



## Director's Notes: Monday, July 3rd, 2023

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

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## 10th Anniversary Celebration - October 14th

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### DC Villages Collaborative Builds on Village Strengths

Village members know that aging is not a solitary activity. Central to the mission of Foggy Bottom West End Village is ensuring that our members are supported and engaged to remain active, healthy, and happy members of the community. Similarly, the new [DC Villages Collaborative](#) strengthens our ability to support FBWE Village members, while also expanding Village resources both for our members and for others across the city.

Just like our Village relies on neighbors helping neighbors to achieve our goals, the 13 Villages across DC have long worked together informally to support one another. For more than seven years, the executive directors of each Village have met monthly to share ideas and tackle issues of common concern. Similarly, the Village presidents have also met regularly for the past three years to learn from one another. From these efforts, it became clear about two years ago that all the Villages would benefit from a more structured collaboration process.

This realization led to the hiring of a consultant to guide the Villages' board presidents and executive directors through a two-year process of careful consideration, planning, debate, and discussion. The result is the DC Villages Collaborative, a new joint effort that respects what makes each Village unique while advancing our common goals and shared vision. It builds on the informal partnerships the 13 DC Villages have established over the years and improves the way we all work together to share programs and expertise, pursue grants, and advocate for older

adults no matter where they live in the District.

In June, all 13 DC Villages' boards of directors signed a memorandum of understanding, which included a formal framework to guide and oversee the Collaborative. This framework includes the DC Villages Collaboration Council, a strategic oversight body composed primarily of DC Villages' presidents, and the Leadership Group, made up of Village executive directors. Together, these bodies will begin in July their work of implementing the Collaborative's vision and goals.

So what does the Collaborative mean for FBWE Village members and volunteers? In short, it means adding to what makes our Village a valuable resource by providing access to more programming and support, as well as increased connections with members here in Foggy Bottom, the West End and across the District.

The Collaborative also provides a stronger foundation for our Village and the Village movement in Washington, D.C., helping to ensure FBWE Village is here to support you and your neighbors for years to come. It means Village leaders and staff can identify and take advantage of potential operational efficiencies, freeing up resources for more programming or services, as well as helping us reach new and more diverse members in Village communities.

While the Villages have worked together successfully over the years to secure grants from the District's Department of Aging and Community Living, the Washington Home Foundation, and several private foundations, this more formal structure will make us eligible for additional grants for programs that can benefit all 13 Villages.

With the DC Villages Collaborative, we will also be able to better support people looking to build new Villages or support Village-like services in parts of the city where Villages don't operate. Every neighborhood in D.C. can benefit from the concept of healthy, engaged aging and advocacy for age-friendly policies, actions, and resources.

Among the first orders of business for the Collaboration Council is hiring a director to lead and manage collaborative efforts citywide in line with the Collaborative's action plan. They will also finalize the group's organizational plan.

Expect to hear more about the progress of the DC Villages Collaborative in the coming months. We are very excited about the new opportunities it will bring FBWE Village, as well as the potential to better the lives of older Washingtonians.

-Carter Ross, Villages Data Consultant

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**OFFICE CLOSED**

The office will be closed on Tuesday, July 4th for the 4th of July holiday.

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# HAPPY BIRTHDAY!

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

- Paul O'Leary - July 5th
- Jill Ziegler - July 9th



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## PROGRAMS

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### VILLAGE WOMEN - IT'S TIME FOR LUNCH!

Wednesday, July 26th, at 1:00 pm  
RIS, 2275 L St NW



DELICIOUS FOOD, CONVERSATION, LAUGHTER  
AND NO NOISE!

Lunch returns to our favorite chef's restaurant this month, the one and only Ris!

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.

Accessibility: The venue is fully accessible.

Registration required. [Please click here to register](#) by Monday, July 24th, if you plan to attend so she can get a final count for the table reservation.

