



## **Director's Notes: Monday, August 7th, 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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### **Only 8 ½ Weeks to Go!**

It's the countdown to our 10th Anniversary Celebration. We hope everyone has put October 14th in their calendars. We will honor the 11 founding members of the board of directors while enjoying a repeating 15 minute slide show which covers a decade of excellent programs, vital services, and most importantly – our friendships and connections in the community.

The gathering will be at Ris, who will lay out a scrumptious spread for all to enjoy. We will debut a booklet which will be used in the future to give a detailed picture of our Village, including our origins and our current operation. We will be honoring three volunteers this year: the Volunteer of the Year; the Perpetual Volunteer of the Year; and a Lifetime Volunteer.

So please plan on buying a \$50 ticket and spending the afternoon with old friends and new acquaintances on October 14th!

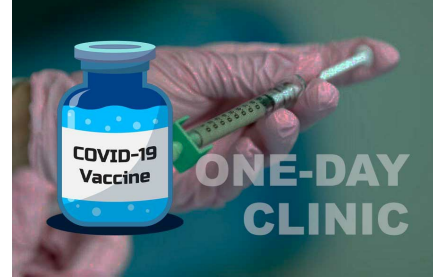
-Denise

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### **Heads Up**

Our village is hosting a vaccination clinic on September 30th at St. Paul's Episcopal Church. We will have vaccinations for flu

(high dose and regular), the new Covid vaccine (not yet out), shingles, and pneumonia. Giant will send as many pharmacists as we need as well as the vaccinations. This clinic will be open to Village members as well as our community.



We'll begin setting up appointments at the end of August, open initially to the Village only. If you have insurance the cost would most likely be covered. If you don't, you would need to pay Giant at that time.

For anyone who is homebound, DC Health offers in-home vaccinations for Covid and the flu. Just call 1-855-363-0333 to schedule an appointment.

-Denise

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## Photos from the Phillips Collection Tour

A number of villagers participated in a fascinating tour of the new Frank Stewart's Nexus exhibition at the Phillips Collection last week. The village wants to thank Lynn Cates for organizing the tour and taking these lovely photos!



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## HAPPY BIRTHDAY!

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

- Joelle Egger - August 11th



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## PROGRAMS

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### Website Refresher Program

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

**In Person at St. Paul's Church, 2430 K St NW**

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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## FOGGY BOTTOM WEST END VILLAGE'S ICE CREAM SOCIAL

**Thursday, August 10th, from 2:00 PM to 3:30 PM**

**In the Upstairs Dining Room at St. Paul's Church, 2430 K St NW**

Come celebrate summer with Villagers, friends, and neighbors of Foggy Bottom West End as we enjoy refreshing ice cream and delightful company!

A cup or cone of your favorite cold dessert, topped with your chosen syrup, nuts, whipped cream or strawberries. And chat with some new acquaintances or old friends in the air conditioned dining room.

Join us to beat the heat in Washington's hot, humid, and hazy August.

Please try to register by Tuesday, August 8th at 5:00 pm. [Click here to register for the ice cream social.](#)

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— JOIN US —  
FOR HAPPY HOUR



## AUGUST HAPPY HOUR

**Thursday, August 24th, from 5:00 PM to 6:30 PM**

**At Ris Restaurant, 2275 L St NW**

Join us for our popular Village happy hour!

Since our July happy hour was canceled members who have a birthday in July AND members with an August birthday receive one free drink at this happy hour. We hope to see you whether you have a summer birthday or one many months away! Please register by Monday, August



21st at 5:00 pm.

[Click here to register](#)

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

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

**DELICIOUS FOOD, CONVERSATION, LAUGHTER  
AND NO NOISE!**



**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.

This month the Ladies Lunch falls during Restaurant Week. Choose an appetizer, main course and dessert from the lunch menu. Cost: \$25.

**Accessibility:** The venue is fully accessible.

Registration required. [Please click here to register](#) by Monday, August 28th, if you plan to attend so we can get a final count for the table reservation.

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## AFFINITY GROUPS

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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 Ann Franke at [AnnFranke@wiseresults.net](mailto:AnnFranke@wiseresults.net)

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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.

- 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 will not be meeting in August, will resume 9/13

*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: Ann Franke at [AnnFranke@wiseresults.net](mailto:AnnFranke@wiseresults.net)

**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**

**Barbie didn't give  
me a poor body  
image. Barbie  
taught me you can't  
reattach a head  
once it's removed  
from the body.**

**PEOPLE GIVING DIRECTIONS  
LIKE "HEAD SOUTH"**

**LISTEN LEWIS AND CLARK  
DO I TURN AT THE  
CHICK-FIL-A OR GO  
TOWARDS TARGET?**

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## **OTHER PIECES**

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# Senior Dental

Healthy Smile, Happy You!



