



## Director's Notes: Monday, January 29th, 2024

Phone: (202) 333-1327

[fbwe.helpfulvillage.com](https://fbwe.helpfulvillage.com)

Executive Director: Denise Snyder

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### Next Steps for the DCVC

The DC Village Collaborative (DCVC) has taken the next step in moving us forward. As you may recall, the 13 villages in the District of Columbia have formalized their joint relationships into a collaborative in order to achieve more effective efforts in fulfilling our common mission.

After a very lengthy national search, the Collaborative has hired its inaugural executive director who will begin working in her new role the middle of February. I'm excited to present Dr. Katrina Polk who has spent 20 years working on issues at the heart of aging in the community. Kat has a doctorate in public policy and administration from Walden University.



Kat will focus both on building collaborative efforts among the existing 13 villages and working to expand the village concept into currently underserved areas of the city. Her experience in a variety of settings in the region focused on improving life for older adult and is a strong springboard for her work with the DC Villages Collaborative. We look forward to having her onboard!

[The full press release about Dr. Polk is available to read here](#)

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### DC Villages' Amazing Impact in 2023

During fiscal year 2023 (10/1/22 – 9/30/23) the 13 villages in the District made an enormous difference in the lives of so many older

residents. Some statistics that highlight that impact:

- Almost 12,000 Friendly Visits were made
- Over 7,000 rides were provided
- Tech assistance was given 513 times
- Almost 4,500 programs were offered to 29,000 adults which includes older members of the city who are not currently members of a village

One of the most impressive statistics is that over 34,000 hours of volunteer time were contributed to the 13 DC Villages. That much time equates to over 16 fulltime staff people. Imagine, the cost of needing to hire 16 more fulltime staff to enable what the DC Villages do with volunteer support. Hats off to all of FBWE Village's many volunteers who provide direct services and those who help support the organization by serving on committees or helping with administration.

[You can read the full report here.](#)

-Denise

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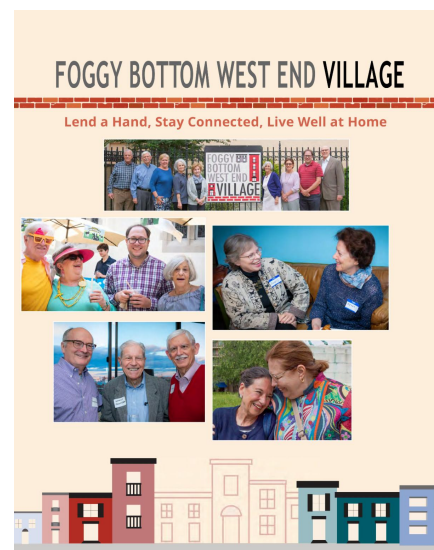
## Village Booklet Available

Just a reminder that we now have the FBWE Village booklets available in hard copy ([as well as online](#)) and also a new brochure on our Village.

If you like one (or both) for yourself, just let us know. Even better, if you'd like several copies to share with others you think might be interested in joining or just supporting the village, we'd be happy to give as much as you'd like.

Just call the office at (202) 333-1327 or email us at [info@fbwevillage.org](mailto:info@fbwevillage.org).

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## Foggy Bottom Food Pantry

First, I want to thank all the members who donated generously to the food drive for the Foggy Bottom Food Pantry. Ris Restaurant also kindly included the announcement of our efforts in their newsletter and they generated even more donations.

If you'd still like to drop something off or have a volunteer stop by to pick items up from your home, we're collecting through Wednesday, January 31st. We'll run another collection in April.

As a reminder, following are the food items that are most needed by the FB Food Pantry:

- Canned tuna, salmon, or chicken
- Peanut butter
- Lentils, beans, and rice
- Canned vegetables and fruits
- Hot & cold cereals
- Flour, sugar, spices, cooking oil

-Denise

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## HAPPY BIRTHDAY!

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

- Ruthmarie Finley - January 30th
- Susan Haight - January 31st
- Harriet Madan - February 1st
- Trev Neve - February 1st



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## PROGRAMS

### Calling All Artists

Again this year, the Foggy Bottom West End Village will present an art exhibit, "Art in the Atrium" on March 14, 2024, at St. Paul's Parish. We'll showcase artists who are members of our Village. The public will be invited and everyone will have an opportunity to meet the artists and discuss their work.

