



## **Director's Notes: Monday, October 16th, 2023**

**Phone: (202) 333-1327**

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

**Executive Director: Denise Snyder**

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## **10th Anniversary Celebration Success**

The Foggy Bottom West End Village officially opened in October 2013. Last Saturday we celebrated our 10th Anniversary with a party at Ris Restaurant, attended by over 100 people. The event celebrated our 11 founding board members and all the good the Village has accomplished in the past decade.

As always, the food from Ris was delicious, the wine donated by Mark Budd was very impressive, and Lynn Cates' slide show provided a visual record of where we started and who we are today. Councilmember Brooke Pinto joined us, as did Council Chairman Phil Mendelson. Former Councilmember Jack Evans also attended.

And the raffles provided six participants with various game tickets from Council members Kenyan McDuffie, Christina Henderson, Brooke Pinto, Robert White, Brianne Nadeau, and Council Chairman Phil Mendelson in addition to gift certificates from Ris Restaurant or Clyde's Restaurant Group.

Our beloved visionary founders Susan Haight, Jackie Lemire, Lorna Grenadier, Monroe Wright, John Seichter, Myrna Fawcett and CB Wooldridge were in attendance, and each received an engraved kaleidoscope from the Village and a letter of appreciation from Mayor Bowser. Rebecca Coder's posthumous award was received by her husband, Chris Haspel. Unfortunately, our other three founders, Carl Vacketta, Beverly Gyllenhaal, and Mary Bernstein were not able to join us, but will receive their awards later.

All our Anniversary Celebration donors will be listed on our website and we can't say enough about how much their contributions helped us keep

the event at a low cost for all our members. We especially want to thank Barbara Kahlow for her generous donation of \$10,000.

As we now move into our second decade of service to the community, we are excited about all that comes next!

-Denise



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## Response to the Attack on Israel

Our sympathy goes out to all the innocent victims of the recent Israel-Hamas war. Acts of terror are always devastating. For anyone who would

like to offer support for Israelis who have been injured in this war there are two charities you may consider. The first is Magen David Adom, the emergency medical service for Israel, providing care to those in need with 33,000 staff and volunteers. Their website can be found at [afmda.org](http://afmda.org).

Another option is the Jewish Federation of Greater Washington. One hundred percent of all the money raised through their Israel Emergency Fund (found at the bottom of their home page) will go to Israeli organizations that are providing help on the ground. Their website can be found at [shalomdc.org](http://shalomdc.org).

One organization which supports both Palestinian and Israeli war victims is the International Committee of the Red Cross (ICRC). ICRC is a humanitarian organization that aims to protect victims of conflicts and provide them with assistance. Their website can be found at [www.icrc.org](http://www.icrc.org)

Specific support for Palestinians could be given through the [Palestine Children's Relief Fund, PCRF](#). This nonprofit, rated four stars by Charity Navigator, provides medical services to children in the Middle East.

Of course, you may be aware of other organizations you prefer to support which is also great. The above are simply some options to consider, not recommendations.

-Denise

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## HAPPY BIRTHDAY!

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

- Bari Bienia - October 16th
- Ann Sheffield - October 17th
- Sue Headlee - October 17th
- Diane Pablonia - October 21st



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## PROGRAMS

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### **“Annual Mobility Screening at GWU PT: What’s in it for you?” GWU PT Community Mobility Screenings on November 3**

“Why didn’t someone tell me that years ago?” I hear these words all too often from my patients as I explain concepts like how poor posture leads to neck and shoulder pain or how a stiff ankle might lead to dragging your toe on a step and cause a fall.

[Click here to read Dr. Dring's full article](#)

On November 3, our students will be hosting free community mobility screenings. Participants will meet privately with a group of graduate students in our Doctor of Physical Therapy Program with supervision from one of our faculty members. They will conduct a series of standardized tests that look at your strength, balance, endurance, and cognition that help determine if you are at risk for falling or loss of mobility and independence.

Appointments are available throughout the day at our offices at 2000 Pennsylvania Avenue, NW. Your involvement also supports our student learning and our faculty research—we appreciate your willingness to participate!

If you'd like to join us, [please sign up for an appointment by clicking here.](#)

Still have questions? I'll be hosting a Q&A session on Zoom on Wednesday, October 18th at 2pm. [Click here to register for the info session.](#)

Dr. Jason Dring is a board-certified geriatric physical therapist and assistant professor at The George Washington University's Doctor of Physical Therapy Program. He can be reached at [jdring@gwu.edu](mailto:jdring@gwu.edu) or 202-994-7384.

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**Guys Only at Lunch (GOAL)**  
**Thursday, October 19th at 12:30 pm**  
**At Ris, 23rd & L Streets, N.W.**

We're back at Ris for this month's GOAL. [Their menu is here.](#) Hope you can make it and enjoy our usual fine fellowship.



**Cost:** Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

**Accessibility:** The venue is fully accessible. Open to all male members.

Registration is required. Please e-mail Trev Neve at [tlneve@rcn.com](mailto:tlneve@rcn.com) by Tuesday, October 17th, if you plan to attend, so he can get a final headcount for the table reservation.



**FBWEV Women's 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.



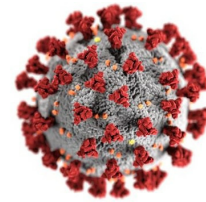
**Cost:** Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

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.

