



Across the Fence *Special Edition* September 27, 2020

G'mar Chatima Tovah

Upcoming Palisades Village Events:

Wednesday, October 7, 6 p.m.

Building the new Chinese American Museum in Washington, DC (in the time of the Coronavirus) -- David Uy, Executive Director of the Chinese American Foundation, will talk about the process of bringing a museum of this caliber to Washington and share slides with us of the museum in progress. There will be an opportunity to ask questions following his presentation. You can register and get more information [here](#). You can also join them for a virtual [Mooncakes and Tea](#) celebration this Thursday at 2 p.m.



Wednesday, October 14, 3 p.m.

Beyond Coping: What COVID Confinement is Teaching Us About Personal Resilience -- Take a deeper dive with us in an interactive workshop focused on what makes a person resilient, and learn how to strengthen your own personal resilience.

- Learn what it really means to be resilient over time
- Bring more awareness of your short-term coping behaviors
- Expand your knowledge of actions that foster and grow resilience
- Practice simple, effective resilience skills
- Leave with a way to strengthen your personal resilience

The **yoga** class will not be meeting this week and hopes to resume October 6.

The **Mindful Knitters** are now meeting at 9:30 a.m. on Saturdays. Bring your coffee and knitting or crocheting and join us.

We are planning some exciting **Happy Hours**. Look forward to an Oktoberfest celebration on October 16, an opportunity to dress up for Halloween on October 30 and an opportunity to see the work of artist Roberto Werebe on November 6. Save the dates and stay tuned for details. We get together every Friday at 5:30 on Zoom.

COVID Corner: Get Your COVID Questions Answered!

Join us on **Wednesday, September 30, at 4 p.m.** for an interactive webinar with medical experts from Sibley Memorial Hospital. Dr. Sara Taherkhani is an Infectious Disease Physician and will be joined by an Infection Prevention Specialist, Maire Zeisel. The one-hour webinar (which can also be accessed by phone if one does not have online capabilities) will begin with a presentation on the latest information on COVID-19. Following the formal presentation, you can get your questions answered. You can also **send in your questions ahead of time**, by emailing ebanton@palisadesvillage.org and we'll ensure that your question is put in the queue!

Registration couldn't be easier! Visit www.tinyurl.com/villagetalk1 or call **202-244-3310**

Save the following dates for future presentations:

Staying Healthy is More Than Just Staying at Home

October 21, 4-5 p.m.

Register: www.tinyurl.com/villagetalk2 or 202-244-3310

Building Resilience in the Wake of a Pandemic

November 18, 4-5 p.m.

Register: www.tinyurl.com/villagetalk3 or 202-244-3310

This partnership between Cleveland & Woodley Park Village, Northwest Neighbors Village, Palisades Village, and Sibley Memorial Hospital is

possible thanks to a DC Community HOPE grant through Mayor Muriel Bowser's Office of Community Affairs.

COVID-19 SERIES FOR OLDER ADULTS



Members:

If you would like to take a walk or have an outdoor visit, need technical assistance, require home repair assistance, receive a friendly phone call, need groceries or prescriptions, help with meals, or talk to our case manager, please contact the office at 202-244-3310 or email eblanton@palisadesvillage.org.

Creative Corner:

This week we get to go to Italy with volunteer Nikita Rao and her Fabulous Cooking!

Linguine with Italian Sausage, Mushrooms and Kale with Parmesan Cheese!

Serves 4:

Ingredients:

- 1 lb Linguine or Spaghetti Pasta
- 2 Tbs Oil
- ½ Medium Onion, chopped
- 6-7 Garlic cloves, chopped

- 1 lb Ground Italian Sausage
- 10-12 oz Sliced Mushrooms – any variety
- 5 oz. Baby Kale or 1 bunch Tuscan kale (leaves removed from stems)
- 1 tsp Thyme, herbes de provence, rosemary, or Italian Blend
- ¼ tsp red pepper flakes – optional
- Salt and Pepper to taste
- ½ Cup Parmesan Cheese, grated
- ½ Lemon, juiced to serve

Instructions:

- 1) Heat a large pot of water to boiling point. Salt the water with 2 Tbs salt, add pasta and cook until al dente.
- 2) Heat a large saute pan and add 1 Tbs oil and chopped onions, saute until soft and slightly brown, add Ground Italian sausage and saute until brown and cooked. Remove from pan and set aside.
- 3) Add the other 1 Tbs oil and heat up, add sliced mushrooms and saute for 3 minutes, now add kale and saute for another 3 minutes on high heat and stir continuously. Add herbs and stir.
- 4) Add cooked ground sausage to pan, red pepper flakes and salt and pepper – stir.
- 5) Add cooked pasta and toss, may need to add ½ Cup of pasta water if dish is too dry so do not discard.
- 6) Add Parmesan Cheese and toss again, then squeeze lemon juice over pasta – serve and enjoy!

