



## Director's Notes: Monday, June 20th, 2022

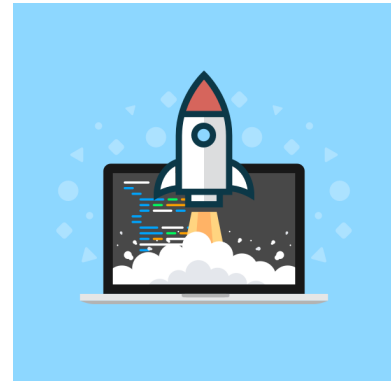
Village Phone: (202) 333-1327

Executive Director: Denise Snyder

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### Helpful Village Launch this Week

Thank you to everyone that came out to one of our Helpful Village training sessions last week. I hope the trainings increased your excitement for our new website and alleviated any worries about it. I feel more comfortable navigating the website myself after the three sessions. If you weren't able to make it to one of our training sessions, [you can find a recorded training session here](#). I highly encourage you to watch the video if you weren't able to attend a live session. If you have any questions after watching the video or any questions in general, please don't hesitate to reach out.



Currently, we plan on launching our new website by the middle of the week. You will receive an email with instructions on how to login to the site. That email will contain your username, which will be your email in all cases, and a temporary password. I encourage you to change the password to something safe and sturdy ([what makes a good password](#)). If you have any issues logging into the new site please email me, [jfrumkin@fbwevillage.org](mailto:jfrumkin@fbwevillage.org), right away.

Once you've logged into the new site and set your password, the first step is to make sure the information in your profile is up to date. Please update or include an emergency contact as well. Remember to click 'save' or 'update' after each change. When logging into the site you can also click 'remember me' to prevent having to re-login on each visit. Again, if you have any issues at all with the new site please let me know asap.

I hope you're as excited for our new website as I am!

-Jonas

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## GW HOSPITAL CAFETERIA REOPENS

The GWUH has just reopened its cafeteria! While it's not fancy, the food is good and inexpensive. You can reduce your cost even further with a membership card from the [Foggy Bottom Association \(FBA\)](#). If you're over 65 the FBA card will get you a 50% discount in the cafeteria. (Under 65 the card gets you a 25% discount.) Subway purchases in the cafeteria will receive the same discount!

In the near future, FBWEV will also be able to provide a similar discount. More on that later.

-Denise

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## HAPPY BIRTHDAY!

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

- Robin Clarke - June 23rd



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## PROGRAMS

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### 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.

[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**

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## **June Current Events Discussion**

**Friday, June 24th, at 2:00 pm**

**At the Village, 2430 K St NW**



FBWEV is now in the 28th month of the Covid pandemic. The political, economic, medical, supply chain, and social effects of this worldwide catastrophe are still unfolding. Numerous articles have appeared in the press about the impact of the pandemic on individuals' mental health, especially concerning increases in anxiety and depression, and stresses on interpersonal relationships.

The impact on our village and our individual members has ranged from difficult to catastrophic. This Current Events discussion will focus on how the pandemic has affected our members and our organization and what our next steps should be. Join us in an invigorating discussion on the impact of the pandemic on us as individuals, as a group, and as an organization and equally important – where we all might go next.

This meeting will be held upstairs, in the dining room of St. Pauls Church.

[Register for the discussion here](#)

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## **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!](#)

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## **AFFINITY GROUPS**

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### **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)

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#### **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](mailto: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](mailto: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](mailto:jfrumkin@fbwevillage.org)

#### **THURSDAYS**

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

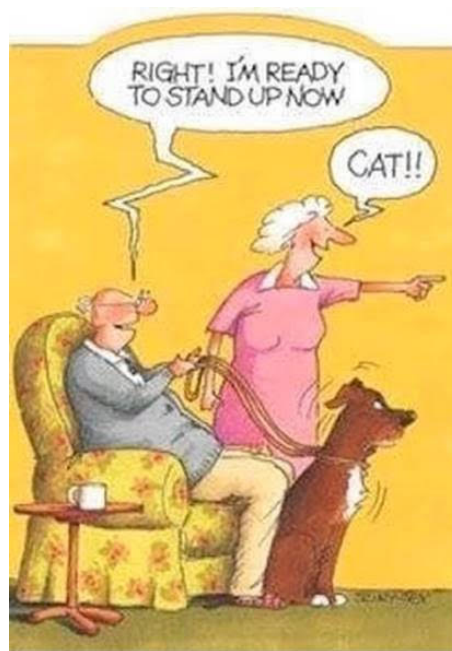
*Various locations (contact for more information)*

Contact: [tlneve@rcn.com](mailto:tlneve@rcn.com)

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

## A BIT OF HUMOR

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## OVERFLOW HUMOR

[Why in the World](#)

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## [OTHER PIECES](#)

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OPENING JUNE 22, 2022

# DC Homeowner Assistance Fund

Money to help DC homeowners.

