



Director's Notes: Monday, January 1st, 2024

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

Plan to Avoid Seasonal Viral Infections- Develop Your Own COVID-19 Protection Plan

Background:

The COVID-19 virus has continued to mutate and presents a continued risk, especially to the younger and older populations. A myriad of variants has evolved, and a veritable alphabet soup has been used to name each one.

There are currently two main strains that account for more than half of COVID-19 infections: HV.1 and JN.1. Another variant has emerged: EG.5 or Eris, which has a mutation that helps it evade the antibodies created by previous infections or immunizations, potentially making more individuals susceptible.

Vaccinations are one of several critical steps you can take in protecting yourself, your family, and others from COVID-19. Your full protection package should also include: masks, social distancing, and testing.

Immunizations:

In early fall, the FDA approved new vaccines for the 2023-24 season. Given the continuing changes in the structure of the various virus strains, one critical question remains: how effective will the new COVID-19 vaccine be against the changes in the new variants? Only time will tell. But there is a definite rise in antibody levels from the new COVID-19 vaccine, which will confer a degree of protection against all variants. This is the same conundrum faced each year with choosing a formula for the influenza vaccine. Bottom line: Everyone should get the new COVID-19 shot (and a flu shot). If you need assistance call the FBWEV office for help. Talk with your doctor about the RSV immunization also.

Other Tactics:

Avoid crowded spaces where respiratory droplets can accumulate. If you don't feel well, don't expose others. If exposed: self-isolate and stay home. Test early and often. [For CDC recommendations click here](#). If you do test positive for COVID-19, the use of Paxlovid initiated during the first 5 days of illness can reduce disease severity. Call your doctor to see if it's right for you.

Local Tracking:

Currently, the District government's metrics for evaluation the amount of community spread and severity of COVID reflect that we are rated "low" in terms of community levels. The metrics are updated weekly and [can be found here](#).

Finally, remember that the Village has masks and test kits which we're happy to deliver to you should you need them.

-Dr. Bill Kincaid and Denise Snyder



Pictures from Holiday Party

The village wants to thank CB for his invaluable help arranging the party and for these lovely pictures. We want to especially thank all of the volunteers who helped the party run smoothly. We hope everyone had a great time at the party. If anyone else has pictures from the party that they'd like to share please email them to Jonas, jfrumkin@fbwevillage.org.





Office Closed Dates

The Village office will be Monday, January 1st and Monday, January 15th in observance of various holidays.

HAPPY BIRTHDAY!

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

- Marsha Ingber - January 2nd
- Lucia Pollock - January 2nd
- David Hertzfeldt - January 5th
- Dee Prins - January 5th
- Burke Dillon - January 6th
- Mary Frances Kornak - January 6th



PROGRAMS

Spring GW Exercise Classes

**Wednesdays and Fridays, see times below
At Milken School of Public Health, 950 New
Hampshire Ave NW**



Classes start January 17th and run to May 3, 2024 (no classes week of March 11 for Spring break)

New schedule:

- Wednesdays at 12:00-12:50 PM; Room B112A (Basement); Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#)
- New! Yoga Fridays at 1:00-1:50 PM; Location TBD; Instructor: Meg Artley

A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

New 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](#). If you've filed out the forms previously you don't need to fill them out again. Contact the office if you'd like paper forms.

Cost: Free to members, Village liaison: Nadia Taran. For questions/information: nadiataran@mindspring.com.

BYTE BACK LAPTOP GIVEAWAY AND TRAINING

**Monday, January 22nd, from 11:00 am
to 2:00 pm
At St. Paul's Church, 2430 K St NW**



THIS EVENT IS NOW FULL. Please continue to join the waitlist in case of cancelations. [Click here to join the waitlist](#)

This event is for any dc village member needing a laptop computer. The first 17 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

There is also a second opportunity to secure a free laptop See the details

below:

BYTE BACK LAPTOP GIVEAWAY AND TRAINING

Byte Back DC Office, 899 North Capitol St., Suite 850

Limited Capacity: 23 spots available.

This event is for any DC Village member needing a laptop computer. The first 23 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

[Click here to register for the extra opportunity.](#)

If the event is full, a waitlist will be created and laptops will be given out to waitlisted people on a first registered basis.

WOMEN'S LUNCH AT RIS

Wednesday, January 24th at 12:30 pm
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.



