



Across the Fence *Special Edition* August 23, 2020

Upcoming Events:

Please register for each event each week that you plan on attending so that we will know who to communicate with any last-minute changes and you will have the right Zoom link for that week. Zoom links may differ from week to week.

Move with Mr. William Yates on Mondays at 3 p.m.-- We are continuing our **Strength and Resistance 4 Seniors** fitness workouts virtually via Zoom. Please [register](#) for each class on our website to get the details for Zoom and stay informed of any changes.

Yoga will not be held this week and will resume on Tuesdays and Thursdays starting September 1.

The [Storytellers](#) will meet Tuesday at 3 p.m. Who knows where the stories will take us this week -- with this group it could be anywhere in the world. Come share your stories and listen to some really interesting adventures!

Want to take a virtual trip from Athens to Dubai? On **Friday, August 28** at 3 p.m. we will hold the next in our **Armchair Traveler** series. Marti Bailey of Sibley Seniors Association will share photos and stories of her trip from **Athens to Dubai** and the rest of their Eastbound circumnavigation. Please [register](#).

Mark your calendars for **Wednesday, September 2 at 7 p.m.** to discuss Reno City with Neil Flanagan as part of our Author series and our Race and Racism conversations. Neil wrote a piece for the *Washington City*

Paper on "The Battle of Fort Reno", the long and little-known story of how neighbors and developers used a plan for a park to push a thriving African-American community out of Fort Reno. It is a fascinating piece of history right in our backyard.

COVID Corner: Assessing the Risk from COVID-19

One of the most important metrics to watch in determining the prevalence of COVID-19 is the number of cases *within the community*. Our city tracks and reports on this periodically and also uses it as a measure that informs how and when the city reopens. This particular statistic excludes transmission among residents of the same household, nursing home, homeless shelter, or the DC jail. As such, *it provides a means of measuring how the virus is spreading throughout our city.*

As the recent article (LINK to <https://dcist.com/story/20/08/17/dc-community-spread-hits-two-month-peak/>) points out, on August 3rd we reached a high of 83 infections that were spread through the community (again, this excludes infections from someone with whom one resides.). This measure can be viewed on the DC Coronavirus website (Link to <https://coronavirus.dc.gov/data>) and the latest data show that as of August 6, the number of community-related infections was 55.

So, how does the virus spread within the community? DC Health Director, Dr. LaQuandra Nesbitt indicated that she sees a “higher proportion of cases related to workplace or travel...” As the DCist article states, anecdotal information about how people get infected, include “a woman in her 20s who had dinner with her friends; four friends who traveled to Los Angeles for the 4th of July holiday weekend; and a small birthday gathering that seemed “very innocent” at first, but ended up affecting three separate households.”

How can you gauge the risk of various activities? The chart below can help you determine the level of risk associated with activities of daily living. Keep in mind, however, that very few activities have no risk and that socially isolating oneself from others also has documented consequences to one’s health. See the [CDC research](#) on the health consequences of isolation. We all need to make the best decisions for ourselves and others based on the best information that we have about transmission routes.

To get the latest COVID-19 news, please refer to Sibley Hospital's website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- Enclosed space**
- Duration of interaction**
- Crowds** (Density of people + challenges for social distancing)
- Forceful exhalation** (Sneezing, yelling, singing, and coughing)

When near people, wear a mask

High

Low

- Walking outdoors** (With or without pets)
- Running or biking** (Alone or with another person)
- Staying at home** (Alone or with members of your household)
- Picking up takeout food, coffee, or groceries from stores**
- Outdoor picnic or porch dining** (With non-household people and physical distancing)
- Playing "distanced" sports outside** (Tennis or golf)
- Grocery shopping**
- Retail shopping**

Medium / High

- Exercising at a gym**
- Hair/nail salon and barbershops**
- Working in an office**
- Indoor restaurant or coffee shop**
- Visiting hospital emergency department**
- Medical office visit**
- Dentist appointment**
- Taking a taxi or a ride-sharing service**
- Museum**
- Outdoor restaurant dining**

High

- Indoor party**
- Air travel**
- Concert**
- Movie theater or live theater**
- Bars and nightclubs**
- Playing contact sports**
- Public transportation** (Subway or bus)
- Religious services**
- Watching sports**

REOPEN INTELLIGENTLY. REOPEN SAFELY.

