



Director's Notes: Monday, August 21st, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th



National Building Museum Outreach Event

Denise and Jonas represent the Ward 2 villages, Georgetown, Dupont Circle, and Foggy Bottom West End Villages, at the National Building Museum's Look Here Ward Day for Ward 2. We were delighted to chat with many people about the impact of Villages in Ward 2 and across the city. We also were very thankful for the opportunity to chat with Council Chairman Phil Mendelson about the good work Villages do in DC. Pictured above, Jonas at the FBWEV table.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to four special people!

- Frank Leone - August 22nd
- Madelyn Evans - August 23rd
- Bernice Friedlander - August 25th
- Joe Selby - August 25th



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 21st at 5:00 pm.

[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](#)

PELVIC HEALTH WEBINAR

Wednesday, September 20th at 2:00 pm on Zoom



How Physical Therapy can help maintain your pelvic health so that "those embarrassing moments" don't derail your day!

What: This WEBINAR session will address pelvic floor issues for both men and women. Doctors at Rose Physical Therapy will demonstrate exercises for your pelvic health and discuss how they can prevent/reduce incontinence. They will also cover pelvic pain and other related issues. You will be able to ask questions of the presenters. Questions will be private due to the webinar format. Exercises can be done on the floor/yoga mat or seated. No special equipment is required.

Who: Dr. Valerie Oliphant: Physical therapy is the perfect blend of my love of movement and my desire to help others heal. While I've had my fair share of injuries, what drew me to PT was the emphasis on continuous learning and growth as a practitioner combined with the ability to serve our clients....

And Dr. Will Knight: While the neurological side of PT was originally what inspired me to pursue a career in the field, my love for treating orthopedic and sport-related injuries, as well as pelvic floor dysfunctions in the Washington, DC area is what drove me to pursue a career at Rose Physical Therapy Group.....

[Click here for photos of Dr. Oliphant and Dr. Knight as well as their full bios.](#)

[To register click here.](#) You will receive the zoom link upon registration as well as in a reminder email the day before the talk.

If you have any questions, please email nadiataran@mindspring.com

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@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.

OTHER PIECES

Exciting Update from GW

GW is happy to announce the relaunch of the reimagined GW's Course Audit Program. The Course Audit Program is a not-for-credit benefit available to Foggy Bottom neighbors who are 60 years of age or older and reside within the zip codes 20006 or 20037.

For a reduced rate, members of the community can participate in the exciting learning opportunities at GW and continue their education by auditing in-person courses at one of our campuses. For more information including the list of classes available for audit this fall, [please visit the GW Course Audit Program website here](#). As a reminder, the office is happy to help you obtain a GW community gworld card for GW's exercise classes or GW's audit classes.



WASHINGTONIAN

Washingtonian Article Features Villagers

Washingtonian Magazine recently published a fascinating article on the history of the Watergate building complex. They focused on many human interest stories about living in the complex. The magazine prominently featured interviews with two long time villagers Jean Efron and George Arnstein! [Click here to read the article](#).

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

NEXT CALLER ON THE LINE: A DISCUSSION WITH NATIONAL JOURNAL'S PAUL ORGEL

**Tuesday, August 22nd, at 10:00 am
At the Waterfront Village Office, 222 M Street SW**



Waterfront Village is sponsoring a Tuesday morning interview with Paul Orgel. Paul has been a member of the C-SPAN broadcast team for more than 30 years and has served as a host of the popular interview and call-in show, National Journal. He also served as president of the National Association of TV and Radio Broadcasters and currently is preparing a new show on the books that have shaped America.

On Tuesday, he will appear at the Waterfront Village offices within Saint Matthew Lutheran Church (222 M Street SW) at 10:00 a.m. to discuss the current political climate and the important role of the press in U.S. society. Participants will have an opportunity to directly interact with the prominent national journalist.

The wider village community is invited to join Waterfront Village for the talk. They require advance registration, [you can register by clicking here.](#)

Taste of
WESTERN MARKET ★ ★

WED. AUGUST 23RD
5-7PM

LIVE MUSIC | TASTY BITES | CRAFT COCKTAILS
GIVEAWAYS | AND MORE

TAKE A FLAVOR TRIP
AROUND THE WORLD

A photograph of a black plastic tray filled with Japanese food. It includes several pieces of nigiri sushi (salmon, tuna, and shrimp), a large lobster roll on a bun, and a variety of sushi rolls. A small white bowl of soy sauce is also visible. The food is presented on a white paper liner with a pattern.

A decorative graphic of a sunburst or starburst shape, composed of multiple thin lines radiating from a central point, located to the right of the food image.

The Taste of Western Market

Wednesday, August 23rd from 5:00 to 7:00 pm

At Western Market, 2000 Pennsylvania Avenue NW

Indulge your taste buds in foods and flavors from around the world during The Taste of Western Market.

Join for an unforgettable culinary experience at The Taste of Western Market! Indulge in a delightful evening filled with mouth-watering flavors and vibrant aromas from Western Market.

Prepare your taste buds for a gastronomic adventure from savory delicacies to delectable desserts. Pick up a *FREE* punch card and sample a special menu from each food stall.

Enjoy live music from DJ Ellz and a photobooth from Prophoto ☐ and enjoy cocktails from Bindaas (cash bar).

Whether you are a foodie or simply looking for a fun night out, this event is not to be missed!

[Click here for the list of participating vendors and to register](#)

Discussing the Facts: Alzheimer's Disease and Related Dementias

Wednesday, August 23rd, from 7 to 8 pm
Free Zoom Webinar



**SIBLEY MEMORIAL
HOSPITAL**
JOHNS HOPKINS MEDICINE

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=N2VQM1R4U2NLSzN1L3IiSiItbnBjUT09>

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, 202-510-1773

Nadia Mercer: nadia@brooklandvillage.org, 202-658-5958



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



DC Public Library



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
JAVIER HERRERA • DUPONT CIRCLE • KOLLEMAN



WABA
WASHINGTON AREA
BICYCLIST ASSOCIATION



Age-Friendly
DC



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Click on the flyer to enlarge it

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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