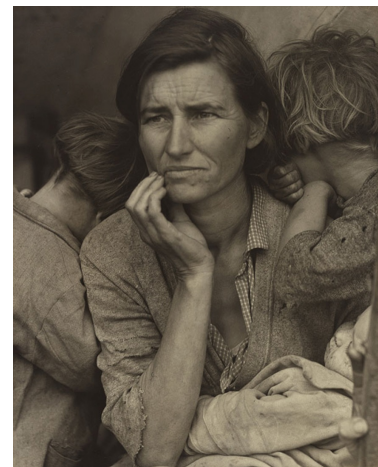
Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

Registration required. Please register by Monday, January 21st, if you plan to attend. [Click here to register for the January women's lunch](#)

TOUR OF "DOROTHEA LANGE: SEEING PEOPLE" EXHIBIT

Thursday, January 25th at 2:30 PM
At the National Gallery of Art, Constitution Ave NW, Washington DC 20565

We hope you can join us for a tour of the memorable and moving exhibit at the National Gallery of Art, "Dorothea Lange: Seeing People." During her long, prolific, and groundbreaking career, the American photographer Dorothea Lange made some of the most iconic portraits of the 20th century. "Dorothea Lange: Seeing People" reframes Lange's work through the lens of portraiture, highlighting her unique ability to discover and reveal the character and resilience of those she photographed.



Featuring some 100 photographs, including the iconic "Migrant Mother," the exhibition addresses her innovative approaches to picturing people, emphasizing her work on social issues including economic disparity, migration, poverty, and racism. For more information about the exhibit go to www.nga.gov/exhibitions/2023/dorothea-lange-seeing-people.

After the tour you can explore The National Gallery of Art.

Cost: Free

Registration limited to FBWEV members only. There is a firm limit of 20 members for the tour. If the tour is full you can join the waitlist for the tour in case someone drops out.

[Click here to register](#). Please register by Monday January 22, 2024. ONLY 9 SPOTS REMAINING.

Please enter the West Building of the National Gallery of Art through the 6th and Constitution doors. Meet the docent on the Ground Floor of the West Building in gallery G39 which is near the entrance to the Dorothea Lange exhibition.

NEW AFFINITY GROUP* - ANIMAL LOVERS

**Meets at the West End Library, 2301 L
St NW
Saturday, January 27th, at 2 pm**



Are you an animal lover? Do you have a feline, canine or other creature living with you — or wish you did? Or perhaps you enjoy greeting pets when out and about or search for birds and squirrels? Do you get a boost out of watching animal videos or collect stuffed critters?

However you engage with animals — in person or virtually — FBWEV invites you to join us at the West End Library on Saturday, Jan. 27, 2024 at 2 pm to share your interest and to explore possible activities and resources. Please contact Lorna Grenadier at lgrenadier@gmail.com about creating a new affinity group as animals are our friends and neighbors, too. Please also contact Lorna to RSVP if you plan on attending the initial meeting of the new group.

* affinity groups bring together villagers with shared interests and are self-guided

AFFINITY GROUPS

Foggy Bottom-West End Village Strength and

Stability Yoga – January 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, January 3. The January series will be 5 sessions; January 3, 10, 17, 24, and 31, at 10:30am. The cost is \$63 for the 5 classes. Note that the monthly fee is higher for January because there will be 5 classes instead of 4. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline to sign up is Tuesday, January 2.

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



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.

- 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.

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

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.

A BIT OF HUMOR

The training process was tedious, but now he knows he is not allowed on the couch.



OTHER PIECES

DCPL Automatic Renewals Update

Starting January 1st automatic renewals for print material will go from 10 to 5. This change will result

in more materials being available for customers who browse our shelves both in person and online.



DC public **library**

If an item you have borrowed at the time of this change has been renewed 5 or more times you will receive a notice asking you to return the material.

After Jan. 1, items you borrow will be available for up to 5 auto renewals. After the 5th renewal, if not returned, the item will be considered overdue.

As always, DC Public Library continues to be fines free!

From WTOP: Explore an obscure DC monument that provided the building blocks for the Capitol and White House



In today's edition of "Matt About Town," WTOP's Matt Kaufax explores the fascinating backstory behind another obscure monument: Braddock's Rock in Foggy Bottom.

Take a trip back to 1755, when British General Edward Braddock came ashore, and learn about this rock's small-world connection to America's first president, George Washington. Follow along as Matt finds out how, even though it's barely visible today, this rock provided the building blocks for some of D.C.'s most iconic government buildings.

FBWE Village's own Frank Leone and Denise Vogt serve as narrators for this fascinating video. [Click here to watch.](#)

Foggy Bottom West End Main Street Update from Councilmember Pinto

This past year, I secured funding for a study to determine the feasibility of bringing a Main Street or similar program to the Foggy Bottom and West End neighborhoods. The report strongly recommends establishing a Foggy Bottom-West End Main Street program to serve local businesses.

Main Streets, a grant program housed in the Department of Small and Local Business Development (DSLBD), promotes the revitalization of 28 business corridors across the District. Main Streets helps to generate job creation, new businesses, and greater investments in public spaces.

