



Director's Notes: Monday, June 13th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Real Life Scams

Recently a village member was almost caught by scam. She received an email from another village member asking for a favor. The scammer's email said she was out of the country and was unable to purchase a specific gift card which she needed for her niece's birthday. All of the details in the email exchange were very creditable. Fortunately the member receiving the email ultimately realized it was a scam and didn't make the gift card purchase. (Note: I received the same email the next day.)



While the exact story may change, there are clues it was a scam. If someone you "know" sends an email asking for something that is out of the ordinary (and any email asking you to spend money) the following are some things to look for. And remember – scams are implemented by phone as well as email.

- Carefully check the sender's email address. In scams, there is often something subtly modified. For example, if my email was being used, instead of dsnyder@fbwevillage.org it might read dsnyder@fbwevilage.org. A small change in the email address is necessary to avoid your emails going to the person (or company) supposedly contacting you.
- Look for misspellings or grammatical errors. Such scams are often initiated overseas by people using English as a second language. Words might be capitalized that shouldn't be, something is stated very awkwardly, punctuation is incorrect, or a word is left out. All of us make mistakes when we email, but this is a clue something might be off – especially if the "sender" is someone who

normally doesn't make such errors.

- Never respond to an email or phone call asking you to spend money. If you think it might be legitimate, call the "sender" directly before doing anything. Don't hesitate, even if you get the message that you shouldn't reach out to them. For example, my mother-in-law got a phone call supposedly from one of her grandchildren with a credible story. He had been arrested for excessive speeding and needed her to wire him money for bail. The 'grandchild' said specifically not to notify his mom or anyone else because he was embarrassed. If the clerk at Western Union hadn't caught the scam my mother-in-law would have been out several thousand dollars.

If you do receive a scam call or email always report it to the FTC here, reportfraud.ftc.gov. Please feel comfortable reaching out to us if you're concerned about an email or phone call. We can help you determine next steps.

-Denise

Alert for Incoming Email!

This Wednesday you'll get a survey in your email from us. We had a very high response rate for last year's survey and we hope to equal or top it this year. That can only happen if you take a few minutes to complete it and send it back. The survey is anonymous because it is processed by an external agency, Sharp Insight, who also managed the previous survey.

Look for an email from the office on Wednesday and thank you in advance for helping us learn how we can better serve you.

-Dese

WEST END LIBRARY REOPENS

Good news!!! The West End Library reopened this past Saturday and has resumed regular hours. Please see the following link for branch hours and other activities.

[West End Library | District of Columbia Public Library \(dclibrary.org\)](https://dclibrary.org)

TWO EASY OPTIONS FOR BOOSTER SHOTS

For those of you still in need of your first Covid booster shot or those of you eligible for your second booster shot, we wanted to draw your attention to two simple ways to obtain your booster.



First, the GWU MFA Vaccination clinic now offers both Moderna and Pfizer booster shots. They are open Monday - Friday, from 7:30 am to 3:30 pm. The clinic is located right across the street from the main entrance to the GW Hospital. No appointment is necessary to receive a booster shot at the clinic, you can just walk in. [You can find more info here.](#)

The DC Government is also still offering in-home appointments. You can schedule an at-home appointment by calling 1(855) 363-0333. You can then receive your booster shot in the comfort of your own home.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to two special people!

- Bill Erickson - June 16th
- Deb Neve - June 16th



PROGRAMS

NEW WEBSITE TRAINING

**Tuesday, June 14th at 2:00 pm OR Friday,
June 17th, at 11:00 am**
Hosted on Zoom



These group training sessions will provide an opportunity to get hands on with our new website. Jonas will cover many key aspects of the site including, registering for events, making a service request, and editing your profile. One on one training is available as well if you can't make one of these training sessions or would like more personalized support. The new website will go live shortly after the last training session.

No need to register for a specific training. Zoom links will go out to all members. Thank you to those of you that attended our first training session last week. As a reminder, you only need to attend one session.

JUNE GUYS ONLY AT LUNCH (GOAL)

Thursday, June 16th, at 12:30 pm
**At Juniper in the Fairmont Hotel, 2401 M
St NW**



This month GOAL will be held at Juniper in

the Fairmont Hotel. The menu can be found here: www.juniperdc.com. Hope you're ready for another fine lunch with sparkling conversation amongst delightful lunch-mates.

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

Accessibility: The venue is fully accessible.

