



## Director's Notes: Monday, October 9th, 2023

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](http://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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## 10th Anniversary Celebration - October 14th

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### FBWE Village Email Issue Resolved

Good news! The village has resolved our issue with our email system! We can now receive emails normally again. Please address future emails to Denise, [dsnyder@fbwevillage.org](mailto:dsnyder@fbwevillage.org), or Jonas, [jfrumkin@fbwevillage.org](mailto:jfrumkin@fbwevillage.org), at our work emails.

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### ONLINE SCAMS

They continue to abound. I received the notice at the end of this article last week. There were several things that made it clear to me that it was a scam. The following are all common things you can spot to tell you that an email isn't legitimate.

- The first sentence says " the state of New Mexico and Texas" instead of "the states of New Mexico and Texas".
- The words "Laundering" and "Order" should not be capitalized.
- While there are many legitimate courts in Texas, there is nothing called "the Court of Texas"

The Social Security Administration would never send out an email with such errors. If you're uncertain about something you can do an online search. For example, when I typed "Court of Texas" into my computer and I found various courts (Supreme Court of Texas, Texas Court of Appeals, etc.), but nothing simply named "Court of Texas".

But the clincher was in the identification of the sender. "US Social Security." First, the name of the government agency is the Social Security Administration - not US Social Security. Even more readily apparent is that the address is not a government address. Official emails from any government office are not going to use "gmail." The name, Cayden Campbell, followed by the random mix of letters and numbers, also raised questions.

Of course, I didn't open the attachment because that could set off a virus or something similar that could not only mess up my computer, but might result in the theft of important personal information I have stored on my computer.

Remember that even if the name of the sender is familiar to you (perhaps a friend or family member) if they are asking you to do something, always check the email address. If it's not an address you know, before you open any attachments or take any action you should contact the person yourself to confirm they sent the email.

Bottom line, if you get an email that is telling you something catastrophic has happened - to your family, your personal information, your finances, your home or car - don't panic. The scammers write with the specific intent of getting the receiver to panic and then take action that benefits the scammer and hurts the receiver.

As Ben Franklin said: "An ounce of prevention....."

Here is some further advice from the Social Security Administration on how to be deal with email scams:

"In an effort to combat such scams, we want to make one thing perfectly clear: Social Security will not send you an email asking you to give us your personal information, such as your Social Security number, date of birth, or other private information. If someone saying they are from Social Security does email you requesting information, don't respond to the message. Instead, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you."

----- Forwarded message -----

From: US Social Security.

Date: Fri, Oct 6, 2023 at 6:18 AM

Subject: Official Suspension Notice-IJG-6310-DAGP

To:

Your Social Security Number has been abused to carry out illegal activities in the state of New Mexico and Texas.

The Federal Trade Commission has uncovered a multitude of foreign wire transactions to account numbers on a blacklist.

Your Social Security Number and identity have been linked to drug trafficking.

Your bank accounts have been used for money Laundering. Based on the evidence, the Court of Texas has issued an Order for your Social

**Security Number Suspension.**

**Attached is an Official Notice from Social Security under the direction of the Texas Attorney General.**

**Notice includes confidential information that should be read in private.**

**-Denise**

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## **Photos from Freer Gallery Tour**

The Village was treated to an excellent tour of the National Museum of Asian Art - Freer Gallery last Thursday. Specifically, we enjoyed an informative tour of many Middle East and East Asian masterpieces. We also learned the history of the Gallery's famous Peacock Room. We hope everyone can join us for more upcoming museum tours. Thank you to Lynn Cates for arranging the tour and for these great pictures!



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## **PROGRAMS**

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### **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.](#)**

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# 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

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**Ladies Lunch at Ris**  
**Wednesday, October 25th, at 12:30 PM NOTE**  
**EARLIER START TIME**  
**At Ris Restaurant, 2275 L St NW**



We'll now be gathering every month 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.

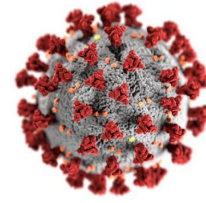
Registration required. [Click here to register](#). Please register by Monday, October 23rd, if you plan to attend.

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**STATE OF COVID CURRENT**  
**EVENTS DISCUSSION**  
**Thursday, November 2nd at 11:00 AM on**

## Zoom

As the Village enters the fall of 2023, the COVID-19 Virus is still in the news.

