



## Director's Notes: Monday, April 10, 2023

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

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## Let's Show Some Support!

We have eight member artists who are displaying some of their creations next Monday. The show, Art in the Atrium, will include refreshments as well as the opportunity to talk with the artists.

Whether you love art or not, this is an important program for members to show their support for other members. Art is often an expression that says something about the artist so please come to see what these pieces of art say.

[Please register here](#) and come by St. Paul's on Monday, April 17th, between 2:00 - 4:00 to view the artworks. Refreshments will also be served.

What more could you want on a Monday afternoon than mingling with members & folks from the community, viewing works of art, and noshing on some tasty treats? See you in the atrium at St. Paul's next Monday!

Click on the flyer below for more info on the show and the participating artists.

Denise

## Village Art Exhibit



Organized & curated  
by Harriet Madan  
& Sireen Jawdat



Art in the Atrium, April 17<sup>th</sup>, 2023 2-4pm  
at 2430 K Street NW, DC, 20037

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## HAPPY BIRTHDAY!

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

- Bev Gyllenhaal - April 11th
- Lorna Grenadier - April 13th



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## PROGRAMS

**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.

Cost: Free.

This program is full. [Please click here to join the waitlist.](#) If you can no longer attend the talk please contact the office to cancel your registration and free up a spot for a waitlisted member.

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## Guys Only at Lunch (GOAL)

Thursday, April 20th, at 1:00 pm

Location: Ris, on the corner of 22nd and L Streets, NW.



For April, we're back at Ris, our go-to venue, but note the new time: one o'clock post meridiem. This will be our meeting time from now on to avoid a conflict with an earlier recurring event. Ris's current menu is here: [www.risdc.com/dailymenu](http://www.risdc.com/dailymenu). Hope you can make it to join the stimulating discussions, tall tales, and common

banter of GOAL lunches. Bring a guest if you want, especially a prospective member.

**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 male members and their guests.

Registration is required. Please e-mail Trev Neve at [tneve@rcn.com](mailto:tneve@rcn.com) by Tuesday, 18 April 2023, if you plan to attend, so he can get a final headcount for the table reservation.

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## **Our Neighborhood Firehouse Tour**

**Tuesday, April 25th, at 2:00 p.m.  
Washington DC Fire Station 1: 2225 M  
Street, NW**



We have been invited to visit our West End Firehouse!

If you have been curious about the modern firehouse in our midst, now is your opportunity to see the interior as well as to interact with some of the men and women who live in, and work out of, this architecturally striking building.

The 30-40 minute visit will include:

- Meeting with firefighters, paramedics, and emergency medical technicians
- Fire station presentation
- Engine house tour
- Apparatus display
- “Stop, Drop, Cover your Face and Roll Demonstration” with firefighter
- Questions and Answers.

Attendees will meet on M Street in front of the firehouse.

**Cost:** This tour is free.

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

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## **CALLING ALL VILLAGE WOMEN - IT'S TIME FOR US TO RECONNECT AND MEET AGAIN LET'S "DO" LUNCH!**

**Wednesday, April 26th, at 12:30 pm  
North Italia, 2112 Pennsylvania Ave NW**

**WE'LL KEEP IT SIMPLE. FOOD, CONVERSATION, AND LAUGHTER.  
WHAT COULD BE BETTER?**

**Cost:** Each participant is responsible for the cost of her own lunch. Separate checks will be provided. The reservation is under the name FBWE Village. A Village member will be there to greet you.

**Bring along your restaurant suggestions for next month!**

**Accessibility:** The venue is fully accessible.

**Registration required. [Please register here](#) by Monday, April 24.**

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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 and Cynthia 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



## 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.

- 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: Barbara at [barbarareck@gmail.com](mailto:barbarareck@gmail.com) or Adele at [agphd2@gmail.com](mailto:agphd2@gmail.com)

