



## **Director's Notes: Monday, February 5th, 2024**

**Phone: (202) 333-1327**

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

**Executive Director: Denise Snyder**

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### **And More Scams...**

Another scammer approached a village member recently and was successful in stealing funds. This happens so very often – especially to older adults. I am working with the Metropolitan Police Department to arrange for a special program that will present some of the most common scams targeting older adults and ways to detect them. Hopefully, that program will be scheduled for sometime in March.

In the meantime, one of the keys to pay attention to is if someone is asking you to not tell anyone about something while they are trying to get money from you – hear that as a big red flag.

My mother-in-law got caught in a scam when the caller identified themselves as her grandson (with a cold), calling to say he had been arrested and needed \$2,000 for bail. The caller urged my mother-in-law to not tell anyone because he was so embarrassed. She withdrew the funds from her bank account and went to a Western Union to send the money as directed. Fortunately, the Western Union agent paused and encouraged her to check the story out. She called her daughter and learned that her grandson was in fact at his job and had never been arrested.

Another person was told their bank account had been hacked as was their computer. The person was told not to reach out to their bank because the hack seemed to come from within the bank and similarly, not to use their computer. Again, secrecy was necessary.

In all my years as executive director at the DC Rape Crisis Center, the directive to keep things secret was almost always used by child abusers to ensure their crime would not be detected.

In virtually any situation when someone urges you to keep something secret – to not reach out to officials or family or friends – there is likely something suspicious happening. Should you have ANY concerns, feel uncertain, or notice the hair on the back of your neck standing up – reach out to someone you trust and tell them what is going on. Get their perspective on the situation.

And always know the Village is available as a back-up. Jonas and I have been able to help in a number of such situations. Please feel free to call on us. If you are concerned about what you would do if something happened when the office is closed, please let me know and I can give you my cell phone number.

Lastly, NEVER feel embarrassed or ashamed if someone takes advantage of you. The reason scams are so prevalent is because they work so very well over and over again. The responsibility of a scam rests solely on the scammer – never on you.

-Denise Snyder

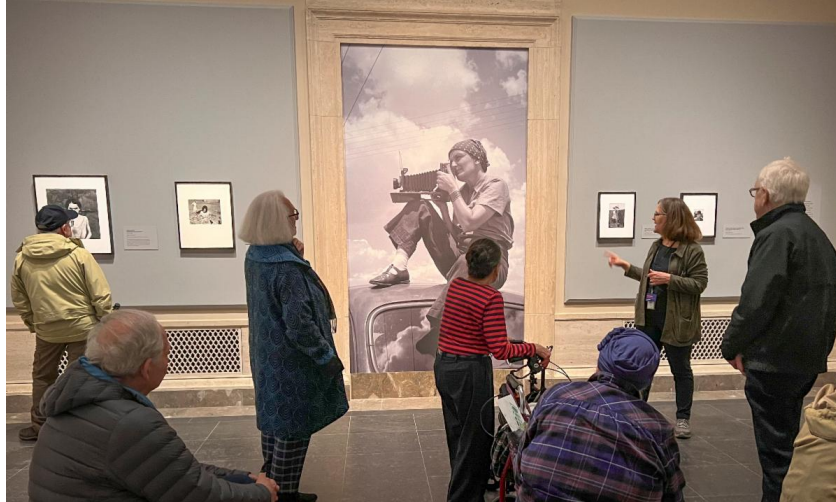
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## **Foggy Bottom Food Pantry**

Thank you to everyone who donated to support the Foggy Bottom Food Pantry this month. As you can see in the picture above, we received numerous, generous donations from our members and the community.

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## Lange NGA Tour Pics

Photos from Dorothea Lange: Seeing People tour at the National Gallery of Art. Thank you to Lynn Cates for these amazing pictures and for arranging this excellent tour. We hope all the attendees enjoyed the tour!




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## PROGRAMS

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### 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 HAPPY HOUR**



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!

[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 is 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.

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## **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.

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## **FBWEV WOMEN'S LUNCH AT RIS**

**Wednesday, February 28th, 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 accomodating 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. [Click here to register](#). Please register by Monday, February 26th, if you plan to attend.

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**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, [for instructor's bio click here](#)

Inclement weather for GWU campus:

The information line is 202-994-5050 or see [campusadvisories.gwu.edu](http://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.

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## Foggy Bottom-West End Village Strength and Stability Yoga – February 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. Two of the three classes in the February series (February 21 and 28) will be taught by guest instructor Daniel Hickman. Daniel Hickman, E-RYT 500 & YACEP, is an adaptive yoga specialist, meditation teacher and director of the Multidisciplinary Yoga Teacher Training. He is known for his extensive work with military patients at Walter Reed. Daniel's website is: [danielofthesun.com](http://danielofthesun.com). He is the instructor who taught this class for many years prior to Covid.

