



## Director's Notes: Monday, August 29th, 2022

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

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### Covid Vaccine Updates

Pharmaceutical companies are hard at work preparing for the next variant of Covid. Both Pfizer and Moderna are working on a new recipe for their mRNA vaccines. These should be ready in the next few months.



There is a great deal of discussion among virologist and infectious disease experts about how to achieve the best protection for our entire population against the currently circulating Omicron BA.5 variant. The BA.5 variant now accounts for about 90% of current US cases.

The new shots will be "bivalent", i.e have mRNA for the spike protein from both the original Covid virus and from the currently circulating BA.5 variant. The plan here is to boost the original immune response to the spike protein and to broaden the immune response by using the newest spike protein. The FDA and CDC will weigh in on the recommendations for these new shots.

Current research on Covid immunizations suggests that vaccination does NOT protect against infection, but is highly effective in prevention of serious disease that would cause hospitalization. Those at highest risk of serious disease are the elderly and those with cancer, diabetes, or other serious medical conditions.

The best protection today against Covid is being double vaccinated and double boosted. Many Americans are not now fully vaccinated and double boosted. Dr. Ashish Jha, the White House Covid response

coordinator, has noted that among those over age 50 who are eligible for a second booster only about a third have gotten the shot.

So bottom line: if you aren't double vaxed and double boosted, make sure that you are up to date NOW. It takes about 3 weeks to reach peak immune response after a shot. The best protection against a Covid virus infection today is the shot you got three weeks ago.

-Dr. Bill Kincaid, FBWEV Board President and former Director of Health for St. Louis

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## HAPPY BIRTHDAY!

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

- Pamela Wells - August 29th



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## PROGRAMS

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### VILLAGE LUNCH AND MOVIE

**Monday, August 29th, at 11:30 am**

**Lunch location: Ted's Bulletin, 505 8th St SE**



The Foggy Bottom West End Village has scheduled a fun lunch opportunity for members and guests in conjunction with the Waterfront Village Summer Movie Series. We will be having lunch at Ted's Bulletin Capitol Hill at 11:30 am before the 1pm showing of Top Gun Maverick at the Miracle Theater. The movie showing is open only to villagers and their guests. It is not open to the general public.

[Register and find more information here!](#)

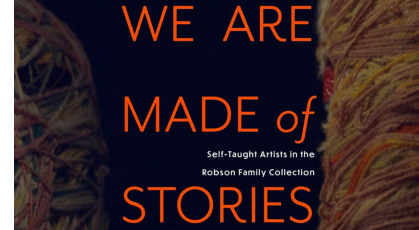
You can get to the lunch by taking the metro to Eastern Market and walking a couple of blocks south along 8th St SE. Denise will also be driving over so please fill out the transportation questions while you register to indicate you'd like a ride to and/or from the lunch and movie.

We hope you can join us for this fun opportunity to share a meal with your friends and see the hottest movie of the summer. More details on the movie series and on Top Gun are in the announcement farther down in the director's notes.

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**Art Thursday: We Are Made of  
Stories: Self-Taught Artists in**

**the Robson Family Collection**  
**Thursday, September 1st, 1:00 p.m.**  
**Where: Online via Zoom (You will receive the link when you register)**



We Are Made of Stories is a fascinating exhibit currently on view at the Smithsonian American Art Museum. We are fortunate to be able to bring this exhibit into your homes via Zoom courtesy of the Education Department of SAAM.

Artists without formal training, who learned from family, community, and personal journeys, have long been a presence in American art. But it was not until the 1980s, with the help of trailblazing advocates, that the collective force of their creative vision and presence irrevocably turned the tide in the mainstream art world. Through drawings, paintings, and sculptures that span the narrative to the abstract, the artworks in We Are Made of Stories: Self-Taught Artists in the Robson Family Collection convey the humanistic power of art and allow us to see the world through the lens of another.

