



Across the Fence *Special Edition* July 19, 2020

Upcoming Events:

Strength and Resistance 4 Seniors with Mr. William Yates on Mondays at 3 p.m. We are continuing our fitness workouts virtually via Zoom this Monday, July 20. Please [register](#) for each class on our website to get the details for Zoom and stay informed of any changes.

Update on our **Storytelling** group: They will be meeting this Tuesday at 3 p.m. [Register](#) to join them.

Our next **conversation on Race and Racism** will meet on Wednesday, July 22 at 3 p.m. to discuss a podcast of a conversation with Ibram X. Kendi, the author of *How to be an Anti-Racist*. For details and to register, please click [here](#).

Volunteer Training continues on [Wednesday, July 29 at 3 p.m.](#) and [Tuesday, August 4 at 5 p.m.](#) Volunteers only need to attend one session. We will talk briefly about volunteer services during this pandemic and then train volunteers in our new software system which we are rolling out to match volunteers with members.

And don't forget about our ongoing weekly activities. We meet for [Happy Hour](#) on Fridays at 5:30 p.m. and have a group that meets for [Mindful Knitting](#) (or crocheting) on Saturdays at 10:30 a.m. Please register and join us. You can see our complete calendar at www.palisadesvillage.org.

New Village Partnership with Sibley Hospital

We are delighted to share that Palisades Village, Northwest Neighbors Village, and Cleveland & Woodley Park Village are partnering with Sibley Memorial Hospital to support seniors in Wards 3 and 4 during the COVID-19 pandemic.

For over 10 years, our Villages have worked with our community to champion positive aging through volunteer service, social and educational programming, and resource sharing. Over the next six months our Villages, together with Sibley Memorial Hospital, will offer health education sessions related to COVID-19, provide access to essential PPE like face masks and hand sanitizer, and host a series of social and wellness programs aimed to reduce social isolation and encourage physical activity.

The novel coronavirus continues to [threaten our community](#). It is important to us that all seniors in Wards 3 and 4 stay healthy during the pandemic. Our upcoming health education sessions, virtual programming, and resources related to COVID-19 will be available to all seniors who live in our community. Be on the lookout for weekly updates in your inbox or visit our website at www.palisadesvillage.org. We hope you and your neighbors will rely on us to stay informed and engaged.

To learn more about coronavirus health information, research, or to self-screen for the virus, [visit Sibley Memorial Hospital's website](#). For updates on the local impact of COVID-19 and DC's response, visit coronavirus.dc.gov. While there be sure to check out DC Health's [Guidance for Older Adults](#) provided by DC Health.

Stay well!

Be careful outside and drink lots of water

The heat is forecast to continue. It is so tempting so stay outdoors but not in the heat. Water is the best way to stay cool and hydrated. We have all found ways to maximize our time indoors. We hope that you find more things to keep you entertained or stay fit in this newsletter. You can stop for water anytime during a fitness class on Zoom -- no one will be the wiser.

Members do you need anything?

Please call us 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. We have expanded the activities that Palisades Village volunteers will help with (based on availability).

Palisades Village Food Drive for So Others May Eat (SOME)

The pandemic has made life more difficult for all of us, and we in the Palisades Village have been helping each other cope. There are many in other neighborhoods in Washington, particularly east of the Anacostia, who are suffering and could really also benefit from the generosity our members and volunteers have shown.

Palisades Village is providing a service opportunity to its members and volunteers to help fellow DC residents in need of food assistance. With your help, we will be delivering food and donations to So Others May Eat (SOME) which serves residents of Ward 8.

SOME's Wish List includes peanut butter and jelly; canned tuna/chicken; pasta and sauce; granola bars; breakfast cereal; pancake mix and syrup; low sodium soup; low sodium vegetables; and canned fruit in juice.

You can join in by either (a) purchasing some of the above items; (b) requesting a PV volunteer to shop and deliver food items on your behalf; (c) donating (unexpired) food items from your pantry, or (d) writing a check made out to SOME that will be delivered with food supplies. \$35 covers a Food Pantry Bag. Of course, SOME will be grateful for any donation.

Food, and checks made out to SOME, may be delivered to **Jan Smart at 4408 Greenwich Pkwy, Washington DC 20007 (Foxhall Village)** until Wednesday afternoon, **July 22**. Alternatively, please call **Jan at 202-468-4568** if you have food items or a check for which you'd like a contactless pick-up.

To arrange for a Palisades Village volunteer to shop on your behalf please call the office at **(202) 244-3310** or email eblanton@palisadesvillage.org. If you would like a receipt from SOME for tax purposes, please provide Jan with a grocery receipt (or copy) and your address. A receipt will be provided by SOME to the person/address named on a check made out to SOME. If your check has no address please provide that separately.

