



Director's Notes: Monday, April 24th, 2023

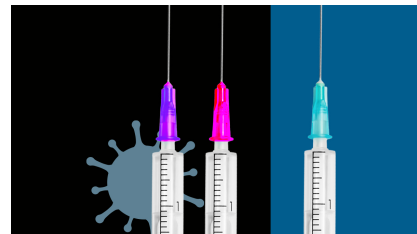
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Executive Director: Denise Snyder

CDC Approves Additional COVID Booster for Older Adults

On April 19, 2023, the Centers for Disease Control & Prevention updated its guidance regarding vaccination against COVID-19. Under the new recommendations, adults age 65 and older, as well as people who are immunocompromised, should get a second bivalent vaccine.



If you are 65 or older, you should wait at least four months after your first bivalent booster before getting a second one. Immunocompromised individuals should only wait at least two months. If you recently had COVID, wait at least 90 days after you recover before getting another booster.

Vaccines, including a second bivalent booster, can be administered at local pharmacies. You should be able to schedule an appointment online through the pharmacy or just walk in. Walgreens and CVS reportedly have updated their systems to account for the guidance, but if there is a problem, your doctor should be able to prescribe the shot for you.

If your regular pharmacy cannot schedule a booster shot, visit the CDC's [vaccines.gov](https://www.cdc.gov/vaccines) website. The site searches by ZIP Code to help you find locations with available appointments and specific vaccines. No-cost vaccination sites can be also be found through the CDC's [No-Cost COVID-19 Testing Locator](#).

With the end of the national public health emergency, the [Department of](#)

Health and Human Services expects that most Americans will continue to pay nothing for COVID-19 vaccinations.

Similarly, COVID-19 vaccinations are covered under Medicare Part B without cost sharing; this is not expected to change. Medicaid will continue to cover all COVID-19 vaccinations without a co-pay or cost sharing through September 30, 2024, and will cover ACIP-recommended vaccines for most beneficiaries after that date.



Thank you to everyone that attended and made 'Art in the Atrium' such a success! We had over 35 people in attendance!

Thank you especially to Harriet Madan and Sireen Jawdat for organizing the show and Terry Ziegler for the delicious baked goods! Thank you as well to all the artists, listed below, that volunteered such beautiful pieces for the show.

- **Lynn Cates**
- **Dale Flowers**
- **Ruth Schimel**
- **Elena Strunk**
- **Lucretia Tanner**
- **Morris Chalick**
- **Heide Castleman**
- **Abbey Griffin**



HAPPY BIRTHDAY!

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

- Jane Selby - April 29th



PROGRAMS

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.

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



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.

U.S. SUPREME COURT TOUR

Friday, May 5th, at 11:00 AM
Meet at U.S. Supreme Court, 1 1st St NE

Sometimes referred to as the “Marble Palace”, the US Supreme Court holds a unique place in our country’s society. The tour will include information about the Court’s history, how cases are reviewed, and the design and decor of the building, as well as a chance to view non-public spaces (as available). After the tour, all are welcome to stay for lunch in the Court’s cafeteria. Lorna Grenadier, a Villager and Supreme Court docent, will lead the tour. Villagers should meet at the John Marshall statue on the ground floor.



Registration: Space is limited to 8 people. Please note: this tour is available only to those members who have not previously visited the Court on an FBWEV tour. There will be a waiting list if space becomes available.

[Click here to register.](#) **Registration must be completed by Tuesday, May 2nd.**

Accessibility: The public entrance is located to the left of the front steps. The entrance on Maryland Avenue on the north side is accessible. There are elevators for use in the interior. There is security screening to enter.

Transportation: Bus: routes 32, 33, 36 stop at First St. and Independence (walk 2 blocks north). Metro: Capitol Hill South on Blue/ Orange/ Silver - walk 3 blocks north.



AN INSIDER'S GUIDE TO EXPERIENCING THE VIETNAM MEMORIAL

Thursday, May 18th, at 2:00 PM

Vietnam Memorial, 5 Henry Bacon Dr NW

The Vietnam Veterans Memorial is the most-visited memorial on the National Mall attracting more than 5 million people each year. The most prominent feature of the memorial is a massive Wall that lists the names of the more than 58,000 servicemen and women who lost their lives during the Vietnam War.

The Vietnam Veterans Memorial provides a unique opportunity for volunteering and Village member Annmarie Emmet will attest to that as she has been doing so on a weekly basis for more than 30 years.

