



September 2022 FHNN Newsletter

By Margaret Newman, Executive Director & Louise Smoak, Operations Manager

Dear FHNN Members, Volunteers and Friends:

Welcome Fall by signing up for FHNN's September programs.

- **FHNN welcomes Two New Board Members.**
- **September is Fall Prevention Month.**
- **FHNN Coffee, Thursday, September 15, 10:00 am, indoors and outdoors.**
- **FHNN Lunch, Tuesday, September 20, 12:30 pm at Lia's Restaurant.**
- ***Birch Bayh Making A Difference* Virtual Presentation on Thursday, September 8.**
- **Footlights Invitation: "*Mlima's Tale*" Program, Monday, September 12.**
- **FHNN & LFV September Docent Tours (*Art, Reason and Emotion & Renaissance to Realism*).**
- **Bethesda Row Cinema Movie & Moni Ami Gabi, Murder Mystery Comedy Film: "*See How They Run*," Wednesday, September 21.**
- **Congressional Cemetery, Saturday, October 1.**
- **Men's Group Lunch, Thursday, September 22, 12:30 pm.**
- **Crafts and Chat, Thursday, September 22, 3:00 pm, outdoors weather permitting.**
- **Zoom Tech Tuesdays and Thursdays with Bob Gerard.**
- **Select Local Programs** including Fall Prevention Series.
- **FHNN weekly events** including Meditation on Sundays and Wednesdays, Walkers Group, and Men's Meetup.

Message from Margaret Newman, Executive Director

Lots of Fun at the Sixth Annual Ice Cream Social

Thanks to all our members, volunteers and guests who came to enjoy ice cream with us. The annual event had almost 50 attendees enjoying cool weather and a plentiful array of couches and tables on The Elizabeth patio. Apart from the indoor masks, the event felt like an ice cream social from the “good olde” pre-pandemic days. Neighbors got to know each other through conversation between each spoonful. Check out our event photos below on the last page.

Welcome To Our Two New Board Members

FHNN is pleased to announce that Bobbe Mintz from Willard Towers and Joan Lewis from The Willoughby have joined the FHNN Board of Directors. Please thank them for their efforts on behalf of all FHNN members and volunteers.

September is Fall Prevention

Falls result from an array of causes. More than one in three people age 65 years or older fall each year. Wishful thinking says most falls are not serious and bouncing right back is possible. Reality is that falls break bones, exacerbate underlying conditions, and can leave you flat on your back recovering. Too many FHNN members have reported serious falls this past year. No doubt that many others have fallen and kept that news a secret. Please check out the National Institute on Aging article below about preventing falls and fractures. Look for the three online fall prevention programs from Oasis and Suburban Hospital listed under “Other Village and Local Area Programs.” These programs address many fall causes and offer preventative actions to take. Remember that fall prevention knowledge is not enough. Please make an effort to take fall prevention measures and decrease your fall risk!

[Prevent Falls and Fractures | National Institute on Aging \(nih.gov\)](#)

Please mention FHNN volunteer opportunities to your friends. We can always be reached at information.fhnn@gmail.com. All types of volunteers, including drivers, are needed. Thank you.

FHNN Gatherings

All those who wish to attend the lunch and coffee must be fully vaccinated including at least one booster shot.

Join us for an In-Person Indoor or Outside (weather permitting) **FHNN Coffee, Thursday, September 15, 10:00 am, at the Friendship Gourmet Market.** Email information.fhnn@gmail.com with "September Coffee" in the subject line. Coffee is for FHNN members, volunteers, and those interested in joining.

The next **FHNN Lunch will be on Tuesday, September 20 at 12:30 pm at Lia's Restaurant.** To register email information.fhnn@gmail.com with "September Lunch" in the subject line. Event is for FHNN members and volunteers and those interested in joining. Dutch treat.

FHNN and LFV September Virtual Presentation



Author Robert Blaemire discusses his book, *Birch Bayh: Making a Difference*, Thursday, September 8, 1:00-2:30 pm. Former Indiana Senator Birch Bayh was one of the most consequential lawmakers of the 20th Century. He is remembered as the “Father of Title IX” which was a law guaranteeing women access to educational and athletic programs in higher education. To advance important legislation like Civil Rights and the ERA, he worked with allies and adversaries alike. During his 1963-1981 tenure, he fathered two Constitutional Amendments. Author Robert Blaemire began working with Bayh as a college freshman and remained on his staff for 13 years. The two remained friends until Bayh’s 2019 passing. **This program is a result of a partnership between FHNN, Little Falls Village and the Little Falls Library of Montgomery County Public Libraries and is open to everyone.** Register at www.littlefallsvillage.org/Bayh or email information.fhnn@gmail.com with “Bayh” in the subject line.

