



Director's Notes: Monday, May 22nd, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Mark Your Calendar - Party Time!

On Saturday, October 14th from (12:00 – 2:00) Foggy Bottom West End Village will celebrate its 10th anniversary!

The party will focus on honoring our nine founding board members including Mary Bernstein, Rebecca Coder, Lorna Grenadier, Bev Gyllenhaal, Susan Haight, Jackie Lemire, John Seichter, Monroe Wright, and Carl Vacketta. This group put in countless hours for two years before the village opened in 2013 and continued to do so throughout the early years. Most are still involved in some way.



We will highlight our history via a continuously running slideshow* while enjoying scrumptious delights and most importantly – each other's company. The program will also include honoring several special volunteers.

We hope you will save the date now in your calendar to honor some very special people and to meet with friends old and new at our 10th Anniversary Celebration!

-Denise

*If you have any high quality pictures from 2011 – 2017 please send them to: dsnyder@fbwevillage.org. Lynn Cates has taken on organizing the slideshow this summer and while we have many pictures from the most recent times, we're in search of ones from the early years.



Village Coffee Chat Pics

A notable day for two coffee chat regulars as this was Kate Clinton's last village activity as she left the next day to Florida. She will be sorely missed by the village. It was also a birthday celebration for Alan Ingber, another faithful Coffee & Conversation attendee.

Above (from left to right): Barbara Reck, Alan Ingber, Kate Clinton, Marilyn Kincaid, Dava Berkman, and Marsha Ingber

Below (from left to right): Christina Farnsworth, Mary Dusing, Kate Clinton, Sue Headlee, George Arnstein, Adele Gottfried, Allen Gottfried



There has been an increase in crimes recently in the Foggy Bottom/West End area. A couple of the most recent attacks were to residents of 2475 Virginia Avenue. At least one involved a woman who appeared to be mentally unstable. These attacks happened in broad daylight.

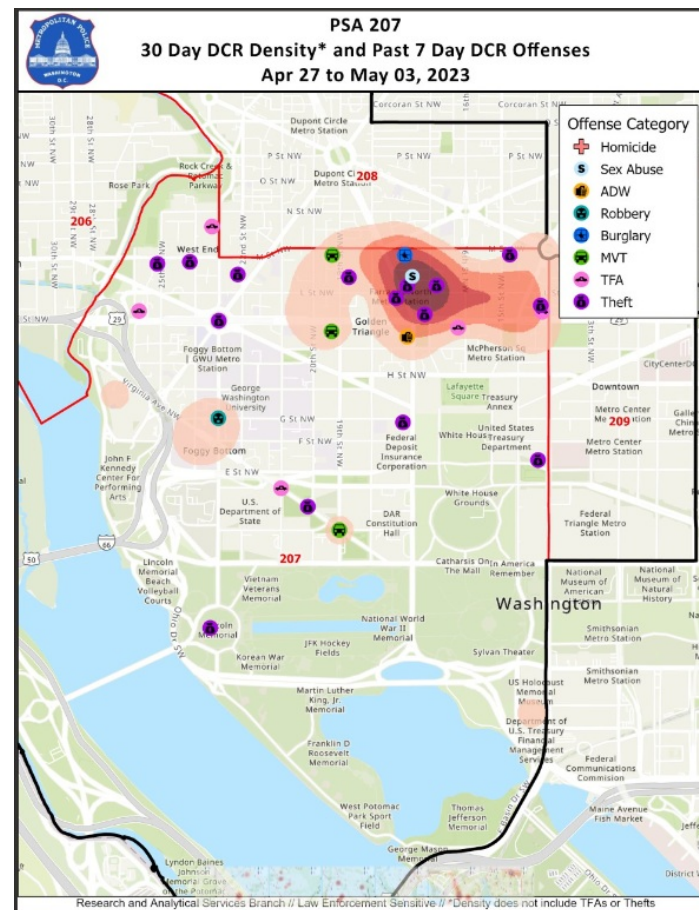
MPD's general message to residents of this area is common sense: Stay aware of your surroundings at all times and call 911 if you feel threatened or see something that appears to be suspicious.

