



Across the Fence *Special Edition* June 28, 2020

Happy 4th of July! Although the Palisades parade will be celebrated virtually, be sure to watch for special photos and interviews with some of our very special Palisades Village members.



Ruth Koczela celebrated her 99th with friends, family and the Palisades Village community. See the party [here](#).

Independence Day Facts:

The original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4 has been designated a national holiday to commemorate the day in the United States.

56 People signed the Declaration of Independence.

John Hancock was the first signer and famously had the largest signature.

The oldest signer, at age 70, was Benjamin Franklin of Pennsylvania.

The youngest signer, at age 26, was Edward Rutledge of South Carolina.

In July 1776 there were an estimated 2.5 million people living in the Colonial United States.

The Declaration of Independence was revised 86 times.

The first Independence Day was celebrated on July 8, 1776.

Thomas Jefferson and John Adams both died on the Fourth of July 1826.

The U.S. population in the 13 colonies was 2.5 million in 1776. It is more than 130 times larger today at 330 million.

The only county named Independence is in Arkansas.

Upcoming Events:

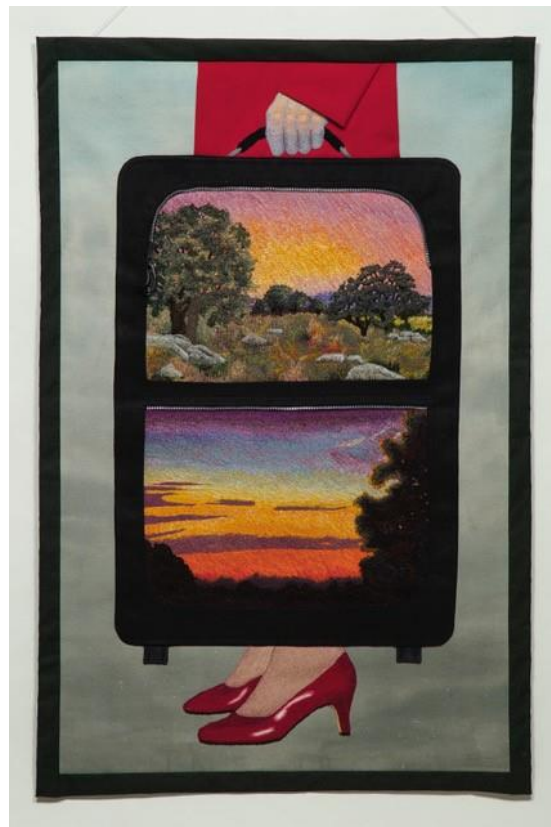
Let's Talk About It: Please join us on Monday, July 6 at 3 p.m. for the third in our series of conversations (via Zoom) about race and racism. Chenelyn Baker will moderate our conversation of NYT bestseller *White Fragility: Why It's So Hard For White People To Talk About Racism* by Robin DiAngelo. You can register [here](#).

You can get the eBook from the DC Library. They have unlimited copies of *White Fragility* and other books about race.

We are still looking for facilitators for our upcoming talks. If you would be interested in moderating or have a suggestion on a future session, please contact the office at **202-244-3310** or email asaccoccia@palisadesvillage.org.

Creative Corner:

Fiber Artist B.J. Adams: Fiber artist and Palisades Village member, B.J. Adams will take us through a recent project she did to celebrate her 80th year -- 80 works in one year. These examples of her textile art range from representational nature studies to expressive abstraction. Her work would be beautiful as drawings, but she does each one in embroidery which just takes them to a new level both literally and figuratively. This talk will be a journey from preliminary thoughts and ideas through the process of drawing, embroidering, and assembling the final works. To see her talk about her work, join us on Zoom on **July 15 at 11 a.m.** Please register [here](#).