Classes will start Wednesday, February 14. The February series will be 3 sessions; February 14, 21, and 28, at 10:30am. The cost is \$38 for the 3 classes. The class will be held at St. Paul's Parish, 2430 K Street, NW. Deadline to sign up is Tuesday, February 13.

Contact Karen Hamrick, [kshamrick@verizon.net](mailto:kshamrick@verizon.net) or 202-384-3790, for more information and to sign up.

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## ANIMAL LOVERS GROUP

The FBWEV Animal Lovers group met at West End Library last Saturday afternoon and were joined by critters from near and far. The official greeters included Gigi the Giraffe (shown here with Lorna Grenadier) and a menagerie of friends. Villagers and neighbors came to share ideas on future activities and interests, including fostering, caring and safety, sharing information, and social activities. The group decided to meet monthly on a Saturday afternoon at 2 PM at West End Library's large community room.



If you love animals and wildlife, please join us at our next roundup on [Saturday, March 2nd at 2 pm](#) (friends and neighbors welcome!). Please email Lorna at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) if you'd like to come as there are so many opportunities to be involved that might meet your needs and those of our community. In the meantime, here are a couple of articles on how you and pets can stay healthy and safe at home.

[How to Stay Healthy Around Pets and Other Animals](#) from the CDC and [Senior Home Safety: Keeping Your Pet While You Age in Place](#)

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### **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 [tlneve@rcn.com](mailto:tlneve@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)*  
Contact: Ann Franke at [AnnFranke@wiseresults.net](mailto: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](mailto:luciapollock@yahoo.com).

### **SATURDAYS**

**ANIMAL LOVERS (1st Sat) at 2:00 pm**  
*Meets in the West End Library's large community room (contact for more information)*  
Contact: Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com)

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## **A BIT OF HUMOR**

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**In honor of the Super Bowl this Sunday**

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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](https://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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# SEEKING VOLUNTEERS AGES 50+



Participate in a  
Combination  
COVID-19 & Flu  
Vaccine Study



#### YOU MAY BE ELIGIBLE IF YOU ARE:

- 50 years or older
- Have **NOT** received a COVID-19 vaccine or flu vaccine in the last 6 months



#### PARTICIPATION INCLUDES

- 3 in-person clinic visits (includes study vaccination visit)
- Compensation provided



#### LEARN MORE



+ (202) 994 - 1599



[https://redcap.link/combo\\_vax](https://redcap.link/combo_vax)



[GWVRU@GWU.EDU](mailto:GWVRU@GWU.EDU)

V1.0 05Jan2024

Click on the flyer above to enlarge it. Here is the survey link for those who are interested: [redcap.link/combo\\_vax](https://redcap.link/combo_vax)

## Articles to Read

**"New Alzheimer's drugs bring hope. But not equally for all patients"** from the Washington Post

**"The Heart Surgery That Isn't as Safe for Older Women"** from the New York Times

**"Will your older self refuse to give up the car keys? Here's how to plan"** from the Washington Post

**"Take the 30-Second Power Test - You need more than strength to age well — you also need power. Here's how to measure how much you have"** from the New York Times

All of these articles may be behind a paywall. If you'd like a copy and can't access the articles through the links above please contact the office and we can make a copy available for you.

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A glorious sky captured by Kate Clinton outside her home in Florida

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## IN THE COMMUNITY

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### **Byteback Laptop Training Sessions - OPEN TO ALL MEMBERS**



Byteback will be providing 3 in-person workshops with training videos for people to get to know their laptops better. The trainings are open to any DC Villages member. You don't need a specific Byteback laptop to participate. Participants to bring their personal laptops/devices to each session to participate. The topics, times, and locations for each training session are listed below.

**Foggy Bottom West End Village, Feb 5th, 10:30am - 1:30pm, St. Paul's Episcopal Church, 2430 K St NW:**

- How to host a zoom meeting
- How to accept a zoom meeting and using some of the features
- How to utilize Tele-Health

**Byte Back, Feb 6th, 11am - 2pm, Byte Back, 899 North Capitol St. NE,**

**Suite 850:**

- How to create a Gmail account
- Purchasing a computer

**Mt. Pleasant - date and time TBD:**

- Password Security
- Understanding how to spot spam and other potential threats on the internet
- How to bank online

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**Free computer training and laptops**

**Saturday, February 10th, from 11:30 - 2:45**

**At the Mt. Pleasant Library (3160 16th St NW)**



Mount Pleasant Village is holding an event sponsored by Byte Back on Saturday, Feb 10 from 11:30 - 2:45 at the Mt. Pleasant Library (3160 16th St NW). Byte Back has 30 computers to distribute to DC Village members and will provide basic training to get people started.

Capacity is limited to 30. If you're interested, [click here to sign up.](#)

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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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