We want to invite any member of the FBWE Village who would like to have their art included in our show to contact us to learn more about this event. Whether you express yourself in painting or drawing, photography, sculpture, jewelry, mobiles, weaving or needlework - we'd love to have you join us to display your artwork.

If you are interested, please contact Lynn Cates at [klynncates@aol.com](mailto:klynncates@aol.com) or call the office at 202-333-1327.

*Please note that we need to know by Wednesday, February 14th if you are interested in having your artwork included.*

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## FEBRUARY VILLAGE HAPPY HOUR

Thursday, February 8th, from 5:00 to 6:30 pm

**At Ris Restaurant, 2275 L St NW**

Join us for our popular Village happy hour! Members with birthdays in December, January, or February will receive one free drink at this happy hour. We look forward to seeing everyone there!

JOIN US  
FOR HAPPY HOUR



[Click here to register.](#) Please register by Monday, February 5th at 5:00 pm.

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## **GW Occupational Therapy Home Safety Visits**

"Do you feel nervous that you might fall in your home? Does your living space feel cluttered or hard to navigate? Are you having trouble reaching spaces or completing self-care tasks? There may be help for you!

The newly formed Occupational Therapy program at George Washington University is excited to partner with Foggy Bottom West End Village to provide recommendations for increased safety in your home environment. Between mid-February and late-March, doctoral occupational therapy students are able to provide a limited number of home visits to Foggy Bottom West End Village members. Students will spend 30-45 minutes with you in your home environment and collaborate with you to determine if there are adjustments that can be made to enhance your ability to safely participate in meaningful tasks. You will also receive a follow-up virtual visit from the students who will provide additional recommendations.



If you are interested, please complete the intake form at the link below no later than Monday, February 12. There is limited availability for this experience."

[Here the intake form.](#) If you need help completing the form please contact the office. Participants will also need to sign a waiver for participation.

[Click here to review the waiver.](#)

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**GWPT presents**  
**SPT Consults**

*Do you have a GOAL you want to reach this year?  
Do you need a NUDGE to get you moving?*

**Join First-Year GW Physical Therapy Students**

Meet with GWPT students for an interview about YOUR GOALS. Interviews will last less than an hour and will help our students practice their interviewing skills. After the interview, the students will research RESOURCES for you to meet your goals! You will receive customized educational material to help you kick off 2024 on a healthy note.

SPT Consults will occur on Monday **February 12** at **2:30** in-person at CWPT (2000 Pennsylvania Ave) or online through Zoom

If you are interested or have questions, email Erin Wentzell at [ewentzell@gwu.edu](mailto:ewentzell@gwu.edu)

Click on the flyer above to enlarge it. Signups are limited to 12 people. If you're interested contact Erin ASAP.

## **GUYS ONLY AT LUNCH (GOAL)**

**Thursday, February 15th at 12:30 pm**  
**At Ris Restaurant, 2275 L St NW**

February's lunch returns to village favorite Ris Restaurant. Ris's latest menu can be found here:  
[www.risdc.com/dailymenu](http://www.risdc.com/dailymenu).



**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 male members and their guests.

Registration is required. Please e-mail Morris Chalick at [mjchalick@gmail.com](mailto:mjchalick@gmail.com) by Tuesday, February 13th, if you plan to attend, so he can get a final headcount for the table reservation.

## **Spring GW Exercise Classes**

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

Classes started January 17th and run to May 3rd  
(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](#)
- Yoga Fridays at 1:00-1:50 PM; Room B112A (Basement); Instructor: Meg Artley

Inclement weather for GWU campus:

The information line is 202-994-5050 or see [campusadvisories.gwu.edu](https://campusadvisories.gwu.edu) for up-to-date information. Please use your judgment on what's best for you under these conditions. If the campus is closed the website or info line will note it.

Please note: the yoga class requires that you BRING A YOGA MAT WITH YOU and be able to get up and down from the floor a few times during the practice. The village has extra yoga mats that we can loan to you to use for the class. Just reach out to Jonas at 202-333-1327 or [jfrumkin@fbwevillage.org](mailto:jfrumkin@fbwevillage.org) if you need one.

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](mailto:nadiataran@mindspring.com).

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## **AFFINITY GROUPS**

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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!

Upcoming books are listed below.

- February 7th: All the Beauty in the World by Patrick Bringley

February will be the final meeting of the group for the time being. The group will take a hiatus after the 2/7 meeting.

