



Director's Notes: Monday, June 27th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Kindness - Abundant and in Short Supply

A member sent me the following set of photos with explanations on Saturday. It was like balm to my soul. Virtually every time I turn on the news I find myself getting angry, frustrated, or wallowing in sadness. It is so very easy to get caught up in the violence, the disrespect, the myriad ways we humans devise to hurt each other.

I regularly remind myself that living with prolonged anger, frustration, or sadness only does damage to me and those I love. The key for me is to do whatever I can to express kindness and support other people. And to challenge the status quo that leaves so many people on the “short end of the stick”.

Each act of kindness makes a difference to both the person giving and the one receiving it. I’m sure that each person shown in the following pictures found joy in their ability to help someone – to make their day or their entire life better. May we all be blessed with that kind of joy and always have an abundance of kindness to share.

-Denise



Almost 5,000 people queued for hours in the rain at a swabbing event in Worcester, to get tested to see if they were a match to help save the life of a five-year-old boy fighting a rare cancer after parents asked for help.



THEY REPLACED THE BROKEN PARTS AND TOLD ME, "WE'RE GOING TO MAKE THIS CHAIR LIKE NEW." I KEPT THANKING THEM AND ALL THEY COULD SAY WAS, "IT WAS OUR HONOR."



A groom on his wedding day saved a young boy from drowning.



This little girl with Down syndrome got up from her seat during a papal audience and went towards Pope Francis during ministration.

The security guards quickly moved in to take her back to her mother.

The Pope stopped everyone and said to the girl, "come sit next to me." The girl then sat down near him and the Holy Father continued to preach while holding hands with the little girl.

[Click Here for More Hopeful Messages](#)

Survey Reminder

We started off with a big bang on the survey, bringing in 47 responses in the first week. However, we only got three additional responses last week. We're not even at a response rate of 33% yet.

I'm really hoping we can get up to last year's response rate which was 52% of our membership. If you are a member and you haven't completed it yet, please take a few minutes to [fill it out here](#). Again, it is an

anonymous survey which is collected by Sharp Insight, the same company that did last year's survey. I can't overstate how useful these surveys are for us as we move forward, planning new programs and planning better ways to serve our members. If you need help completing the survey or would like to complete over the phone please contact the office, 202-333-1327.

Thanks in advance!

-Denise

HAPPY BIRTHDAY!

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

- Suzanne Legault - July 1st



PROGRAMS

SUMMER HEALTH WITH DR. JANSON

Tuesday, July 12th, at 2:30 pm
Online via Zoom

New topic: Osteoporosis –what it is and what we can do about it!

The bad news: On average we lose 1% of bone density each year after age 35!

The good news: There are exercises and other activities that can keep your bones strong. Join Dr. Janson for an overview of osteoporosis and how nutrition and exercise can play a role in bone health. There will be a demonstration of specific exercise and posture corrections that are especially beneficial in the treatment of osteoporosis. The session will use therabands and/or light weights.

Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in home health care which includes home safety assessments and falls prevention instruction. She is a clinical instructor for physical therapy with George Washington University.



[Register for the class here!](#)



FBWEV members had a fabulous visit to the National Portrait Gallery last Thursday. Lorna Grenadier was an excellent and stimulating docent with many positive comments on her presentations of the portraits.

The exhibit, the Outwin Boochever 2022 Portrait Competition, occurs every three years and Lorna led a tour during the previous exhibit as well.

Everyone in the large Village group in attendance contributed ideas about the portraits with wonderful interaction among the villagers. The result was a pleasant sense of community.

The pictures above were taken by Sue Headlee

AFFINITY GROUPS

JOIN OUR NEW BOOK GROUP

Our new book discussion group got off the ground with a successful discussion this month. We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm. Since the West End Library has reopened, the group will meet at the library on July 6th. Upcoming books are listed below:

- July 6: "A Man Named Ove", by Fredrik Backman
- August 3: (new book titles will be submitted and listed)

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)

Meets at Bread and Chocolate at [2301 M St NW](#) (contact for more information)

Contact: jfrumkin@fbwevillage.org

CAREGIVER'S GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)

Contact: pfkramer38@gmail.com

WEDNESDAYS

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: jfrumkin@fbwevillage.org

THURSDAYS

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

Various locations (contact for more information)

Contact: tlneve@rcn.com

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

Meets at Tazza Restaurant at [600 New Hampshire Ave NW](#)

Contact: jfrumkin@fbwevillage.org

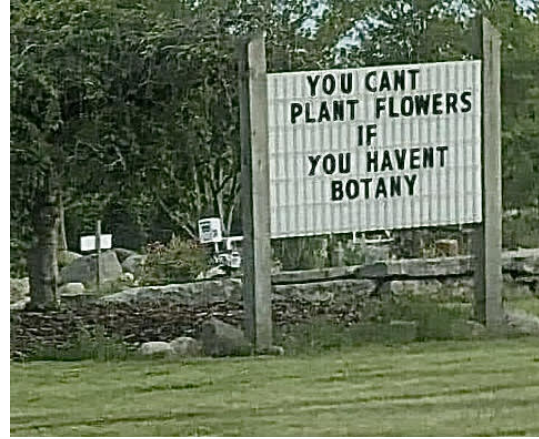
A BIT OF HUMOR



When the car you used to draw in kindergarten pulls up in front of you.