We Are Made of Stories traces the rise of self-taught artists in the twentieth century and examines how, despite wide-ranging societal, racial, and gender-based obstacles, their creativity and bold self-definition became major forces in American art. The exhibition showcases forty-three artists whose work was admired and collected by Margaret Z. Robson (1932–2014). Margaret valued their artworks and personal stories, believing both offered a truer, more complete portrait of our nation's makers and redefined who could be an artist in America.

**Cost:** This program is free.

**Registration Required.** [Please click here to register.](#) You will receive the Zoom link when you register.

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**First Friday Fellowship For Fabulous FBWEFillagers**  
**Friday, September 2nd, from 11:30 am – 12:30 pm**  
**St. Paul's Church, 2430 K St NW**

On the first Friday of each month Village members are being asked to help assemble Grate Patrol Bags at St. Paul's Church. You can help out one time or as often as you want.

FBWEV is doing outreach to get more connected to other organizations in our footprint including the Foggy Bottom Association and our ANC. This project will help us connect more to St. Paul's.

Help us help St. Paul's with this 40-year service which provides food for unhoused individuals. It will also be an opportunity to get to know other FBWEV members. The volunteers who assist with this project usually gather afterwards for lunch and conversation.

Email the village office ([info@fbwevillage.org](mailto:info@fbwevillage.org)) or call the office (202-333-1327) for more information or to volunteer for this program.

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## Preparing for Medicare Open Enrollment

**Wednesday, September 14th, 1 pm to 2 pm  
On Zoom**

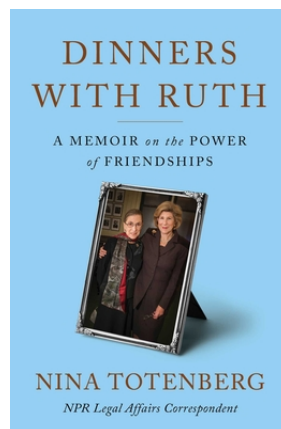


Village Case Manager, Barbara Scott will be joined by Chris DeYoung from the Department of Aging and Community Living Health Insurance Program. Mr. DeYoung will speak to Village members about the difference between Medicare and Medicare Advantage ahead of the October 15 through December 7 Open Enrollment period.

Bring your questions. There will be a Q&A session at the end.

[Register for the event here on the NNV site](#) prior to September 7th, 2022. Or contact Barbara directly to register - [casemanager@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.net)

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## DINNERS WITH RUTH: AN EVENING WITH NINA TOTENBERG AND SCOTT SIMON

**Tuesday, September 13th, at 7:00 pm  
Dorothy Betts Auditorium - GW Student Center,  
800 21st St NW**

Dinners with Ruth is an extraordinary account of a remarkable, nearly fifty-year friendship, between Ruth Bader Ginsburg and Nina Totenberg. An intimate memoir of the power of friendships, Totenberg's book reveals how they paved the way for future generations of women by tearing down professional and legal barriers that opened career doors and transformed the workplace.

Nina Totenberg has spent decades covering legal affairs for NPR, including the Supreme Court. Considered a “founding mother” of NPR, she will be in conversation with Scott Simon, one of America's most admired writers and broadcasters and award-winning host of Weekend Edition Saturday. Just to note: Both Justice Ginsburg and Scott Simon have been our Foggy Bottom neighbors for quite some time.

The Village was able to secure 9 tickets for this sold out event. The tickets cost \$5 a piece. [Register and secure your ticket here](#). Come and join us for what will surely be an informative and fun evening!

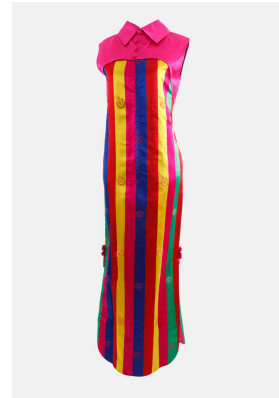
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## Korean Fashion: From Royal Court to Runway Tour

**Thursday, September 22nd, at 10:30 am**  
**GWU Textile Museum, 701 21st St NW**

Korea opened to the world about 150 years ago, and today South Korea is a pop culture powerhouse. This major exhibition explores the extraordinary transformation of Korean costume and fashion over that time.



