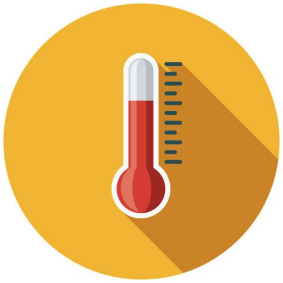
Director's Notes: Monday, July 11th, 2022

Village Phone: (202) 333-1327

Executive Director: Denise Snyder

STAY COOL



We all know summer in Washington, DC often resembles a long session in a steam bath. The combination of heat and outrageous high humidity in our home town makes many folks wilt through much of July and August. While we probably know all the directives to keep hydrated (avoiding alcohol), etc. it is important to remember that DC's summer weather conditions can be dangerous.

Tomorrow, for example, is to be 95 degrees with 59% humidity, giving us a "feels like" temperature of somewhere around 112 degrees According to the heat index, which can be found here, that puts us in the "danger" zone where heat exhaustion or worse can easily happen. Older adults are more susceptible to high heat for many reasons ranging from poorer circulation or less effective sweat glands to common medicines used by older adults.

The bottom line is - don't underestimate the impact of high heat, especially when combined with DC's high humidity. Drink water, stay in the shade if outdoors and seriously limit physical activity when not in a cool and comfortable environment. My personal favorite way to deal with Washington's summers was taking my young grandson to the spray park near my home. Under the "legitimate" guise of playing with him - I got to run through the sprays as well!. However you do it, stay safe in the weeks to come and look out for neighbors who might be overheating.

-Denise

Pop Up Events Reminder

The Program Committee will be hosting a series of pop up events throughout the summer by posting about them in the google group a few days before they take place. Keep an eye on the group for updates. If you aren't currently a member of our google group please reach out to Jonas, jfrumkin@fbwevillage.org, to be added.

We also wanted to remind people that you can set your notifications from the google group to one of the options below. This allows you to remain a group member, and check on pop up events, without cluttering your inbox. This google help article walks through how to change your subscription settings.

- **Each email—Messages are sent individually as they're posted to the group.**
- **Digest—Up to 25 complete messages are combined into single emails and sent daily.**
- **Abridged—Summaries of up to 150 messages are combined into single emails and sent daily.**
- **No email—Messages from the group are not sent.**

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

FINAL Week!

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 17 members to respond. So please take a few minutes now to fill it in. Remember, it's all anonymous.

Thanks in advance!

-Denise

HAPPY BIRTHDAY!

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

- Marilyn Kincaid - July 14th
- Pat Kellogg - July 16th

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!

Guys Only at Lunch (GOAL)

Thursday, July 21st at 12:30 pm
Location: Ris, on the corner of 23rd and L Streets, N.W.

We're back at Ris for July's GOAL. They've promised us their State Room with the round table. Menu is here: https://www.risdc.com. Hope to see a lot of regulars and newcomers alike for another fine lunch among fine company.

Cost: Each participant is responsible for the cost of his own lunch. Separate checks will be provided. The reservation is under the name Neve.

Accessibility: The venue is fully accessible. Open to all male members.

Registration is required. Please e-mail Trev Neve attlneve@rcn.com by Tuesday, 19 July 2022, if you plan to attend, so he can get a final headcount for the table reservation.

ROE V. WADE STRUCK DOWN: A CURRENT EVENTS DISCUSSION

Friday, July 29th, from 2:00 PM to 3:00 PM

Meets at the West End Library, 2301 L St NW

On June 24, 2022, the Supreme Court of the United States decided the case of Dobbs v. Jackson Women's Health Organization, upholding the Mississippi law that prohibited women from having abortions after 15 weeks of pregnancy. The Court further struck down the Roe v. Wade decision of 1973, that gave women the Constitutional right to abortion, ending a 50-year precedent.

How did this happen? What are the causes of this? What are the consequences of it? What can be done? If you were in the legislature of one of the 50 states, how would you design your state's abortion laws? Bring your own questions about this historic decision.