Election 2020:

If you are registered, you should receive a ballot from the DC Board of Elections for the November 3, 2020 General Elections in the mail in early October. You have three options. You can mail it in. You can drop it off at a drop off location. Or you can take it and vote in person on Election Day or at an early voting location.

If you would like a volunteer to pick up and drop off your ballot, please let us know at 202-244-3310 or ebanton@palisadesvillage.org.

WARD 3 Drop Box Locations:

Guy Mason Recreation Center
[3600 Calvert Street, NW](#)

Chevy Chase Library
[5625 Connecticut Avenue, NW](#)

Tenley-Friendship Library
[4450 Wisconsin Avenue, NW](#)

Cleveland Park Library
[3310 Connecticut Avenue, NW](#)

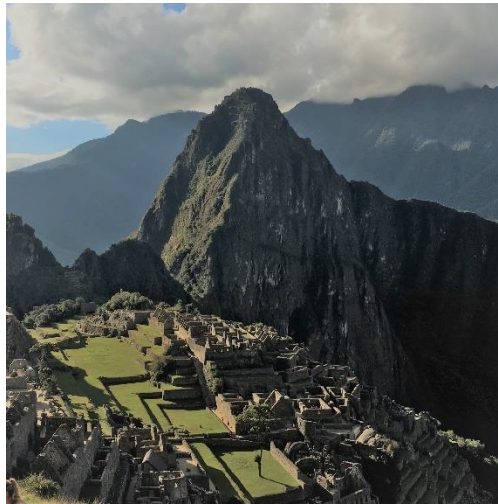
Palisades Library
[4901 V Street, NW](#)

Second District Police Station
[3320 Idaho Avenue, NW](#)

Reimbursements for Hearing Aids Have Been Extended!:

Great news! DC's Hearing Aid Assistance Program (HAAP) under which qualified District residents can receive reimbursements up to \$500 for the purchase of hearing aids purchased on or after June 1, 2018, which was to have ended this month has been extended for an additional year. Please also note that residents who take advantage of the program may also apply for a low-interest rate loan (in some cases 0%) made available through a long-standing DC program to finance the balance of the cost of the hearing aids. To apply, visit: <https://dchealth.dc.gov/page/health-careaccess-bureau> to complete an application online. For questions or to request an application, email tmoses@smsllcgroup.com or call (202) 656-3027.

Armchair Traveler:



Since we are taking a hiatus from traveling, here's a photo of one of the most incredible places to visit...Machu Picchu! This 15th-century citadel is considered both a cultural and natural [UNESCO World Heritage Site](#) and in 2007 was voted one of the New Seven Wonders of the World in 2007.

Since its discovery in 1911, growing numbers of tourists have visited Peru's most visited tourist attraction.

This view was appreciated from walking along the Inca Trail.

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!

Watch a new film by Arena Stage: [51st State](#). It was inspired by the protests after the murder of George Floyd and the quest for the creation of the 51st state and sovereignty in Washington, D.C.



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

Tuesday, September 29, 1-2:30 p.m.

Disinformation Nation: Detecting Propaganda, Defeating Emotional Manipulation Virtual Workshop

-- As we enter the home stretch of the 2020 election and debate about COVID-19 swirls, targeted attempts to manipulate our emotions and persuade us are everywhere. This engaging program delivered by educators at the Freedom Forum looks at the methods propaganda uses to worm its way into our brains by exploring four universal techniques for manipulating human emotions. Participants will explore practical strategies to combat propaganda and improve the quality of their information ecosystem. To get the link, please RSVP to info@chevyCHASEathome.org by Sept. 28.

Tuesday, September 29, 11 a.m.

Protecting Yourself from COVID Scams

-- Scammers are working hard even during the pandemic. Join us to find out about some new scams in the time of COVID-19 and learn ways to protect your hard-earned money. Suzanne McGovern, Senior Advisor in the Office of Investor Education and Advocacy at the U.S. Securities and Exchange Commission, will keep us informed.

Wednesday, September 30, 5:30 p.m.

