



Director's Notes: Monday, July 17th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

DC VILLAGES WEBSITE LAUNCH!



DC VILLAGES IS EXCITED TO SHARE THAT WE HAVE JUST LAUNCHED OUR NEW WEBSITE! AFTER MONTHS OF HARD WORK AND DEDICATION, WE ARE EXCITED TO PRESENT OUR ONLINE PLATFORM TO THE WORLD.

DC Villages aims to connect even more individuals with the resources and support they need to continue living independently and comfortably in their homes. Our goal is to provide our members and future members with a comprehensive source of information and resources while promoting the importance of aging in place and the value of community-based support.

DCVillages.org

dcvillages.org

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to five spectacular people!

- Lynnette Asselin - July 18th
- Howard Fine - July 18th
- Annmarie Emmet - July 20th
- Steven Katz - July 23rd
- Jeff Reiman - July 23rd



PROGRAMS

Guys Only at Lunch (GOAL)
Thursday, July 20th at 12:30 pm
At Chef Geoff's West End, 2201 M St. NW

CHEF GEOFF'S
West End

Mixing it up this month with a visit to a popular, and slightly more affordable, West End restaurant, Chef Geoff's! While it can be a bit crowded for lunch, we've requested a quieter table in the side part of the restaurant. [The menu can be found here](#). I hope to see lots of Village men out this month to continue our usual lively conversation!

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

Accessibility: The venue is fully accessible. Open to all male members.

Registration is required. [Please register here on the village site](#) by Tuesday, July 18th, if you plan to attend, so we can get a final headcount for the table reservation. Please contact the office if you need help registering.

**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 we can get a final count for the table reservation.

JOIN US FOR HAPPY HOUR



JULY HAPPY HOUR

Thursday, July 27th, from 5:00 PM to 6:30 PM

At Ris, 2275 L St NW

Join us for our popular Village happy hour!

As part of our popular new Village initiative, members who have a birthday in July get one free drink at this happy hour. We hope to see you whether your birthday is this month or many months away! [Click here to RSVP](#). Please register by Monday July 24th at 5:00 pm.



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

Tuesday, August 1st, from 2:00 PM to 3:00 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

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.

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



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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



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.

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.

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.

- **August 2nd:** Vacation from Book Club to accommodate summer travel and vacation schedules. Meeting Cancelled
 - **September 6th:** "Dress Your Family in Corduroy and Denim" by David Sedaris
 - **October 4th:** "News of the World" by Paulette Jiles
 - **November 1st:** "Homage to Catalonia" by George Orwell
 - **December 6th:** "The Wind Knows My Name" by Isabel Allende
-

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 dining room 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

Check announcement for monthly location (contact for more information)

Contact: Janet Farbstein at jgfarbstein@icloud.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

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 12:30 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

Aphorism is a statement of truth or opinion expressed in a concise and witty manner.

- ♦ I read that 4,153,237 people were married last year. Not to cause any trouble but shouldn't that be an even number?
- ♦ I find it ironic that the colors red, white and blue stand for freedom until they are flashing behind you.
- ♦ My therapist says I have a preoccupation with vengeance. We'll see about that!
- ♦ I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- ♦ Money talks ... but all mine ever says is good-bye.
- ♦ If you think nobody cares whether you're alive, try missing a couple of payments.
- ♦ Money can't buy happiness, but it keeps the kids in touch.
- ♦ The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, & he was a drunk.

OTHER PIECES

PT Strength, Balance and Brain Boosters Class Refresher

Did you miss June's PT Strength, Balance and Brain Boosters? Or would like to review the material? Then check this out:



Sarah, one of the PT students has provided us with her photo, a description of her recorded video (below), and [her video here](#).

"Hello! We are student physical therapists from GW University, and welcome to our three-part video series on fall risk and fall prevention! In this educational video, we will explain cognitive decline and how it can increase your risk of falling. We will talk about what cognitive decline is, the current research and statistics around cognitive decline and falling, how and why cognitive decline can increase fall risk, and some

strategies to help prevent or delay dementia. Please check out our other videos on strength and balance, and how they contribute to fall prevention."