The discussion will be led by Bill Kincaid, Sue Headlee, and Jeff Reiman. We hope to have an atmosphere of open debate and mutual respect for a variety of opinions.

Register Here

ANACOSTIA RIVER BOAT TOUR

Tuesday August 2nd, at 10:00 AM

Meet at: Yards Marina, 10 Water St SE, Washington, DC 20003

AHOY!! Embark on a summertime cruise along the Anacostia River.

While we are lucky to have the Potomac River in our backyard, DC is fortunate to have another river to explore. On this one-hour pontoon boat tour, we will learn about the

Anacostia River's history, culture, ecology, development and challenges as we're guided by the Anacostia Watershed Society crew. The AWS works to restore and protect the Anacostia River and its watershed communities.

After the tour, Villagers may enjoy exploring the Navy Yards neighborhood which offers multiple restaurant options and river walkways, along with Nationals Park.

REGISTER FOR THE TOUR HERE

Transportation: Metro bus or subway; ride-share. There are bus route and subway options leaving from Foggy Bottom (blue/orange/silver) and Dupont Circle (red) lines. Travel time may vary from 30 - 60 mins. The Yards Marina is a short walk from the Navy Yards-Ballpark Metro stop. There are also parking garages nearby.

Cost: Free

Accessibility: Yes

Registration required. A minimum of 15 registrants are needed to launch with a maximum of 20 people.

Weather: The Captain will notify us a day ahead if the cruise needs to be rescheduled.

For more background on the Anacostia click here

DC RESTAURANT WEEK

August 15 - 21, 2022

DC has become a city for foodies of all types. If you've been eager to try a new restaurant or sample a different cuisine, this is a chance to explore.

Dozens of DC area restaurants are offering 3-course meals for a set price. This year brunch/ lunch/ dinner options are offered at $25, $40, $55. Individual checks will be available.

FBWEV has reserved outdoor seating at 3 different restaurants featuring Indian, Mediterranean and French cuisine. Bon Appétit!

RASIKA WEST END - 22nd & M St. NW
Monday, August 15 at noon (table for 4)

Register here

ZAYTINYA (by Jose Andres) - 9th and G St. NW/ Gallery Place
Thursday, August 18 at noon (table for 8)

Register here

BRASSERIE LIBERTÉ - 3251 Prospect St/ Georgetown
Sunday, August 21 at 11:30 am (table for 6)

Register here

AFFINITY GROUPS

FRENCH CONVERSATION

Bonjour à tous! Let's get together!

Sally Willis and Mireille Casillas invite you to join them in French conversation on Wednesday, July 20 at 5 pm at the Westbridge courtyard. (Rain date July 22). The Westbridge is located at 2555 Pennsylvania Ave. NW. Please contact Sally at sally.willis@yahoo.com for more information.

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. Upcoming books are listed below:

- August 3: "When the Emperor was Divine," by Julie Otsuka. A novel about a Japanese family interned during WWII. DCPL has 8 copies, plus electronic. It's only 162 pp.

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

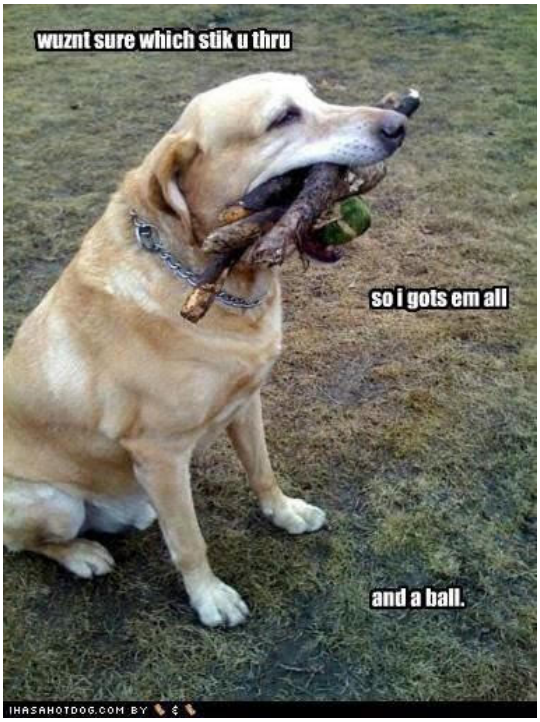
THURSDAYS

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

I thought it was a loaf of bread for a second.