Join us as Textile Museum curator Lee Talbot takes us on a private tour that goes from a dazzling array of traditional clothing and royal ceremonial dress to pioneering Paris runway collections of the 50s and 60s and to today's cutting edge street fashion.

**ONLY 8 SPOTS LEFT.** Accessibility: The venue and exhibits are accessible. [Register and find more info here](#)



## Art Thursday – NGA's Sculpture Galleries and Rodin

**Thursday, October 6th, at 1:30 p.m.**  
**Online via Zoom (Link sent on Registration)**

The Foggy Bottom West End Village is very fortunate to be able to present a live Zoom presentation by docents at the National Gallery of Art of the Gallery's sculpture galleries. The NGA has one of the finest collections of Italian

Renaissance sculpture in the United States; a significant group of 50 original wax figures of dancers, nudes, and horses by Edgar Degas (including the Little Dancer); a collection of sculptures by Auguste Rodin; American sculptures from the 19th and 20th century; and many more.

In this presentation, NGA docents will offer a virtual tour of the sculpture galleries with particular focus on the works by Rodin who followed an unusual path to becoming one of the most innovative, influential, celebrated, and controversial sculptors of the late 19th and early 20th centuries.



## 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. Upcoming books are listed below:

- September 7th: 'The Night Watchman' by Louise Edrich
  - October 5th: 'Crying in H Mart' by Michelle Zauner
  - November 2nd: 'Rules for Old Men Waiting' by Peter Pouncey
  - December 7th: 'The Reading List' by Sara Nisha Adams
  - January 4th: 'The Dinner' by Herman Koch
  - February 1st: 'The Echo Wife' by Sarah Gailey
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#### 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](mailto:jfrumkin@fbwevillage.org)

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

*Online via Zoom (contact for more information)*

Contact: [pfkramer38@gmail.com](mailto: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](mailto:jfrumkin@fbwevillage.org)

FRENCH CONVERSATION GROUP (3rd Wed) at 5:00 pm (not meeting in August)

*Location Changes (contact for more information)*

Contact: [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: [tineve@rcn.com](mailto:tineve@rcn.com)

#### FRIDAYS

FIRST FRIDAY FELLOWSHIP - GRATE PATROL (1st Fri) at 11:30 1m

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## A BIT OF HUMOR

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AS I WATCHED THE DOG  
CHASING HIS TAIL,  
I THOUGHT DOGS ARE  
EASILY AMUSED.  
THEN I REALIZED I WAS  
WATCHING THE DOG CHASE  
HIS TAIL.



A truck loaded with  
Vicks vapor rub  
overturned on the  
highway.

Amazingly, there was  
no congestion for  
eight hours.

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## OVERFLOW HUMOR

Phyllis Dillerisms

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## OTHER PIECES

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HAVE YOU EVER  
FELT DIZZY?



# FELT DIZZY?

Read on for more information about causes and symptoms of dizziness, as well as how to relieve it



## WHAT IS DIZZINESS?

If you have ever felt one of the following;

- Faint
- Woozy
- Weak
- Unsteady
- Spinning

then you most likely have experienced dizziness.



These feelings can occur **occasionally** or can be **chronic conditions** that will last for months.

## CAUSES & RISK FACTORS

Common causes of dizziness include:

- Inner ear disturbances
- Neurological conditions
- Poor circulation
- Dehydration
- Some medications.

The major risk factor is **AGE- older individuals tend to be more at risk of having dizziness.**



Dizziness increases the risk of falling and injuring yourself. Falls account for about **50%** of accidental deaths in the elderly population and **10%** of falls result in hospitalizations.

