



Director's Notes: Monday, July 4th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

Link to New Website

A number of members have asked us for the link to access our new site. The link is below. We recommend that you bookmark the new site as our old site is no longer being updated and will be archived soon. If you have yet to set up your account on the new site please let Jonas know, jfrumkin@fbwevillage.org, and he will get you up and running.

fbwe.helpfulvillage.com

New Benefits for FBWE Village Members: FBA Membership and 50% Discount to GWHU Cafeteria

We are offering two new benefits for our members. The first is a one-year membership to the Foggy Bottom Association. Our village and the FBA are working more closely together now to support our mutual goal of improving life in our community. For example, FBA now includes a blurb in each monthly newsletter about FBWEV and we will both share some of our programs and events. The FBA will be invited to our Ice Cream Social in August and we will host a table for outreach at upcoming FBA events such as their fall Community Shred.

The FBA serves essentially the same area the village does – ANC2A. Recent activities of the association include attractive gardening in many of our public spaces, launching a History Project to gather and preserve the community's rich history, and the biannual Outdoor Sculpture Exhibit. Their monthly meetings (last Tuesdays of the month at 7p.m.) are open to all.



Information on the next meeting [can be found on the FBA website](#)

[here](#). (Note: There are no meetings in July and August.)

If you are not currently a member of the Foggy Bottom Association and would like to be, just let us know at info@fbwevillage.org and we'll sign you up. [Click here](#) to see the array of local merchants that offer a discount to FBA members.

The second benefit we are now able to offer is thanks to our newest board member, Christine Searight. Christine works for GWUH and is the Director of Strategic Marketing, Communications, and Business Development there. Christine recently extended the 50% discount at the GWUH cafeteria for all village members who are 65+. This discount also includes the Subway in the cafeteria. The cafeteria is relatively inexpensive to start with and adding a 50% discount gives you quite a deal.

Beginning next week the office will be distributing FBWE Village membership cards. Your name and the expiration date of your membership will be written on each card. Simply show this card to cashier in the cafeteria or when you pay at the Subway there. Note: since the cafeteria just recently reopened, there are many new employees. If you have any difficulty using your membership card, just ask to speak to a manager.

-Denise

Only Two More Weeks!

Our survey will close on July 16th . If you haven't completed it already, please do so now. [Just click here to access the survey](#). We will get our compiled results by the end of July and will share the highlights with everyone. For it to be truly representative, however, we would really like to get at least another 25 members to respond. So please take a few minutes now to fill it in. Remember, it's all anonymous.

Thanks in advance!

-Denise

PositiveAging Sourcebook

Positive Aging Sourcebook Cover Story on DC Villages

The 13 DC Villages were featured in the most recent issue of the Positive Aging Sourcebook, a publication used widely by older adults in the metropolitan area as well as organizations serving older adults. The

article includes quotes from all the executive directors, numerous photos of village activities and a great story, showing how villages make a difference in the lives of older adults. [Click here to read the article.](#)

HAPPY BIRTHDAY!

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

- Paul O'Leary - July 5th
- Virginia Gilstrap - July 9th
- Susana Mallinson - July 10th



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!](#)

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)

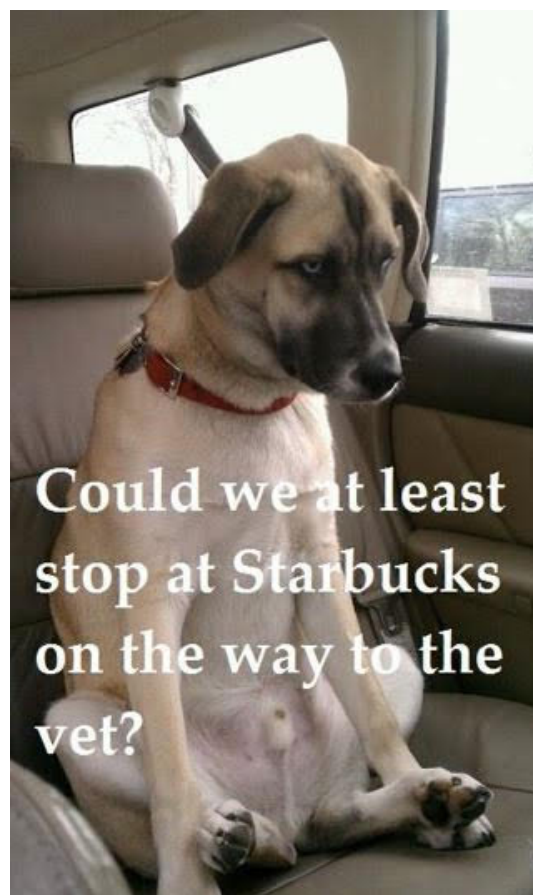
Contact: tlneve@rcn.com

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





OVERFLOW HUMOR

Graphic humor

OTHER PIECES



The Lamond-Riggs/Lillian J. Huff Neighborhood Library opened last week! It is a two-story structure facing South Dakota Ave NE. A perforated aluminum screen along the second story of the building is inspired by the patterns, rhythms and textures of the streets and open spaces of the surrounding neighborhood. The metal ridging on the façade was inspired by the rooftop peaks the neighboring houses make.

The new 23,500-square-foot Lamond-Riggs/Lillian J. Huff Library houses a wide range of flexible spaces including:

- expanded space for adults, teens, and children
- a variety of collaboration spaces including a living room-style seating area
- a large meeting room with capacity for up to 100 people, dividable into separate smaller rooms

- seven smaller reservable meeting spaces, one for up to twelve people, two for up to six people each, and four study spaces designed for two people
- a protected front porch area that is accessed from inside the library and offers an outdoor area for meetings, working, or reading a book
- efficient staff spaces
- modern and reliable technology offerings
- a Discovery Zone, for children and infants

[Find out more about the new library here!](#)

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 is one remaining opportunity to participate via Zoom (for which participants are given a \$40 gift card). Please click here for additional information on the [July 14th zoom session](#).

FUN PICTURES FOR THE WEEK

[Look at these amazing bird pictures](#)

IN THE COMMUNITY

The Black Artist Research Space and DC Public Library present All Together exhibition
June 15 – August 28th

Join DCPL for a visual exploration of race, gender, and sexuality through the lens of Black womanhood and girlhood in partnership with The Black Artist Research Space. Now on display at the MLK Jr. Memorial Library, All Together is an exhibition featuring twenty Black women-identifying artists whose works explore themes of African spirituality, ancestral veneration, and the ways vulnerability and optimism appear in the liberation of Black women.



The vibrant and compelling mixed media pieces were inspired heavily by Audre Lorde's collection of poems The Black Unicorn, and are

accompanied by a curated selection of readings including:

- Parable of the Sower by Octavia Butler
- Ain't I a Woman by Bell Hooks
- I Know Why the Caged Bird Sings by Maya Angelou
- Assata: An Autobiography by Assata Shakur

The exhibit is on view June 15 – Aug. 28, 2022 at the MLK Jr. Memorial Library, First Floor West.

[Learn more about the exhibit here](#)



UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

*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
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www.fbwevillage.org

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