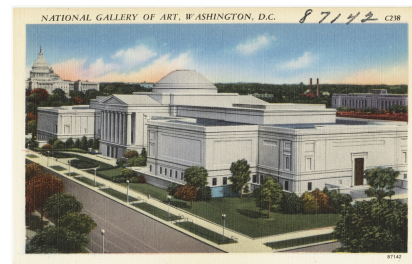


Join a Currents Events discussion on Thursday, November 2nd at 11:00 am by ZOOM to learn about the latest public health recommendations on how to protect yourself and your family as we enter the time of year when respiratory viruses become more frequent.

Bill Kincaid will talk about the latest in masking, shots, testing, and long Covid.

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

## National Gallery of Art - American Collection Tour Thursday, November 2nd, at 2:00 p.m. At National Gallery of Art – West Building, Main Floor Rotunda



When the National Gallery of Art's West Building opened in 1941, the American collection was the smallest in the museum. Now, it is the largest. What happened and why?

Join NGA docent Sheridan Strickland for a private FBWE Village tour that will explain this transformation. Highlighting paintings depicting great moments in American history, the tour will start just after the American Revolution, and end in 1910. Why did most American collectors not buy works by American artists? Who was an exception to that rule? What category of American art finally convinced European art critics that, just maybe, American artists could paint masterpieces? When did the most recent painting by an American female artist join the collection---and why did it take so long? Join us for a lively discussion of the NGA's American collection.

MEET Sheridan on the Main Floor Rotunda at the tour sign. Sheridan will be there to greet you, wearing her ID badge and name tag.

Cost: None. Registration Required. [Please click here to register.](#)

## 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 Wednesdays are devoted to exercise.

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](mailto:nadiataran@mindspring.com)

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## **AFFINITY GROUPS**

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### **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.



The October Session of yoga classes have now started but you are still welcome to join the group. Contact Sue Headlee at [headlee@american.edu](mailto:headlee@american.edu) or Karen Hamrick at [kshamrick@verizon.net](mailto:kshamrick@verizon.net), to sign up or for more information.

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## **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!

The book group is soliciting book recommendations from all Village members. Recommended books will be reviewed by the regular members of the book group, and if accepted will be added to the book list with a date for discussion. The person recommending the book will be asked to attend the meeting on which the book is scheduled as a guest book group member, and lead the group discussion of the book.

Upcoming books are listed below.

- November 1st: "Homage to Catalonia" by George Orwell
- December 6th: "The Wind Knows My Name" by Isabel Allende
- February 7th: All the Beauty in the World by Patrick Bringley

Contact: Adele Gottfried at [agphd2@gmail.com](mailto:agphd2@gmail.com) with your book suggestions and if you have questions about the book group.

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### **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](mailto: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](mailto: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](mailto:pfkramer38@gmail.com)

### **WEDNESDAYS**

STANDING/ CHAIR YOGA GROUP at 10:30 am (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](mailto:headlee@american.edu) or Karen Hamrick at [kshamrick@verizon.net](mailto:kshamrick@verizon.net)

LADIES'S LUNCH AT RIS (4th Wed) at 1:00 pm

*Meets at At Ris Restaurant, 2275 L St NW*

Contact: Janet Farbstein at [jgfarbstein@icloud.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:AnnFranke@wiserresults.net)

**MEDITATION GROUP** (weekly) at 3:00 pm

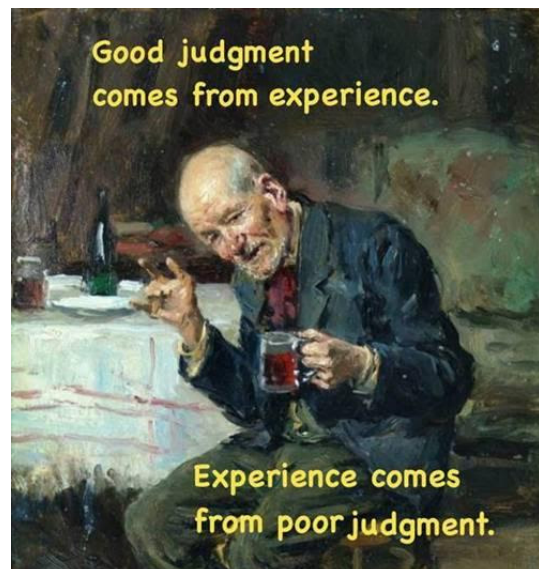
*Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW (contact for more information)*