## TREATMENTS & TECHNIQUES

If you ever experience a dizziness episode try these techniques to relieve your symptoms:

1. Take extra time to stand up
2. Sit with both feet on the floor before getting out of bed
3. Sit down when you feel symptoms
4. Hold onto something if you can't sit or are outside
5. Hydrate and continue to hydrate throughout the day



About **70%** of Americans experience some type of dizziness at some point in their life.

## ACTIVITIES AND RESOURCES

Chances are that you will experience dizziness at some point in your life. Avoid activities such as standing up too fast or changing direction quickly. Physical therapy can address dizziness symptoms. Contact your physician for a referral or if dizziness occurs for an unknown reason. For more information

please visit <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20271787> or scan the QR code on the right



SCAN ME



# Take a stand against falls!

1 out of 5 falls cause serious injury!!

Falls can cause a lot of problems and getting up can be tricky. Follow these quick instructions to help improve your independence!

**1**



## Stay calm Call for help if needed

- Take deep breaths; try not to panic
- Slowly check for injuries
- Call somebody you know or 911

## Move onto your hands & knees

- Once you feel safe, move to a crawling position



**2**

**3**



## Crawl to a firm surface

- Choose a stable & sturdy chair
- Avoid anything with wheels

## Getting up

- Place both hands on the chair
- Position one foot on the floor
- Push to lift up



**4**

**5**

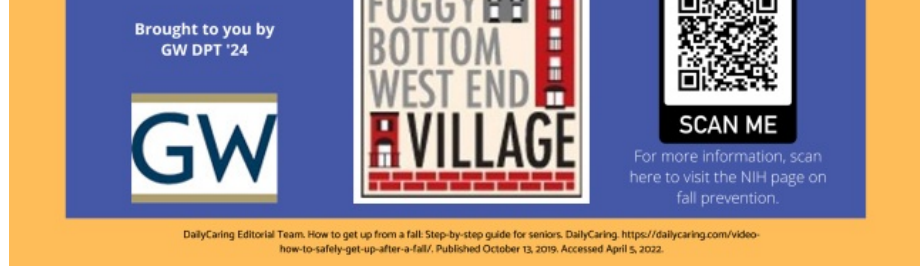


## Rise to sit

- From kneeling position, slowly rise
- Turn to sit on the surface
  - Take a deep breath

## Summary

1. Stay calm. Call for help.
2. Move onto your hands & knees.
3. Crawl to a firm surface.
4. Getting up.
5. Rise to sit.



Click on either handout to enlarge it

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## IN THE COMMUNITY

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### **UPCOMING VIRTUAL AROUND TOWN DC PROGRAMS**

#### **Monday Movie Nights**

It doesn't get more fun than watching a movie and then talking about it with your friends! Join the group on Monday evenings starting at 7:00 PM. Each film will be followed by a facilitated discussion. The class starts at 7pm and the end time depends on the length of the film. We already know of one villager with a viewing party set up!

[If you haven't already registered, read more and register here](#)

**Movie Schedule:**

**August 29: Shang Chi**

#### **The Joy of Practice with Nick Cruz Velleman**

**Thursdays at 1:30-3:00 PM (August 25th to September 22nd)**

During a six-week virtual class on Thursdays from 1:30-3:00 PM from August 25-September 22, enjoy a creative mental break and gain structured art practice in the painting/drawing medium of your choice from the comfort of your home. In our weekly meetings, different images and subject matter will be provided for participants to practice their craft and explore new directions, while also developing their eye, artistic touch, and any other aspects they would like to improve. We will also discuss tips and strategies for developing your own practice plan and improving your practice habits. All backgrounds and experience levels are welcome. Pencil and paper for the first week. [Read more and register here.](#)

**Technology for Social Connectedness and Engagement with  
Scott Code of Leading Age Center**

**Wednesday, August 31st, from 3:00 pm - 4:00 pm**

Join Scott Code, Senior Director of LeadingAge Center for Aging Services Technology Team (CAST), as he explores the different types of technology that help facilitate and enhance social connectedness and engagement. We will learn about available resources and tools to help us navigate the different technology options. [Find more info and register here.](#)

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## **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.

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

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