"A New Contract for the Middle Class" -- Isabel Sawhill, Senior Fellow, Brookings Institution, will discuss the American middle class. A renowned expert at Brookings Institution on children, families, and the middle class in America, she also served in the Clinton Administration as an Associate Director at the Office of Management and Budget and is the winner of many prestigious awards. Her most recent book, *A New Contract for The Middle Class*, is about the American middle class, currently under tremendous strain through the place in history that we find ourselves, and the current emergencies of COVID and unemployment. Her book examines income stagnation, fragmented families, and time pressure, among other topics. To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Thursday, October 1, 2-3:30 p.m.

An Exploration of Race and Racism through Forum Theater (this is a 4-part series)

-NNV and George Washington University's Honey W. Nashman Center for Civic Engagement and Public Service are partnering

to sponsor a new program for local DC-area Village members. Through monthly Zoom meetings, gather with Village members across DC to explore attitudes and experiences with systemic racism through Forum Theater. The virtual meetings will take place from 2:00 pm - 3:30 pm on October 1st, October 29th, November 19th, and December 3rd and we ask that you commit to attending at least 3 of the 4 meetings.

Every Thursday, 4 p.m.

Chair Yoga -- Join CHV member Robin Blum for a gentle session of chair yoga, every Thursday at 4:00 p.m. Register [here](#).

Thursday, October 8, 2 p.m.

Author Talk: [Anxiety Meets Ocean Breathing](#) -- Join author, **Barbara Mathias-Riegel** as she discusses her fast-moving tale, *Ocean Breathing* - an inspiring story of resilience against the throes of anxiety. Magda Cooper is a master fabricator who keeps her panic attacks and agoraphobia a secret in order to keep her dignity. Her cover is challenged when a desperate call for help comes from her abandoned pregnant niece who lives in a small fishing town in Northern Michigan 700 miles from Magda's safety zone in DC. Mathias is the author of *Between Sisters: Secret Rivals, Intimate Friends*; and co-author of *40 Ways to Raise a NonRacist Child*. Under her new byline of Mathias-Riegel, she wrote *Curtain Calls*, a collection of short stories revolving around love, loss and rediscovery. *Ocean Breathing* is her debut novel. It is available from [Politics & Prose](#). More information on [her website](#). The author lives in Washington DC with her husband, Dick Riegel. [Click here for the Zoom registration link](#) for this session. You will be asked to include your name, email address, and confirm you are not a robot. Once complete, Zoom will immediately email you a link to the program.

Wednesday, October 14, 2-4 p.m.

[Healthy Eating on a Budget](#) -- This series of online webinars is designed to provide participants with an increased understanding of healthy approaches to eating. Participants will work with the instructor to find solutions to barriers that prevent healthy eating and share best practices for planning and preparing healthy foods in an economical way. Input from participants is encouraged to shape topics and share recipes that best interest the audience. Each session includes a cooking demonstration. Recipes will be distributed in advance, which will give attendees an opportunity to gather ingredients to cook along with the instructor. The goal

of this webinar is to encourage participants to act as Nutrition Ambassadors: spreading the idea of eating healthy on a budget in their community.

Healthy Plants on a Budget - Wed., Oct 14 from 2-4

Healthy Sodium on a Budget - Wed., Oct 28 from 2-4

Healthy Sugar on a Budget - Wed., Nov 11 from 2-4

Thursday, October 15, 2 p.m.

[Author Talk: The Riddle of Oedipus](#) --The Ancient Greek tragedy *Oedipus Rex* by Sophocles is one of the most celebrated--and disputed--works in Western literature. For centuries, classicists, psychologists, philosophers, and many others have tried to solve the "Riddle of Oedipus," the age-old puzzle of what Sophocles's masterpiece *Oedipus Rex* means and why it is so singularly mesmerizing. In his 2018 book *Searching for Oedipus: How I Found Meaning in an Ancient Masterpiece*, Ken recounts his decades-long search for the answer to this riddle and in the process, he shows just how deeply the play is embedded in our cultural DNA and how strongly its influence continues to be felt. In this talk, Ken will explain why a strong case can be made that the Sophocles play is *the* central work of Western literature. **[Click here for the Zoom registration link](#)** for this session. You will be asked to include your name, email address, and confirm you are not a robot. Once complete, Zoom will immediately email you a link to the program.

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.):

Wednesday, September 30, 3:30 p.m.

