



## **Director's Notes: Monday, July 24th, 2023**

**Phone: (202) 333-1327**

**[fbwe.helpfulvillage.com](https://fbwe.helpfulvillage.com)**

**Executive Director: Denise Snyder**

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## **10th Anniversary Celebration - October 14th**

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### **DC Villages' Impact**

Helpful Village, the platform that runs our website, has been operational for a little over a year now. This is the platform that is used by all but two of the 13 DC Villages, making it easier for us to develop common data collection.

Each DC village compiles the same data and reports it on a shared grid every quarter. Using this information, DC Villages is then able to develop an annual Impact Report, showing all the ways our 13 villages together help older adults in D.C. to remain in their homes as long as possible while living the best life possible.

Some of the statistics from last year's collective efforts include:

- 618 volunteers spent more than 27,500 hours helping older adults in the District and building stronger villages. That time has a value of \$1.59 million, based on calculations from the Independent Sector.
- In total, Village volunteers provided 5,354 one-way rides to medical appointments, events, and other locations and made 2,434 deliveries and errands for members.
- DC Villages also organized nearly 4,000 events.
- Most importantly, village volunteers had more than 12,000 friendly visits with older adults.

As the DC Villages Collaborative, described in last week's Director's Notes, continues to help all of us grow and to help develop new villages

or village-like services in underserved areas of the city these statistics will increase. Villages are an effective means of breaking down social isolation while providing needed services and amazing programs and activities. Long live villages!

-Denise

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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 we can get a final count for the table reservation.

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### **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.

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## **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](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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**Website Refresher Program**

**Wednesday, August 9th at 1:00pm**

Our new website has been up and running for about a year now. While many people have become experts on navigating the site, many people still struggle with its opaque features. Denise and I decided a refresher session on how to navigate the new site would be helpful for all members regardless of their familiarity with the site. We will cover important features like; updating your contact info; adding an emergency contact; registering for an event; renewing your membership; finding past director's notes; and we will take questions from the audience on any other topic you're struggling with.



This first session will be held in person. Please bring an internet connected device if you're able to. Laptops or tablets would work best, but the website can also be accessed and navigated on a smart phone. If you don't have a portable device to bring to the session, please let us know as a limited number of spares will be available. A later session will be held on zoom for those that prefer to access the website from their home computer.

[Click here to register for the refresher session](#)

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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**



**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)**

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# 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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## **NEW TAI CHI CLASS SESSION**

A new six week session of tai chi classes will begin on Friday, August 11th. This popular class is open to the community. If you'd like more information on the classes or to sign up for the new session please contact the Village office at [info@fbwevillage.org](mailto:info@fbwevillage.org)

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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.

- **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
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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: Janet Farbstein at [jgfarbstein@icloud.com](mailto: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](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)

**ESSENTIALS OF TAI CHI AND QIGONG** (weekly) at 12:00 pm  
*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*  
Contact: Village Office at [info@fbwevillage.org](mailto:info@fbwevillage.org)

**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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**Did you know?**

**By replacing your potato chips  
with grapefruit as a snack  
you can lose up to 90%  
of what little joy you still  
have left in your life.**



© DEPOSITPHOTOS  
© BRIGHTSIDE

**LET'S HAVE A MOMENT  
OF SILENCE FOR ALL  
THOSE WHO ARE STUCK IN  
TRAFFIC ON THEIR WAY TO  
THE GYM TO RIDE  
STATIONARY BICYCLES.**

**Police came round last  
night and told me my  
dogs were chasing  
people on bikes**

**My dogs don't even  
have bikes.**

**SAVE ALL  
ANIMALS**

**It's never too late to  
start exercising.**

**That's why I'm  
waiting until later.**

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## **OTHER PIECES**

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### About Encore Creativity for Older Adults

Inspired by the results of an NEA-funded study that investigated the health benefits of choral singing for older adults, Jeanne Kelly founded Encore Creativity for Older Adults in 2007 to provide an excellent and accessible artistic environment for all older adults across the nation, regardless of experience or ability.

No auditions are ever required for an Encore program. You don't even have to read music! All you need is a love of singing and a desire to improve your physical, mental, and emotional health.

Even if you've never sung before, you'll find a friendly environment of like-minded singers in all of Encore Creativity's programs.

*Great music never gets old!  
If you're over 55 and looking  
for a new adventure, join an  
Encore program today!*



6955 Willow Street NW, #223  
Washington, DC 20012



301-261-5747



[info@encorecreativity.org](mailto:info@encorecreativity.org)



 **Encore**  
Creativity for Older Adults

## Sing Your Encore!

Older adults who love to sing can join in song this fall with Encore Creativity for Older Adults, the nation's largest choral arts organization for adults 55 and older. The fall season of singing is open for registration for all older adults across the nation. No auditions are required. Interested singers can register on [Encore Creativity's website here](https://www.encorecreativity.org), by emailing [info@encorecreativity.org](mailto:info@encorecreativity.org), or by calling (301) 261-5747.

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## IN THE COMMUNITY

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## 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](mailto:grace.li@dc.gov)**

**Come and join us!**

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

## 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 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.](#)

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## **DC's Theater Power Couple**

**Wednesday, July 26th, from 6:00-7:15 pm on Zoom**



**DUPONT CIRCLE VILLAGE**  
SHATTERING THE STEREOTYPE  
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

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

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



**SIBLEY MEMORIAL HOSPITAL**  
JOHNS HOPKINS MEDICINE

**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](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before July 25.

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## **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.

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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 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**

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