Footlights Announcement for FHNN Members

Footlights Monday, September 12 Program “Mlima’s Tale” in The Elizabeth Party Room

Acclaimed director José Carrasquillo is directing the new play “Mlima’s Tale” by Lynn Nottage at 1st STAGE in Tysons, VA. He will share insights about the play, his process, and expectations with Footlights and FHNN on Monday, September 12 at 6:00 pm. The event will be in The Elizabeth Condominium Party Room, 4601 N. Park Ave, Chevy Chase.

Footlights D.C. appreciated the terrific July 2 turnout and participation in July at their first in-person event in nearly two years and hopes that FHNN attendees will join Footlights again. Footlights members, FHNN members and volunteers, and residents of The Elizabeth have registration priority.

To read about the play, check out this link to the theatre’s website - <https://1ststage.org/current-show>. To register, please email Robin Larkin, robinlarkin@comcast.net. Please wear a mask to this event.

September FHNN and LFV Docent Tours



Abduction of Helen of Troy by Guido Reni (1631, Louvre, Paris), Image made by Coyau.
Own work, Public Domain

The Museum of Fine Arts, Houston, *Art, Reason, and Emotion: The Head versus the Heart*, Friday, September 23, 10:30-11:30 am. Philosophers who echo back to the ancient Greeks, have spoken to the age-old conflict of Reason versus Emotion. The conflict faces us regularly in our daily lives. What does art have to say about this conflict? What do the great thinkers have to say? Come discover the connection between the ideas expressed on canvas to thoughts expressed in words. Examples of art from the traditional to more modern will portray individuals faced with the choice: To follow the dictates of reason (the 'head') - or to go with the nearly irresistible compulsion of emotion (the 'heart'). Think of Helen of Troy, Othello, Ahab - even Alexander Hamilton. Thinkers such as Plato, Aristotle, Kant, and Darwin will also be consulted. **Tour is for FHNN and Little Falls Village members and volunteers only and is part of a collaboration between FHNN and LFV.** To register, email information.fhnn@gmail.com with "Heart" in the subject line.



The San Diego Museum of Art, *Renaissance to Realism*, Friday, September 30, 1:00 - 2:00 PM. The History of Art in Europe has a defining moment in the 1400s with the Renaissance, a time of rebirth of interest in Greek and Roman art and literature. From that moment forward, artists responded to the events of their world in their art. This historical context includes war, political intrigue, new outlooks on religion, quests for knowledge and freedom,

innovations in artistic methods and even the condition of the most unfortunate in society. This tour travels through time from the 1400s to the 1800s and follows the exciting developments and movements in art that occurred during that time, including the Renaissance, the Baroque, Neoclassicism, Romanticism and Realism. **Tour is for FHNN and Little Falls Village members and volunteers only and is part of a collaboration between FHNN and LFV.** To register, email information.fhnn@gmail.com with "Renaissance" in the subject line.

Local FHNN & LFV Outings

***Outings are for FHNN and LFV members and volunteers.** All those who wish to attend outings must be fully vaccinated including at least one booster shot. Attendees are encouraged to wear masks when in in close quarters.*

New Bethesda Row Cinema Movie & Moni Ami Gabi, *Murder Mystery Comedy Film: "See How They Run,"* Wednesday, September 21, approximately 3:00 PM. In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. When world-weary Inspector Stoppard (Sam Rockwell) and eager rookie Constable Stalker (Saoirse Ronan) take on the case, the two find themselves thrown into a puzzling whodunit within the glamorously sordid theater underground, investigating a mysterious homicide at their own peril. A comic mystery rated PG-13. Exact show time will be emailed with confirmation because not yet advertised. After the movie, drinks and snacks at nearby Moni Ami Gabi Restaurant are an option at your own expense. The group may request outdoor seating. Carpooling may be possible and reply if seeking or volunteering to provide a ride in your email. **Event is part of a collaboration between FHNN and LFV.** To RSVP and receive Covid-19 safety protocols and payment information or to ask questions, email information.fhnn@gmail.com with "September Movie" in the subject line.

[Watch Movie Trailer](#)



Congressional Cemetery Docent Tour, Saturday, October 1, 11:00 am to 12:30 pm. Congressional Cemetery at 1801 E Street, Southeast is a 35-acre historic, yet active, burial ground located on Capitol Hill in Washington, DC. Plan to meet at 10:45 am to explore the Cemetery from 11:00 AM to 12:30 PM with a tour guide from the Association for the Preservation of Historic Congressional Cemetery. The cemetery has some main paved walkways, but the ground along the tombstones is uneven. Walking into the cemetery could present a fall risk for those with limited mobility. Outing plans include an optional lunch near Capitol Hill starting around 1:00 pm.

Tour cost is reduced on weekends to \$5 per person. Carpooling spots are available. Family members can be put on a waiting list for remaining tickets. Attendees responsible for ticket, lunch, and transportation costs. **Event is part of a collaboration between FHNN and LFV.** To RSVP and receive transportation and payment information or to ask questions, email information.fhnn@gmail.com with "Congressional" in the subject line.

