



Director's Notes: Monday, August 14th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

¡Hola!

Some members are interested in starting a Spanish language conversation group for the Village. Do you speak Spanish? Are you interested in honing your skills, expanding your vocabulary, refining your accent? Just having fun chatting with others who speak Spanish? Please contact us as info@fbwevillage.org if you'd like more information or are interested in signing up.

Personally, I don't qualify since my two years of high school Spanish have been reduced to "donde esta el bano?" - important to know in some circumstances, but not a good basis for conversations. (For all you non-Spanish speakers, I'll always be able to find the restroom...) But, if your skills allow for a regular conversation, this is the group for you and we hope to hear from you soon.

-Denise



Ice Cream Social Photos

Thank you to everyone who came out to our fabulous ice cream social last week. The event was a roaring success with lots of new social connections made. We want to thank the amazing volunteers who helped setup, run and then break down the ice cream social afterwards, Cathy Raines, Andy Knestaut, Paloma Costa, Suzie Whelan, Paul McKee, Janet Farbstein, Nadia Taran, and CB Wooldridge. As always, the village wants to thank Lynn Cates for these lovely photos!

And to any of you who may have overindulged in the sweet, sticky treats, I understand that 15 minutes of laughter burns off 40 calories so 1.5 hours of laughter (the length of the social last Thursday) burns off 240 calories and a scoop of vanilla ice cream is only 137 calories, so you very well could have lost weight!



Jackie Lemire, Denise Vogt, and Sally Willis chat at the ice cream social

HAPPY BIRTHDAY!

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

- Claudine Parloff - August 15th
- Elena Strunk - August 19th



PROGRAMS

ZOOM Website Refresher Program **Wednesday, August 23rd at 1:00pm**

Thank you to everyone who came out to our in-person website refresher session last week. I hope attendees found it useful. This follow up session will be held on zoom to allow people to participate with their home computers. It will cover much of the same topics, listed below, and will be recorded for posterity.



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.

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

— 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

[Click here to register](#)

VILLAGE WOMEN - IT'S TIME FOR LUNCH!

**Wednesday, August 30th, at 1:00 pm NOTE
THE NEW DATE THIS MONTH
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.

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.

Fall GWU Older Adult Exercise Program

**Mondays and Wednesdays from 12:00 PM-
12:50 PM**

**Starting *September 11, 2023* and ending
December 13, 2023 (no class on November 20 &
22)**

**Where: Room B112A (basement), Milken Institute School of Public
Health, 950 New Hampshire Avenue, N.W.**



A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

Who: Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#).

Participants should provide the instructor with a completed class waiver form and Participant Health/Exercise Profile form on your first day. For forms, [click here](#).

Cost: Free to members

Village liaison: Nadia Taran. For questions/information:
nadiataran@mindspring.com

[To register for the first class please click here](#)

AFFINITY GROUPS

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
-

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 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

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 tineve@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

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@wiserresults.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.

OTHER PIECES

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.

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www.communityofhopedc.org

Click on the flyer to enlarge it

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. Customers may make appointments online or by calling 1-888-762-7874.



Osher Lifelong Learning FALL SEMESTER!

OLLI at AU. Take courses ranging from "Thurgood Marshall" to "Great Conductors of the Twentieth Century" or from "The Novels of Jane Austen" to "AI – Are We Riding a Tiger?"-- these are just four of the more than 95 highly affordable lifelong learning courses available during the fall semester starting September 26. [Choose your lottery selections](#) before Thursday, September 8 for the best chance of getting the courses you want for the fall semester session. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to our website: olli-dc@american.org or call 202-895-4860.



TO JOIN THE OLLI EMAIL LIST: Go to their website: www.olli-dc.org/Home and click on the blue box in the right hand corner "JOIN EMAIL LIST". This will allow you to receive the newsletter and register for events.

IN THE COMMUNITY

Virtual Zumba Gold with Around Town DC

**Tuesday, August 15th, at 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.



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.

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 or call the Sibley Senior Association at 202-364-7602 by August 21.



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=N2VQM1R4U2NLSzN1L3lSilt0dnBjUT09>

Meeting ID: 839 1030 2480

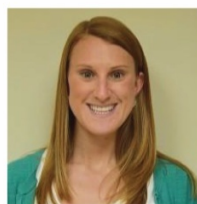
Passcode: 583390

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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, 202-510-1773

Nadia Mercer: 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:

- [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

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 Village | 2430 K Street NW, Washington, DC 20037

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