Open to all fully vaccinated and boosted male members. Please have vaccination status registered with the village prior to attending GOAL. The Village requests that you take a rapid test the morning of the event if you have been in any high risk situations recently.

Registration is required. Please e-mail Morris Chalick at mjchalick@verizon.net by Tuesday, June 14th, if you plan to attend, so he can get a final headcount for the table reservation.

Free Balance Screening performed by GWU PT Department
Tuesday, June 21st from 1:30-4:30 pm

Details to come. For questions or concerns, please contact Nadia Taran —nadiataran@mindspring.com.

OUTWIN BOOCHEVER 2022 PORTRAIT COMPETITION TOUR

Thursday, June 23rd, at 10:30 am
National Portrait Gallery; 8th & G Streets NW



Please join us for a tour of the sixth triennial portrait competition hosted by the National Portrait Gallery. The Outwin 2022: American Portraiture Today presents 42 portraits selected from more than 2,700 works submitted by artists working across the United States and Puerto Rico. The works highlight art's potential to respond to adversity and promote positive change in a wide range of media, including painting, drawing, photography, sculpture, textiles, video, and performance. The tour will be led by Villager/ NPG docent Lorna Grenadier. Note: Outwin First Prize winner Amy Sherald painted the official portrait of First Lady Michelle Obama for the NPG's permanent collection.

Exhibit preview: npg.si.edu/exhibition/outwin-2022

[Register for the tour here](#)

Location: Meet at the 8th and G Street lobby entrance at 10:30 am. NPG can be reached via Metro (Gallery Place or Metro Center)

Accessibility: The National Portrait Gallery is accessible through the 8th and G Streets entrance ramp.

Registration required: Members only please.

SUMMER HEALTH WITH DR. JANSON

**Tuesday, July 12th, at 2:30 pm
Online via Zoom**

**New topic: Osteoporosis –what it is
and what we can do about it!**

**The bad news: On average we lose 1%
of bone density each year after age 35!**



The good news: There are exercises and other activities that can keep your bones strong. Join Dr. Janson for an overview of osteoporosis and how nutrition and exercise can play a role in bone health. There will be a demonstration of specific exercise and posture corrections that are especially beneficial in the treatment of osteoporosis. The session will use therabands and/or light weights.

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.

[Register for the class here!](#)

AFFINITY GROUPS

JOIN OUR NEW BOOK GROUP

Our new book discussion group got off the ground with a successful discussion this month. We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm. Upcoming books are listed below:

- July 6: "A Man Named Ove", by Fredrik Backman
 - August 3: (new book titles will be submitted and listed)
-

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: jfrumkin@fbwevillage.org

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

WEDNESDAYS

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: jfrumkin@fbwevillage.org

THURSDAYS

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

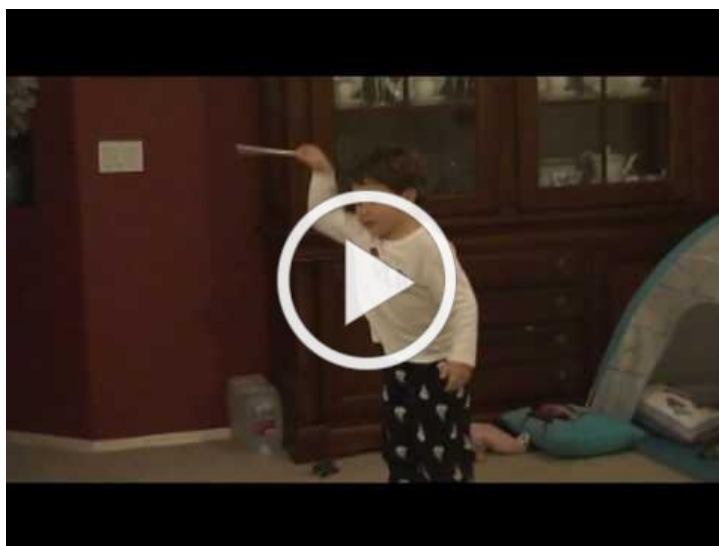
Contact: tlneve@rcn.com

TAKE FOUR AT TAZZA at 4:00 pm (weekly)

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

A BIT OF HUMOR



"An amazing 3-year old who has clearly learned Beethoven's 5th Symphony and conducts with stupendous enthusiasm. May we all find his joy in our lives. (Don't miss the ending!)"



An Amazing Piano Playing Dog!