For the complete list of the upcoming FHNN and LFV Art Docent Programs and other FHNN events, please visit the FHNN Event Calendar Page at <https://www.fhneighbors.org/>

Volunteer News

Carpool drivers are needed to both the Bethesda Row and Congressional Cemetery outings. If you are interested in attending and have been cleared for driving, please let us know by email when you sign up.

Local Hospices continue to appreciate the items made by the local collaboration of knitters and embellishers. Do you have leftover yarn or embellishments and want to support this effort? Donations are always needed and welcomed. Please email or call the Friendship Heights Neighbors Network at information.fhnn@gmail.com or 240-620-3285 for information about donation drop offs.

Other Village and Local Area Programs

American Women and the Fight for Equality: 1920-2020, Tuesday September 13, 11:00 am The 19th Amendment was an incomplete victory. Black and white women fought hard for voting rights and doubled the number of eligible voters, but the amendment did not enfranchise all women, or even protect the rights of those women who could vote. A century later, women are still grappling with how to use the vote and their political power to expand civil rights, confront racial violence, improve maternal health, advance educational and employment opportunities, and secure reproductive rights. In her book, *Formidable: American Women and the Fight for Equality: 1920-2020*, Dr. Elisabeth Griffith recounts the roles of Black and White women as change agents and social justice activists and chronicles their efforts to advance sometimes competing causes. This event is sponsored by Northwest Neighbors Village. Registration is required by September 12 before 11 am at [Register Now!](#)

SEPTEMBER'S FALL PREVENTION SERIES – FREE SIGNUPS

Falls are Coming – You'd Better Be Ready! Oasis Online, Monday, September 12, 1:00-2:00 pm, FREE. Join Jim Resnick, Battalion Fire Chief at Montgomery County Fire Rescue Service (ret), to learn about the national and

local data for falls, home and bathroom safety features to reduce the risk of falling, what is a home safety check, who to call, when to call and why to call. Register at [Online Class](#).

Balance and Fall Prevention, Suburban Hospital Online, Wednesday, September 21, 10:30-11:30 am, FREE. A physical therapist from Suburban Hospital will deliver a lecture regarding what contributes to our sense of balance, how to improve our balance, and how to prevent falls both at home and in the community. Register at [Balance and Fall Prevention – Washington Metro Oasis Store \(oasiseverywhere.org\)](#)

Finding a Happy Balance, Suburban Hospital Online, Thursday, September 22, 6:00-7:00 pm, FREE. Every year, one out of three adults aged 65 and over experiences an unexpected fall. In most cases, falls can be prevented. A Suburban Hospital Physical Therapist will share practical and useful changes that can be made at home and while on the move to prevent the incidence of preventable falls. Register at <https://finding-a-happy-balance-summer2022.events.suburbanhospital.org/>

Additional FHNN Events

Sunday Evening Silent Meditations, Sundays, 8:30-9:10 pm. No guiding, just a welcome to all followed by silent meditation with bell ring at 20, 30, and finally 40 minutes. Stay as long as you like. Email volunteer.fhnn@gmail.com with “Sundays” in the subject line to receive the Zoom link. Open to all.

Walkers Group, Mondays, 9:30-10:30 am (summer schedule). RSVP to Ethel Pacheco with your phone number, ethelpacheco@me.com. Open to all.

Zoom Tech Tuesdays and Thursdays (for Apple users), 10 am-noon. To attend Bob’s programs or ask questions, please email information.fhnn@gmail.com with “Tech” in the subject line. These sessions are for FHNN and LFV members and volunteers as part of our collaboration. Basic to advanced levels are welcome.

Meditation, Wednesdays, 10:30-noon. Zoom drop-in meditation led by our rotating guides. Email volunteer.fhnn@gmail.com. Open to all.

Men's Meetup, Most Thursdays at 2:00 pm via Zoom. Next **Men's Lunch is Thursday, September 22 at 12:30 pm outside the Friendship Gourmet Market (weather permitting).** All men in FH are welcome to participate. Email information.fhnn@gmail.com to be added to the list. For lunch, vaccination required including at least one booster.

Outdoors Crafts and Chat, Thursday, September 22 , 3:00-5:00 pm. We hope to meet outside weather permitting. In case of inclement weather, event moved indoors. What have you been working on in 2022? Any new projects to show in process or finished? Open to all. **Must be vaccinated including at least one booster.** Email information.fhnn@gmail.com OR Dianne Wolman. We will send confirmation of location close to the meeting date to all who register

Society of Cincinnati & Cosmos Club FHNN and LFV Outing Photo, Wednesday, August 10



FHNN Ice Cream Social Photos, Tuesday, August 16



(L to R) Jerry Hoskins and Evan Smith, Vice President & Treasurer



(L to R) Kay Eley and Connie Row, Board President



FHNN Members, Volunteers and Guests



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Nonprofit FHNN helps seniors age in place.

See <https://www.fhneighbors.org/>

For more information, email or call us information.fhnn@gmail.com

Phone: 240-620-3285

Donations to FHNN are tax deductible to the extent permitted by law.