Ezekiel J. Emanuel, MD, PhD Perelman School of Medicine at the University of Pennsylvania / James P. Phillips, MD, EMT-T George Washington University / Saskia Popescu, PhD, MPH University of Arizona/George Mason University
www.covid19reopen.com

Let's Chat Across the Fence:

We are looking forward to some relief from the heat and enjoying life outdoors. Missing our in-person events? Me too! Do you want to get together, "Across the Fence", under a shaded tree, on the front porch or just socially distanced, and chat with a neighbor/Palisades Village community member or go for a walk? Wouldn't it be nice to visit and meet face-to-face (above the mask) and talk without a phone or screen? The PV office would be glad to coordinate visits. Call us at 202-244-3310 and let us know.

Creative Corner:



Aerial view of the snow-covered Andes shortly before arriving at Santiago, Chile, on the early morning of September 7, 2019 by PV member Cari Borrás.

Election 2020 Update:

All active voters will get a ballot at their registered address. You will not have to request an absentee ballot. The ballot you receive can be sent or taken to a ballot drop box, early voting center, or your regular polling place on election day. Currently, there is scheduled to be a drop box at the Palisades Library and polls will be open at the Palisades Recreation Center or Horace Mann ES. For the latest information, please check the DCDOE website at <https://www.dcboe.org/home>.

Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

The [Edinburgh International Book Festival](#) has gone virtual, with lots of author talks you can watch. You can watch ones that happened beginning August 15, or sign up to get reminders for future events of interest. The festival runs through August 31, 2020.

Are you ready to **get away** for a day or two? We have started a list of nearby places to escape and welcome your suggestions. Check out our Learn and Connect page. Please email ablanton@palisadesvillage.org with your favorite places.

Socially distance

Mask up

Wash up

Cheer up

and:

Don't be someone for whom this Pandemic lasts a lifetime!

Editor's note (and sign up for a visit or a walk with a community member!)

Words of Wisdom from PV member William Bateson.



The DC Area Villages work closely together to share resources and access to some events.

Monday, August 24, 10-11 a.m.

What's my Line? Game -- Remember the Game Show "What's My Line"? It was a TV game show that originally ran from 1950 to 1967. The game used celebrity panelists to question contestants in order to determine the contestant's job/occupation. The Villages of Kensington (VoK) has teamed up with Senior Entertainment, LLC to offer a fun version of "It's Your Business". The event is sponsored by VoK member Cindy Davis, Associate Broker, Coldwell Banker. RSVP for the link and send questions to Members@VillagesofKensingtonMD.org Please note which event you wish to attend in the subject heading.

Wednesday, August 26, 1-2:30 p.m.

Everything You wanted to Know About the FTC but Were Afraid to Ask! -- Barry Cutler, former supervising attorney with the FTC's Bureau of Consumer Protection and Assistant General Counsel, was a judicial law clerk for the U.S. Court of Appeals for the Second Circuit in Manhattan from 1968 to 1970. He then returned to New Haven as an Assistant U.S.