I've never been to a circus, but I'm pretty sure this isn't going to end well.



OVERFLOW HUMOR

Fun Word Play

OTHER PIECES

RIS Closed for the Week

RIS Restaurant will be closed for Staff Vacation Week starting Sunday, June 26th and reopening on Tuesday, July 5th at 5:00pm for dinner. We know a number of village members are frequent patrons there and just wanted to save anyone a walk in hot weather, only to find them closed.



FUTURE OF AGING PROJECT

"Future of Aging is a project from DACL focused on increasing accessibility and awareness of programming to seniors, adults with disabilities, and people who care for them. We are speaking with community members to learn more about their thoughts on current services in the District and how they could be improved"



There are two opportunities to participate via Zoom (for which participants are given a \$40 gift card) and in-person meeting (for which participants receive a \$60 gift card). Please click here for additional information on the [June 27th session at the Cleveland Park Library](#), and here for the [July 14th zoom session](#).

IN THE COMMUNITY

American Democracy Hanging by a Thread: The Senate's Crucial Role

Tuesday, June 28th, at 11:00 AM

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

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

Supporting LGBT Grandchildren



Join us on June 29th from 10:00am to 11:30am on Zoom.

Share experiences, hear from lgbt grandchildren, learn about navigating important conversations, get a 101 on lgbt terminology, and more!

To register call 202-543-1778 or email sross@capitolhillvillage.org.



Event Directory For Ages 60 and Up.

UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

***Get Organized for your Future with Suzanne McGovern from the SEC
Wednesday, June 29th from 3:00 pm - 4:00 pm***

Get organized for your future. Learn about the information and documents you should gather as you age, how to perform a background check on your Investment Professionals and the newest frauds from Suzanne McGovern from the Securities and Exchange Commission's Office of Investor Education and Advocacy. [Register here.](#)

***Intimacy and Relationships As We Age- a Conversation with Susan Orlins
Thursday, June 30th, from 3:00 pm - 4:00 pm***

Whether you are in a relationship or dating, or alone, join this safe conversation, in which we will respect one another's privacy. There is no one size fits all. But we gain insights when we share experiences and ideas. Susan Orlins, a journalist, is not a sex or relationship "expert," however, she has volunteered to facilitate this conversation and can speak from her experience of having been married, single, married with 3 kids, divorced at age 52, and dating off and on for the next 20 or so years. After participants briefly introduce themselves and, if comfortable, state a topic or question that drew them to this, Susan will share a video of her stand-up comedy performance about "eldersex" and then facilitate a discussion with the group. [Find more info and register here.](#)

***DC Public Library Center for Accessibility Services for those who are Blind, Low vision, DeafBlind or Print Disabled
Wednesday, July 20th at 3:00 PM***

Kathy Gosselin with the DC Public Library Center for Accessibility will talk about services that the library offers for those who are blind, low vision, DeafBlind, or print disabled. She will review programs that people can use to read using a phone, computer, mobile app, or Amazon Echo device. This program will be available on Zoom and will be a conversation. She will also discuss the National Federation of the Blind (NFB) Newsline, a free service that people who are blind, low vision, DeafBlind, or print disabled can use to read news using a phone, computer, mobile app, or Amazon Echo device. It includes over 500 newspapers from all across the country, along with some international ones. It has 50 magazines with a variety of topics. It also contains job listings, Target store circulars, and weather reports. The system is easy to navigate, so the individual can find the publication they want to read from and the section of that publication. [Read more and register here.](#)

WEBSITES FOR PUBLIC VILLAGE EVENTS

The Washington Area Village Exchange has a website for area villages to list their public programs. It includes many fascinating programs from a number of area villages. Check out their site, <http://www.dmvvillageevents.org/>, to see what might interest you.

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#). Please contact the office if you would like to register for any VtoV event.

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 simply click the **REGISTER NOW** button and follow the prompts.
- Finally, click **COMPLETE REGISTRATION** (located at the top and bottom of the registration page).
- **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
- **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
- If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.

All FBWE programs take place on Zoom unless otherwise indicated.

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

www.fbwevillage.org



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