Our Family Caring For Yours

## We are now providing free dental care to eligible DC seniors!

DC residents who are 65+ and have no dental insurance coverage are eligible for all of our services - including crowns and dentures!

If you have Medicare, or a private plan that doesn't include dental services, you may be eligible depending on your income. Call us for more information!

*\*Proof of residency and income are required.*



## Full Range of Dental Services

- Exams, x-rays and cleanings
- Fluoride treatment
- Fillings
- Sealants
- Dentures
- Tooth removal
- Root canal treatment and crowns

## Services available at two locations!

Conway Health and Resource Center  
4 Atlantic Street, SW  
Washington, DC 20032

Marie Reed Health Center  
2155 Champlain Street, NW  
Washington, DC 20009

Please call 202.540.9857 for more information.  
Most appointments scheduled within a week.  
Evening, weekend, and same day appointments available!

**DC HEALTH**

GOVERNMENT OF THE DISTRICT OF COLUMBIA

This program is funded wholly by the Government of the District of Columbia Department of Health.

[/communityofhopedc](https://www.facebook.com/communityofhopedc) [@cohdcc](https://www.instagram.com/cohdcc) [@cohdcc](https://twitter.com/cohdcc)

[www.communityofhopedc.org](http://www.communityofhopedc.org)

## WMATA Metro Lift

Washington Metropolitan Area Transit Authority (WMATA) launched Metro Lift, an income-qualified fare program, that provides a 50% discount on Metrorail and Metrobus fares. The discount will reduce the cost of a bus trip to just \$1 and rail fare to as little as \$1 and no more than \$3 depending on how far you travel.

Customers who receive Supplemental Nutrition Assistance Program (SNAP) benefits in Maryland, Virginia, and DC qualify for Metro Lift and can enroll at [wmata.com/MetroLift](http://wmata.com/MetroLift). Customers may make appointments online or by calling 1-888-762-7874.





**NOMINATIONS ARE COMPLETE!**

## **Vote for Your Favorite Name by August 25!**

Cast your vote to name NoMa's trio of new public spaces coming to the Florida-New York Ave NE Intersection.

SUBMIT YOUR VOTE FOR:

- ➔ **Douglass Crossing**
- ➔ **Mamie "Peanut" Johnson Plaza**
- ➔ **People's Plaza**
- ➔ **Three Stars Plaza**
- ➔ **Tiber Gateway**



The Florida Avenue NE and New York Avenue NE intersection, also unofficially known as the “Virtual Circle” or “Dave Thomas Circle,” will soon be transformed to create three new public spaces filled with trees, plants, seating, and art, among other amenities to provide accessible, and useable spaces for neighbors. The project will not only improve cross-neighborhood connectivity, but will also dedicate infrastructure for pedestrians, bicyclists, and drivers to coexist in a safe, intentional environment for all.

There are 5 options for the new name of the circle. [Click here to vote for your favorite and to find out more about the project.](#)

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## **IN THE COMMUNITY**

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### **Virtual Zumba Gold with Around Town DC**

**Tuesday, August 8 @ 11:00 am - 12:00 pm,  
Recurring Event, repeats weekly**

A fun and dynamic dance exercise class. The class introduces easy-to-follow Zumba® moves at a lower intensity designed for older adults. Enjoy Latin-inspired movements that provide a great aerobic workout while also focusing on balance, range of motion and coordination. This class is intended for DC Residents age 60 plus.



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.

[Click here to register.](#) Once you have registered for one class, you will be enrolled in that class each week. You do need to register for other classes other days.

## **Coping with Uncertainty Discussion Group**

**Wednesday, August 9th, 1 pm, on Zoom**

Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. [Click here to register for this week's session.](#)



Due to the confidential nature of the discussions in this group, this session is for Members and Volunteers of the following Villages only: Northwest Neighbors Village, Cleveland Woodley Park Village, Dupont Circle Village, East Rock Creek Village, Foggy Bottom West End Village, Georgetown Village, Glover Park Village, and Palisades Village. If you are interested in participating in this meeting and are not a Village member, please contact the office at 202-935-6060.

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## **Today's Supreme Court with Penny Hansen**

**Wednesday, August 9th at 5:30 pm on Zoom**



Penny Hansen leads us in exploring the important cases and decisions made by the Supreme Court recently. The presentation will focus on the major Constitutional issues being decided by a clearly activist and divided court: election reform, health care, gun control, religion and presidential power, etc. She will focus on the historical and political background of these issues and the legal philosophies of the justices along with the procedural mysteries of this, the least well-known of our three branches of government.

This Georgetown Village program is free and open to the community!

We are sure this will be an interesting and enlightening presentation and hope you will zoom in to join us from wherever you might be on August 9!

To sign up please contact the GV Office at 202-999-8988 or Email: [info@georgetown-village.org](mailto:info@georgetown-village.org)

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Please join us with your ward and D.C. Council representatives for complimentary admission to the National Building Museum and *Look Here!* Explore our newest summer installation, participate in hands-on crafts, enjoy Storytime at 11 am and 1 pm led by the DC Public Library, and meet community partners. Resident's proof of address required to verify zipcode. All children must be accompanied by an adult (no more than 10 children per adult, please).