Attorney (federal prosecutor) from 1970 to 1974. During that time, he also was an adjunct faculty member and taught a trial practice seminar at the Yale Law School. In 1974 he moved to Washington D.C. and worked with the FTC for 4 years. Since 1978 Barry was a partner in three law firms handling litigation and consumer protection counseling. From 1990-1993 Barry served as Director of the FTC's Consumer Protection Bureau and served as the U.S. Representative to the Consumer Protection Directorate of the OECD in Paris. Barry retired in 2019. The Federal Trade Commission (FTC) along with the SEC and CPSC, is one of several alphabet soup agencies that are called "Independent Agencies." Why are some of these agencies "independent" while others like the EPA, CDC, FDA, & FEMA are not "independent"? Is it truly independent, as its classification implies, or does it work with other independent agencies and/or non-independent agencies? Who provides oversight over the FTC? How does the FTC's Bureau of Consumer Protection help the consumer? What are some of their most challenging issues? Hosted by Little Falls Village. RSVP to www.littlefallsvillage.org/FTC Note: This is a new registration process, and is very easy to do! Just follow the prompts, including searching for your name if you have registered for a prior LfV Speaker Event. Note that this Zoom event will be locked at 1:05 pm, due to library security policy. After the event is locked at 1:05 pm, entry into the event will not be possible. Registration cancellations will be accepted until Tuesday, August 25 at 5 p.m.

Wednesday, September 9, 2 p.m.

Sparkle Comedy -- Hosted by Mark Palchick, Starring Sandra Risser and Featuring Maurice Brown, Amanda Cohen, and Farley. RSVP to this Silver Spring Village event on Zoom to: programs@silverspringvillage.org.

Fridays, Sept. 18-Oct. 23, 12 noon-1 p.m.

Virtual Grief, Loss and Bereavement Support Group -- A death changes those left behind. The grief that follows such a loss is natural and normal, but many of us find our own reactions are unexpected. VITAS® Healthcare invites you to a free six-week series of classes via Zoom, provided in partnership with Capitol Hill Village. This group is for anyone who is grieving the death of a loved one. Come to learn about the symptoms of grief, what you can expect to experience, how to respond to the occasional hurtful statements made by well-meaning people and much more. There is no cost, but space is limited, so please call early to register. For Login

Information and to RSVP please contact Jasmine Blue at Jasmine.Blue@vitas.com or **202-414-5424**.

Friday-Saturday, September 25-26

First LGBTQ Inter-Generational Symposium -- Join Capitol Hill Village (CHV) for a two-day virtual symposium September 25-26 centering on the experiences and voices of LGBTQ community members across ages and experiences. Topics to be explored include intersectionality, aging in community, creating and sustaining generational wealth, grief, relationships, and more. This two-day symposium will cultivate dialogue and solutions, ensuring space for joy and movement. [REGISTER HERE](#)

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are two examples (register by clicking on the links.):

Thursday, August 27, 2-3 p.m.

[“All Stirred Up” with Laura Kumin](#) -- Join author, teacher, and cooking coach Laura Kumin as she talks about her new book "All Stirred Up", which tells the story of the forgotten suffragists through cookbooks and food.

Wednesdays, October 14, 21, 28, and November 4, 11, and 18, 4-6 p.m.

Aging Solo in the Covid Era -- Aging Solo, an online six-session workshop series, provides tools, strategies, and support for older adults to age successfully even when they do not have a family member or close friend who could take on the role of caregiver or health care decision-maker tailored to the current situation. Where: Via Zoom link (it will be sent out each week to participants) Cost: The cost for the series is \$60.00, which includes links to all the webinars and a printed resource/discussion guide mailed to your home. Registration: Space is limited! You must register by September 30, 2020. You can register by emailing Lena Frumin at community@iona.org or [here](#).

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at

<https://www.hopkinsmedicine.org/sibley-memorial-hospital/documents/community-health/sibley-senior-association-q3-newsletter.pdf>.

Other Community Events:

Wednesday, August 26, 11 a.m.-9 p.m.

[Women Vote, Women Win](#) -- On Wednesday, August 26, the National Women's History Museum will celebrate the 100th anniversary of the ratification of the 19th Amendment with a voter engagement program. It is a day full of events, starting at 11:00 a.m. with programming that includes two talks addressing different topics related to the women's suffrage campaign. Additional programs include the screenings of three short films and a 9:00 p.m. concert and rally to increase voter registration. These free events are open to the public.