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**TOUR OF FRANK STEWART'S NEXUS: AN  
AMERICAN PHOTOGRAPHER'S JOURNEY AT THE  
PHILLIPS COLLECTION**

**Tuesday, August 1st 1:00 PM to 2:00 PM**  
**Phillips Collection, 1600 21st St NW, Washington, DC 20009**

We hope you can join us for a tour of the exciting new exhibit at The Phillips Collection, Frank Stewart's Nexus: An American Photographer's Journey, 1960s to the Present. This is a dynamic retrospective of Stewart's photography that centers on his sensitive and spontaneous approach to portraying world cultures and Black life in many forms—including music, art, travel, food, and dance. His work over the years captured intimate and empathetic images of lives experienced and observed across subjects, cities, and countries. This exhibit explores Stewart's avid experimentation and numerous subjects over the course of half a century, including aspects and rituals of Black culture, trips to Africa and Cuba, and music. As the senior staff photographer for Jazz at Lincoln Center Orchestra for 30 years, Stewart captured both public performances and candid, personal moments, including well-known photographs of jazz legends Miles Davis, Ahmad Jamal, and Wynton Marsalis. [www.phillipscollection.org](http://www.phillipscollection.org)

After the tour you can explore The Phillips Collection or visit the new Bread Furst Cafe onsite.

Cost: \$12 per person (free if you are a current member of The Phillips Collection - please bring your current membership card)

[Click here to register](#). Please register by Monday July 24.

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## **GWU Older Adult Exercise Program --Summer Session!**

**Stay active and cool with EARLIER SUMMER  
HOURS: 10:00 AM Tuesday & Thursday, until  
August 3rd  
Room B112A (basement), Milken School of  
Public Health, 950 New Hampshire Ave NW**



www.shutterstock.com · 266077088

**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](mailto:nadiataran@mindspring.com)**

# AFFINITY GROUPS

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## **GENTLE YOGA FOR YOUR BODY AND YOUR MIND**

The yoga group is meeting on four Wednesdays of July with Delores Simmons leading us in the air-conditioned dining room of St. Paul's Church. [Click here for Delore's Bio.](#)

We are taking the month of August off, but will be organizing four Wednesdays on September 6, 13, 20 and 21. Depending on how many villagers join, the cost would be around \$60.00, as it has been in the past. Contact Sue Headlee: [headlee@american.edu](mailto:headlee@american.edu).

This accessible chair yoga class allows you the choice of practicing entirely in your chair or practicing with optional floor poses and standing poses where the chair can be used for support. The class will include chair versions of traditional seated and standing poses, including table, low lunge, Warrior 2, tree, and forward fold. Twists, along with hip and shoulder stretches and strengtheners will be included. Additionally, you will have opportunities to improve your balance, practice breathwork and meditation. This class is perfect for those who have been cleared by medical professionals to exercise but have no yoga experience or who have practiced yoga, but need poses adjusted to account for injuries and/or limited mobility.

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## **NATIONAL GALLERY OF ART TOUR IN FRENCH**

The French conversation group's next gathering will be Friday, July 7th at 2 pm at the National Gallery of Art where they will have a French-speaking guide to tour: "French Art: Impressionism to the Early 20th Century".

Tour description: In what ways did 19th-century French artists break with tradition and transform French art? Together we will look closely and explore how artists such as Monet, Cézanne, and Cassatt challenged the



art establishment through their subject matter and techniques.

The tour will last about one hour, after which the group can gather in one of the NGA eateries for conversation, coffee, and vin peut-etre?

We had done an NGA tour in French a while back that so many of us enjoyed — we thought this might be fun for all. We are also exploring other venues that offer tours en francais. If you know of any off hand, please let Lorna know (e.g. Kennedy Center, Hillwood?).

Contact Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) if you're interested in attending! Please register by Friday, June 30th.

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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.