Contact: Adele Gottfried at [agphd2@gmail.com](mailto:agphd2@gmail.com) 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](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

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](mailto: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](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

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm  
*Various locations (contact for more information)*  
Contact: Trev Neve at [tineve@rcn.com](mailto:tineve@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 11:45 am NOTE THE SLIGHTLY EARLIER START TIME  
*Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)*

information)

Contact: Ann Franke at [AnnFranke@wiserresults.net](mailto:AnnFranke@wiserresults.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).

## **SATURDAYS**

**ANIMAL LOVERS** (varies, contact for more info)

*Various locations (contact for more information)*

Contact: Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com)

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## **OTHER PIECES**

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### **Get Income Tax Help at DC Public Library**



Learn more and make an appointment at  
[dclibrary.org/using-the-library/tax-preparation](http://dclibrary.org/using-the-library/tax-preparation)

## **Get Ready for Tax Season with Support from the Library**

Tax season is just around the corner and DC Public Library is here to support you throughout that process. Thanks to a partnership with the AARP Foundation, DC and Maryland residents can meet with a trained volunteer to help prepare their income tax return. Eight library locations will host meetings from Feb. 1 until Apr. 15. Assistance is by appointment only - please see the information below for hours and locations, and visit the website for more information on scheduling your appointment.

- Anacostia Library: Tuesday & Wednesday, 11 a.m. - 3 p.m.
- Bellevue/William O. Lockridge Library: Saturday, 10 a.m. - 2 p.m.
- Capitol View Library: Monday, Wednesday & Saturday, 10 a.m. - 2 p.m.
- Georgetown Library: Wednesday, Noon - 4 p.m. & Friday, 10 a.m. - 2 p.m.
- Petworth Library: Monday & Friday, 11 a.m. - 4 p.m.
- Shaw/Watha T. Daniel Library: Saturday, 10:30 a.m. - 2:30 p.m.
- Southwest Library: Monday & Wednesday, 1 p.m. - 5 p.m.
- Woodridge Library: Monday & Wednesday, 10 a.m. - 2 p.m.



[Click here to make a reservation and learn more](#)

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## More Byteback Laptops

If you weren't able to make it to our laptop giveaway program last week, we've been informed that more computers are available. Please let the office know if you're interested in being put on the list for one.

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## IN THE COMMUNITY

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## Celebrating 60 years of the Civil Rights Act of 1964

Join the DC Commission on the Arts and Humanities' in commemorating the 60th anniversary of the passing of the Civil Rights Act of 1964 through Legacy: Civil Rights At 60. This juried exhibition explores how DC artists have been influenced by this landmark legislation, which aimed to prohibit discrimination based on race, color, religion, sex, or national origin. By visually depicting the material, personal, and direct-action work of the past 60 years, this exhibition is a call to continue pursuing equity and social justice both locally and nationally.

The gallery, which is open until March 1st, is free and open to the public Monday to Friday, 9 am - 5:30 pm and located at 200 I (Eye) Street Gallery SE.

[Click here for more info on the exhibit](#)

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**WAVE Annual Meeting and Plenary Program**  
Wednesday, January 31st, from 9:30 - 11:30 am on Zoom

1. 9:30 - 10:00 am: Election of Board members and Board President, and Founders Awards Announcements
2. 10:00 - 11:30 am: Virtual plenary presentation with question and answer period

## **Plenary Presentation: “Raising Dementia Awareness Within Villages”**

### **Plenary Presenters:**

- Dr. Claudia Thorne, Ph.D., LISW, LCSW, Assistant Professor, College of Behavioral and Social Sciences, Coppin State University, member of the State of Maryland's Virginia I. Jones Alzheimer's Disease and Related Disorders Council, and member and volunteer with Cheverly Village.
- Sharon Johnson, CPD, CMC, Director of Aging Services, Maryland Umbrella Group, Community Case Manager, Dementia Care Practitioner, Certified Dementia Caregiver, Support Group Facilitator

Recent headlines speak to an alarming increase in the incidence and prevalence of Alzheimer's and related diseases in the metropolitan-DC area. What do village leaders need to know about this evolving situation, and what role can we play in providing information and support within our village communities? This presentation will provide regional village leaders with information on available dementia awareness programs and services.