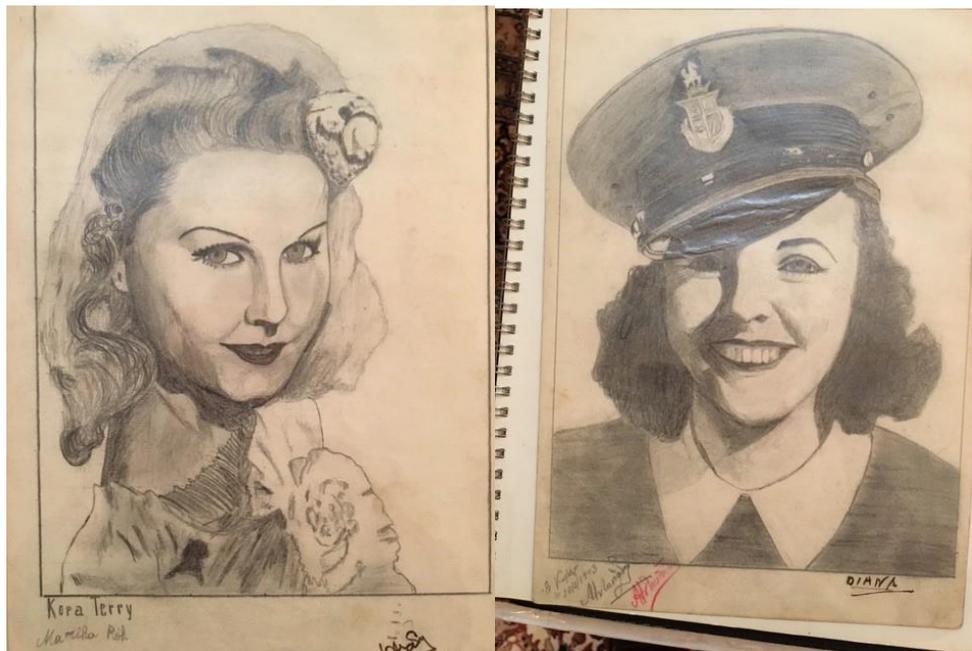
Do you know of a neighbor who could use some groceries?

Hello! I have a charity project, called Groceries for Good, where I use monies raised to go to the grocery store and put together bags of nonperishable items to give to those in need. I live in the Palisades and was wondering if you have any members of your Palisades Village who don't like to go to the grocery store and would benefit from some of our bags. Items inside include but are not limited to, canned Progresso soup, instant oatmeal, pasta and pasta sauce, vegetable oil, canned vegetables, and canned fruit.

We've been dropping bags off at some schools that have families in need but would be thrilled to drop some bags for you if you have members who you think are in need.

Helen Prince deniseprince5024@gmail.com

Creative Corner:



Drawings by Aveyris Andonyadis, about 1943

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!

Captain John Smith Meets the first Palisadians -- Watch this episode of "America's Neighborhood" on YouTube at https://youtu.be/TRsX_fqLA4



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

Wednesday, July 22, 5:30 p.m.

“Philanthropy, Pandemic, & Protests” -- Giving to nonprofits has hit all-time highs in the face of exploding demands. The needs are great and we are inundated with requests to support organizations we know and many we do not. As donors, how do we sort through the many requests and make the difficult decisions as to where to give that will make a difference? And, what should organizations do to encourage support for their mission and work? Join Georgetown Village (GV) for a fact-filled and informative discussion with Barbara Hall, Georgetown Village Board Member and former chief development officer, and Tom Henteleff, Chair of the Bethesda Metro Area Village Board and retired lawyer, that will provide practical advice on how to evaluate organizations and contribute where your gift might have the greatest impact. This program is free and open to the community. To sign up please contact the GV Office at 202-999-8988 or email: lynn@georgetown-village.org.

Thursday, July 23, 1:00 p.m.

Art Thursday -- Studio visit with Helen Zughuib, a prominent local artist. More information on this Foggy Bottom West End Village event and how to register can be [found here](#). The full description is below. The event is open to any villager and is free, but will be held over Zoom so registration is required.

"Helen will talk about her new work and process over the last couple of months in lockdown from her studio in Foggy Bottom. Helen's work has been widely exhibited in galleries and museums in the US, Europe, and the Arab world. Her paintings are included in many private and public collections including the White House, World Bank, Library of Congress, US Consulate General, Vancouver, Canada, American Embassy in

Baghdad, Iraq, and the DC Art Bank collection. Her work has also been included in Art in Embassy exhibitions abroad including Brunei, Nicaragua, Mauritius, Iraq, Belgium, and Lebanon. Helen welcomes questions from the audience."

Tuesday, July 28, 2 p.m.

[This Is Your Brain on Architecture](#)--Speaker - **Milton Shinberg**, a renowned professor and architect will discuss the intersection of neuroscience and architecture, with a particular focus on the relationship between cognition, understanding, and designing architectural space. Part of Northwest Neighbors Virtual Speaker Series.

Wednesday, August 5, 1 p.m.

