



Director's Notes: Monday, September 25th, 2023

Phone: (202) 333-1327

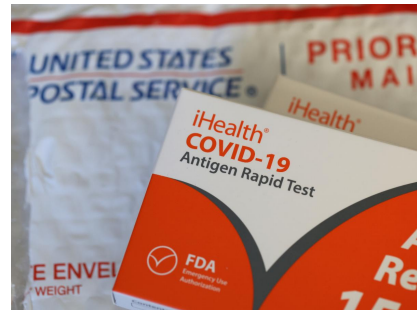
fbwe.helpfulvillage.com

Executive Director: Denise Snyder

10th Anniversary Celebration - October 14th

Free Government Covid Test Delivery Resumes

As of today the federal government is restarting their free Covid test kits home delivery program. To get yours, [click here to go to covidtests.gov](https://covidtests.gov) and submit your request. Each household can receive four free tests. We encourage everyone to request theirs as soon as possible. If you need assistance making the online request, just contact the office by phone (202) 333-1327 or by email info@fbwevillage.org and we'll be happy to help.





George Arnstein's 99th Birthday Celebration

The Village held an extra special coffee chat last Tuesday morning to celebrate the 99th birthday of village member George Arnstein. Attendees shared a cake and swapped stories to celebrate the special occasion. Attendees included: CB Wooldridge, Anna Chisman, Jackie Lemire, Melanie Aron, Christina Farnsworth, Marianne Taylor, Alan Ingber, Denise Snyder, Nadia Taran, Allen Gottfried, Adele Gottfried, Heide Castleman, George Arnstein, Bill Kincaid, and Lorna Grenadier. The excellent pictures were taken by Lynn Cates.



HAPPY BIRTHDAY!

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

- Allen Gottfried - September 29th



PROGRAMS

VILLAGE WOMEN - IT'S TIME FOR LUNCH!

Wednesday, September 27th, at 1:00 pm
At Ris, 2275 L St NW (Location Changed)



We'll be gathering at Ris with great food, a quiet place to talk, and very accommodating staff.

Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

Accessibility: The venue is fully accessible.

Registration required. [Please click here to register](#) by Monday, September 25th, if you plan to attend.

VILLAGE VACCINATION CLINIC

Saturday September 30th, from 10:00 AM to 5:00 PM (*the hours of the clinic have been extended to provide extra vaccination opportunities*)
At St. Paul's Church, 2430 K St NW



We are holding a vaccination clinic on September 30th from 10:00am. to 5:00 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. When you select your time you will also need to indicate which vaccines you would like to receive. Options will include vaccines for RSV, Covid, flu (both high dose for older adults and regular dose), pneumonia, and shingles. Please arrive five minutes prior to your appointment time to complete required paperwork. Light refreshments will be available.

We hope to see everyone on the 30th as we all prepare to stay as healthy as possible this fall and winter! We were able to secure two pharmacists from Giant which means two people can be vaccinated at each time slot. If the time you want is already taken at one link, please try the other.

Registration links: calendly.com/jfrumkin/village-vaccination-clinic.

Or calendly.com/dsnyder-fbwe/village-vaccination-clinic-2nd-pharmacist.

When you click on either link it will take you to a calendar. Click on "9/30", then click on an available time slot, then 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.

Disclaimer: This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities Notice of Funding Opportunity (HHS-2023-ACL-AOA-HDRC-0043) is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$50 million with 100% funding by ACL/HHS. The content is that of the author(s) and does not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. government.



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, **ONLY 4 SPOTS REMAINING.**

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

Fall Health Session with Dr. Janson **Tuesday, October 10, 2023 from 2:30-3:30 PM** **on Zoom**

New topic: Hips—what can be done when they get cranky!

Join Dr. Janson for an overview of hip problems. This session will cover 2 aspects. Dr. Janson will demonstrate exercises that can reduce hip pain/discomfort and discuss how hip problems can originate from other areas, such as the low back or sacroiliac joint. There will be time for Q & A. Wear comfortable clothing, and have a chair handy if you need it.



Who: Dr. Sophia Janson, PT, GCS

Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments and Falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.

Cost: Free to Village members

Registration required. [To register, click here.](#)

10th Anniversary Celebration

As you know, our 10th Anniversary Celebration is rapidly approaching. Usually, we do a fundraising gala each year with the goal of raising much needed financial resources to continue our work.

While we certainly hope to generate some funds to support the Village, this year's event has been planned primarily to honor our visionary founders and to celebrate the Village's impact over the past decade. This is why the board of directors decided to set the ticket price at \$50 – which is half of the 2019 ticket price. We want everyone to join us for a spirited celebration on Saturday, October 14th. The ticket price only covers the basic cost of the event, because gathering together is the point of the event.

Please block out the second Saturday of October from 12:30 – 2:00 for a scrumptious brunch at Ris Restaurant, an opportunity to thank our

founders for what their efforts have wrought, and time to enjoy the company of new and old friends.