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

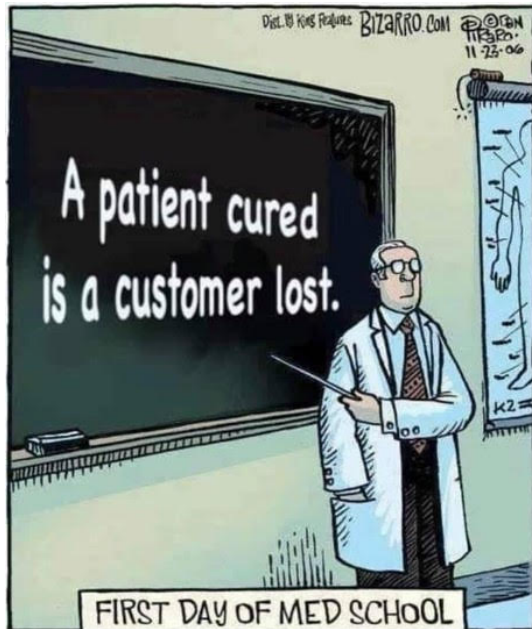
*Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW (contact for more information)*

Contact: Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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## A BIT OF HUMOR

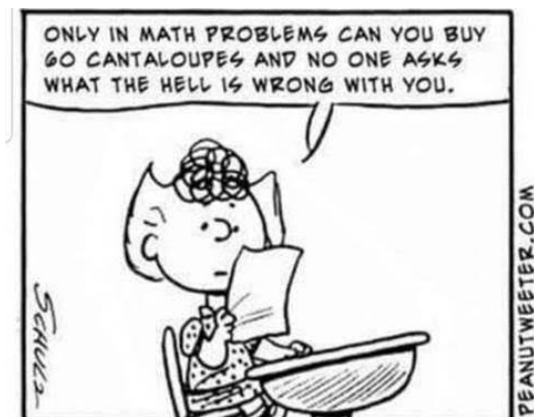
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**Felt  
uncomfortable  
driving into the  
cemetery. The  
gps blurted out  
you have reached  
your final  
destination.**







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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 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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## **Support the DC Public Library Foundation on Library Giving Day**

Library Giving Day, started in 2019, is a national day of giving where neighbors come together to invest in our most important community institution, our public libraries. The DC Public Library Foundation partners with the DC Public Library to ensure that our libraries can deliver the highest quality of service to the District's residents. The funds that the Foundation raises support a variety of crucial services and programs, including:

**The Know Your Power Teen Art Contest |** In partnership with Pepco: An Exelon Company, Know Your Power encourages teens to use their creative voice to create change in the world.

**Beyond the Book |** This literacy program encourages reading for fun for children in Kindergarten - Third Grade and empowers caregivers to help their child grow into a confident reader.

**Cultural Programming |** The Foundation has been able to support amazing discussions with leading authors, artists and activists, including Pulitzer Prize-Winning author Nikole Hannah-Jones, youth artist Tyler Gordon, Civil Rights icon Ambassador Andrew Young and more.

They invite you to join your neighbors in supporting the DC Public Library Foundation. Through your support, you will help open the doors of the DC Public Library even wider for others to learn and grow. [Click here to support the DC Public Library Foundation.](#)

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## Village YouTube Channel Update

In honor of Dr. Janson's next class next week I thought I'd share this throwback to her class in November 2021. Click above to watch that class or discover more of her past classes. Our YouTube channel [can be found here](#).

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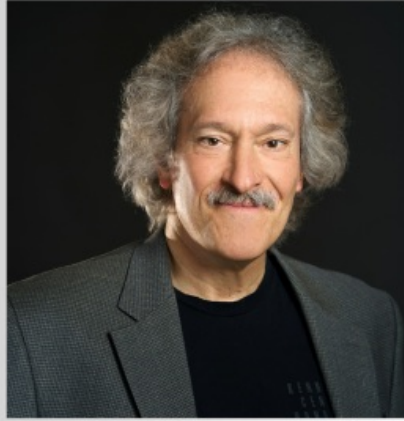
## IN THE COMMUNITY

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## WE INVITE YOU TO THE WEST END NEIGHBORHOOD LIBRARY FOR AN EXCITING NEW LECTURE SERIES!

From death and devastation to glory and enduring poetry, the Trojan War has held the Western imagination in its thrall for over three millennia.

In this four-part, in-person lecture series, renowned Georgetown professor **Ori Soltes, PhD** will lead participants on an unforgettably illuminating journey. Join him as he traces how—and why—the Trojan War cycle has managed to fire the Western imagination and seep into a startlingly diverse array of media—from ancient Greek tragedy to James Joyce's *Ulysses*, and all the way to contemporary Hollywood's own Iliad-based film, *Troy*.



