



Across the Fence *Special Edition* July 26, 2020

Upcoming Events:

Exercise inside with the air conditioning and 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.

Update on our **Storytelling** group: They will be meeting again this Tuesday, July 28 at 3 p.m. [Register](#) to join them.

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 new and longtime volunteers in our new software system which we are rolling out to match volunteers with members.

Our next **conversation on Race and Racism** will meet on Wednesday, August 5 at 3:30 p.m. to discuss a recent video of a book talk at Politics and Prose with Jonathan Metzl, the author of *Dying of Whiteness: How the Politics of Racial Resentment is Killing America's Heartland*. For details and to register, please click [here](#).

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.

COVID Corner: Wearing a Face Mask

Mayor Muriel Bowser issued an [order](#) on July 22, 2020 requiring the use of masks to help prevent the transmission of COVID-19. “Persons leaving their residences shall wear a mask when they are likely to come into contact with another person, such as being within six feet of another person for more than a fleeting time.” There are a few exceptions and the message is clear. Do your part to flatten the curve and when you leave your home you must wear a mask.

A cloth face covering may not protect the wearer, but it may keep the wearer from spreading the virus to others.

COVID-19 [spreads](#) mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice (e.g., while shouting, chanting, or singing). These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. [Recent studies](#) show that a significant portion of individuals with COVID-19 lack symptoms (are “asymptomatic”) and that even those who eventually develop symptoms (are “pre-symptomatic”) can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19, the CDC recommends that people wear cloth face coverings in public settings when around people outside of their household, especially when other [social distancing](#) measures are difficult to maintain.

Why it is important to wear a cloth face covering

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at [higher risk of severe illness](#) from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering

- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



Wear a Face Covering to Protect Others

- Wear a face covering that covers your nose and mouth to help protect others in case you are infected with COVID-19 but don't have symptoms
- Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a face covering correctly for maximum protection
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

Follow Everyday Health Habits

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

Take Off Your Cloth Face Covering Carefully

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash](#))

[cloth face coverings](#))

- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Creative Corner:

Bob's Chicken and Red Bean Soup



After getting this praise from a member, we had to get the recipe from Bob Bourdaud'hui, head chef of the Palisades Pan Handlers.

"I loved the fact you had so much chicken and such big and juicy pieces.

I loved the beans, they melted in your mouth.

The flavor was rich, deep, and unique."

Serves four

Ingredients:

One pound of chicken thighs or breasts, cut into one inch pieces

3 tablespoons of olive oil

One medium yellow onion, diced

One celery stick

One large carrot

Two garlic cloves, minced.

One cup of dried red beans soaked overnight in water. (Rancho Gordo is the preferred supplier. The bean variety is 'Domingo Rojo' One pound bag costs \$6.99 See link <https://www.ranchogordo.com>)

One teaspoon of tomato paste

One teaspoon each of roasted ground cumin and coriander.

1/2 teaspoon of cayenne

One whole star anise

Two cups - or more of chicken stock. Knorr Homestyle Chicken (one capsule) is excellent or Better Than Bouillon is also very good.

One teaspoon of red or yellow miso paste – (optional)

4 oz white wine

Juice of ½ lime

Two teaspoons soy sauce

One teaspoon Asian fish sauce (optional)

Kosher salt and black pepper to taste

Method:

1. Place the beans and the soaking liquid on medium heat and cook until tender – about one hour. (Don't discard the soaking liquid it adds flavor)
2. Place onion, celery and carrot (mirepoix) in a food processor and blitz for a few seconds
3. Heat up olive oil in a skillet on medium heat when hot add the mirepoix and a pinch of salt cook 'til translucent
4. Add minced garlic, tomato paste, cumin, coriander, cayenne cook for about two minutes until spices are fragrant
5. Add white wine, soy sauce and chicken stock, Then the miso and fish sauce (if using)
6. Use a stick blender or regular blender and puree the stock, spices, and mirepoix
7. Add whole star anise
8. Add chicken cook for 20 minutes or until chicken is just cooked
9. Add the cooked beans
10. Add lime juice
11. Cook the soup for 20 to 30 minutes
12. Adjust seasoning

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!

Live from Lincoln Center Carousel -- Carousel was hailed by Time Magazine as “the best musical of the 20th Century.” The New York Philharmonic presents a stunning staged production of this iconic American work, featuring a star-studded cast including Kelli O’Hara, Nathan Gunn, Stephanie Blythe, Shuler Hensley, Jason Danieley, Jessie Mueller, Kate Burton, John Cullum and New York City Ballet dancers Robert Fairchild and Tiler Peck. Available from Friday, July 10 at 8:00 p.m. until Tuesday, September 8 at 8:00 p.m. <http://lincolncenter.org/lincoln-center-at-home/show/rodgers-amp-hammerstein39s-carousel-250>

Frida Kahlo’s wardrobe - a special exhibit available for the first time at the Museo Frida Kahlo in Mexico City.

[Freer Sackler Meditation](#) every Monday, Tuesday, Thursday, and Friday at 12:15 p.m. *Special meditation sessions focused on art sessions on Fridays, from July 10 - August 14.*



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

Monday, July 27, 3:30-5:00 p.m.

Live and Learn: Home Care & Care Management -- Do you know the difference between Home Care and Home Health Care? What does Home Care cost? Will insurance/Medicare pay for it? What are the typical Home Care Services? When and why might you need a Care Manager? These questions and others about these topics will be answered at July's Live & Learn by representatives from Corewood Care. Register before midnight today with Dupont Circle Village [here](#).