**Need help with your housing payments?** DC is getting **\$50 million** in federal funds to help homeowners. **The DC Homeowner Assistance Fund ("HAF") will be opening on June 22, 2022 for applications.** Here's what you need to know.



## What does HAF help pay?

Approved homeowners can get **up to \$100,000** in catch-up assistance to reinstate a mortgage, pay past-due condo or HOA fees, co-op fees, homeowners insurance charges, property taxes, or utilities. HAF reinstatement funds **can also cover pre-pandemic arrears.**

Homeowners who cannot afford to make their regular payments can also get **up to 3 months of forward-paying assistance.**

HAF cannot be used to pay DC government loans, like HPAP.



## How does HAF work?

Funds are **paid directly** to the mortgage company, condo association, or other entity to which money is owed.

HAF funds are paid as a **grant**. They do not have to be paid back, and they do not restrict your future ability to sell.



## Am I eligible for HAF?

**Probably yes if:**

- you **live in the home that you own** (or if the deed owner is deceased, you must be an heir living in the home);

- your household income is within 100% of the Area Median Income (mortgage reinstatement assistance may also be available to socially-disadvantaged homeowners with incomes up to 150% AMI);
- you had a **financial hardship** after January 21, 2020 (or had an *existing* financial hardship that *continued or worsened* after January 21, 2020) impacting your ability to make your housing payments; and
- your mortgage is **not** a “jumbo loan”



### I need this. How do I apply?

The application will open on June 22, 2022 and will be available online here: <https://haf.dc.gov/>

**In the meantime, you can get ready by gathering the following documents/information if you have them:**

- Proof of identity (like a drivers license or government-issued ID)
- Proof that you live in the home (for example: recent utility bills, a property tax bill showing your address, or government-issued mail like a benefits statement showing your current address)
- Documentation of what is overdue (like a mortgage statement, ledger from your condo association, etc.)
- Documentation of your income and the income of every adult household member (like paystubs, W2s, benefits statements, or tax documents showing your income)
- If you have a foreclosure court case or a tax sale court case, have your case number ready

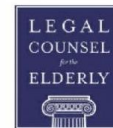


### How can I get more info?

Visit DC's HAF website at: <https://haf.dc.gov/>. The HAF website includes a full list of required documents.

For more information or questions about HAF, you can also call (202) 540-7407 or email [haf.dhcd@dc.gov](mailto:haf.dhcd@dc.gov).

If you are a low-income homeowner and need help with a foreclosure problem, you can contact the Legal Aid Society at (202) 628-1161 or Legal Counsel for the Elderly (age 60+) at (202) 434-2120.




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## 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 27th session at the Cleveland Park Library](#), and here for the [July 14th zoom session](#).

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## IN THE COMMUNITY

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## **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.

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

### ***American Democracy Hanging by a Thread: The Senate's Crucial Role*** **Tuesday, June 28th, at 11:00 AM**

The Founding Fathers gave the Senate many functions, but it had one fundamental responsibility--its *raison d'être*: to provide a check against a dangerous president who threatened our democracy. Offering an alternative lens on the tumultuous Trump presidency in his new book, *The Betrayal: How Mitch McConnell and the Senate Republicans Abandoned America*, Ira Shapiro describes how McConnell's Senate failed catastrophically to protect the American people and American democracy. Ira Shapiro, a former Senate staffer, Clinton administration trade ambassador, and Pulitzer-nominated author, recently completed his third book about the Senate.

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## **Capitol Hill Village Pride month events**

***LGBTQ Social Hours, LGBTQ Individuals***  
***Only, June 21<sup>st</sup> 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 [sross@capitolhillvillage.org](mailto:sross@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  
[sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org).



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## 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.

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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 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.

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

[www.fbwevillage.org](http://www.fbwevillage.org)

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