### LECTURE DATES

#### **Session One: The Iliad. (Monday, April 10)**

A fragment of the Great War and its engagement of men, gods, and fate. The tragic, noble, and irony-filled quest by mortals for immortal glory.

#### **Session Two: The Odyssey. (Monday, May 1)**

The delayed homecoming of Odysseus—and the yearning for home—in shaping the great adventure. The weaving of tales within the weaving of a tale of monsters and goddesses—and the wonder of the hero's future articulated at the edge of the Underworld.

#### **Session Three: Preludes and Aftermaths to Homer. (Tuesday, May 30)**

From Aeschylus' *Agamemnon* to Euripides' *Iphigenia Among the Colchians*: What happened to others after the taking of Troy and why? What happened before the War to make it happen?

#### **Session Four: Echoes of Troy and Its Meanings in Modern Media (Monday, June 26)**

From James Joyce's epic novel, *Ulysses* (1922); to Nikos Kazantzakis' epic poem, *Odyssey: A Sequel* (1938); to Joseph Strick's 1967 film, *Ulysses* and Wolfgang Peterson's 2004 film, *Troy*—how and why have key aspects of the dramatic story been re-shaped and re-directed with verve, passion, and poignancy?

*All lectures will meet in the  
Large Meeting Room at  
West End Neighborhood  
Library from 7:00-9:00 PM.*

Click on the flyer to enlarge it

## Free Around Town DC Walking Tour of East Georgetown Tuesday, April 11th, from 10:00 am - 12:00 pm

Jane Khoury, Certified Guild Guide, Washington DC, will be leading the tour.

10 am, Meet in front of the Starbucks at 1810 Wisconsin Avenue, NW. (Accessible by Metrobus ## 31,33: disembark the bus at the 34th and Wisconsin Avenue stop and walk downhill 350 feet.)

The tour will meet in upper east Georgetown, learning the history of Georgetown and some its famous and notorious residents. The walk will include the exterior of Dumbarton Oaks, Oak Hill Cemetery, Dumbarton House, the Mt. Zion/Female Union Band Cemetery, Tudor Place,



Jacqueline Kennedy “mourning house,” Old Stone House and many other notable sites. The walk will end at Baked and Wired bakery, 1052 Thomas Jefferson St., by the C&O Canal at approximately Noon.

**Note:** Tour may include walking on narrow, uneven cemetery paths. Good shoes, hats, sunscreen and water bottle recommended.

[Click here to register](#)

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## **Speaker: Nathaniel Keohane, President, the Center for Climate and Energy Solutions**

**Wednesday, April 12th, at 6:00 PM on  
Zoom**



Dupont Circle Village’s next CelebSalon speaker is Nathaniel Keohane—a lifelong environmental advocate whose current job puts him in a position to help shape solutions to today’s huge climate challenges.

Keohane leads the Center for Climate and Energy Solutions, a leading independent voice for practical policy and action focused on energy and climate.

”It’s an exciting time to be part of the climate movement,” he says.

He sees economic incentives as key to helping solve environmental problems. He honed his insights on how to do this while serving as an assistant to President Obama’s economic and policy councils in 2011-12; leading the climate work at the Environmental Defense Fund; and, most recently, taking over as President of the Center for Climate and Energy Solutions.

Today, he feels that he’s in the right place at the right time. The country is gripped by recurring natural disasters—18 of them in 2022 alone. From devastating wildfires, floods and heat waves that cost \$165 billion in damages, extreme weather has helped transform the politics of climate change, fueled largely by young activists.

“At the same time, we have seen dramatic falls in the costs of wind and solar, electric vehicles, and other zero-carbon technologies. In addition, “new innovations like hydrogen and carbon capture are appearing on the horizon.” “All of this is “opening up new avenues for economic opportunity and policy change,” he says.

[Click here to find more info and to register](#)

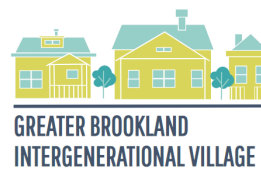
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## **What is an End-of-Life Doula?**

**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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## **Maryland Freedom Seekers on the Underground Railroad**

**Thursday, April 13th, at 2:00 PM**

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. In her book, *Maryland Freedom Seekers on the Underground Railroad*, Jenny Masur tells the tales of these and other freedom seekers. Join Jenny to hear some of their stories.