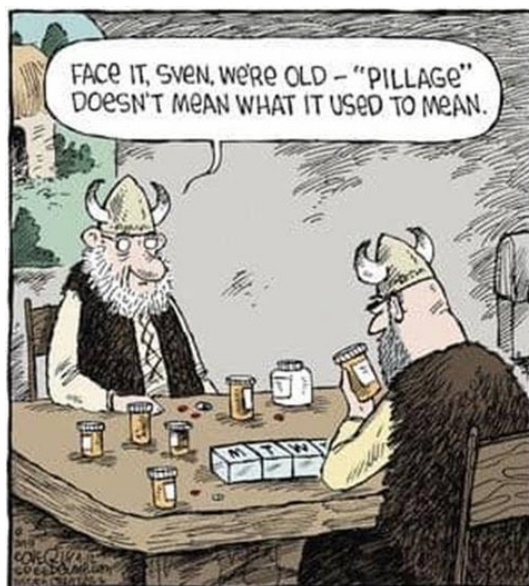
Contact: Lucia Pollock at 202-716-7401 or [luciapollock@yahoo.com](mailto:luciapollock@yahoo.com).

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## A BIT OF HUMOR

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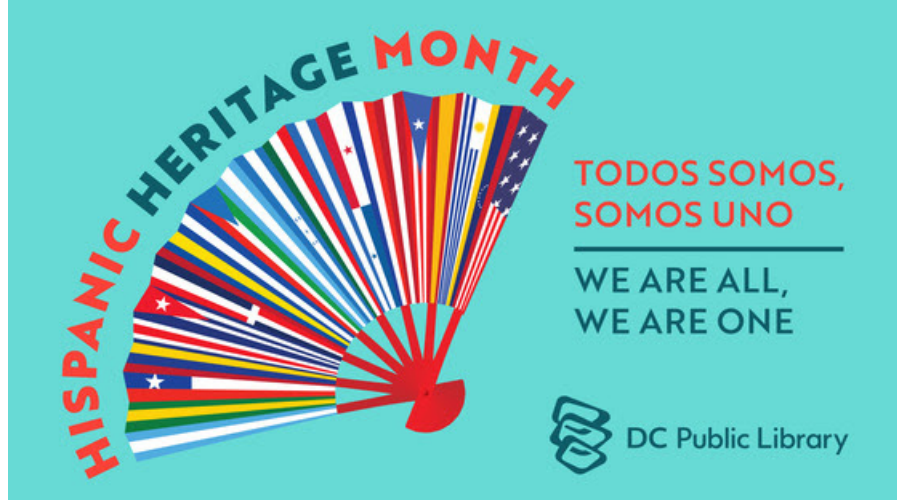
**YOU KNOW WHEN  
YOU BUY A BAG  
OF SALAD & IT  
GETS ALL BROWN  
& SOGGY?**

**COOKIES DON'T  
DO THAT**

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## **OTHER PIECES**

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Celebrate Hispanic Heritage Month by diving into a new read! The month's theme is "Todos Somos, Somos Uno: We Are All, We Are One" and reinforces the diversity inherent within the Hispanic community, as well as the power that comes from unity. What stories will you uncover this Hispanic Heritage Month?

[Click here to discover the recommendations](#)

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## DC Villages Collaborative Executive Director Search

The DC Villages Collaborative, a joint project of all 13 Villages in Washington DC, seeks an inaugural Executive Director who will lead and manage collaborative efforts among the Villages in DC. The ED must possess strong leadership and consensus building experience, along with the desire to build and nurture the Village movement in DC. The ability to think strategically and work well with people at all levels, from the community to the government is required. You can see the full position description and application instructions at [dragonflycentral.org/executive-search](http://dragonflycentral.org/executive-search). Please share this announcement broadly with your friends and network!

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## Interesting Local Article

Greg Squires, is the author of: [Traffic Noise: The Health Hazard Nobody Has Heard](#). Greg is a Research Professor and Professor Emeritus in the Department of Sociology at GWU. He is also a board member at the Plaza Condo. He thought the article might be of interest to our members. Should you want to contact him, he can be reached at [squires@gwu.edu](mailto:squires@gwu.edu).

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## IN THE COMMUNITY

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**Saturday, October 21st, at 10:00 a.m.**  
**At the Walter E. Washington Convention Center, 801 Mount Vernon Place NW, Hall D**

On Saturday, October 21st, join the Office of Disability Rights for a free event that will offer residents with disabilities access to resources and information about the latest technologies that can improve your quality of life.

The event will include exhibits by public and private organizations and opportunities to learn more about topics like employment readiness, assistive technology, workforce development, and remote support solutions.

[Register to attend here.](#) Registration is preferred by Monday, October 9. More information and reasonable accommodation can be requested through the registration link or by calling (202) 724-5055.

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



**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.

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

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## 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](http://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.

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## How to Register for Village Programs

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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](http://fbwe.helpfulvillage.com)





Try email marketing for free today!