



Director's Notes: Monday, August 28th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

Spanish Conversation Group Launches

The FBWE Village is pleased to announce the formation of a Spanish-language conversation group, which is designed to help Village members hone their ability to talk comfortably and with confidence in Spanish. Our goal is to help you navigate a menu in Spanish, deal with taxi drivers and customs and immigration officials, feel at home in locations that are off the beaten track, and generally enjoy yourself fully in Spain or Latin America.

The expectation is that you will have had at least two years of Spanish in high school or college, or have lived in Spain or Latin America. This is not a class for beginners! No textbooks will be required.

The first meeting of the group will be on Monday, September 12, 2023 at 5 p.m. We will meet at the home of Anna Chisman at 1099 22nd St. NW, Apartment 1007, Washington DC 20037. Unfortunately, no parking is available in the building, although there is a commercial parking garage at 2134 L St. NW. The building is fully accessible (ramp in the lobby). Masks are optional at this time.

Please confirm your participation to Anna Chisman at achisman1@verizon.net, or call with questions or suggestions (202) 452-1996.



Members at Guys Only at Lunch

Members Alan Ingber, Morris Chalick, Bill Kincaid, CB Wooldridge, George Arnstein, and Jeff Reiman are pictured at August's Guys Only at Lunch at Ris Restaurant.

PROGRAMS

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](#). YOU MUST RE-FILL OUT THE FORMS EVEN IF YOU ATTENDED PREVIOUS EXERCISE CLASSES.

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

GENTLE YOGA FOR YOUR BODY AND YOUR MIND

WHEN: Yoga classes are starting up again on Wednesdays at 11 am. There will be seven sessions: September 13, 20, 27, and October 4, 11, 18, and 25.

WHERE: Classes meet in the dining room of St. Paul's Church at 2430 K Street NW.



COST: The cost of the seven sessions of yoga depends on how many people sign up. If ten people sign up, the cost for seven session would be \$87.50 due on September 13. Note that is only \$12.50 a session.

LEADER: Delores Simmons has been leading village in yoga since last February. She has fifteen years of experience teaching. We have appreciated her clear cues and calming voice.

Please let Sue Headlee know if you want to join the group by September 10th at the latest: headlee@american.edu.

[Click here for the event page on the calendar.](#)

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. All are welcome to attend! Some updates from the group.

1. You are not required to read all of the book to attend but are welcome to attend if you are simply interested in its subject matter.
2. You can attend intermittently as your schedule or desire permits.
3. The group periodically votes on what books we'd all like to read in the future and all book group members are welcome to suggest book selections.

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

Contact: Adele Gottfried at agphd2@gmail.com if you have questions about the book group

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

Mail Theft-Related Check Fraud Schemes



The U.S. Postal Inspection Service as well as the Financial Crimes Enforcement Network (FinCEN) has issued advisories relating to recent surges in check fraud. Fraudsters are stealing paper checks from the U.S. Mail by targeting blue U.S. Postal Service (USPS) collection boxes as well as personal (home) mailboxes. There has also been an uptick in thefts of checks by USPS employees who work at mail collection and processing facilities.

Fraudsters are utilizing check washing methods to alter the stolen checks. In this scheme, they change the payee, check number and often the dollar amount of the check. They then utilize fraudulent identities to deposit checks and steal money from your account. In some cases, stolen checks are also counterfeited using routing and account information from the original check.

Do's and Don'ts on How to Protect Your Business and Yourself

- **DON'T** let mail sit in your mailbox at home. Try to retrieve it as soon as possible. Utilize mail stops when on vacation or away for extended periods of time
- **DO** utilize electronic or mobile payments when possible. This will reduce the number of checks you write
- **DO** consider subscribing to a third-party automated check-fraud detection tool
- **DO** consider enrolling in USPS Informed Delivery. Informed Delivery is a free service from USPS that shows you a preview of images of incoming mail, as well as status updates about your incoming and

outbound packages

- DO exercise caution when using blue U.S. Postal Service mailboxes or other drop boxes to send mail
- DON'T leave blank spaces in the payee or amount lines of the checks you write
- DO review your bank activity and statements for errors
- DO shred any checks no longer needed or ones that have been returned

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.



Safety Tips from the Foggy Bottom Association



Although Foggy Bottom remains one of the safest neighborhoods in the District, we have become aware of several incidents over the past few days. In consultation with our DC MPD partners, we would like to remind everyone of three things to do to keep your homes safe:

1. Make sure all of your doors and windows are closed and locked before you leave your home or go to sleep. Recent incidents have involved thieves targeting open accesses. If you have an alarm, use it.
2. Participate in the D.C. Camera Rebate Program. The District will reimburse you up to \$500 to install cameras at your home. Please refer to the website for information: ovsjg.dc.gov/page/private-security-camera-rebate-program
3. Stay aware of your surroundings, and if you see something, say something. When in doubt, call 9-1-1.

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



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=N2VQM1R4U2NLSzN1L3IiSiItbnBiUT09>

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



2023 Edgar P. Richardson Symposium

**Friday, September 8th, 10am-6:30pm;
and Saturday, September 9th,
10:30am-6pm
At the National Portrait Gallery 8th and G
Streets**



Join the National Portrait Gallery on September 8 and 9 for the 2023 Edgar P. Richardson Symposium, organized around the landmark exhibition 1898: U.S. Imperial Visions and Revisions, the Smithsonian's first major exhibition on U.S. imperialism and the pivotal conflicts of 1898. The symposium will convene over 40 scholars and artists from the Philippines, Guam, Puerto Rico, Hawai'i, Cuba, Spain, the United Kingdom, and the United States for two days of panels, roundtables and gallery talks, and a keynote address by 2022 Pulitzer Prize Winner Ada Ferrer.

The keynote address will take place Friday, September 8 at 5pm, and will be followed by an audience Q&A and public reception.

Hailed by The Washington Post as “the best and most engaging work the National Portrait Gallery has done in a decade,” the exhibition examines the War of 1898 (the Spanish-Cuban-American-Filipino War), the Joint Congressional Resolution to annex Hawai'i, and the Philippine-American War. Drawing on portraiture and visual culture, the symposium will provide a panoramic perspective on these conflicts and shine a light on the public debates surrounding them.

In-person, and free. Registration encouraged via this link:
tinyurl.com/mke48usr



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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