To get a ticket*, [click here](#) or send a \$50 check to the office at 2430 K St., NW; Washington DC 20037. If you'd like to lend further support, please consider a larger donation and send a message of appreciation to our founders in the Celebration program. ([Click here for donation details](#))

*Please note: there will not be any physical tickets. Rather, we'll have a guest list at the door.

-Denise

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.



Monday classes focus on Movement and Wednesday is exercise Day. From Yolanda Buran, "We had a well attended class—about 15 people. We started facing the mirror and worked with weights about 3 pounds. They were very good weight exercises. Challenging but not impossible. Simple but well structured. You could feel it after.... It was a total body workout and everyone seemed to enjoy it. We were all tired afterwards as we were on Monday."

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

AFFINITY GROUPS

Standing/ Chair Yoga

This accessible standing/chair yoga class allows you the choice of practicing entirely in your chair or practicing with optional floor poses and standing poses where the chair can be used for support, if desired. The class will provide you with opportunities to improve your balance, flexibility, and mobility, as well as practice breathwork and short meditations. This class is perfect for those who have been cleared by medical professionals to exercise but want a gentler practice, have no yoga experience, or have practiced yoga but need poses adjusted to account for injuries and/or mobility challenges. This class is taught by Delores Simmons, RYT-200, who has extensive training and experience working with persons of varying ages, abilities, sizes and experience levels.



Classes will start Wednesday, October 4th. The October series will be 4 sessions; October 4, 11, 18, and 25, at 10:30am. The cost is dependent on the number of people who sign up. If there are 10 people in the class, the cost will be \$50 per person for October. If there are fewer people, then the cost will be higher. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline for signing up is October 1.

Contact Sue Headlee at headlee@american.edu or Karen Hamrick at kshamrick@verizon.net, to sign up or for more information.



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.

- 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 (varies, contact for more info)
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

STANDING/ CHAIR YOGA GROUP (Next Meeting October 4th)
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 or Karen Hamrick at kshamrick@verizon.net

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 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

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.

A BIT OF HUMOR

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name

I forgot my cat outside.
I am too scared to let him in now.



This may be my last post



**RIGHT NOW, THEY'RE ARGUING
OVER WHO LOST THE KEYS...**



**SHOULD I TELL THEM OR
JUST SIT BACK AND LAUGH.**

OTHER PIECES

Nominations for The Aston Community Advisory Team Are Now Open (Apply by October 2nd)

During ANC 2A's regular September meeting on Wednesday, September 20th, the ANC voted to establish a process for appointing the ANC's two designated representatives to the Community Advisory Team (CAT) for The Aston. As part of that process, the ANC is inviting anyone who has interest in serving on the CAT to [submit an application here](#). The deadline to submit an application is 11:59 pm on Monday, October 2nd.

Applicants are encouraged, but not required, to submit a resume. For the purpose of this application, your resume may include any information you feel would be helpful for commissioners to know as they evaluate nominees, including your work experience, relevant topic area knowledge (if any), and/or key biographical information.

There are no formal requirements to serve on the CAT, and a lack of professional experience does not disqualify you from consideration.

Due to a technical limitation, resumes must be emailed to 2A@anc.dc.gov, separately from the application itself.

ANC 2A will call a special meeting, to be held sometime after October 1st, to discuss and vote on the applications. Every person who submits an application will automatically be added to the ballot for voting by commissioners.

During the special meeting, applicants will be given the opportunity (but will not be required) to give statements of up to two minutes in length. Commissioners will be allocated a set amount of time to make comments and/or address questions to the nominees.

The voting process will take place via a ranked choice voting system in order to arrive at two winning candidates. According to the ANC's bylaws, the two winning candidates must still garner a majority of votes in order to be confirmed. This means there is a possibility the vote could result in only one or no winners.

[Once again, the application form can be found here](#)

If you have any questions regarding this process, please reach out to Peter Sacco, ANC 2A's Executive Director, at 2A@anc.dc.gov.

DC THEATER WEEK

September 21 - October 8

DC Theatre Week celebrates the launch of the theatre season in the Washington, DC region with dozens of shows at low prices, a free kickoff fest, and other fun events.



What will you discover? During Theatre Week you can see a show for \$20, \$40, or \$60 (through the official ticketing partner TodayTix) in venues throughout the region. You'll be delighted with the choices and many fabulous shows to choose from. We've got musicals, plays, classics, new work, and more. Theatre Week makes it easy to go, go, go...and invite your friends to join you. The launch of the theatre season has never been more exciting!

[Click here for more info on DC Theater week and to see the list of participating productions.](#)

Pelvic Health Webinar on YouTube

"How Physical Therapy can help maintain your pelvic health so that "those embarrassing moments" don't derail your day!" The webinar we hosted last week is now up on YouTube. [Click here to watch it again or watch it for the first time.](#) Please let us know if you'd like the contact information for the speakers.

IN THE COMMUNITY

**District Dialogues with DC
Councilmember Kenyan**

McDuffie

Monday, September 25 at 7:30pm
on Zoom



Capitol Hill Village, with the Hill East Civic Association, announce this special event with District of Columbia At-Large Councilmember Kenyan McDuffie.