Dr. Thorne and Mrs. Johnson will share practical approaches to prepare village leaders to encourage and support actions our boards, volunteers, and members, as well as families and communities, can take to address Alzheimer's and related diseases. The programs discussed will include Caregiver Support Groups, Memory Support Groups, and Memory Café (developed to meet the needs of those diagnosed with cognitive impairments), as well as efforts to develop Dementia Friendly communities.

[To register for the meeting, click here.](#) The zoom information will be sent with your registration confirmation.

If you have any questions, please contact [president@wavevillages.org](mailto:president@wavevillages.org). We're looking forward to starting the new year of valuable programming and networking opportunities with you!

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**Understanding Reverse Mortgages**  
**Wednesday, January 31st at 10 am**  
**At Northeast Library, 330 7th Street NE or**  
**Virtual**



Don't miss our informative panel discussion on reverse mortgages, available in person and virtually.

Register for the virtual option: [dcnet.webex.com/weblink/register](https://dcnet.webex.com/weblink/register)

Brought to you by DISB, Capitol Hill Village, Consumer Financial Protection Bureau and Housing Counseling Services, Inc.

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## Exploring African American Art: A Virtual Conversation



**Wednesdays at 12:30 PM on Zoom, Next  
Conversation is Wed, 1/31**

Join Around Town DC for an engaging discussion on the rich and diverse world of African American art led by Chi Chi, an esteemed curator and expert in the field. In this class, we'll delve into the historical, cultural, and artistic significance of African American art, exploring iconic works, influential artists, and their impact on the art world. From traditional forms to contemporary expressions, Chi Chi will guide us through a dynamic conversation that celebrates the vibrant tapestry of creativity within African American art. Gain insights, ask questions, and broaden your understanding of this captivating artistic heritage in an interactive and inclusive session.

[Click here to register](#)

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## DISCUSSING THE FACTS: ONCOLOGY AND HEALTH EQUITY



**Wednesday, January 31st, at 7 pm via  
Zoom**

Early and appropriate treatment of cancer can make a big difference in cancer outcomes. Please join Sibley Hospital to hear Dr. Gabriel Ivey talk about different types of cancer, early screenings, and how health equity impacts survivability. An interactive Q&A session will enable participants to be engaged and informed.

Dr. Gabriel D. Ivey is a fellowship-trained surgical oncologist specializing in hepatobiliary and pancreatic cancers, gastric cancer, melanoma and sarcoma. Dr. Ivey performs surgeries at both Sibley Memorial Hospital and Suburban Hospital as a member of the Johns Hopkins Kimmel Cancer Center. He is interested in finding the most effective outcome for each patient, which includes innovative approaches to surgery and a multidisciplinary approach to care.

[Click here to register](#) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before January 30th.

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## DC Assistive Technology

## **Program**

**Sunday, February 4th, at 2:00pm  
At Tenleytown Library, 4450 Wisconsin  
Ave NW**



The DC Assistive Technology Program (DCATP) is a city-wide program whose goal is to enhance independence, productivity & inclusion for all District residents with disabilities (including, of course, hearing loss).

To accomplish this goal DCATP provides education & empowerment in the selection, procurement & use of assistive technology devices & services to individuals, family members, service providers, government agencies & community organizations. Specific initiatives of particular note include loans of such devices to enable individuals with disabilities to determine their suitability for their particular needs before making purchases, & a program under which such persons can finance such purchases with long-term, low interest rate loans.

Our presenter, Leonard McPherson, a senior member of the DCATP team, will describe these programs, & how persons with hearing loss & other disabilities can take advantage of them.

Our meeting room is looped, and real-time captioning will be provided so that everyone can “hear” without undue stress & get their questions answered. There is no charge. All are welcome.

**[Please click here to register to attend this program.](#)**

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PLEASE JOIN THE DEPARTMENT OF AGING  
AND COMMUNITY LIVING FOR:

## RED, WHITE, AND YOU!

A SENIOR VALENTINE'S DAY CELEBRATION

WEDNESDAY,  
FEBRUARY 14, 2024  
11:30AM- 2:00PM

### LOCATIONS:

Deanwood Recreation Center

1350 49th St., NE

Washington, DC 20019

[tinyurl.com/rwydeanwood](https://tinyurl.com/rwydeanwood)

Edgewood Recreation Center

300 Evarts St., NE

Washington, DC 20002

[tinyurl.com/rwyedgewood](https://tinyurl.com/rwyedgewood)

For event registration assistance, please call (202) 724-5626.