This brings us to Foggy Bottom and West End – Ward 2 neighborhoods with retail, hospitality, office, and residential offerings. Community leaders, business owners, and stakeholders made clear that a feasibility study would be critical to setting up next steps to support this business corridor. Now that a Main Street has been found to be viable, as a next

step in this process I will be working to fund the establishment of the Foggy Bottom- West End Main Street in this year's DSLBD budget so that the Main Street can start providing businesses with support for marketing and branding, customer acquisition, security, and employee retention and acquisition.

[You can read the full study and framework here](#)

-Brooke Pinto

Senior Smartrip Updates

This week, Metro's Board of Directors approved the elimination of the \$2 fee on Senior SmarTrip cards. Beginning Tuesday, January 16, 2024, Senior SmarTrip cards will be issued at no cost [other than the amount they will need to load onto the card in advance of use] to customers age 65 and older.



As part of Metro's ongoing commitment to expand access and affordability to public transit, the Senior SmarTrip program will now join all other Metro reduced fare programs in offering SmarTrip cards at no additional cost. Today, customers must pay [an additional] \$2 to receive the card.

Because of this change, Metro is working to expand the number of distribution outlets in the new year. A list of locations where Senior SmarTrip cards are available will continue to be updated at wmata.com/reducedfares.

Currently the most convenient option to get a card is to take the metro to Rosslyn and apply at the commuter store at the entrance to the station. Rosslyn is one stop away from Foggy Bottom on the blue, orange, or silver lines. The Rosslyn commuter store is open on weekdays from 7:00am - 7:00pm and closed on Saturday and Sunday.

IN THE COMMUNITY



DC Public Library Celebrates the 50th Anniversary of

Home Rule

Since the earliest days of our nation, residents of the capital city have fought for the right to self-government, also known as home rule. For decades, Washingtonians rallied both successfully and unsuccessfully around the hope of governing their own city. In 1965, after a tumultuous journey of having home rule and then losing it and on the coattails of a charged March on Washington, D.C. leaders wrote to their friend and ally, Dr. King, to recruit him for their cause. In 1973, Congress finally passed the Home Rule act and the following year D.C. elected its local government for the first time in more than 100 years.

This year, celebrate 50 years of Home Rule by exploring DC Public Library's many collections on this historic decision. [View iconic photos and paraphernalia](#) that tell the story of the "Last Colony", learn how leaders from the civil rights movement helped to win self-government in D.C. in the [D.C. Wins Home Rule online exhibit](#), and [visit Up from the People](#) at the Martin Luther King Jr. Memorial Library. For more information and a curated reading list on D.C. voting rights and home rule, [visit the DCPL website](#).



2024 MLK Holiday DC Annual Peace Walk & Parade
Monday, January 15, from 11am - 2pm
At the R.I.S.E. Demonstration Center, 2730 Martin Luther King Jr Ave SE

[If you are looking to participate / march in the parade click here to register](#)**

Participants are committed to continuing this strong tradition started more than 40 years ago by radio talk show host and community activist Ralph Waldo "Petey" Greene, Washington Informer publisher and philanthropist Dr. Calvin W. Rolark and former Ward 8 Councilmember Wilhelmina J. Rolark when they organized the annual Martin Luther King Day Parade (on one of the nation's first streets named in honor of the civil rights leader, following his death in 1968). The parade began in 1979, six years before Kings's birthday became a federal holiday. We continue the tradition and celebration that the Rolarks and Petey Greene started,

as we honor Dr. King and keep his message alive.

Across the nation and the world, Dr. King's life and legacy is commemorated by a day of service and promoted as A Day On and Not a Day Off. The Martin Luther King Jr. Parade symbolizes the need to continue Dr. King's work and reinforces the idea reflected in his words, "Human progress is neither automatic nor inevitable... every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. Those who believe in Dr. King's message are considered members of the Coalition for Peace and are invited to join the Martin Luther King Jr. Memorial Parade every year.

REGISTRATIONS ARE OPEN FOR FEBRUARY SHORTS AND SPRING SEMESTER!



OLLI at AU. The possibilities are endless with 36 February Shorts and 98 highly affordable lifelong learning courses in the spring semester ranging from "The Ethics of Democracy" to "21st-Century Art" and from "The Neuroscience of Conflict" to "The Harlem Renaissance"! The February Shorts will be held for two weeks: February 5-9 and February 12-16.

The spring semester holds classes weekly starting March 4 typically for 7 to 10 weeks. Choose your lottery selections for [February Shorts](#) before January 18 and for the [spring semester](#) before February 20 for the best chance of getting the courses you want for each session. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to their website: olli-dc@american.org or call 202-895-4860.

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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