



Director's Notes: Monday, September 4th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

Sign Up for Vaccinations at FBWEV Now

As previously announced, we are holding a vaccination clinic on September 30th from 11:00 am – 3:00 pm. Giant Pharmacy will provide the vaccines and the pharmacists needed. The clinic will be held in the atrium of St. Paul's Episcopal Church (2430 K St NW).



Appointments are being scheduled at 10 minute intervals. This clinic will be open to the community next week so I encourage our members to sign up early to ensure you have a range of time options. If needed, Giant will send multiple pharmacists so more appointments can be arranged.

When you select your time you will also need to indicate which vaccines you would like to receive. This information is required by Giant so they can bring appropriate amounts of each vaccine. Options will include vaccines for RSV, Covid (hopefully, the newest version), flu (both high dose for older adults and regular dose), pneumonia, and shingles. Giant will bring a standard release form you'll need to complete.

Please arrive five minutes prior to your appointment time to complete the paperwork. Light refreshments will be available. Hope to see everyone on the 30th as we all prepare to stay as healthy as possible this fall and winter!

[Click here to register for the vaccination clinic](#) When you click on the link it will take you to a calendar, click on 9/30, then click on an available timeslot, finally click on next to go to the booking page. Finally, fill out the form with your contact info and click schedule event to reserve your slot. Please contact the office, 202-333-1327 or info@fbwevillage.org, if you need any help completing the form.

[Click here to review the CDC's recommendations for adult vaccines](#)



Picture from August Happy Hour

Our August happy hour at Ris Restaurant was a resounding success! We want to thank Ris for hosting us and CB Wooldridge for his invaluable efforts to pull the event together. We hope all the members who made it enjoyed their time at the happy hour!

OFFICE CLOSED FOR LABOR DAY

The Village office will be closed today, Monday, September 4th for Labor day.

HAPPY BIRTHDAY!

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

- Sasha Mabry - September 8th



PROGRAMS

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. Wil 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



TOUR OF HIGHLIGHTS OF THE FREER GALLERY OF ART

Thursday, October 5th at 2:00 pm to 3:00 pm

Freer Gallery of Art, 1050 Independence Ave SW, Washington, DC 20004

We hope you can join us for a guided tour of the Highlights of the Freer Gallery of Art's permanent collection. The Freer Gallery houses one of the premier collections of Asian art, with objects dating from Neolithic times to the early 20th century, as well as the world's most important collection of works by James McNeill Whistler. The Freer has beautiful and fascinating Chinese paintings, Indian sculpture, Islamic painting and metalware, Japanese lacquer, Korean ceramics, American Art from the late 19th-century aesthetic movement, and Whistler's Peacock Room.

The group will enter through the accessible entrance on Independence Ave and 12th Street NW, take the elevator to the first floor, and meet the docent at the elevator on the first floor at 2 p.m. The exhibits are all on one floor and gallery chairs will be available.

After the tour please feel free to explore the National Museum of Asian Art (the Freer Gallery of Art and the adjacent Arthur M. Sackler Gallery).

Although the Museum is on multiple levels, they all are accessible by elevator.

Please note there are no dining facilities onsite, but there is a nice gift shop.

Open to FBWEV members only, maximum 20 participants.

[Click here to register.](#) Please register by Monday, October 2, 2023

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.](#)

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 11th at 5 p.m. (This was listed incorrectly last week.) 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.

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

MONDAYS

Spanish Conversation Group at 5:00 pm - first meeting Monday, September 11th.

Meets at 1099 22nd St NW, Apartment 1007 (contact for more information)

Contact: Anna Chisman at achisman1@verizon.net or (202) 452-1996

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 (weekly)
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

Participate in a Brain Health and Microbiome Study

School of Medicine
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

The GW School of Medicine & Health Sciences' Frame-Corr Lab invites 1) adults with early Alzheimer's disease (eAD), 2) adults with mild cognitive impairment (MCI), and 3) healthy adults to participate in a research study to examine the gut microbiomes of individuals with early Alzheimer's disease, mild cognitive impairment, and healthy controls to document how microbiomes may be altered following lifestyle changes—how diet, physical activity, and other health behaviors affect the microbes in the digestive tract. The research will hopefully improve our understanding of brain health and the gut microbiome and, perhaps, lead to future prevention and treatment efforts. [Learn more about the study and GW's Frame-Corr Lab](#)

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.ollidc.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

African American Artists with Chichi Lovett from Around Town DC **Wednesday, September 6th, at 12:30 pm**

Explore the work of well known and lesser known African American artists and their predecessors with Chichi Lovett. She uses works of art created by African American artists to examine assumptions to initiate and welcome conversations regarding issues concerning race, class, culture, the art market and womanism/feminism (among other issues), that these pieces can instigate while learning to 'read' a piece from an artist's perspective. We take time to look at this art and consider what it represents to you, the viewer and why. Learn about the context of the art and artists in their own time and in ours. Art pieces discussed in this class will be different from those discussed in the previous classes that Chichi has offered during past sessions. There are no prerequisites for this class.