## **Don't Miss the Remaining Look Here Ward Days with the National Building Museum**

As part of the Washington, D.C. community, the National Building Museum invites residents of each D.C. Ward to visit the Summer Block Party installation, *Look Here*, with free admission to all exhibitions during your specific Ward Day.

### **August 17: Wards 2 and 7**

*I'm ready to visit the Museum, what do I need to know?*

The Museum opens at 10 am on each Ward day. Your Ward Day eligibility is determined by your zip code, please bring an ID or piece of mail with zipcode. All visitors must check in at the Museum's Visitor Center to receive their complimentary admission wristband in order to visit all of the exhibitions. All children must be accompanied by an adult in the museum at all times. No more than 10 children per adult, please.

*What activities will there be?*

There will be hands-on craft activities in the Great Hall throughout the day. The Councilmember from each Ward will be present on their Ward day from 10 am to noon. There will be community organizations like the DC Public Library tabling each day.

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## **Discussing the Facts: Alzheimer's Disease and Related Dementias** **Wednesday, August 23rd, from 7 TO 8 pm, Free Zoom Webinar**



Alzheimer's disease and related dementias impair memory, thought processes and functioning, primarily among older adults. We will discuss how dementia affects the brain and how Alzheimer's disease differs from other types of dementia. Learn about behaviors you may see in people with mild, moderate and severe dementia. We will discuss

communication challenges you may face with different stages of dementia. There will be plenty of time for questions and answers.

**Speaker: Jihan Starr, M.S., C.D.P.**

**As a Community Dementia Program Manager, Jihan Starr, M.S., C.D.P., works directly with individuals with Alzheimer's disease and related dementias. She also assists family caregivers with support and guidance. She focuses her time and efforts on identifying the needs of individuals with Alzheimer's and their caregivers, helping them navigate available resources.**

**Jihan provides a safe place for family caregivers to discuss their journey with trusted peers, who are also experiencing similar family dynamics, by way of Caregiver Support Groups. She collaborates with other professionals in the industry to broaden her ability to help as many families as possible. Jihan has worked in the health care arena for over 20 years and has spent 17 years serving seniors.**

**[To register click here](#), email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call the Sibley Senior Association at 202-364-7602 by August 21.**

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In collaboration with Greater Brookland Intergenerational Village, join us for an interactive presentation:

### ***DC Community Resources for Older Adults***

Tuesday, August 29

3-4pm

Virtual Webinar by Zoom (Video or Phone)

Join Zoom Meeting

<https://iona-org.zoom.us/j/83910302480?pwd=N2VQM1R4U2NLSzN1L3lISltdnBjUT09>

Meeting ID: 839 1030 2480

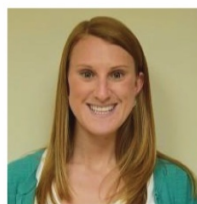
Passcode: 583390

Phone # 301 715 8592, Passcode: 583390

**Expert Presenter: Iona Senior Services**

Topics Include

- ✓ Iona Senior Services
- ✓ DACL
- ✓ Transportation Resources
- ✓ Legal Services
- ✓ Care at Home
- ✓ Caregiver Programs
- ✓ Nutrition Options
- ✓ More



Melissa Susser, LICSW  
Caregiver Education & Outreach Coordinator  
Psychotherapist & Support Group Facilitator

For more information, please contact the following:

Melissa Susser: [mssuser@iona.org](mailto:mssuser@iona.org), 202-510-1773

Nadia Mercer: [nadia@brooklandvillage.org](mailto:nadia@brooklandvillage.org), 202-658-5958



**[You can also click here to register](#)**



A new month means a new lineup of author talks at DC Public Library! This month sees conversation on the value of telling family history, a



celebration of James Baldwin, and a search for home. Additionally, join the writers of the Petworth Library workshop series “This is My Story” for the release of their anthology *Where the Pieces Come Together*. August author talks include:

- [Author Talk: None But the Righteous with Chantal James](#)  
| Wednesday, Aug. 9, 6:30 p.m., Martin Luther King Jr. Memorial Library
- [The Rise of the Black Quarterback with Jason Reid](#) | Thursday, Aug. 10, 7 p.m., Martin Luther King Jr. Memorial Library
- [James Baldwin Centennial Celebration](#) | Thursday, Aug. 10, 7 p.m., Virtual Program
- [Where the Pieces Come Together](#) | Thursday, Aug. 17, 6:15 p.m., Petworth Library
- [Well-Read Black Girl with Ibi Zoboi and Jennifer Baker](#) | Thursday, Aug. 17, 7 p.m., Martin Luther King Jr. Memorial Library

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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**

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

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