A lot of people don't realize the actor that played Wilson in Castaway is the same actor from the volleyball scene in Top Gun.

OVERFLOW HUMOR

An easy guide to keeping political news in perspective

OTHER PIECES

Self-Certification for Medical Marijuana Patient Registration

On Wednesday, Mayor Bowser signed into law the Medical Marijuana Self-Certification Emergency Amendment Act of 2022. The legislation will bring more medical marijuana patients into the legal marketplace and do more to level the playing field for licensed medical marijuana providers.

Effective July 6th, 2022, DC residents who are at least 21 years of age can self-certify on their patient application in lieu of securing a recommendation from their healthcare provider.

Registrations are free through August 18th, 2022. Registrations issued by September 30, 2022 are valid for two years from date of issuance. Residents can apply in-person, online, or by mail.

Learn more and register here.

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.

ARTICLES TO READ

- **"Trouble sleeping? It might be biology" from the Mayo Clinic**
- **"Stress Might Age the Immune System, New Study Finds" from the**

New York Times

IN THE COMMUNITY

Free Legal Aid for DC Seniors
from the Legal Counsel for the Elderly
Wednesday, July 13th, at 3:00 pm

If you or someone you know owns a home join this discussion about a variety of issues facing homeowners in DC, including: the upcoming DC tax sale, property tax assistance for seniors, preventing foreclosure, and spotting and avoiding scams and fraud. The home Tax Sale that has resumed after being postponed for 2 years due to the pandemic is of particular issue. Homeowners that owe at least $2,500 in taxes are at risk of losing their homes. However, there are deferrals & forbearances that can be applied for, and we are happy to assist eligible clients in this process. In addition, the Homeowners Assistance Fund (HAF) will officially launch Tuesday, June 22nd and it is designed to help households who are behind on their mortgages, property taxes, condo bills, and other housing-related expenses due to the impacts of COVID-19.

Read more and register here.

WAVE Quarterly Meeting
Monday, July 18th, from 9:30 - 12:00

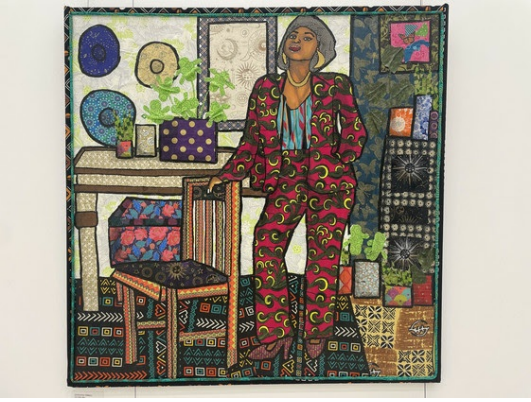
This quarterly meeting of the Washington Area Village Exchange will have a plenary session on insurance for villages featuring a panel including a company that already insures a number of villages and an attorney. Additionally, the two villages which received the first Founders' Award from WAVE will give brief presentations about their respective projects.

If you are interested in attending this Zoom meeting, please email info@fbwevillage.org and we'll make sure you get the Zoom link (which is not available yet).

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

Around Town DC
Event Directory For Ages 60 and Up.

UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS

Walking Tour with Jane Khoury: White House and Lafayette Square
Tuesday, July 12th, at 10:00 am

Join Jane Khoury, a Certified Guild Guide, who will lead the group on a tour of the outside of the White House and Lafayette Square. Meet at the Metro Center 13th and G St. Exit. Read more 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 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.

All FBWE programs take place on Zoom unless otherwise indicated.

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

fbwe.helpfulvillage.com

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