Coping with Uncertainty Chat with Tom Sherwood -- DC journalist Tom Sherwood has agreed to chat with the group about out how he is coping during these trying times. Please [RSVP](#) by **Wednesday, July 29**, and submit any questions in advance for Tom Sherwood to Barbara Scott at casemanager@dupontcirclevillage.net

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, July 22, 2 p.m.

Cooking in the Age of Corona -- Chef and food writer Susan Barocas will share ideas and tips for shopping, food storage and cooking plus demo recipes from "[Good and Cheap: Eat Well on \\$4/Day](#)" by Leanne Brown. The emphasis will be on easy, healthy and tasty food. Chef Susan will show some no-fuss, flavorful salads and twists, using both her own recipes and some from Good and Cheap. [Register Here](#)

Friday, July 24, 10-11 a.m.

New and Improved DCPL goDigital -- Have you been relying on the great resources that the DC Public Library (DCPL) offers to the community? Or would like to learn more about them? This is your chance! Our friend B Milenovic from the DCPL will show us how to download the new application so you will continue to be able to use the wonderful resources from the library. [Register here.](#)

Other community events:

Monday, July 20, 12 noon

Living Alone -- The Sibley Seniors Association invites you to join a discussion group on coping with living alone. All are welcome. Living Alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/ partner. Experiences show us that there is value to those living alone from sharing experiences and needs about their special situation. Living Alone meets the third Monday of every month. The group is moderated by Ken Gordon. For the Zoom link, register by calling SSA at **202-364-7602**, or by emailing to kengordon@alum.mit.edu. Until further notice, the group is meeting online via Zoom. Meets at Noon on July 20 and August 17.

Monday, July 20, 5:30 p.m.

Q&A with Crip Camp Filmmakers -- Live Q&A with Crip Camp filmmakers, Nicole Newnham and Jim LeBrecht in honor of the 30th anniversary of the Americans with Disabilities Act. In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination, and institutionalization. This documentary film tells the story of Camp Jened, a ramshackle camp "for the handicapped" (a term no longer used) in the Catskills, exploded those confines. The documentary is available on Netflix.

Wednesday, July 22, 11:30 a.m.

DC Backyard Home Composting Virtual Workshops -- Learn how to compost at home in your backyard. After attending the workshop, residents will qualify for a rebate, up to \$75, towards the purchase of a traditional backyard home composting system. Attendance is required to qualify for the rebate. Workshops are open to District of Columbia residents ONLY. Space is limited and first-come, first-serve. [Register NOW](#)

Saturday, July 25, 7:30 p.m.,

"The Mysterious Beethoven" -- Haskell Small on Piano on a Groupmuse concert "in New York". Actually, he will be playing in my home studio on his newly rebuilt Steinway B! The performance will be live-streamed on YouTube Live. [The Mysterious Beethoven](#)
Beethoven, *32 Variations in c minor, WoO 80*
Corigliano, *Fantasia on an Ostinato* (a fascinating minimalist setting of the 2nd movement of Beethoven's 7th Symphony)

Beethoven, *Sonata No 31 in A-flat Major, op. 110*

Monday, July 27, 5 p.m.

[Virtual Author Talk with Judith Heumann](#) -- Learn about the disability rights activist who helped shape equal rights, inclusion and representation of people with disabilities. Heumann, who formerly served as the Special Advisor for International Disability Rights at the US Department of State under the Obama Administration, will discuss her new book, [An Unrepentant Memoir of a Disability Rights Activist](#), with Ricardo Thornton, who has worked at the DC Public Library for over 40 years, is a Disability Rights Advocate, Special Olympics Ambassador, and survivor of Forest Haven Institution.

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](#).

Weekly on Wednesdays at 4 p.m. July 22 - August 26

Support Group for Coping with Loss and Change--Our lives now are involved constantly with change and this is often connected to some kind of loss. These periods of transition are stressful to say the least. In this group we will look at our personal styles of coping; address which coping mechanisms promote health and explore new methods to deal with these times of transition. The group facilitator is Kelsang Varahi. She has served the public as a physician, nun, bereavement counselor and as a dance/movement therapist. In the last four years she has been counseling patients, families and groups in hospice. In addition, Kelsang Varahi has

led workshops for many years on a variety of mental health topics. This diverse experience has enabled her to work with the public in a way that considers the many facets of health - psychological, spiritual, social and physical. If you are interested or have any questions about this Zoom group, please email kelsangvarahi@aol.com.

Discussions with authors at Politics and Prose -- Listing available [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
July 19 — 25, 2020

Functional Fitness

Mon 07 / 20 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 07 / 20 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 07 / 20 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 07 / 21 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 07 / 21 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 07 / 22 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 07 / 22 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Conversation on Race and Racism

Wed 07 / 22 / 2020 at 3:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 23 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 07 / 24 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 25 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
July 26 — August 1, 2020

Functional Fitness

Mon 07 / 27 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 07 / 27 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 07 / 27 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 07 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 07 / 29 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 07 / 29 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Volunteer Training

Wed 07 / 29 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 07 / 31 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village