Mr. McDuffie, according to the Washington Post, "... has long made racial equity a centerpiece of his policymaking, with previous successful legislative efforts to create a local "baby bonds" program for low-income infants and establish the city's Office of Racial Equity, including a partner office in the D.C. Council that examines proposed legislation through an equity lens.

Most recently he has introduced and held hearings on "The Reparations Foundation Fund and Task Force Establishment Act of 2023." This is an important contemporary issue and we hope you'll join us to learn about reparations efforts more generally, and Councilmember McDuffie's specific proposal.

McDuffie has served on the City Council for 11 years, 10 of those years representing Ward 5. His Council colleagues have elected him Chairman Pro Tempore, a role where he acts as the Chairman when the Chairman is absent. Councilmember McDuffie currently chairs the Committee on Business and Economic Development.

[Click here to register for the talk.](#)



Join the Library and Politics and Prose Bookstore for a conversation with Burkhard Bilger for his new book *Fatherland* on Tuesday, Sept. 26 at 7 p.m. at the Martin Luther King Jr. Memorial Library. Joined by noted author and surgeon Atul Gawande, Bilger will discuss his new biography of his grandfather's life and experience in the Nazi party.

Fatherland is the story of Bilger's nearly ten-year quest to uncover the truth. It is a book of gripping suspense and moral inquiry—a tale of chance encounters and serendipitous discoveries in archives and villages across Germany and France. Long admired for his profiles in The New Yorker, Bilger brings the same open-hearted curiosity to his grandfather's story and the questions it raises. What do we owe the past? How can we make peace with it without perpetuating its wrongs? Intimate and far-reaching, Fatherland is an extraordinary odyssey through the great upheavals of the past century.

Books will be available for sale and signature and a limited number of giveaway copies will be available courtesy of the DC Public Library Foundation.

[Click here to register and find more info on the talk](#)

If Books are Banned: Reading Between the Lines

Thursday, September 28th, at 7:00 pm
At 6th and I, 600 I (Eye) Street NW or
Virtual



A movement to ban books is sweeping the country and has gained increasing traction over the past few years. According to PEN America's Index of School Book Bans, which "lists instances where students' access to books in school libraries and classrooms in the United States was restricted or diminished, for either limited or indefinite periods of time," there were 1,477 such instances in the first half of the 2022-2023 school year. The majority of books being targeted are written by Black and LGBTQ+ authors, feature LGBTQ+ characters or characters of color, and tackle themes of race, gender, history, and sexuality.

[Click here to find more info on this book talk or to purchase tickets](#)

Music at Midday at National City Christian Church

Fridays in September from 12:15 pm - 1:00 pm
at National City Christian Church, 5 Thomas
Circle NW



Music at Midday begins a new season of concerts on Friday, September 8, and continuing through Christmas. See below for information on recitals for the month of September to be held at National City Christian Church each Friday at 12:15 p.m. This month's concerts include programs by organists from Poland, Germany, Brazil, and the United States.

September 29: Jackson Borges (Statesboro, Georgia) will perform a program of works by French composer Félix-Alexandre Guilmant.

Detailed information at www.nationalcitycc.org or contact Rev. Dr. J. Michael McMahon at mmcmahon@nationalcitycc.org

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.

ROSE THEATER'S 2023/24 SEASON- Celebrating 17 Years of Developing Stageworthy Plays

Tues. Oct. 3 | The Writer's Center, Bethesda,
Maryland



DEVOTEDLY, WITH DEAREST LOVE*

The Love Letters of F. Scott and Zelda Fitzgerald

Edited by Jackson R. Bryer and Cathy W. Barks, Arranged by Lorrie Kyle

Featuring performances by award-winning actors: Allyson Currin & Christopher Lane.

***In Partnership with the F. Scott Fitzgerald Literary Festival with special permission from the F. Scott Fitzgerald Estate.**

Tues. Oct. 24 | Arts Club of Washington

TINKER'S DAMN By Jessie Seigel

A newly imagined second draft of this audience favorite returns to the New Play Reading Series.

Featuring performances by Raven Bonniwell, Jim Brady, Ray Ficca, Rick Foucheux, Christopher Lane, Chris Stezin and Richard C. Washer.

Tues. Nov. 14 | Arts Club of Washington

THE SECRET LIFE (Brought to You by Ride Detergent), a Comedy (until it's not) in Two Acts, by Allyson Currin

Featuring performances by Tonya Beckman, Jim Brady, Ricardo Frederick Evans, Ray Ficca, Melissa Flaim, Christopher Lane and Chris Stezin.

Tue. Jan. 23, 2024 | Arts Club of Washington

GESUALDO – WHERE CHAOS SLEEPS, By Peter Coy

The seduction of art and reality. Featuring performances by Helen Hayes award-winners Christopher Lane and Susan Marie Rhea.

SAVE YOUR SEAT, Reservations Strongly Encouraged. [Click here for more info on the shows and to reserve a seat.](#)

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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