Remember if you want to go to Trader Joe's or Whole Foods we can provide a ride to and from if that is desired.

The map below covers Police Service Area (PSA) 207 which includes most of our footprint. The key identifies the nature of the crimes that MPD logged in their records. The map was sent out by Lt. M. Bryan Howden of

the Second District.

-Denise



HAPPY BIRTHDAY!

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

- Paulette Korkegi - May 23rd
- Jeneane Collings - May 25th
- Terry Ziegler - May 28th



PROGRAMS

NEW YOGA SESSION

Our next 6 week session of yoga classes starts up on Wednesday, May 24th and new attendees are warmly welcomed. The more members that sign up the lower the cost per member and per class. All participants should bring a blank check with them to pay the instructor fee as the fee depends on the

number of participants. If you have questions about the class or if you want to sign up please contact: Sue Headlee at headlee@american.edu. Sign up soon to save your spot in these excellent classes!

Pictured from left to right: Our excellent instructor Delores Simmons, Sue Headlee, CB Wooldridge, Elizabeth Iademarco, Sally Willis



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

**Wednesday, May 24th, at 1:00 pm (note the later start time)
North Italia, 2112 Pennsylvania Ave NW**

IT'S FOOD, CONVERSATION, AND LAUGHTER.

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.

Accessibility: The venue is fully accessible.

Registration required. [Please register here](#) by Monday, May 22.



NATIONAL GALLERY OF ART – EAST BUILDING ARCHITECTURAL TOUR

Thursday, May, 25th, at 1:30 PM

National Gallery of Art East Building, 150 4th St NW

Opened in 1978, the I.M. Pei-designed East Building houses the National Gallery of Art's collection of modern and contemporary art. Pei's masterpiece has provided an eloquent setting for the display of great works of modern art from the permanent collection, over 300 temporary exhibitions, a library and rare book collection, administrative offices, and the Center for Advanced Study in the Visual Arts. While harmonizing with architect John Russell Pope's neoclassical West Building, the award-winning East Building was designed in the modern idiom of its time and has taken its place as one of the great public structures in the nation's capital.

We are most fortunate to have West End resident and NGA docent Sheridan Strickland volunteer to host an architectural tour of the East Building solely for FBWE Village members. The tour will highlight key design aspects and several major renovations of the iconic building and address such questions as: "What is the recurring architectural motif? How much does the skylight weigh? How many lights in the lighted walkway?" Join us on the tour and all will be revealed!

Meet in the seating area by the East Building entrance at 4th Street. (Sheridan will be there to meet attendees – she will be wearing a hanging badge.)

Cost: None

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

ON THE ROAD AGAIN!

Tuesday, June 13th, at 2:00 PM

**West End Library Large Conference
Room, 2301 L St NW**

Village member Lynn Cates invites you to join her for a photographic presentation about her road trips across America. After she retired, Lynn began exploring this beautiful country by taking cross-country road trips. A couple of years later she became passionate about photography and that has made her road trips even more special. Come and share in her fun, adventures, and the beautiful scenery our country has to offer.

Cost: None



GWU Older Adult Exercise Program --Summer Session!

Tuesdays and Thursdays, June 6, 2023 through August 3, 2023

BEAT THE HEAT! Stay active and cool with EARLIER SUMMER HOURS: 10:00-10:50 AM Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



Who: Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences

Tuesdays: Strength Training Thursdays: Dance Conditioning

NEW participants need to:

1. [Obtain or renew their GWorld Card](#)
2. Complete a waiver form
3. Complete the Participant Health and Exercise Profile form

[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

FBWE BOOK CLUB: CALL FOR BOOK SELECTIONS

Hi FBWE Book Club Members and Prospective Members. There are two books scheduled for the forthcoming June and July meetings, listed below, and we need to select books for future meetings. As we discussed at the April meeting, Adele will be collecting suggestions from the book club members, and prospective members, and will then submit them to the book club to choose. Please submit your book suggestions to [Adele Gottfried](#) at agphd2@gmail.com.