Thursday, August 27, 11 a.m. - 12 noon

Elder Insurance Forum -- Learn about consumer services, Medicare, legal resources, property, and rental insurance through speakers from DC Department of Insurance, Securities and Banking, AARP Legal Counsel for the Elderly, GW Law School, and the Department of Aging and Community Living. Join by [computer](#) or phone at **650-479-3208** (Access code 850 861 211).

Thursday, August 27 at 12 p.m.

Advancing Equity Through Housing Justice Town Hall -- How can we use this time to push for racial and housing justice? This event brings together local advocates and national experts to discuss what housing justice looks like and how we can all be a part of creating a more just and equitable region and nation. Webinar Registration and more information can be found [here](#).

Thursday, August 27, 8 p.m. and Friday, August 28, 11 am.

March on Washington -- Join the march virtually at <https://2020march.com/>.

Monday, August 31, 3 p.m.

Author talk with Loretta Ann Woodward Veney, *Being My Mom's Mom* -- *Being My Mom's Mom* invites readers on her personal journey before and after the onset of her Mom's dementia. Personal vignettes highlight the heartache and humor in this life-changing disease. The author offers strategies from real experience for building the best care team for loved ones, increasing one's capacity for patience, and making the most of every day. She confirms the difficulty of acknowledging when it's time to become the "parent of a parent". And she also offers hope that loving relationships

with dementia sufferers can continue, even in the realization that the past is forgotten, and the future is the present. [REGISTER HERE](#)

Wednesday, August 26-September 9, 6 p.m.

American University's Women & Politics Institute's "Women on Wednesdays" -- Presents dynamic and thought-provoking women leaders, authors, scholars, journalists, and activists. Each Wednesday at 6 p.m., they gather online to discuss timely topics about empowering women in the political arena. This month, the Women & Politics Institute celebrates the Women's Suffrage Centennial with a series of virtual events (see below) that commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote.

August 26

Dr. Stacie Taranto and Dr. Leandra Zarnow, [Suffrage at 100: Women in American Politics Since 1920](#)

[Register online](#)

September 2

Dr. Martha S. Jones, [Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All](#)

[Register online](#)

September 9

Lynn Sherr and Ellen Goodman, [She Votes! Our Battle for the Ballot](#)

[Register online](#)

Sunday, September 13, 2 p.m.

Cochlear Implants: Becoming a Cyborg -- Michael Chorost became a cyborg on October 1, 2001, the day his new cochlear implant was booted up. Born hard of hearing in 1964, he went completely deaf in his thirties. Rather than live in silence, he chose to have a computer surgically embedded in his skull to artificially restore his hearing. In a witty, poignant and illuminating memoir, his book *Rebuilt: How Becoming Part Computer Made Me More Human* tells the story of how he went from deafness to hearing, from human to cyborg, and how it transformed him and actually enhanced his creative potential as a human being. Please RSVP to this Zoom event to hladcchapter@gmail.com by September 8.

Wednesday, September 30, 10:30 - 11:30 a.m.

A Discussion with author Michelle Brafman -- Join Michelle Brafman, local author, to lead a virtual discussion about her novels, *Washing the Dead* and *Bertrand Court* via Zoom. Brafman will discuss the motivation for her writing and her journey to becoming an author. For more information and registration click [here](#).

Ongoing Events:

Weekly on Mondays from 2-3:15 p.m.

Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesdays, 2:30-4 p.m. and Fridays, 2:30-4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program [Click here](#).

COMING UP IN PALISADES VILLAGE

The following below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at eblanton@palisadesvillage.org or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village

August 23 — 29, 2020

Functional Fitness

Mon 08 / 24 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 08 / 25 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga - Cancelled

Tue 08 / 25 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 26 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga - Cancelled

Thu 08 / 27 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Athens to Dubai Travelogue

Fri 08 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 28 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 29 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
August 30 — September 5, 2020

Book Club

Mon 08 / 31 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 31 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

The Battle of Fort Reno

Wed 09 / 02 / 2020 at 7:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting-Rescheduled to 10 or 17

Thu 09 / 03 / 2020 at 5:00 PM

Where: Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 04 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village