



Director's Notes: Monday, December 4th, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Village Holiday Party - December 28th

HAPPY BIRTHDAY!

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

- George Carenbauer - December 4th
- Mat Abrams - December 6th



PROGRAMS

National Gallery of Art – Impressionist/Post Impressionist Galleries

Thursday, December 14th at 2:00 p.m.
At National Gallery of Art – West Building,
Main Floor Rotunda

Do you love Monet, Renoir, and Degas? If you do, join members of the Foggy Bottom West End Village on a private tour of the National Gallery of Art's Impressionist/Post Impressionist galleries. Docent Sheridan Strickland will address



questions such as why was “Impressionist” a derogatory label applied to these painters by the French Academy? What three things had to be invented before artists could paint outdoors? Since French consumers were not buying Impressionist paintings, what heroine connected wealthy American collectors, who loved Impressionism, with Impressionist painters? What distinguishes Post Impressionism (Van Gogh, Gauguin, Cezanne) from Impressionism?

Special note from Sheridan: In early 2024 the Impressionist galleries will close for months in the last phase of the National Gallery of Art’s roof repair project. So join her for an “au revoir” tour of some of your favorite paintings.

MEET Sheridan in the West Building’s Rotunda at the tour sign – she will be there to greet us wearing her hanging badge and name tag.

Registration Required. [Please click here to register.](#)

WOMEN’S LUNCH AT RIS

Wednesday, December 20th at 12:30 pm
At Ris Restaurant, 2275 L St NW



NOTE: December's lunch has been moved a week to avoid the holidays.

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. Please register by Monday, December 18th if you plan to attend. [Click here to sign up for the women's lunch](#)



VILLAGE HOLIDAY PARTY

Thursday, December 28th, from 6:00 pm to 8:00 pm
At the Columbia Residences, 2425 L St NW

Join us for the party of the year! We'll gather at The Columbia Residences at 2425 L St. NW for great food and wine, but best of all – great company. Help us start the send-off of 2023 and prepare to welcome the New Year. Meet new members and catch up with friends.

Need a ride? Just let us know by changing "don't need a ride" to "need a ride" when you register and we'll get you there.

The accessible entrance is on 24th St. When you register please write in the "Comment" box that you need the accessible entrance.

In our continuing 10th Anniversary Celebration, we encourage guests to wear Red, White and or Black - our Village colors!

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

Bring your Merry and your Happy and join us for a festive celebration!

Fall GWU Older Adult Exercise Program

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

Last Day December 13th

Where: Room B112A (basement), Milken School of Public Health, 950 New Hampshire Ave NW



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

AFFINITY GROUPS

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.

- December 6th: "The Wind Knows My Name" by Isabel Allende
- Group will not meet in January
- February 7th: All the Beauty in the World by Patrick Bringley

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

Village Yoga for Strength and Stability – December Classes

This 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 strength, 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 (Registered Yoga Teacher, 200 training hours), who has extensive training and experience working with persons of varying ages, abilities, sizes and experience levels.



Classes will start Wednesday, December 6. Registration deadline is Monday, December 4th. The December series will be 4 sessions; December 6, 13, 20, and 27, at 10:30am. The cost is \$50 for the 4 classes. The class will be held at St. Paul's Parish, 2430 K Street, NW.

Contact Karen Hamrick, kshamrick@verizon.net or 202-384-3790, for more information and to sign up.

MONDAYS

Spanish Conversation Group at 5:00 pm (varies, contact for more info)
Meets at 1099 22nd St NW, Apt 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

YOGA FOR STRENGTH & STABILITY at 10:30 am (weekly)

Meets in the dining room of St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Karen Hamrick at kshamrick@verizon.net

WOMEN'S LUNCH AT RIS (4th Wed) at 12:30 pm

Meets at At Ris Restaurant, 2275 L St NW

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

A BIT OF HUMOR



1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask,

"Why, what did you hear?"

16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east."
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
21. My luck is like a bald guy who just won a comb."

OTHER PIECES

Get Reading Recommendations from Library Staff



DC public **library**

The temperature is dropping and it's the perfect time to cozy up with your new favorite read. Need a little new season inspiration? Check out our Staff Picks section of the Library News and find countless curated lists of books on every topic you could imagine. Written by DC Public Library staff, these articles cover countless interests - from books for K-Pop fans to fantasy with female protagonists - there's sure to be something for everyone. Check out a few of the most recent Staff Picks:

- [Gothic Fiction for Teens](#) by Southwest Assistant Branch Manager, Abby
- [We Have The Technology](#) by Bellevue Assistant Branch Manager, Walter
- [Gross Verse](#) by Laura F.

Looking for something a bit more personal? Fill out the [Staff Picks questionnaire](#) and get recommendations from a DC Public Library librarian, just for you.

[Check out more DCPL staff picks here](#)

New NIH Vaccine resource



National Institute
on Aging

[Test to Treat is a free program for older adults](#). Participants will be:

- sent COVID test kits (and they're adding flu);
- if/when they test positive for COVID/flu, they get a free telehealth visit;
- and treatment -- typically a prescription for Paxlovid or Tamiflu,

shipped to them or to pick up locally.