At the April meeting, the book club discussed and agreed to the following procedure. Members and prospective members, please suggest a book and include one sentence about the reason for your selection. Also, please include no more than 1 short paragraph which is a brief description or review of the book. Adele will forward these book suggestions and supporting info to book club members for discussion at the upcoming June meeting, which is June 7th. Additionally, if you have

not been a book club member, but would like to be, please feel free to attend. Book club meets the first Wednesday of each month at the West End Library at 2:00. Book discussions have been interesting and stimulating, and here is a chance to interact with FBWE book lovers!!

- June 7th: 'Still Life' by Sarah Winman
 - July 5th: 'Visual Thinking' by Temple Grandin
-

BROOKE PINTO AT COFFEE CHAT

Council Member Brooke Pinto will be joining the village for Coffee & Conversation on Tuesday, June 13th. Please let us know if you plan to attend - just for that one date - so we can plan accordingly. [Click here to register for this special coffee chat](#). Hope you can join us to put your questions directly to your council member!

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

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

Contact: Marianne Taylor at taylmarianne@yahoo.com

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: Sue Headlee at headlee@american.edu

WOMEN'S LUNCH GROUP (4th Wed) at 1:00 pm

Meets at North Italia, 2112 Pennsylvania Ave NW

Contact: Chrissy Gardner at chrissy@risdc.com

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

Meets at West End Library (contact for more information)

Contact: Barbara Reck at barbarareck@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)

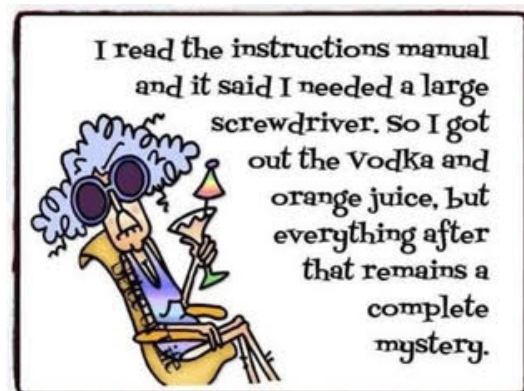
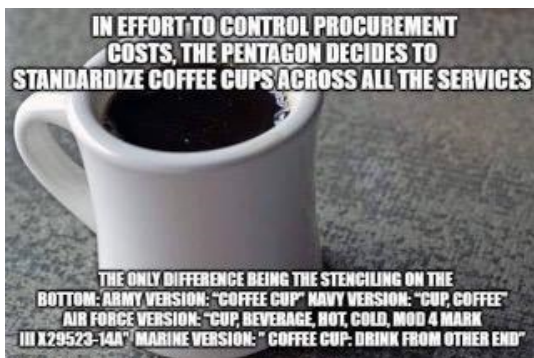
Contact: CB Wooldridge at cbwould2003@yahoo.com

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



More paraprofessionals

OTHER PIECES

Smart Moves

Introducing six short, recorded segments developed for our Village by GWU Physical Therapy graduate students. The recordings will be posted on our YouTube channel on a playlist called SMART MOVES 2023, [click here for the playlist](#).

Week 1 Rise and Shine-Morning Routine and Stretches

Topic: Our presentation will be about ways to make a healthy morning routine! We will be talking about exercises you can include in your mornings, some activities to wake up your brain, the benefits of a regular wake up time, and what makes a complete breakfast.



[Click here to view the morning routines video.](#)

DC Attorney General's Consumer Mediation Program

From Councilmember Brooke Pinto's latest newsletter:



"Do you have a complaint against a business or landlord? The Office of the Attorney General's Consumer Mediation Program may be able to help! The program is a free service that aims to help consumers resolve issues with businesses or landlords without going to court. When a consumer files a complaint with the program, OAG will reach out to the business or landlord to see if it can help resolve the dispute. Consumers interested in filing a complaint with the mediation program can do so by filing a complaint online [here](#). If you are unable to file your complaint online, or need assistance, please call OAG's Consumer Complaint Hotline at (202) 442-9828."