Filmfest DC 2020 -- Join Filmfest DC's Director, Tony Gittens, as he talks about this year's filmfest. 2 films from 35 countries in ten days in one amazing film festival! **[Read more and register here.](#)**

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:

Tuesday, September 29, 12 noon

Learning Your Loved One's New Language: Mastering Dementia Fluency -- Hosted by Ingleside. [REGISTER FOR EVENT](#)

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](#).

Thursday, October 1, 2020, from 2-3 p.m.

"Mooncakes and Tea" Virtual Celebration -- Join our friends at the Chinese American Museum DC for a Mid-Autumn Festival celebration. Rita Shan, the founder of American Chinese Goodwill Exchange Services and a former president of the Organization of Chinese American Women Virginia, will lead a discussion about the tradition and history around mid-Autumn festivals. Yunhan Zhang, owner of Valley Brook Tea, will give a live demonstration. This program is sponsored by the Ruth H. Kuo and Rhoda How Memorial Foundation. Please let us know if you can join us by RSVPing here: [Click here to RSVP](#)

 **MOONCAKES & TEA**

Celebrate Mid-Autumn Festival at
the Chinese American Museum DC



Thursday, Oct. 1, 2020, 5:30 p.m.

[A Right to the City - A Conversation with Brandi Summers](#)--Join DCPL for a conversation with [Brandi Summers](#), professor of geography and author of [Black in Place: The Spatial Aesthetics of Race in a Post-Chocolate City](#). In conversation with Samir Meghelli, Summers will discuss her book and her scholarship focusing on urban cultural landscapes and the political and economic dynamics by which race and space are reimagined and reordered including her writing about the H Street Corridor here in Washington, DC.

Friday, October 2, 12 Noon-1:30 p.m.

The Cartiers and Marjorie Merriweather Post: Francesca Cartier Brickell in conversation with Wilfried Zeisler, Hillwood Estate, Museum & Gardens -- Historic emeralds, Burma sapphires, bold art deco necklaces, antique French crown jewels, flawless diamonds, ropes of pearls, even a Fabergé egg, and a Romanov crown...When it comes to private collections amassed by a single person in the 20th century, it is hard to beat the jewelry box of Marjorie Merriweather Post. Businesswoman, collector, and philanthropist, Post was a fascinating woman. She also happened to be one of the Cartiers' best clients of all time. The Webinar will be limited to 1000 'seats', but a recording will be made available for a limited time after the event to those who register. Please register in advance [online](#).

Tuesday, October 6, 10 a.m. – 2 p.m. and Wednesday, October 7, 9:30 a.m. – 2 p.m.

Leading Age DC Virtual Conference -- The ticket price for retirees, residents, and students is \$29.00. You can find out more about the conference [here](#) and you can [register here](#) .

Sunday, October 11, 2:00 p.m.

Hearing Assistive Technology -- Technology to help us hear better in different settings is evolving and improving rapidly. Dr. Larry Medwetsky of Gallaudet University will talk to us about emerging developments, especially those that may be helpful to us in communicating in noisy environments. He will also bring us up to date on new technologies to connect hearing aids and cochlear implants with a variety of audio sources. Captioning for our program will be provided. There is no charge. All are welcome. If you would like to attend, please RSVP to hladcchapter@gmail.com by October 7.

Thursday, October 22, 7 p.m.

A Conversation with Lonnie Bunch -- Join DCPL for a conversation with [Lonnie Bunch](#), Secretary of the Smithsonian Institution and founding director of the National Museum of African American History and Culture (NMAAHC). In conversation with [Dana Williams](#) of Howard University, Secretary Bunch will discuss his book [A Fool's Errand](#), the founding of NMAAHC, and his leadership role at the Smithsonian. The event can be viewed on their [Facebook](#) and [Youtube](#) live platforms. Please RSVP [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., Wednesdays, 10-11:30 a.m. (new) 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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
September 27 — October 3, 2020

William Yates Fitness on Zoom

Mon 09 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga - CANCELLED

Tue 09 / 29 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Get Your Answers from Sibley Medical Experts -- COVID-19 Series
for Older Adults**

Wed 09 / 30 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga - CANCELLED

Thu 10 / 01 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 10 / 02 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 03 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
October 4 — 10, 2020

William Yates Fitness on Zoom

Mon 10 / 05 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 10 / 06 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Building the new Chinese American Museum

Wed 10 / 07 / 2020 at 6:00 PM

Where: Via Zoom

[More Information](#)

Events Committee

Thu 10 / 08 / 2020 at 1:30 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 10 / 08 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 10 / 09 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 10 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village