Jenny Masur is a native Washingtonian. She worked for 17 years for the National Park Service as national capital region manager for the National Underground Railroad Network to Freedom. Her doctorate is in anthropology, and her interest in individual lives dates from the book *Jewish Grandmothers*, which she coedited while in graduate school. Her respect for the heroes of the Underground Railroad continues to grow.

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

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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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## **Protecting and Maximizing Your Retirement Income**

**Wednesday, April 19th, at 5:30 pm**

Join us as David Hurwitz discusses how to set up a retirement-income stream consistent with your retirement goals, how to plan for inflation, economic challenges, and a long retirement. He will also discuss how to utilize various investment vehicles. There will be time for questions following his presentation.



David Hurwitz is a Certified Financial Planner Practitioner as well as a Chartered Retirement Planning Counselor and has been named “Best Financial Advisor” by the readers of Bethesda Magazine.

This program is free and open to the community! Invite your friends!

[Click here to register](#)

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## **FREE POETRY & MUSIC CONCERT! “It Was Always”**

**Wednesday, April 19th, at 7:30 pm**  
**Arts Club of Washington**

Join for a symphony of spoken word featuring the poetry of award-winning journalist and Rose Theatre Poet Laureate Tom Squitieri, including performances by musician and composer David Kowal, acclaimed vocal artist Christopher Lane and Helen Hayes award-winning actor Rick Fouchoux.



The evening will also feature the debut of poems submitted by artists from DC and around the globe in celebration of National Poetry Month.

**Reservations Strongly Encouraged | Limited Seating**

## **WHAT? You still have a landline?**

**Thursday, April 20th, at 3:00 pm on Zoom**

Victor Rezmovic, a technology educator, will provide a talk on an internet-related topic every other month in 2023. This will give us an opportunity to examine how we can use this omnipresent force for good in our lives.



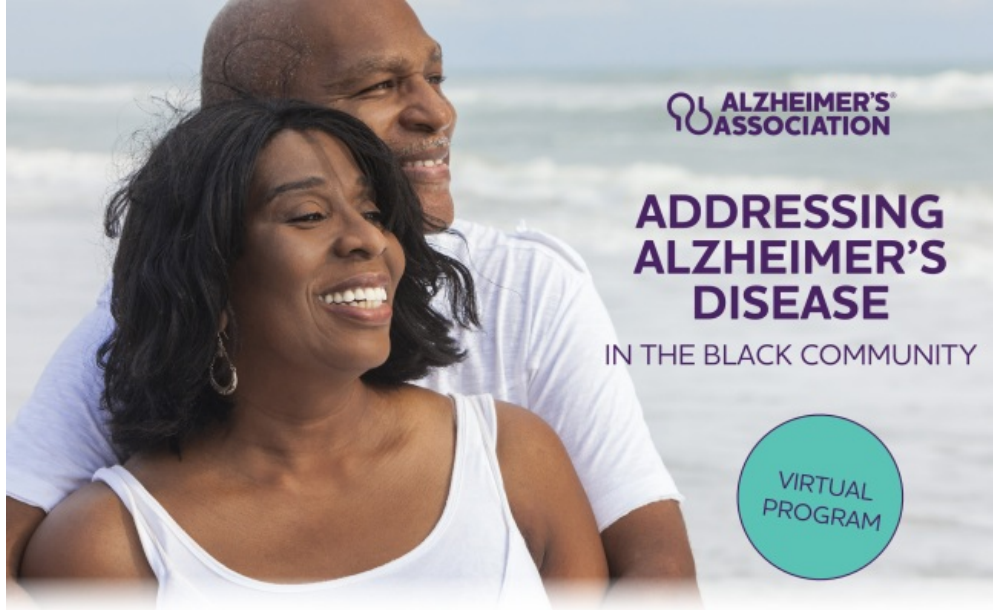
Thursday, April 20 at 3:00 pm – WHAT? You still have a landline?  
Changes in Technology and how you can benefit from the latest updates.