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

P R E S S R E L E A S E

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Foggy Bottom West End Village is looking for volunteers to help provide this program by becoming a coach.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

A Matter of Balance classes will be held at the GWU Physical Therapy Dept or at a location accessible to metro.

If you would like to attend or want more information, please contact **Nadia Taran** at nadiataran@mindspring.com

A Matter of Balance: Managing Concerns About Falls

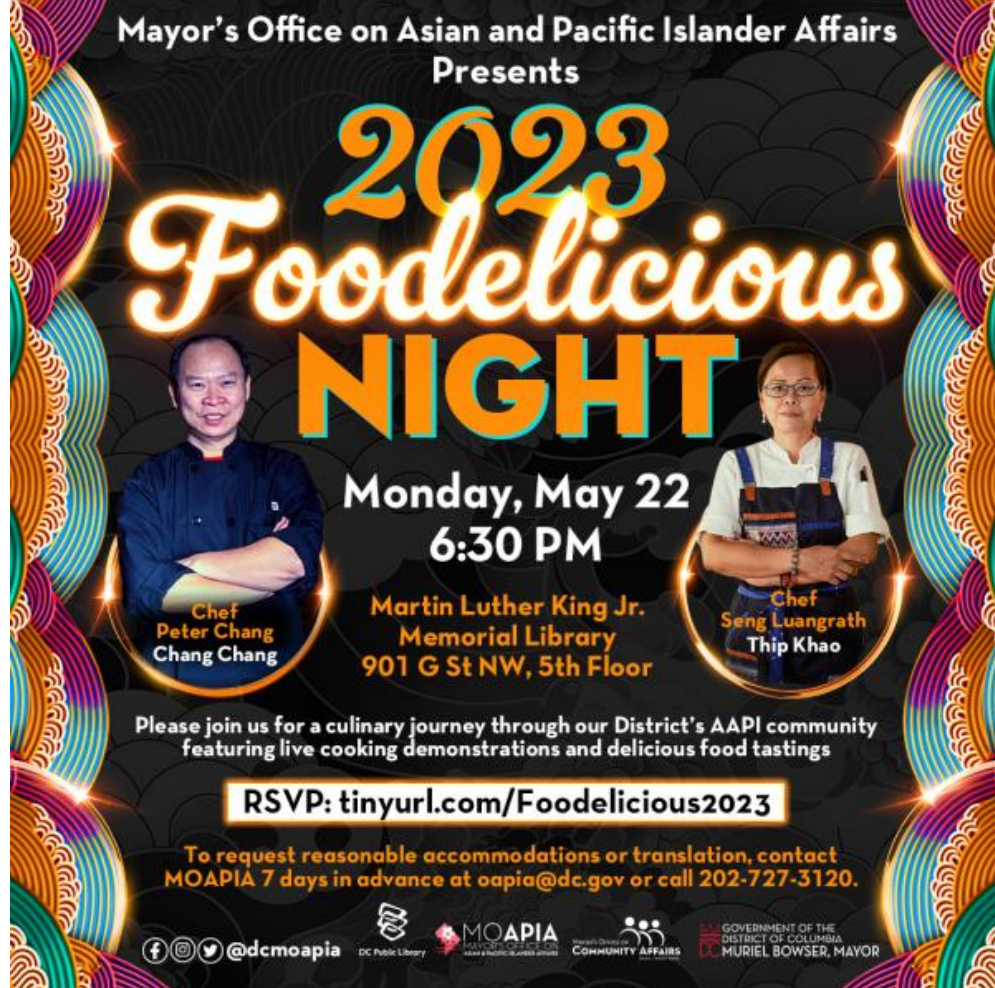
This program is based on Fear of Falling: A Matter of Balance. Copyright© 1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

IN THE COMMUNITY



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

CPAC Meeting

Monday, May 22 at 6:30 pm, Hybrid

The George Washington University invites neighbors to join on campus for the Second Quarter Campus Plan Advisory Committee meeting scheduled for Monday, May 22, at 6:30 pm in the Ric and Dawn Duquès Hall Room 361 (2201 G St NW). This meeting will be hybrid, with a virtual option via ZOOM for community members not able to join in person.



