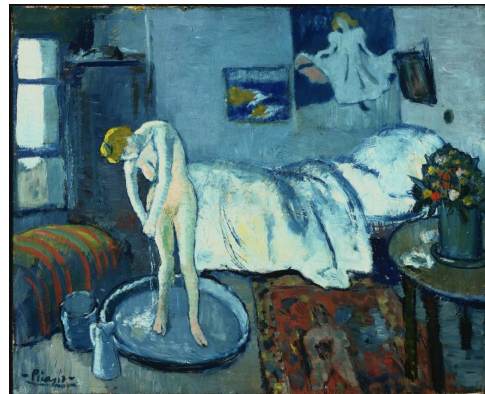
“Colors, like features, follow the changes of emotions” – Pablo Picasso

[Register for the program here](#)

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

Phillips Collection Tour of “Picasso: Painting the Blue Period”

**Thursday, April 7th, at 1:00 p.m.
On Site Tour: Meet in the lobby on the
main floor of the Goh Annex, 1600 21st
Street, NW**



The Foggy Bottom West End Village is very pleased to announce another private, guided tour for our Village members of a special exhibit, “Picasso: Painting the Blue Period,” at The Phillips Collection.

The Phillips notes that the exhibit Picasso: Painting the Blue Period “... is a groundbreaking exhibition that provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th century icon, just as he was beginning to define himself on the international stage.

Focusing on the years 1900–04, the exhibition tells the story of how the young Spanish artist, then a fledgling painter in his late teens and early twenties, formulated his signature Blue Period style by engaging with the

subject matter and motifs in specific works he encountered—by Old Masters and his contemporaries alike—as he moved between Barcelona and Paris. The Blue Period works in the exhibition reveal Picasso’s evolving and sometimes controversial approach to issues of sex, class, poverty, despair, charity, and female incarceration.”

Accessibility: The entire site is accessible.

Cost:

- If you are a member of The Phillips you will receive free admission. (Please have your proof of membership available at entry to the museum.)
- If you are not a member of the Phillips the cost to you will be \$5.00. (The Village will underwrite the remaining cost of the ticket for its members. Please note that the \$5.00 fee is not refundable if you cancel at any time.) When you register you will find instructions on how to make your own payment.

COVID 19 protocols:

- **Facemask:** Phillips Collection encourages all visitors to wear N95, KN95, or KF94 masks during their visit.
- **Proof of vaccination:** The Phillips Collection requires that museum visitors show proof of vaccination or a same-day negative COVID-19 test from a health care provider upon entry, along with a government-issued photo ID. However, please note that the Village requires that all members attending on-site programs be fully vaccinated (including a booster shot) and proof of vaccination must be on record at the Village office. (If you have not yet registered with the office, you can do so by (1) emailing a picture of your vaccination card to the office, (2) arranging a time to go to the office to show your card to Jonas in person, or (3) requesting that Jonas or an intern, stop by your home to check your card.)

The Phillips Collection staff will review and verify vaccination documentation upon entry but will not retain the information.

Registration Required: Please click below to register. The tour will have a limited number of participants so register early. You must be logged onto your member account on the website to register. When you register you will have to select either Phillips member or non-Phillips member.

[Click here to register](#)



1000 YEARS OF INDIAN TEXTILES: Textile Museum Curator Tour just for FBWEV.

Thursday, April 14th, at 10 am

Meet at the George Washington University Museum and the Textile Museum. 701 21st St NW (21st & G)

India is known for its vibrant textiles and its long and rich textile tradition. This show brings together 150 of the best works from the collections of the Textile Museum and of Karun Thakar, one of the world's great textile collectors. The pieces come from all over India and were created from the 9th to the early 20th century. They include costumes and decorative textiles and range from court weavings to folk embroideries. Their designs also provide a window into the wide range of religious beliefs across South Asia.

Our tour will be led by a Village favorite, Curator Lee Talbot. He has guided a number of our visits to the Textile Museum including the opening show and most recently textiles and costumes of minorities in Southwest China.

Accessibility: The venue and exhibits are accessible.

Members Only. Limited to 20 participants. Registration required. [Please click here to register.](#)

COVID policies of FBWEV and of the Museum at the time will apply. We will inform attendees closer to the date.

AFFINITY GROUPS

New Book Discussion Affinity Group Starting April 4th

The FBWE Village is pleased to announce that a planning meeting will take place to discuss the new Book Discussion Group commencing this spring. Affinity groups are groups of village members, sharing a



common interest, self-directed by members, and under the auspices of the Program Committee.

All interested members are invited to attend the first meeting on April 4th in the West End Library to talk about when the group will meet, how often, where, book selection and any other ideas as we move forward.

All village members who love reading are invited to participate. Barbara Reck will take participants through the initial process of formation, however there will be no formal leader for the group as there has been in previous village books clubs. It's informal - so come one, come all to our meeting on Monday, April 4th at 2:00 pm at the West End Library.