We use technology in our daily lives. Once a technology meets our needs, we tend to stay with it. Technology, however, changes dramatically and we may benefit from examining what's new and incorporating these new technologies. Adding or upgrading to new options will enable us to do more, be more productive and often save money. In this class we will examine computer hardware, software, the Internet/Cloud and online safety and how to incorporate these technologies.

[Click here to register](#)

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**SATURDAY, APRIL 22 | 3 P.M.**

Please join the Alzheimer's Association and the Sarah Allen Missionary Society, in partnership with the Metropolitan A.M.E. Church Health Ministry, the Kelly Lay Organization and the Commission on Christian Education for a virtual presentation and discussion on Racial and Ethnic Disparities in Alzheimer's Disease.

The objectives of this community forum are to:

- Understand how social determinants can affect a wide range of health functioning particularly in Alzheimer's and dementia.
- Discuss how racism and systemic inequities are drivers of health disparities.
- Explore best practices to reach underserved and underrepresented communities in light of historic and current systemic racism.
- Identify local community resources that provide quality care and support to help reduce health disparities for those with a diagnosis and their caregivers.

Please register [HERE](#) for this discussion on Zoom or call the Alzheimer's Association Helpline at 800.272.3900 to register by phone. Login instructions will be provided after registration.

### *Our Speakers*



**Beverly Berry**  
Director  
Diversity, Equity & Inclusion  
Alzheimer's Association



**Melissa Susser**  
Caregiver Education and Outreach Coordinator  
Iona Senior Services



**Click on the flyer to enlarge it or [click here to register](#)**



## **Hospital at Home Movement with Dr. Haile Mariam**

**Wednesday, April 26th, at 5:30 pm**

Learn more about this movement to provide medical care to patients in their homes. There have been studies done that show the economic as well as psychological and physical benefits to patients who are discharged early from hospitals or treated at home. As we know, telemedicine, and other types of remote medical care, really blossomed during the COVID pandemic. Patients treated at home due to physical distancing were able to get reimbursed by Medicare and their private insurance. The above factors have encouraged those interested in the Hospital at Home concept to reevaluate the possibilities of bringing this idea to more communities, and the idea is gaining popularity in other countries, such as Australia, Canada, and several in



Europe.

Dr. Mariam, of George Washington University Hospital, will join us to present more information about this concept and answer your questions.

[Click here to register](#)

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## **Alzheimer's & Dementia Caregivers Conference: "Building Strength and Resilience"**

**Wednesday April 26th, from 8:30 am -  
2:30 pm on Zoom**



This virtual conference is designed to empower caregivers and health care professionals with strategies, inspiration and resources that will bolster your efforts to care for those with Alzheimer's or dementia. The keynote speaker, Mike Splaine will guide family and professional caregivers alike to navigate hospitalization if it's needed, manage discharge process, and set up for best recovery possible at home.

The other session leaders bring a wealth of knowledge and offer practical applications for dealing with managing money, grief and accessing resources for caregivers.

[Click here to register or to find more information](#)

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## **We Who Believe in Freedom: Black Feminist D.C.** **Mar. 30, 2023 – Sep. 2024 | MLK Library, First Floor West (near 10th & G Streets NW)**

DC Public Library is proud to host We Who Believe in Freedom: Black Feminist DC, presented as part of a groundbreaking partnership with the National Women's History Museum. We Who Believe in Freedom: Black Feminist DC traces Black feminism in Washington, D.C. from the turn of the 20th century through the civil rights and Black Power movements to today.

We Who Believe in Freedom: Black Feminist DC will trace Black feminism

in Washington, D.C. from the turn of the 20th century through the civil rights and Black Power movements to today.

Curated by renowned historians Sherie M. Randolph and Kendra T. Field, the exhibition will focus on the stories and voices of Black feminist organizers and theorists—including Anna Julia Cooper, Eleanor Holmes Norton, Mary Treadwell, and Nkenge Touré—whose expansive work made a difference in the lives of Black women in their Washington, D.C. communities and for all people throughout the United States. Standing at the intersection of race, class, and gender, Black feminists fought for a definition of freedom and liberation that extended beyond their individual circumstances—work that remains unfinished today.

Visit the exhibition in person at the MLK Library and explore further learning resources on Black Feminist DC at the [National Women's History Museum's website](#).

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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**

**[Find more information and book specific dates here](#)**

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.

## 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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