Don't Miss Out with DigDC



Revisit some of DC Public Library's greatest performances with a new collection on DigDC. The DC Public Library Programs and Events collection features major library programs, such as last year's Art All Night performance by Black Alley or Experience Unlimited's performance on the Martin Luther King Jr. Memorial Library rooftop. These recordings are part of an ongoing effort to preserve library programming and provide continued access to the many cultural and educational events happening throughout the DMV.

[Click here to explore Dig DC](#)

Restaurant Association Metropolitan Washington (RAMW) RAMMY Award Winner's in our neighborhood

In case you haven't heard, Ris Lacoste received The Duke Zeibert Capital Achievement Award "for her excellence and community leadership" on Sunday night.

Also Brittany Dye, Circa Foggy Bottom was awarded Manager of the Year.

IN THE COMMUNITY

Courtney Tolbert's Zoom Workshops Mondays at 4:00 PM

Exploring the Night Sky-Summer under the city stars.

Washington, DC is located on the eastern seaboard and is positioned to give those looking, a wonderful celestial show. Come with us for insights into the solar system we travel and the galaxy that holds us and maybe find your own discoveries under the city stars.

July 17: The Magic of Europa-one of the most intriguing satellites in our solar system, Europa is tantalizingly rich with possibilities for research and insight into our own planet.

July 24: Mighty Titan Moon of Jupiter-is the largest moon of Saturn, the second largest in the solar system and larger than any of the dwarf



planets of the solar system. It is the only moon known to have a dense atmosphere and is the only known object in space other than Earth on which there is clear evidence of stable bodies of surface liquid.

[Click here to register.](#)



July 18th from 6:00pm to 7:15pm on Zoom

LGBTQ folks of all ages are invited to Capitol Hill Village's July LGBTQ Social Hour! Join us to connect with LGBTQ folks of different ages. Participants will come together to connect, combat isolation, and foster relationships.

[Click here to Register](#)



African American Artists with Chichi Lovett
Wednesday, July 19th, at 12:30 pm on Zoom

Explore the work of well known and lesser known African American artists and their predecessors with Chichi Lovett. She uses works of art created by African American artists to examine assumptions to initiate and welcome conversations regarding issues concerning race, class, culture, the art market and womanism/feminism (among other issues), that these pieces can instigate while learning to 'read' a piece from an artist's perspective. We take time to look at this art and consider what it represents to you, the viewer and why. Learn about the context of the art and artists in their own time and in ours. Art pieces discussed in this

class will be different from those discussed in the previous classes that Chichi has offered during past sessions. There are no prerequisites for this class.

Attend with an open and curious mind and a gentle heart. All are most welcome.

Garnetta 'Chichi' Lovett is a native Brooklynite, visual artist (BFA), retired professor (Auburn University) and community arts advocate and organizer. She currently lives in Washington DC.

[Click here to register](#)

Silvernest - an introduction to Home Sharing

Wednesday, July 19th, 4 - 5pm on Zoom

[Register here](#) or call (202) 658-5958

Housing prices have increased by more than 20% across the country since the start of the pandemic, and it's leaving many families struggling to afford a place to live. Those price increases are especially hurting seniors. However, a movement helping seniors afford a place to live is growing. It's called home sharing, meaning two or more people who aren't related live together to share costs. Learn more about Silvernest, a company that matches seniors with roommates, in this Zoom presentation. They will also provide tips on how to prepare your home for a roommate and the social/emotional benefits. (Flyer attached). This program is presented by the Greater Brookland Village.



Cyber Crime Prevention & Training (Secure Together)

Thursday, July 20 11am - 12pm on Zoom

[Register here](#) or call (202) 658-5958

The Greater Brookland Intergenerational Village invites you to a virtual training on preventing cyber crime, presented by cyber security experts at Capital One and the Cyber Crime Support Network.

This training is for all DC Village members and Volunteers. Choose between one of two tracks, either learning yourself about cyber security, or learning how to train others in your Village. Cybercrime Support Network (CSN) created the #SecureTogether program to provide information, tools, and assistance to help individuals implement better security measures on accounts and devices.



Mayor's Office of The Clean City Presents

ROLL OFF DAY

NORTH MICHIGAN PARK RECREATION CENTER
1333 EMERSON ST NE

Questions on what items are accepted?
Space is Limited

**SATURDAY
JULY 22
10:00 AM**



BRING BULK ITEMS AND USED ELECTRONICS TO OUR
DROP-OFF SITE AT NO COST AND LEARN HOW CLEAN
CITY CAN HELP ACHIEVE A #TRASHFREEDC.