Attend with an open and curious mind and a gentle heart. All are most welcome. [Click here for more info and to register](#)

Garnetta 'Chichi' Lovett is a native Brooklynite, visual artist (BFA), retired professor (Auburn University) and community arts advocate and organizer. She currently lives in Washington DC

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



**GW Women's Well-being Lecture
Series: Complete Nourishment
for a Woman's Journey**

Thursday, September 21st, at 12:00 PM

School of Medicine
& Health Sciences

THE GEORGE WASHINGTON UNIVERSITY

The GW Resiliency & Well-being Center (R&WC) will present a Women's Well-being Lecture Series talk on "Complete Nourishment for a Women's Journey" with Julie Wendt, MS, LDN, CNS, adjunct instructor of Integrative Medicine, Department of Clinical Research and Leadership, GW School of Medicine & Health Sciences, and owner of Julie Wendt Nutrition.

Join this interactive discussion about how we should interpret dietary advice through the lens of the female journey. By taking a look at popular nutrition advice that surrounds us in the news, we will explore which aspects are helpful and which may not work given female biology. Key topics include calorie counting vs. intuitive eating for weight management, intermittent fasting, and nourishment guided by our cycles and lifestage.

[Click here to register for the lecture](#)

The Women's Well-being Lecture Series is supported by the Rosemary Bowes, PhD, Women's Mental Health Fund. **[Learn more about the R&WC's women's well-being initiative.](#)**

REGISTER NOW!

CHV 2023 LGBTQ INTERGENERATIONAL SYMPOSIUM

*Join us for a day of learning, connecting,
and engaging with LGBT folks and allies.
This free virtual event will include a
keynote speaker, a wellness session, a
panel, and breakout sessions.*



SEPTEMBER 23RD ON ZOOM



11:00AM TO 3:30PM

LEARN MORE OR REGISTER



202-543-1778 x204



sross@capitolhillvillage.org



[Click here for more information](#) on the symposium including the list of speakers. You can also click on the link to register.

Sibley Senior Association presents

Aging on Your Terms Conference

Saturday, Sept. 30 • Noon to 5 p.m.
Free Zoom Webinar



Join us to learn more about important facets of aging, including:

- How to protect and improve your lung health • The correlation between social connections and health
- How to improve your well-being by downsizing and simplifying your living space • How to start thinking about your final plans



Breathe Better and Live Longer: How to Protect and Improve Your Lung Health as You Age — Air Quality and More with Dr. Panagis Galiatsatos

Panagis Galiatsatos, M.D., M.H.S., is an associate professor at the Johns Hopkins School of Medicine and a physician in the Division of Pulmonary and Critical Care Medicine. He is the co-director of Medicine for the Greater Good, an initiative to teach physicians the science of community engagement and train community health workers and lay health educators.



Our Epidemic of Social Isolation: How Social Connection Impacts Our Health with Mary Louise Pomeroy, Ph.D.

Mary Louise Pomeroy, Ph.D., is an NIH-funded research fellow at the Johns Hopkins School of Nursing. Her overarching research goal is to support aging in place for older adults with limited social connections. Currently, she is examining social isolation as a risk factor for avoidable health care use such as hospitalization and nursing home placement.



The Stuff About Your Stuff Is Not About Your Stuff with Lisa Geraci Rigoni

Lisa Geraci Rigoni is the owner and CDO - Chief Declutter Officer - of The Organizing Mentors (TOM) and has been helping people reclaim their space mentally and physically since 2008. She is a certified senior move manager with the National Association of Senior & Specialty Move Managers.

The Gift of Being Prepared Panel Discussion

Strategic estate and pre-funeral planning provides peace of mind and lightens the burden for your loved ones.



Lindsay Warnes is an estate planning attorney and co-owner of the Willow Legal Group. With over 10 years of legal experience in a variety of fields, she focuses on estate planning because she believes it is important to guide clients through this very important and ever-changing area of law.



Antonia Cummings is a licensed funeral director and preneed specialist for Dignity Memorial Funeral Homes, specifically for Joseph Gawler's Sons. It is her passion to serve families before a loss has occurred, easing the time of loss in the future.

To register, visit smh.memberclicks.net/agingonyourterms9302023, email pnunez3@jhmi.edu or call 202-364-7602 before Sept. 26.



To register, visit smh.memberclicks.net/agingonyourterms9302023, email pnunez3@jhmi.edu or call 202-364-7602 before Sept. 26. You can click on the flyer above 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.
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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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