Anyone eligible can sign up at any time; or if they sign up when they've already tested positive, they'll get the telehealth visit and prescription but no test kits. There is a phone-only option but folks have to have an email address. The program was recently expanded from a 3-state pilot. The program may be limited to the extent of flu season.

Please contact the office if you'd like to participate and can't navigate the website above. We'd be happy to help.

DCPL Free Covid Test Distribution Resumes

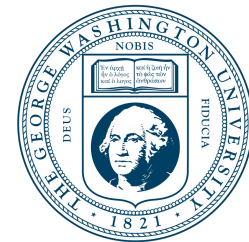
Free COVID-19 rapid tests are back and available for pick-up at D.C. Public Libraries again. More than 20 public libraries in all eight wards are offering free COVID-19 rapid tests for pick-up to D.C. residents. This includes our West End Library. Tests are available whenever WEL is open. Their current hours are listed below:



- Saturday 10 AM–6 PM
 - Sunday 1–5 PM
 - Monday 9 AM–8 PM
 - Tuesday 9 AM–8 PM
 - Wednesday 9 AM–8 PM
 - Thursday 12–8 PM
 - Friday 10 AM–6 PM
-

GW Community Reports

[Click here to view the 2023 Compliance Report for Foggy Bottom Campus](#) and [click here to view the GW Community Concerns Report for 2022-2023](#). These reports are issued by the George Washington University Community Relations Offices



ARTICLES TO READ

[Is it a Good Thing When the Neighbors Are All Older?](#) from the New York Times

IN THE COMMUNITY

**Now Open: Downtown DC
Holiday Market**

The annual Downtown Holiday Market is now open! The Holiday Market offers unique items from over 70 vendors, including 15 local businesses that are Made In DC-certified, a Department of Small and Local Business Development designation that promotes businesses that are headquartered and produce goods in DC.



The Holiday Market will run through December 23 on F Street NW between 7th and 9th Streets NW. It is open daily from 12:00 p.m. to 8:00 p.m.

Learn more at downtownholidaymarket.com.



The Sassoons: The Great Global Merchants and the Making of an Empire with speaker Professor Joseph Sassoon

Tuesday, December 5th, at 11:00 am

The influential merchants of the 19th and early 20th centuries shaped the globalization of today. The Sassoons, a Baghdadi-Jewish trading family, built a global trading enterprise by taking advantage of major historical developments during the 19th century. Their story is not just one of an Arab Jewish family that settled in India, traded in China, and aspired to be British; it also presents an extraordinary vista into the world in which they lived and prospered economically, politically, and socially. The Sassoons is not only about their rise, but also about their decline: why it happened, how political and economic changes after the First World War adversely affected them, and finally, how realizing their aspirations to reach the upper echelons of British society led to their disengagement from business and prevented them from adapting to the new economic and political world order. Join us to hear Joseph Sassoon talk about the globe-spanning history of a fascinating family.

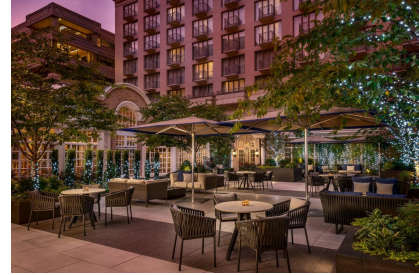
Joseph Sassoon is a Professor of History and Political Economy at Georgetown University and holds the al-Sabah Chair in Politics and Political Economy of the Arab World. He is also a Senior Associate Member at St Antony's College, Oxford.

[Click here to register](#)

Christmas Tree Lighting at the

Fairmont Hotel

**Tuesday, Dec 5, 5:30 to 7pm
2401 M St NW**



Fairmont's tree lighting ceremony in the Courtyard, encourages all guests to bring a gift for Horton's Kids, such as Legos, basketballs, footballs, dolls, books, games or arts and crafts. The donations will help spread holiday cheer to over 500 children, ages 5-18.

Families will warm up next to heaters as they listen to the award-winning Georgetown Visitation Madrigals perform holiday classics. Children will enjoy decorating holiday cards, tasting holiday treats, and all families will be entered to win prizes.

[Click here for more info.](#) Free and Open to the Public

Understanding the Legal Needs of Aging

Wednesday, December 6th, at 1:00 pm



[Must register by clicking here](#)

As we age, there are important legal documents we should all have in place. This is particularly true for older adults. However, people often wait until a crisis to make legal decisions, which for some may be too late. While planning ahead for a person's legal needs is ideal, it can be challenging to understand which legal documents are needed and where to begin. Join this webinar to learn more about the legal needs of aging and the importance of proactive planning.

Participants in this webinar will be able to:

- Understand the importance of planning so a person's wishes are fulfilled
- Identify which documents are important to have in place
- Clarify the purpose of Medicaid planning
- Learn the benefits of using an elder law attorney and other helpful legal resources

Presenters: Jenny Munro, MA, is a gerontologist and response team manager for Home Instead's global headquarters, leading the Home Instead response team in helping family caregivers navigate the complexities of the elder care continuum. She is a certified Alzheimer's Journey Coordinator through Camden College.