Annmarie is inviting Village members to join her on-site where she will discuss the types of questions visitors ask, how she assists them in looking up names, the process used in rubbing names, how she helps visitors with name rubbings, etc.

Join Annmarie to learn about all aspects of this unique, daily, on-site volunteer activity in which not only US citizens but visitors from around the world are provided assistance.

MEET Annmarie at the Vietnam Women's Memorial which is associated with the Wall. (It is opposite the center of the Wall, in the trees.)

Cost: None.

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

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



Exciting update! The summer schedule for the classes starts June 6th and runs through August 3rd! Stay tuned for more details.

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 questions/information: nadiataran@mindspring.com

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.

- May 3rd: 'Of Boys and Men' by Richard Reeves
 - June 7th: 'Still Life' by Sarah Winman
 - July 5th: 'Visual Thinking' by Temple Grandin
-

New Meditation Group

Fridays 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 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.

The group will primarily meditate while seated in chairs and an ability to get up from the floor is not required.

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.

For more information, please contact Lucia Pollock at 202-716-7401 or luciapollock@yahoo.com.

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

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

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

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: Barbara at barbarareck@gmail.com or Adele at 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

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

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 1:00 pm

Various locations (contact for more information)

Contact: Trev Neve at 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

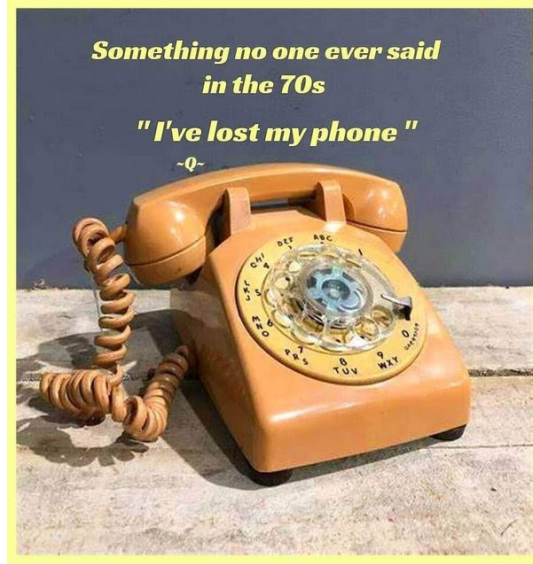
MEDITATION GROUP (weekly) at 3:00 pm

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.

A BIT OF HUMOR





IT WAS A GOOD DAY IN
CLASS WHEN THE
TEACHER ROLLED OUT
THIS BIG BOY



OTHER PIECES

Project B Green Donation Center

Project B Green is an in-kind donation and recycling program developed and sponsored by B-thrifty Holding LLC, a for-profit organization dedicated to recycling, reusing, and reselling gently used clothing, shoes and household items.

They collect in-kind donations on behalf of their local charity partners and monetize them to support their valuable missions. Your donations are tax-deductible. Their donation partner in DC is Mary's Center.

The nearest donation center is located at 23rd and P St NW next to the Shell Gas station. They also collect items from your home by appointment. [You can find more info on their site here.](#)

Acceptable donation items include the following:

- | | |
|----------------------|-------------------------|
| Clothing | Clothing Accessories |
| Shoes | Kitchenware |
| Hand Bags | Small Electronics |
| Houseware | Sporting Goods |
| Toys | Small Furniture (4'x4') |
| Bed & Bath | Books |
| Media | Halloween Decoration |
| Christmas Decoration | |

Unacceptable items:

- | | |
|----------------|------------------|
| Big Furniture | Cribs |
| Big Appliances | Weapons |
| Mattresses | Hazard Materials |
| Car seats | |

LIFELONG LEARNING COURSES

at AMERICAN UNIVERSITY – SUMMER COURSES



The Osher Lifelong Learning Institute (OLLI) at AU offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy, and more. Designed for people “50 and better,” nearly 1,600 members are active participants who join for the joy of learning with no tests and no grades. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. June Minis run from June 5–30 with classes held once a week for four weeks. July Shorts run from July 10–14 with classes held two to five times during the one week. The cost for June Minis and July Shorts is \$100/session for up to four classes each session. View and select classes starting April 21. Additionally, there are free weekly lectures during the month of May and membership social events.

Be a part of a community where curiosity never retires! Go to their website: olli-dc.org or call 202-895-4860 for further information and to register for classes.



New Village YouTube Video Alert!