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

Tuesday, August 18, 2-3 p.m.

[Bring the Wild Beauty In! How I Came to Photograph Birds from North America to Australia](#)-- Speaker - **David Cohen**, is a writer and photographer whose work has appeared in books, magazines, newspapers, and online, from The Washington Post to Harvard Magazine

to foresthillsconnection.com. Look for his wildlife photos at <https://www.instagram.com/davidcohenphotodc/>. Part of Northwest Neighbors Virtual Speaker Series.

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 29, 2:30 p.m.

Organizing with Jakia -- Are you having trouble keeping your calendar straight? Are taking the right medications a challenge? Iona's wonderful Food Access and Home-Delivered Meals Manager (and resident organization guru) Jakia Muhammad is leading an organization session on Zoom. Learn more and [register](#).

Friday, July 31, 2-3 p.m.

How Junk Can Become Art: The Transformative Power of Found Art -- Our shorelines are being inundated by trash, plastics, and other cast-offs of civilization. You are invited to see how one couple works together to reimagine these to create whimsical works of art. Andrea and Sal Selvaggio will share their work and welcome you to share yours, or those you might have seen that inspire you. Learn more and [register](#).

Sibley Seniors Association offers programs and support groups online. Their latest newsletter and calendar is available at <https://www.hopkinsmedicine.org/sibley-memorial-hospital/documents/community-health/sibley-senior-association-q3-newsletter.pdf>.

Thursday, July 30, 3-4 p.m.

Travelogue of Argentina and Chile – Coastal Cities -- Come see photographs and be regaled with stories from Marti Bailey's trip by ship around the tip of Argentina and through the Chilean fjords. Marti traveled with the following ports of call: in Argentina - Ushuaia (Tierra del Fuego); in Chile - Beagle Canal (Passage), Punta Arenas, Magellan Strait, Canal Sarmiento, Castro (Chiloé Island), Puerto Montt, and Valparaiso Note: All SSA members will receive the Zoom link via email in the weekly SSA updates. If we do not have your email, please contact the office at **202-364-7602** or email at hprecou1@jh.edu.

Other community events:

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.

Thursday, August 6, 5-6:30 p.m.

Author Talk - Chocolate City, with Chris Myers Asch -- A virtual discussion about the history of race in Washington, DC with Chocolate City co-author Chris Myers Asch. Join Rock Creek Park, Rock Creek Conservancy, LINK Strategic Partners, and the Friends of Peirce Mill for a virtual discussion about the history of race in Washington, DC with Chocolate City co-author Chris Myers Asch. The interview will be followed by small group facilitated discussions of how our experiences today have been shaped by the past.

Tracing D.C.'s massive transformations — from a sparsely inhabited plantation society into a diverse metropolis, from a center of the slave trade to the nation's first black-majority city, from "Chocolate City" to "Latte City." Asch will offer an engaging narrative peppered with unforgettable characters, a history of deep racial division but also one of hope, resilience, and interracial cooperation. [REGISTER HERE](#)

Ongoing Events:

Osher Lifelong Learning Institute Registration for Online Courses is Open Now -- Registration for Fall 2020 classes through The Osher Lifelong Learning Institute (OLLI) is open now. All courses will be conducted online only via the Zoom app. The fall semester will run September 21 through December 4.

OLLI's study group leaders, curriculum committee, and staff have been working for months to prepare for the upcoming semester. To see the array

of courses available and to register, view the [schedule](#). Individuals who prefer to print a copy of the catalog may [download a PDF](#) from the OLLI website and register online. (Registration lottery day is September 8.)

The discounted rate of \$270 entitles neighbors to register for up to four courses (three prior to lottery day and a fourth after you receive your assignment letter). They also are happy to announce that many courses this fall will have increased capacity so fewer classes will be impacted by the lottery.

If you registered for a spring class that was canceled and is now rescheduled for the fall, you will be given priority registration for that class if you identify it as one of your top three preferences.

Alumni and Community Audit Program Suspended for Fall 2020 -- As a result of COVID-19, American University's Alumni and Community Audit Program is suspended for Fall 2020.

Theater J, the nation's largest and most prominent Jewish theater, has announced a new set of their popular online 'Classes for Theater Lovers.' starting August 13. And once again, Village members are being offered a \$20 discount. (Enter code VILLAGES at checkout. Cannot be combined with the subscriber/donor discount.) Whether you're a seasoned theatergoer or just interested in learning more about the art form, you can find classes in how to be a more aware and engaged audience member, how actors and directors approach their work, what goes on in the rehearsal room between directors and actors, and more. Classes will be taught by celebrated theater professionals: Aaron Posner, Naomi Jacobson, Adam Immerwahr, Kimberley Gilbert, and Eric Hissom, to name a few. You can find information about each class, as well as register, at www.theaterj.org/classes-for-theater-lovers/. Theater J's ticket office is also open for further information and help at (202) 777-3210.

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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This 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](#)

Virtual Yoga

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 Yoga

Thu 07 / 30 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 07 / 31 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 01 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

August 2 — 8, 2020

Functional Fitness

Mon 08 / 03 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 08 / 03 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Book Club

Mon 08 / 03 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 03 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 08 / 04 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Volunteer Training

Tue 08 / 04 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 05 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 08 / 05 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Coping with Uncertainty with Guest Tom Sherwood

Wed 08 / 05 / 2020 at 1:00 PM

Where: Via Zoom or Phone

[More Information](#)

Conversation on Race and Racism

Wed 08 / 05 / 2020 at 3:30 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 08 / 06 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 07 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 08 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!
Palisades Village