Jerold Rothkoff, is principal of the Rothkoff Law Group, where he dedicates his practice to serving clients in the areas of elder law, life-care planning, asset protection, estate planning, and long-term care advocacy. He is past president of the New Jersey Chapter of the National Academy of Elder Law Attorneys, past president of the Life Care

Retirement Living, Senior Housing & Specialized Residential Care Webinar from Cleveland & Woodley Park Village



Part 2: Thursday, December 7 at 1:00 pm [Register here](#)

The DMV offers a variety of retirement living and senior housing options. Many older adults have difficulty sorting through the numerous residential models, personal service arrangements and fee structures. It is challenging to cut through the marketing spin and understand the 'bottom line'.

This two-part webinar will discuss the various retirement living scenarios, what to expect in support services and cost considerations. The second program will address specialized residential care: Assisted Living, Memory Care and Long-Term Skilled Nursing Care. While it is beneficial to attend both webinars, each session stands on its own merits.

Speaker: Jennifer Marie Brown

Jennifer Brown has worked in the medical/healthcare field for more than 50 years. Since 2003, Jennifer has focused on the older adult services including home care, residential living and care management. She held the positions of Director of Sales and Marketing for the Fountains at Washington House and for Forest Hills of DC. Jennifer recently retired from Seabury Resources for Aging, serving as the Community Relations Manager for the Care Management Program.

She has been engaged with the Village Movement in various capacities including a five-year tenure on the Board of Directors for the Senior Services of Alexandria. Jennifer holds a B.S. in Psychology and Master's Degree in Guidance and Psychological Services.

Becoming a Fearless Caregiver Friday, December 8th, at 12:00 pm on Zoom

PositiveAging
Sourcebook

Join 'Positive Aging Sourcebook' for a live and interactive discussion where you will learn how to be an equal member of the caregiving team, how to best get help from the health care system and, importantly, how to care for yourself. There will be plenty of time for questions and the sharing of ideas.

Today's Caregiver magazine editor Gary Barg is the main speaker. The magazine began in 1995. Gary also convenes Fearless Caregiver

Conferences all over the country (and the world) in which people get answers from experts in caregiving and from each other. The conferences began in 1998.

His website Caregiver.com provides an online home for caregivers where you can find topic specific channels, tips sections, discussion lists, and sign up for email newsletters. It also contains profiles of many "fearless caregivers."

[Register here](#)



**ENCORE CHORALE OF
WASHINGTON DC**

FREE HOLIDAY CONCERT →



DECEMBER 17, 2023 AT 4 PM

**CHURCH OF
THE EPIPHANY**
1317 G Street Northwest
Washington, DC 20005

**FOR MORE
INFORMATION**
info@encorecreativity.org
301-261-5747



★ ★ ★ TICKETS REQUIRED ★ ★ ★

RESERVE YOUR FREE TICKETS AT [ENCORECREATIVITY.ORG/TICKETS](https://encorecreativity.org/tickets)

Encore Creativity for Older Adults is a 501(c)(3) nonprofit organization.

Click on the flyer above to enlarge it

A CALL TO ACTION!



The Direct Care Workforce Crisis

LeadingAge DC, DC Appleseed and the DC Coalition for Long Term Care invite you to join Age Friendly DC Villages from across the District for a Special Senior Village Town Hall.

Today, many DC seniors and people with disabilities are going without needed care and assistance due to a severe shortage of trained and qualified direct care workers. **Without caregivers, older adults and people with disabilities cannot age with dignity in their own homes or get quality care if they need in-patient rehabilitation or need to go to assisted living.**

Join us, December 18, 2023, at 12 noon to 1 p.m. via ZOOM for a special **Senior Village Town Hall**

- ♦ Get the facts.
- ♦ Learn about root causes and effective solutions.
- ♦ Support the Direct Care Worker Amendment Act!
- ♦ Be an agent for change!

Together, we can make DC Truly Age Friendly!

Senior Village Town Hall Zoom Meeting:
<https://us02web.zoom.us/j/86849393063>
Meeting ID: 868 4939 3063

Click on the flyer above to enlarge it

TO ENROLL:



Call: (202). 559. 9856



Email: safeathome@homecarepartners.org



Safe at Home 2.0 is designed to provide additional services beyond the modifications, to help reduce your risk of falls.

Services include small evidence-based classes aimed at decreasing fear of falling and increasing activity. Classes are offered online and in person throughout the city.

Safe at Home 2.0 also provides education on how medication and vision impact fall risk.

Any District resident over the age of 60 is encouraged to apply for the program.

SAH 2.0 does not have an income limit.

Participation in 1.0 home modifications is not required.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

January class are on Mondays and Wednesdays from 1:00 -3:00 and Feb classes are Tues and Thurs from 2:00-4:00. Click on the flyer above to enlarge it.

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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