The Campus Plan Advisory Committee Meeting will cover the following topics:

- GW Community Updates
- Foggy Bottom Campus Plan & Campus Development Updates
- Public Comment

Register prior to the meeting to receive the calendar invite. The login information will be sent 24 hours prior to the meeting and will contain information to allow community members to connect to the online meeting by computer or phone. If you have any questions, please reach out to Kevin Days (kdays@gwu.edu).

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

This semester saw the return of some of the university's community benefits. GW has restored the Friends of the GW GWorld Program and, in response to community feedback, allowed individuals with D.C.-issued IDs to apply for GWorld cards. You can use these cards to access the Gelman Library and ride the MVC shuttle. The community memberships for Lerner Health and Wellness Center are active again. The university is working on restoring its auditing program for neighbors. You will find information about the community benefits on our [Neighborhood website](#). We hope that many of you will take advantage of all the opportunities that GW offers to its neighbors.

Community Concerns Hotline: 202-994-6110

Off-Campus Student Behavior: Submit a report about off-campus student behavior to GW Office of Student Rights and Responsibilities [here](#).

**Around Town DC Walking Tour with
Jane Khoury: West Georgetown
Thursday, May 25th, from 10:00 am - 12:00
pm**

Jane Khoury, Certified Guild Guide, Washington DC, will be leading this tour. Meet by the Metrobus stop at 34th Street and Wisconsin Avenue (across Wisconsin from the "Social Safeway")



This walk will continue our exploration of Georgetown, strolling by sites on the West side of Wisconsin Avenue, including Alexander Graham Bell's home and laboratory, Holy Trinity Church, Georgetown University, the Exorcist stairs, and Prospect House.

The Tour will end at approximately noon near the Georgetown Waterfront.

Note: Tour may include walking on stairs (not the Exorcist stairs) and on the canal tow path.

[Click here to register](#)

MAYOR MURIEL BOWSER PRESENTS



SENIOR FEST

BELIEVE THE HYPE

WEDNESDAY, MAY 31, 2023
10:00 AM - 3:00 PM

Gateway DC Pavilion
2700 Martin Luther King, Jr. Ave SE

Get ready for a high-energy reunion
at DPR's annual Senior Fest!

LINE DANCING • FITNESS DEMOS
LIVE ENTERTAINMENT • FOOD
HEALTH RESOURCES • MUCH MORE!



DBH
DACL
LIVE BOLDLY
DPR
GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

VISIT [DPR.EVENTS](https://dpr.events) FOR MORE INFORMATION @DCDPR     YouTube

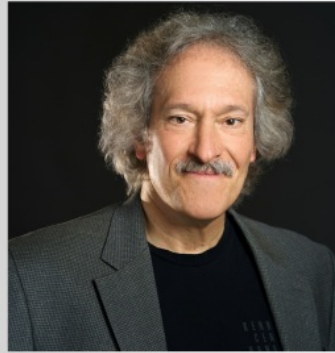
DACL and DPR are again collaborating for this popular celebration, and this year they expect it will be bigger and better than ever and bring together thousands of DC Seniors from around the city for a day of fellowship, food, information, and live speakers and entertainment. This event will be DACL's premier event during Older Americans Month

This year in addition to standard picnic fare, DACL will offer a vegetarian, a Halaal, and a Kosher option.

**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* (1958); 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

**CARING FOR PEOPLE WITH
MEMORY LOSS**

**Saturday, June 3rd from 9:00 AM -5:30
PM HYBRID CONFERENCE**



**SCHOOL OF
PUBLIC HEALTH**

UNIVERSITY OF MINNESOTA

ROBERT L. KANE ENDOWED CHAIR IN LONG-TERM CARE AND AGING

Choose to attend in-person or virtually via Zoom

Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help.

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

[Click here for more information on the conference, the list of speakers, and registration info.](#) The conference is free.

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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