- July 5th: 'Visual Thinking' by Temple Grandin
  - August 2nd: "Dress Your Family in Corduroy and Denim" by David Sedaris
  - September 6th: "News of the World" by Paulette Jiles
  - October 4th: "Homage to Catalonia" by George Orwell
  - November 1st: "The Wind Knows My Name" by Isabel Allende
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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: Marianne Taylor at [taylmarianne@yahoo.com](mailto: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](mailto:pfkramer38@gmail.com)

### WEDNESDAYS

VILLAGE YOGA GROUP (weekly) at 11:00 am

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

Contact: Sue Headlee at [headlee@american.edu](mailto:headlee@american.edu)

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

*Check announcement for monthly location (contact for more information)*

Contact: Chrissy Gardner at [chrissy@risdc.com](mailto:chrissy@risdc.com)

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

*Meets at West End Library (contact for more information)*

Contact: Adele Gottfried 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

*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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**Saying "have a nice day"  
to someone sounds friendly**

**But saying "enjoy your next  
24 hours" sounds threatening.**

**Waiting to see  
how long it  
takes this police  
sketch artist to  
realize I'm  
describing him.**

Someone said "30 years ago", and my mind went "Ah yes! The 1970's", but they meant 1992, and now I need to lie down.

DEAR PARANOID PEOPLE  
WHO CHECK BEHIND THEIR  
SHOWER CURTAINS FOR  
MURDERERS, IF YOU DO  
FIND ONE, WHAT'S YOUR  
PLAN?

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## OTHER PIECES

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### **ASTON HALL UPDATE**

As you may be aware, the District is buying Aston Hall, formerly used as a dorm by GWU. The building's intended use is to provide shelter for unhoused persons who have medical problems. Our ANC recently held a community meeting with District government officials regarding plans for the building and it's future residents.

The attached document is the resolution approved by the ANC commissioners and sent to the Department of General Services. [Click here for the document.](#)

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### **Participate in Research on Neuroplasticity in the Aging Brain**



Participate as a healthy volunteer in our research and help us investigate neuroplasticity in the aging brain. The studies use noninvasive, pain free methods to assess brain activity, and grip control, at MedStar National Rehabilitation Hospital (NRH) in Washington, DC.

Parking validation next door to NRH, or no-cost Ubers are available.

What will you do if you participate in the study?

- Visit NRH 3 times, 1-week apart, for 3-hrs each.
- We will ask you to perform simple grasping movements.
- We will use following to assess your brain activity:
  - Electroencephalogram (EEG, see picture), a noninvasive and pain free way to assess brain waves.
  - Transcranial magnetic stimulation (TMS), noninvasive and pain free. TMS sends a brief magnetic pulse through the scalp and lets us measure your brain activity with millisecond resolution!
- Participants will undergo 20-min of brain stimulation using a safe, noninvasive, pain free modality, called transcranial alternating current stimulation (t-ACS).
- Participants will receive \$50/visit for a maximum of \$150 for three total study visits.



To participate, you must:

- Be over 50 years of age.
- No neurological disorders, no history of seizures, Alzheimer's, Bipolar disorder, or Schizophrenia.
- No history of orthopedic injuries to the arms that affects grasping.
- No pacemakers, shunts, implants, or metal objects in head (if in doubt, call us to check).

Purpose of the study: Our research shows neuroplasticity and fine motor control declines with aging. The goal of the current study is to test if t-ACS leads to short-term changes in the brain circuits that regulate neuroplasticity and in motor learning.

Contact Us: Please call or email Research coordinator Megan Grainger at 240-543-9466, email: [megan.l.grainger@medstar.net](mailto:megan.l.grainger@medstar.net); or email the study principal investigator, Dr. Shashwati Geed at [sg1075@georgetown.edu](mailto:sg1075@georgetown.edu) to learn more.