This past week we hosted Dr. Janson for another of her fabulous exercise classes. This class was entitled, 'oh my aching back' and it focused on common back pain problems and exercises to remedy them. Click on the video preview above to watch her class. Our full YouTube channel [can be found here](#).

IN THE COMMUNITY

ANNUAL FLOWER MART

The 84th annual Flower Mart will be held at the Washington National Cathedral on Friday, May 5th (10:00 - 6:00) and Saturday, May 6th (10: - 5:00). This free activity includes not only the obvious plants (flowers, herbs, etc.), but there is an antique carousel, scores of booths selling crafts and food, a book tent, live entertainment, and floral displays created by the city's embassies to showcase their national cultures.



For those looking for a physical challenge, one can also buy a ticket to climb to the top of the Cathedral's towers for a picturesque view of the city. Limited paid parking is available in the Cathedral's underground garage, but visitors are encouraged to come by bus. [For more information on the Flower Mart click here.](#)

A repeat visitor to the Flower Mart, Janet Farbstein, suggests that you ask the bus driver to let you off at the stop immediately before the Cathedral stop. This will lead you directly into the area where the Flower Mart is being held, whereas the Cathedral stop requires a long, steep walk to the show. She also suggests timing your arrival for 11:00 since not all booths are set up by 10:00. Bringing your own water (and even food) is a good idea to avoid long lines. Janet's final thought is that when you're ready for a rest, the Bishop's Garden awaits you!



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 to present more information about this concept and answer your questions.

[Click here to register.](#) This program is sponsored by Georgetown Village.

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](#)



Gilded Age Mansions of Dupont Circle

Thursday, April 27th, at 1:00 PM

Around the turn of the 20th century, the Dupont Circle area was transformed from an outpost of the federal city to the preserve of the wealthy, who built immense mansions in a variety of ornate styles. This talk will draw on vintage photos to tell stories of these extravagant residences--most of them surviving today for other purposes--and the equally flamboyant characters who once lived in them--though often just part of the year.

Ralph Buglass teaches lifelong learning courses at American University, Johns Hopkins University, Montgomery College, and Frederick Community College. Ralph is a frequent speaker for Montgomery History on a variety of local history topics. He also is a volunteer researcher for Peerless Rockville, the non-profit historic preservation organization for Montgomery County's seat of government. In 2020, with Peerless Rockville, he co-authored Images of America: Rockville, a pictorial history of the city's 250 years.

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



Are you interested in working? Learn about ReServe!

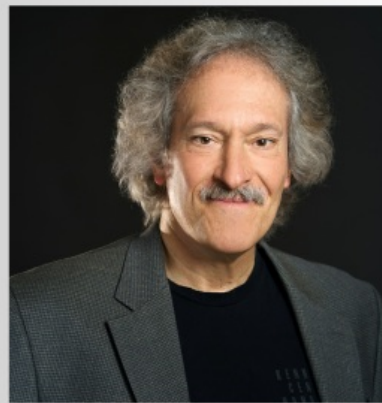
Thursday, April 27th, at 3:00 pm

ReServe places professional seniors, 55 years of age and older, into part-time, temporary positions at not-for-profit and social service organizations. “ReServists”, as they call them, have had long working careers in many different sectors, have now retired but still wish to give back or “re-serve”. Join Around Town DC to see if any of the programs may be a good fit for you! [Click here to register.](#)

**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

EU Open House 2023

Saturday, May 13th, from 10 AM to 4 PM

EU Open House is back! On Saturday, May

13th the European Union and its Embassies open their doors to the public for a day of culture, food, music, and more. No registration, tickets, or passport required!



The closest embassy to the Village is the Swedish embassy, House of Sweden at 2900 K Street NW. "At House of Sweden, guests will learn about Sweden's current Presidency of the Council of the European Union, enjoy a Swedish Fika overlooking the Potomac River, visit the rooftop lounge, a photo booth, and climate action station, learn what a "Tunbjörkare" is, and how Sweden plans to be carbon neutral by 2045. Välkommen!"

All the embassies are open to the public and a plethora of fun free events are on offer! [Click here to see the full list of events and to see the helpful map of EU embassies.](#)

Guest Speaker Donna Gayles, Capital Caring Hospice

Wednesday, May 17th, at 1:00 pm on Zoom



Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. Her talk is titled, "Two Weeks is Too Short and Tragic".

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

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.

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

FBWE Village | 2430 K Street NW, Washington, DC 20037

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