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

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

Contact: jfrumkin@fbwevillage.org

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

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

THURSDAYS

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

Various locations (contact for more information)

Contact: tineve@rcn.com

IN THE COMMUNITY

Q&A ON UKRAINE WITH THE HONORABLE ROMAN POPADIUK Monday, March 14th, at 4:30 pm

Join Capitol Hill Village for a special meeting with the Honorable Roman Popadiuk, the first U.S. Ambassador to Ukraine. Amb. Popadiuk will provide opening remarks and then answer your questions about the past, present and future of Ukraine, the current crisis, and the role of the U.S. and its allies.



The Honorable Roman Popadiuk is a retired member of the career Senior Foreign Service. He served as the first U.S. Ambassador to Ukraine in 1992-1993. He has written about and is frequently interviewed on issues relating to U.S.-Ukraine relations, the situation in Ukraine and other national security and global issues. He currently serves as President of

the Diplomacy Center Foundation, a non-profit engaged in a public-private partnership with the U.S. Department of State in building an American diplomacy museum at the State Department.

[Find more info and register here](#)

Speech and Hearing Clinics

Please join Dr. Tiffany Gurley-Nettles from the University of the District of Columbia's Speech and Hearing Clinic to learn more about speech differences, causes, treatments and assistive devices, as well as how the Speech and Hearing Clinic serves DC residents. Renate Buttrum, Outreach Coordinator for DC Relay, will share information on the no cost Hearing Carry Over and Speech-to-Speech Relay services available to District residents through DC Relay. Please feel free to share this invite with others who either have a speech difference themselves or know of someone who does and could benefit from these services.



They are offering the webinar at two different times to meet everyone's busy schedules.

March 16th at 10 AM or March 30th at 3 PM EST

[Register at Understanding Communication Difficulties and Available Solutions here](#)



2nd Annual St. Patrick's Day Dog Event with the Foggy Bottom Association

Saturday, March 19th, from 10:00 a.m. to 11:15 a.m.

26th Street Park - Historic District Foggy Bottom (The park is next to the Dog Park, between I & K Streets at the foot of Queen Annes Lane.)

Feeling lucky? Meet Foggy Bottom neighbors and their two-legged friends. Join us and celebrate the area's Irish Heritage

Hot Coffee and Treats available

Dress your leashed fur-baby in something green if you like. No pooch, no worries, join us anyway. Prizes.

The event will follow DC Covid requirements. In the event of inclement weather, we'll need to cancel as the treats will get soggy.

foggybottomassociation.org. They welcome new members to the association. Contact, denisev@foggybottomassociation.org, for more information



Maintaining Brain Health: Do's and Don'ts

Wednesday, March 23rd, at 7:00 PM

Speaker: Jesse G. Brand, Ph.D., ABPP, Board Certified in Clinical Neuropsychology

How do thinking abilities change as we age, and what can we do about it? Gain insight into research-supported lifestyle changes that can build resilience against dementia. Learn more about which brain health products are falsely advertised and what the evidence really suggests about optimizing memory.

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

Other future talks in the next two weeks:

Childless Older Americans

Thursday, March 24th, at 11:00 AM

More than 15 million adults, or nearly one in six Americans aged 55 and older, are childless, and the levels of childlessness among adults are expected to increase. Using data from the U.S. Census Bureau's 2018 Survey of Income and Program Participation (SIPP), Dr. Tayelor Valerio will provide an overview of the childless older American population and compare their demographic, economic, health, and household characteristics to those of biological parents of the same age group. Dr. Tayelor Valerio, Ph.D., is a survey statistician at the U.S. Census Bureau. She is an analyst for the Survey of Income and Program Participation (SIPP), the American Community Survey (ACS), and the June Fertility Supplement of the Current Population Survey (CPS), where she focuses

on topics related to fertility and family.

Free Play Reading from Rose Theater

Hello Friends & Theatre-lovers, join this March for a staged reading and audience discussion of a new play inspired by the Bard's infamous trio.



O SISTERS WEIRD (Formerly THE WITCHES), a New Stage Play written by Stephanie M. House

Tuesday, Mar. 22*

Arts Club of Washington

Doors open 7pm, Performance begins 7:30pm

Free Admission!

&

Wednesday, Mar. 23*

1st Stage

Doors open 7pm, Performance begins 7:30pm

Free Admission!

[RSVP for the performances here](#)



UPCOMING ZOOM AROUND TOWN DC PROGRAMS

Cooking with Chef Susan Barocas

Wednesday, March 23rd, from 3:00 pm - 4:15 pm

It's in the can! Join Chef Susan to explore tasty and healthy ways to use canned salmon and tuna, economical, easy and versatile sources of good protein. Chef Susan Barocas is a writer, cook, teacher and speaker with a passion for healthy cooking and Mediterranean, Middle Eastern and Jewish cuisines. Founding director of the innovative Jewish Food Experience, she served as guest chef for three of President Obama's White House Seders. [Register for the class here.](#)

WEBSITE FOR PUBLIC WAVE EVENTS

The Washington Area Village Exchange has



a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you

How to Register for Village Programs

Village programs and events will generally be announced only in the weekly Director's Notes, published on Monday morning.

- To register, first make sure you are logged into your account on the Village website. From the listing at the end of each program invite, click on the link.
- Then simply click the **REGISTER NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration page).
- **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
- **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
- If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.

All FBWE programs take place on Zoom unless otherwise indicated.

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

www.fbwevillage.org