**Study Principal Investigator**

Dr. Shashwati Geed PT, PhD  
Assistant Professor  
Center for Brain Plasticity and Recovery  
Department of Rehabilitation Medicine  
Georgetown University Medical Center  
102 Irving St., NW  
MedStar National Rehabilitation Hospital  
Washington, DC 20010

**Study Research Coordinator**

Megan L Grainger BS  
MedStar National Rehabilitation Hospital  
Washington, DC 20010  
Ph: 240-543-9466  
Email: [megan.l.grainger@medstar.net](mailto:megan.l.grainger@medstar.net)

Click on the Flyer to Enlarge it

## IN THE COMMUNITY

**Imagining the future.**  
Leonardo da Vinci: in the mind of an Italian genius

**06.20 > 08.20.2023**  
Martin Luther King Jr. Memorial Library

SPONSORS: INTESA, SANPAOLO, CREDITO ITALIANO, DOLCE & GABBANA, D&G, FERRARIS, and others.

Leonardo da Vinci's Codex at DC Public Library

The DC Public Library is proud to host *Imagining the future - Leonardo da Vinci*: In the mind of an Italian genius, open now through August 20th. An extraordinary monographic exhibit featuring 12 original Leonardo da Vinci drawings from the Codex Atlanticus, this is the largest collection of original drawings and texts by Leonardo da Vinci in the world and marks the first time that such a number will be on display in the United States.

The exhibit is presented by Confindustria, the largest association representing manufacturing and service companies in Italy, in partnership with Biblioteca Ambrosiana, a true Italian treasure trove comprising a public library, an art gallery, and an academy. Supported by contributions from some of the most esteemed Italian companies, the exhibition represents an initiative of the highest artistic and symbolic value: an unconventional way to promote entrepreneurial spirit as a way of encouraging economic, social, and civic development.

Visitors will be able to gain insight into the varied interests of one of history's greatest artists and thinkers, discovering the origins of technologies we often take for granted, and marveling at the remarkable mind that anticipated them centuries ago. Visitors will uncover how Leonardo's philosophy, based on observation and experimentation, still embodies an Italian entrepreneurial approach.

[Click for more information on this unique free exhibit](#)

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## **Move to Music with Ruth Barnes at the West End Library**

**Every Wednesday at 1:00 pm, next class is Wednesday, July 5th**

Move to Music is a gentle, full body movement class that offers greater mobility, balance and posture.

Class incorporates smooth, rhythmic moves done to a mix of classical, jazz and contemporary music. Good

for all fitness levels. A village members says, "A number of villagers go to her class. Ruth is a delight, and her class is ideal for improving balance."



This class run by Around Town DC and is intended for DC Residents age 60 plus. It is free.

A lifelong love of dance and movement therapy led Ruth Barnes to become a fitness instructor in 1999. Ruth is certified by the American Council on Exercise as a Group Fitness Instructor and is also a certified Zumba and Zumba Gold Instructor. Her philosophy is that exercise should be fun, safe and accessible to everyone. Her goal is to welcome all participants to an enjoyable experience of movement.

[Find more info here](#)

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# DISABILITY PRIDE MONTH



## SMART HOME EXHIBIT

We're showcasing the latest smart tech designed to bring ease to everyday home activities, from some well-known tech like the Alexa and the Apple iPad, to some less well-known (but just as reliable) tech like the Hero Medication dispenser and Kasa Smart light bulbs. Get a hands-on feel for what might work for your home!

Saturday, July 8th | 11 a.m. - 3 p.m.  
MLK Library | 1st Floor, New Books

In Partnership with



DC ASSISTIVE TECHNOLOGY PROGRAM  
MAKING INDEPENDENCE POSSIBLE

**\*ASL interpretation will be available throughout the event.**

*For other reasonable accommodation for this program, please contact  
DCPLaccess@dc.gov or call 202-727-2142.*

## WAVE Shared Calendar of Village Events



The Washington Area Villages Exchange shared calendar contains a number of interesting upcoming community programs. They are all free and open to the wider village community. The Shared Calendar is available at [wavevillages.org/sharedevents](http://wavevillages.org/sharedevents).

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#). Please contact the office if you would like to register for any VtoV event.

## 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.

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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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