



## Director's Notes: Monday, September 5th, 2022

Phone: (202) 333-1327

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

Executive Director: Denise Snyder

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### New Booster Available This Week

The DC Department of Health announced that the new bivalent Covid-19 boosters will be available in local pharmacies and clinics this week. This vaccine both protects against the original strain of the virus as well as the newer Omicron variants which now account for over 90% of all infections in this country.



Versions of the new booster are available from both Pfizer and Moderna. Both are recommended for anyone over 18 as long as it's been at least two months since your last vaccination or booster shot. (Pfizer's shot is also good for adolescents.)

We strongly recommend everyone consider getting this booster at your earliest convenience unless your doctor recommends otherwise. They will be available starting on Wednesday at the city's COVID centers. The Ward 2 center is closest to us. It is located at 926 F St NW and is open 10 am to 8 pm Monday – Saturday. No appointment is necessary, you can walk up and receive a booster shot whenever they are open. You can find more information here: [coronavirus.dc.gov/covidcenters](https://coronavirus.dc.gov/covidcenters).

Closer to home, the CVS at 6 Dupont Circle will start offering the new booster on Tuesday and the Walgreens at 24th St & M St will start offering the new booster on Friday. You can make a [CVS appointment here](#) and a [Walgreen appointment here](#). *If you need help making an appointment, please contact the office.* We will keep an eye out for other options as they become available and will update our members.

If you would like an in-home vaccination, please call 1-855-363-0333 to make an appointment.

You might also consider getting your flu shot at the same time. Flu vaccinations will be available at the same distribution points as Covid boosters. There is some debate as to when it is best to get the flu vaccination because they generally are only effective for 4-6 months.

While some experts believe our flu season may start early (as it has in the Southern Hemisphere), many are also concerned it will be an intense season this year. Since the flu outbreak last year was minimal (due largely to social isolation) there is less immunity this year than in most years. Most recommendations are to make sure you get it no later than the end of October.

As Bill Kincaid said last week in his article, the bottom line is that the more of us who get the new vaccination, the better off we all will be.

-Denise



## OFFICE CLOSED FOR LABOR DAY

The office will be closed today due to the Labor Day holiday. Please pause for a few minutes to thank all the laborers, past and present, for their enormous contributions which have enabled our economy to grow. Think about the people who made your furniture and built your cars, the folks who fill the potholes, and those who grew your food. Think of those whose paths you cross every day who make it possible to eat out, get your mail or take the subway. Most of all, think of your family members who contributed their labor day after day.

I'd like to honor my father today. He never got a high school diploma, but understood the value of education for his daughters. He worked three jobs - one more-than-full time as a bagger at a milk condensing plant and two part-time janitorial jobs. As a child I would sometimes accompany him on Fridays to one of his jobs, cleaning a small office building. I was always thrilled with the candy bar and soda he bought me when I finished the dusting. I would sit at one of the empty desks and play "office". (A forecast for my future?)

I learned the value of hard work from him and my mother. I am proud of both them and their work ethic and happily celebrate them today.

-Denise

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## HAPPY BIRTHDAY!

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

- Sasha Mabry - September 8th



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## PROGRAMS

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### **Preparing for Medicare Open Enrollment**

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

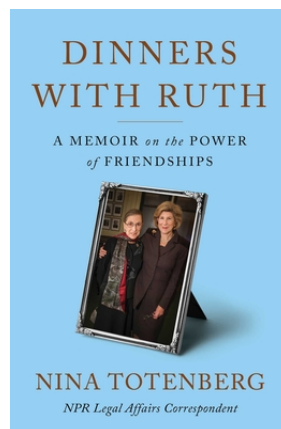


Village Case Manager, Barbara Scott will be joined by Chris DeYoung from the Department of Aging and Community Living Health Insurance Program. Mr. DeYoung will speak to Village members about the difference between Medicare and Medicare Advantage ahead of the October 15 through December 7 Open Enrollment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

**ONE TICKET REMAINING!** The ticket costs \$5. [Register and secure the last 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 3 SPOTS LEFT!** Accessibility: The venue and exhibits are accessible. [Register and find more info here](#)

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## **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.

This program is free. Registration Required. [Please click here to register.](#)

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## AFFINITY GROUPS

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### WALKIE TALKIES RETURNS

Want to combine the benefits of walking with the pleasure of talking? Come join us for a walk in the city every Monday morning at 9 a.m. Meet in Washington Circle at the Statue and we'll walk and talk and get exercise at the same time! Feel free to let us know you're coming, and if it's last minute, just show up. We'll be there!



Contact Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com) for more information.

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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 Erdrich
  - 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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### FRENCH CLUB UPDATE

The French club will meet at 5:00 pm on Wednesday September 21 at Bottles Wine Garden, 2500 Pennsylvania Avenue. For more information, contact Sally Willis at [sally.willis@yahoo.com](mailto:sally.willis@yahoo.com).



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**MONDAYS**

**WALKIE TALKIES at 9:00 am (weekly)**

*Meets in Washington Circle at the Statue (contact for more information)*

Contact: Lorna Grenadier at [lgrenadier@gmail.com](mailto:lgrenadier@gmail.com)

## **TUESDAYS**

**COFFEE & COMPANY at 10:00 am (weekly)**

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

Contact: Jonas at [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: Phyllis Kramer at [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: Jonas at [jfrumkin@fbwevillage.org](mailto:jfrumkin@fbwevillage.org)

**FRENCH CONVERSATION GROUP (3rd Wed) 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 [tineve@rcn.com](mailto:tineve@rcn.com)

## **FRIDAYS**

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

*Meets in the Dining Room at St. Pauls Church, 2430 K St NW (contact for more information)*

Contact: CB Wooldridge at [cbwould2003@yahoo.com](mailto:cbwould2003@yahoo.com)

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# **A BIT OF HUMOR**

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Losing Weight the French Way

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**OTHER PIECES**

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## CAN YOU LEARN TO DO TWO THINGS AT ONCE?

Join our dual-task study to help us find out!



Interested persons are invited to participate in a research study being performed by Dr. Keith Cole in the Department of Health, Human Function, & Rehabilitation Science. To participate contact him at: [NMCLab@gwu.edu](mailto:NMCLab@gwu.edu) / 202-994-7168

We are looking at the effects of using a training regime of performing a moving and a thinking task at the same time (dual-tasking) on functional movement and cognition. You will be asked to perform a game-like marching task while performing counting task at the same time. Training will be *three times a week for eight weeks*. **You will be compensated for your time.**

We are looking for those who are healthy 60-95 year olds who can balance on one foot for at least 3 seconds.

You should **not** have a history of heart disease, neurologic disease (e.g. stroke), severe arthritis in knees, ankles, or hips, muscle disease, or have pain in your legs in the past 15 days. You should also not be color blind, and should not be severely obese.

202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu	202-994-7168 NMCLab@gwu.edu
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**[Click on the flyer or click here for an enlarged version](#)**

## Fun Things to Ponder

- **[Rare Photos of World History](#)**
- **[The Earth's Population Statistics Put Into Perspective](#)**

## **IN THE COMMUNITY**

### **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**

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

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