Seniors/Disabled Registration: Please contact Carmen Roberts-Williams,
President NMPCA at 202-841-5256 by SATURDAY, JULY 15

202-794-2629
@CleanCityDC
Mayor's Office Of The Clean City
cleancity@dc.gov


MOCRS DEPARTMENT OF ENERGY & ENVIRONMENT DACL LIVE BODER CLEAN CITYDC

GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

Save The Date

Let's Talk LGBT Rights: Long-Term Care In DC

July 22nd from 10:30am- 12:00pm



Hybrid Event: Zoom & MLK Jr Library Branch

Join Capitol Hill Village and the DC Office of Human Rights to learn about DC Law 23-154: Care for LGBTQ Seniors and Seniors with HIV Amendment Act of 2020.



Email sross@capitolhillvillage.org or
call 202-543-1778 x204 for more information



During the event, you'll learn from OHR about DC Law 23-154: Care for LGBTQ Seniors and Seniors with HIV Amendment Act of 2020 and tools to file a complaint. OHR will walk through exactly how LGBTQ older adults in long-term care are protected. You also will be able to participate in a facilitated Q&A session with OHR representatives to ask any questions you may have.

This will be a great opportunity to learn about your rights, how to

advocate for yourself, ask questions, and get further resources straight from the office that enforces DC Law 23-154.

Any questions about the event should be sent to sross@capitolhillvillage.org or call 202-543-1778 x204. [RSVP here](#).



Ward 2 Residents, LET US HEAR YOUR VOICE!

 **Virtual**

Session 1.
 **Monday, July 24th,
9-11am on Zoom**

Session 2.
**Monday, July 24th,
10-12pm on Teams**

Age-Friendly DC is inviting you to a two-hour virtual meeting to share your views about changes to the District in the last 5 years and what barriers residents still face so that we can plan for the next 5 years.

Our conversation will be about healthy aging in the District of Columbia, which covers Built Environment, Changing Attitudes about Growing Older, Lifelong Health and Security.

Contact your executive director for more information! or email grace.li@dc.gov

Come and join us!

Contact Grace at the email above or the office for the zoom link

DC's Theater Power Couple
Wednesday, July 26th, from 6:00-7:15
pm on Zoom



[Click here to register online](#) or contact the Dupont Circle Village Office at (202) 436-5252 or admin@dupontcirclevillage.net

Fresh from Minneapolis, welcome Hayley Finn, Theater J's new Artistic Director, and Andrew Dolan, Solas Nua's new Executive Director, who

have settled with their son in our very own Dupont Circle area. Discover who they are as artists and individuals, the experiences that shaped them and what drew them to DC's rich cultural scene. Learn about their respective visions for how culturally specific organizations that are also dedicated to universal themes can address the opportunities and challenges facing them. Take a deeper dive with them into what they have in store for us in their respective inaugural seasons. It's a not-to-be missed evening!

Discussing the Facts: What is Health Equity and What Does It Mean to Me



Wednesday, July 26th, from 7 to 8 p.m. via Zoom

Presented by New Morning Star Baptist Church and Sibley Memorial Hospital

Diversity, Equity, and Inclusion are not just buzzwords. Hospitals and health providers are making it a priority to bring equitable health care to all. Steven K. Ragsdale will explain what Health Equity actually is and why it is so important.

Steven K. Ragsdale, M.S., is an associate professor, Johns Hopkins Bloomberg School of Public Health. He is a senior consultant and former administrator with over twenty-five years building and managing hospital operations, developing healthcare innovations and advancing pathways to better and safer care. Steven's work in diversity, equity and inclusion is guided by his steep understanding and desire to appreciate concepts that drive difference as a social construct and how it animates group performance over time. His interpretation of system theory and design is often paired with historical analysis to shape innovative models that improve outcomes and efficiencies in disparate care models. His strategic efforts have led to measurable cost saving improvements for many across the United States across healthcare arena. He joined the Johns Hopkins Bloomberg School of Public Health as associate faculty in 2020.

[Click here to register](#) or email pnunez3@jhmi.edu or call 202-364-7602 before July 25.

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 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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