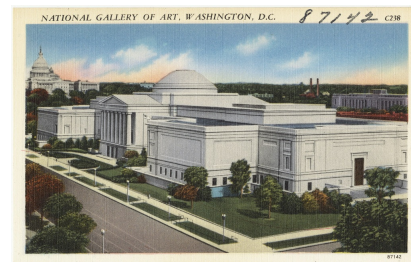
Bill Kincaid will talk about the latest in masking, shots, testing, and long Covid.

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

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## **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.**

## Fall GWU Older Adult Exercise Program

**Mondays and Wednesdays from 12:00 PM-12:50 PM**

**Ends December 13th (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)

**WOMEN'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@wiseresults.net](mailto: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](mailto:luciapollock@yahoo.com).

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## **A BIT OF HUMOR**

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HOW DID YOU HEAR ABOUT THE YMCA			
(Please check one)			
<input type="checkbox"/> Television	<input type="checkbox"/> Online		
<input type="checkbox"/> Radio	<input type="checkbox"/> Drove By		
<input type="checkbox"/> Ad in paper	<input type="checkbox"/> Family/Friend		
<input type="checkbox"/> Postcard	<input type="checkbox"/> Other <i>Δ Village People</i>		
<input type="checkbox"/> Return Member	<input type="checkbox"/> Insurance		
<input type="checkbox"/> Email	<input type="checkbox"/> Billboard		
FOR OFFICE USE ONLY			
EFT INFORMATION			
Payment Method (please circle)			



Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

A moment of tension in Vatican.  
If the bishop moves forward the queen can take him.



## OTHER PIECES

### **Dr. Janson Class Available on YouTube**

Dr. Janson Fall health session was held on zoom last week. It is now available to watch on YouTube. [Click here to watch the class](#) This session covers 2 aspects. Dr. Janson demonstrates exercises that can reduce hip pain/discomfort and discusses how hip problems can originate from other areas, such as the low back or sacroiliac joint.

### **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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### GW Textile Museum

The Textile Museum at 21st and H (701 21st St) currently has a show of handstitched American quilts that runs through December 23rd. There are 18 special quilts from the collection of the American Folk Art Museum in NYC. Examples range from traditional early-American quilts to contemporary sculptural assemblages. Visitors are also invited to contribute work to a DC places community quilt.



Among the diverse examples on display are a dazzling, improvisational star quilt created in 1977 by Alabama-based quiltmaker Nora McKeown Ezell (1917-2007), and a 19th-century Soldier's Quilt made from wool fabric used in the production of military uniforms. Contemporary highlights include a work by Afro-Creole artist Jean-Marcel St. Jacques, whose wooden quilts give new life to the remnants of Hurricane Katrina.

The museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. It is wheelchair accessible. The museum is free, but a voluntary donation of \$8 is suggested for non-members. For other exhibitions now at the Museum see: [museum.gwu.edu/exhibitions](http://museum.gwu.edu/exhibitions)

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**Notorious RBG: the Life and Times of Ruth Bader Ginsburg**  
**At the Capital Jewish Museum, 575 3rd St NW**  
**Through November 30**

Through archival photographs and



documents, contemporary art, media stations, and playful interactives, the exhibition tells the parallel stories of RBG's remarkable career and the efforts she joined to expand "We the People" to include those long left out of the Constitution's promises.

Tickets: \$12 Adults; \$10 for ages 65+

Open: Wednesday – 11:00 a.m. – 8:00 p.m.; Thursday – Sunday -11:00 a.m. – 6:00 p.m.

Closed: Thanksgiving Day.

[Click here for more info on the Capital Jewish Museum.](#)



**IONA**  
Age Well. Live Well.

**IONA SENIOR SERVICES PRESENTS:  
AGING SOLO \*6-SESSION WORKSHOP**

**SESSIONS START OCTOBER 17TH 2023**

**HAVE YOU EVER ASKED YOURSELF...**

- What does it mean to be "aging solo?"
- Who will support me if I need help as I grow older?
- Should I stay in my own home or make a move?
- Should I stay in my own home or make a move?

**If you need help with any of these questions, consider if Aging Solo is right for you!**

**SESSION TOPICS**

**SESSION 1:** Introduction To Aging Solo

**SESSION 2:** Your Social Network and Support Network

**SESSION 3:** Health Care Decision-Making and End-Of-Life Choices

**SESSION 4:** Aging in place

**SESSION 5:** Making A Move

**SESSION 6:** Your Next Steps

**REGISTRATION'S OPEN NOW!**

**CONTACT US :**

202-895-9485      BBAHIRU@IONA.ORG      WWW.IONA.ORG

**\*\*REGISTERED PARTICIPANTS MUST ATTEND ALL 6-SESSIONS**

[Click here for more info and to register](#)

**Virtual Zumba Gold with Ruth Barnes**  
**Tuesdays at 11:00 am on Zoom**



A fun and dynamic dance exercise class. The class introduces easy-to-follow Zumba® moves at a lower intensity designed for older adults. Enjoy Latin-inspired movements that provide a great aerobic workout while also focusing on balance, range of motion and coordination! [Click here to register.](#)



**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.

## **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**



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