# jssa Free Support Group for Older Adults

Are you a senior experiencing estrangement from your adult children?

Do you find it challenging to navigate this emotional journey?

Are you struggling to adjust to a family relationship that might be very different from how you imagined it would be?

Would you like to find support and connection with others who are facing similar challenges?



If you answered YES to any of these questions, this support group could be beneficial for you.

Participants in this group will:

- Explore the emotional impact of estrangement on you and your family.
- Connect with others who understand your struggles and provide mutual support.
- Discuss strategies and skills to help cope with what you're experiencing.

**GROUP:** Seniors Estranged from Adult Children

**DATES:** February 15-March 21, 2024  
There will be 6 sessions  
(2/15; 2/22; 2/29; 3/7; 3/14; & 3/21)

**TIME:** Thursdays, 10:00AM-11:00AM

**LOCATION:** Virtual

**COST:** Free

**HOST:** Niccole de Campos, MSW intern at JSSA on the Adults & Seniors Clinical Team

## INTERESTED IN JOINING?

Please contact Niccole de Campos at [ndecampos@jssa.org](mailto:ndecampos@jssa.org)

6123 MONTROSE ROAD | ROCKVILLE, MD 20852 | [WWW.JSSA.ORG](http://WWW.JSSA.ORG) | 240-800-JSSA

Click on the flyer above to enlarge it. The group meets on Zoom.

## Upcoming Concerts: Black History Month, February 2024

A new year of weekly Music at Midday concerts begins in February with four performances by African American and African artists in honor of Black History Month. All concerts started at 12:00 pm on the listed day.

**February 2:** Composer and organist Roy L. Belfield, Jr. (Towson, Maryland) will perform works by African American composer Phillip Barnette McIntyre along with music by Jehan Alain and Charles-Marie Widor.

**February 9:** Composer and organist Ralph Holtzhauser (Youngstown, Ohio) will perform a program of works by Carl Haywood, George Shearing, Sharon Wills, Florence Price, and William Bolcom.

**February 16:** Organist Glenn Little (Stafford, Virginia) will perform an





organ suite by Florence Price followed by African American spirituals arranged for organ by Adolphus Hailstork and Calvin Taylor.

**February 23:** Nigerian countertenor Andrew Chukwuka Egbuchiem, who currently lives in New York City, will perform vocal works by African and African American composers, including Jacqueline Hairston, Harry T. Burleigh, Leslie Adams, and Fred Onovwerosuoke, followed by music of Antonio Vivaldi, G. F. Handel, and Gioachino Rossini.

**Location:** National City Christian Church (Disciples of Christ) 5 Thomas Circle, NW Washington, DC 20005

Free admission; donations gratefully accepted.

Detailed information at [www.nationalcitycc.org](http://www.nationalcitycc.org) or contact Rev. Dr. J. Michael McMahon at [mmcmahon@nationalcitycc.org](mailto:mmcmahon@nationalcitycc.org)

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## Washington Post Live Talks



### Election 2024: The Players

Rep. James E. Clyburn (D-S.C.)

Jan. 30 - 1:00 p.m. ET

The assistant House Democratic leader and Biden campaign national co-chair talks about the Democrats' message heading into the 2024 presidential election, Biden's standing with Black voters and the latest news from Congress.

### The New Global Economy

Feb. 8 - 11:00 a.m. ET

International Monetary Fund managing director Kristalina Georgieva and former World Bank president Robert B. Zoellick assess the state of the global economy and fears of economic fragmentation amid rising geopolitical tensions.

### "We don't own the pipes through which our culture is distributed."

On Demand

Actor David Oyelowo discussed his new television series, "Lawmen: Bass Reeves," the power of history and his streaming service that highlights Black stories globally.

[Click here for the full list of upcoming events and to register for any that interest you](#)

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**REGISTRATIONS ARE OPEN FOR  
FEBRUARY SHORTS AND SPRING  
SEMESTER!**



OLLI at AU. The possibilities are endless with 98 highly affordable lifelong learning courses in the spring semester.

The spring semester holds classes weekly starting March 4 typically for 7 to 10 weeks. Choose your lottery selections for the [spring semester](#) before February 20th 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](mailto:olli-dc@american.org) or call 202-895-4860.

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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**

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

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