OTHER PIECES

LOCAL ARTICLES

The following articles, found on the Friends of Francis Field website, may be of interest to you. [Click here to read them in full](#)

- "West End Library To Reopen June 11"
- "Francis Pool Closed This Summer: Huge Crack Discovered in Deep End"
- "Commission of Fine Arts Landscaping Plan Underway on Francis Field"

FUTURE OF AGING PROJECT

"Future of Aging is a project from DACL focused on increasing accessibility and awareness of programming to seniors, adults with disabilities, and people who care for them. We are speaking with community members to learn more about their thoughts on current services in the District and how they could be improved"



There are two opportunities to participate via Zoom (for which participants are given a \$40 gift card) and in-person meeting (for which participants receive a \$60 gift card). Please click here for additional information on the [June 13th zoom session](#), click here for the [June 27th session at the Cleveland Park Library](#), and here for the [July 14th zoom session](#).

IN THE COMMUNITY

Reverse Alzheimer's Summit

Tuesday, June 14th until Tuesday, June 21st



The GW Center for Integrative Medicine is excited to announce that registration for the virtual Reverse Alzheimer's Summit 2.0 is now officially open, and [you may register to participate for free here.](#)

Alzheimer's disease may feel like a death sentence – both for your loved one and your relationship – but there's more to Alzheimer's than meets the eye. During the summit, you'll hear from 40+ top doctors, researchers, New York Times bestselling authors, and more to show you exactly how to reverse and prevent Alzheimer's.



Notre-Dame: Restoring an Icon

Tuesday, June 14th, at 11:00 AM

The devastating fire that engulfed Notre Dame Cathedral in April 2019 destroyed beloved parts of that iconic structure, including the timber roof framework and crossing spire. But other crucial elements survived miraculously intact. Restoration is proving to be a long, complicated, and contentious process as French officials, preservation specialists, structural engineers, and art and architectural historians decide how to rebuild. The rebuilding of Notre Dame is posing hard questions of historic preservation and revealing strong opinions about what constitutes a proper reconstruction of this iconic cathedral. Judy Scott Feldman is an art historian and native Washingtonian. An educator for over 40 years, Judy is a frequent lecturer on the history of art and architecture for the Smithsonian Associates, the Johns Hopkins Osher program, Oasis, as well as civic groups.

[Register and find more upcoming speakers on the NWN site here](#)

The National Parks: Lessons in Environmental Quality, Diversity and Justice

Tuesday, June 21st, at 11:00 AM

Robert G. Stanton, the 15th director of the National Park Service (Ret.), will speak about the history and functions of the National Park Service (NPS). He will focus on the management of the 85-million-acre National Park System, which comprises 425 park areas located in every state, DC, Puerto Rico, American Samoa, Guam, and the U.S. Virgin Islands. He'll discuss the purpose, benefits, challenges and opportunities of the park areas in preserving the nation's rich and diverse natural and collective

cultural heritage. He'll also illustrate the value of the parks as educational resources toward achieving a better understanding and support for environmental protection and social justice.

CHV Village Improv Group

**Next Meeting is Wednesday, June 15th,
at 2:00 pm**



Capitol Hill Village and the Washington Improv Theater have collaborated on a fun affinity group! Collaborate on Laughter: Improv Theater, is an affinity group hosted by CHV throughout the year. The current group meets every Wednesday at 2:00pm. What exactly is Improv Theater you may ask? Improv theater is a theater art form that involves comedy, plot, characters and dialogue, made up and presented on the spot. You do not have to have a background in acting or theater to participate. Just come with a positive attitude and a willingness to participate and you are all set. CHV members who have participated, thoroughly enjoy this group and they have decided to invite village members across the capital to join in on the fun! For more information, please contact Arie Parker at (202) 543-1778 or via email at aparker@capitolhillvillage.org



Compassion and Choices: Death with Dignity

Thursday, June 16 at 3:00 pm

Donna Smith will join Around Town DC from Compassion and Choices. Donna has been employed by Compassion and Choices (C&C) for 5 years. She is the Diversity & Inclusion Advisor & State Director (MD/DC). In this capacity she led the campaign to pass Death with Dignity legislation in both the District of Columbia (the legislation passed in Feb. 2017) and Maryland, where she organized and engaged over 17,000 volunteers to help pass legislation and acted as a spokesperson on behalf of C&C. [Register and find more info here](#)

DC Villages 2022 Pride Celebration



Celebrate LGBT+ older adults and the entire LGBT+ community with us. This evening of fun will include socializing, dancing, lawn games, trivia, and more! All are invited to attend—food and beverages will be served.

JUNE 16TH | 6:00PM TO 8:00 PM

ST.MATTHEW'S CHURCH | 222 M ST SW, DC 20024



Register at <https://forms.gle/9KmwhsfrJ7XETPDB7> or contact info@capitolhillvillage.org or call 202-543-1778.

All are invited to join us as we celebrate LGBT+ older adults and the entire LGBT+ community with us. This event will include food and drink, socializing, trivia, and more. We will be at St Matthew's Church (222 M St SW, 20024). 20 on-site parking spaces will be available, carpooling is encouraged. Our venue is located two blocks from the Waterfront Metro Station.

All attendees should register here.

Other CHV Pride month events include:

LGBTQ Social Hours, LGBTQ Individuals Only, June 2nd from 6:00pm to 7:00pm on Zoom

Participants will come together twice a month to connect with others, combat isolation, and foster relationships.

Pride Movie Screening, Anyone, June 22nd from 6:30pm to 9:30pm at As You Are Bar (Indoors 500 8th St SE, Washington, DC 20003)

This event is a collaboration between As You Are Bar and Capitol Hill Village. We will be showing and discussing "Somebody Waits for Me", "Older Than What", and "Not Another Second"; which focus on the experiences of LGBT older adults.

To register contact ssross@capitolhillvillage.org or 202-543-1778 x204.

Supporting LGBT Grandchildren



Join us on June 29th from 10:00am to 11:30am on Zoom.

Share experiences, hear from lgbt grandchildren, learn about navigating important conversations, get a 101 on lgbt terminology, and more!

To register call 202-543-1778 or email ssross@capitolhillvillage.org.



reUNITED: Capital Pride 2022 **Throughout June**

Pride 2022 is an important celebration for our LGBTQ+ community as we will be reUNITED to build connections that can be then used to create positive change in our region, our country, and our world.

Capital Pride will once again return to the streets and meet each other as we renew the bonds and relationships that have empowered us forward to this point.

Visit, <https://www.capitalpride.org/>, for more information!

CAPITAL PRIDE CELEBRATION



Calling all older
adults and those
who care for them!



June 15 is World
Elder Abuse
Awareness Day.



Please join us throughout the month of June to learn about health care frauds and abuse targeting older adults. All sessions are open to the public!

**Elder Justice: An introduction to health care fraud
Webinar on 6/8 from noon to 1p (Eastern)**

Did you know that health care fraud costs tens of billions of dollars a year? Experts from the FBI and AARP will describe what health care fraud looks like, focusing on frauds that target older adults. Learn what red flags might indicate fraud, how to report such fraud, and what to do if you're a victim. Register here: <https://register.gotowebinar.com/register/7148597316898558987>.



**Elder Justice: A case study of abuse/neglect
Webinar on 6/15 from noon to 1p (Eastern)**

As June 15 is World Elder Abuse Awareness Day, our second session in this month's series will provide a deep dive into a specific case of elder neglect or abuse. Learn how the allegations first came to light, what steps the authorities took to uncover the facts, and what the outcome was for both the criminals and the victim. Register here: <https://attendee.gotowebinar.com/register/7207832406333543180>.



**Elder Justice: A case study in health care fraud
Webinar on 6/22 from noon to 1p (Eastern)**

This session offers an in-depth look at a specific case of health care fraud. The case study will illustrate how frauds involving overbilling can cause financial losses to insurance companies and can also spill over into physical or financial harm inflicted directly upon older adults. Our experts will offer tips on the red flags that could indicate health care fraud, especially in situations involving home health care aides. Register here: <https://attendee.gotowebinar.com/register/7868566326859577357>.

**Elder Justice: Q&A about health care fraud, abuse, and neglect
Webinar on 6/29 from noon to 1p (Eastern)**

Join a panel of subject-matter experts from federal and state government agencies to answer your questions about health care fraud, abuse, and neglect involving older adults. The panel will reply to questions raised in the first three sessions of our June series and will answer as many additional questions from the audience as possible. Register here: <https://attendee.gotowebinar.com/register/8461790233455278092>.



Click on the Flyer to Enlarge it

WEBSITES FOR PUBLIC VILLAGE EVENTS

The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you.

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 simply click the **REGISTER NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration 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.

All FBWE programs take place on Zoom unless otherwise indicated.

Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

www.fbwevillage.org

FBWE Village | 2430 K Street NW, Washington, DC 20037

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