Traveling from Dawn to Dusk – B.J. Adams

Volunteer Survey:

Volunteers -- Could you complete this [survey](#) by June 30 so we know our volunteer pool and your comfort level to provide requested services as we enter Phase 2 and beyond? As we plan and work towards addressing our members' needs, we would like to have an idea of how comfortable you feel volunteering as the Village slowly introduces services. Some of our members would enjoy a walking buddy while others need small basic home repairs (changing a light bulb, moving a plant, installing a screen, putting up a picture) or some technical assistance. We plan to distribute a checklist outlining procedures for both members and volunteers prior to filling a service request. Masks will be required (for both members and volunteers) as well as maintaining social distancing for any walks or in-home visits. We will recommend that members are not in the same room while a service is being done and minimal talking. We'd like to limit the time that our volunteers are in the house too. Currently, we don't plan on offering transportation until a later Stage.

Technology Help:

We have become so reliant on technology to get us through this time. Would a little technology help make your life easier? Call the office at **202-244-3310** and we can connect you with a tech volunteer by phone.

Armchair Travel:

Although travel to Europe will not be possible this year, we can still enjoy the beauty! Our armchair travels take us to Cinque Terre. Thanks to Jill Dombrowski who shared this virtual trip with us. When we can travel freely and safely, you should consider hiking from town to town for some breathtaking views!

Rick Steves' Europe Travel Guide | Exploring Italy's most remote and romantic stretch of Riviera, we visit five tiny port towns: dramatic Vernazza, surrounded by vineyards; reclusive Corniglia, high on its bluff; pastel Manarola; hardscrabble Riomaggiore; and the pint-sized resort of Monterosso. Fishing for anchovies, sipping wine out of rustic barrels, and savoring twinkling Mediterranean vistas, we enjoy the ultimate Riviera adventure. | © 2014 Rick Steves'

Europe <https://www.youtube.com/watch?v=WP316ABiIt0>

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!

“13th” is a documentary by African American filmmaker Ava Duvernay. The title refers to the first of the so-called “Civil War amendments”. The 13th freed the slaves, the 14th made them citizens and the 15th gave them the right to vote. There was tremendous long-term backlash to the passing of these Constitutional amendments.

Through the end of the month, you can watch it for free on YouTube: [Watch](#)

FROM OPEN AIR TO ON THE AIR!

Four Consecutive Nights starting Monday, July 13 at 8:00 p.m.

Join WNYC and the Public Theater as they bring free Shakespeare in the Park to the airwaves with William Shakespeare’s Richard II. Brought to you in a serialized radio broadcast over four nights, listen as the last of the divinely anointed monarchs descends and loses it all. [Click here](#) for more details and to listen in.



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

Tuesday, June 30, 10 - 11 a.m.

***The Postmistress* and *The Guest Book* with Sarah Blake** -- Sarah Blake, New York Times bestselling author, will be speaking about her books *The Postmistress* and *The Guest Book*. *The Postmistress* explores the lives of two women during WWII. Join this Bethesda Metro Area Village speaker events on Zoom or by phone. RSVP to director@bmavillage.org required by the day before the event. Sarah Blake taught high school and college English for many years in Colorado and New York. She has taught fiction workshops at the Fine Arts Works Center in Provincetown, MA, The Writer’s Center, in Bethesda MD, The University of Maryland, and The George Washington University. She lives in Washington, D.C. with her husband, the poet Joshua Weiner, and their two sons.

The following is part of the [Virtual Speaker Series](#) hosted by Northwest Neighbors Village. For more information about the Virtual Speaker Series, click on the link. To register for this Zoom presentation, please click on the title.

Thursday, July 2, 11 a.m.

[The Current State of the Movie Business; COVID-19's impact on Movie Theaters](#) -- Speaker: Josh Levin - has served in a leadership capacity in all three segments of the film industry -- as a distribution and marketing executive, documentary film producer and cinema owner/operator.

Thursday, July 16, 1 p.m.

[Could the White House steal the election by manipulating the Electoral College?](#) -- Speaker: **Roy Neel's** novel *The Electors*, published in 2016, imagines just that. His novel centers on a conspiracy in the White House to undermine the Electoral College and is described as "a riveting story of massive political corruption." Roy is a former White House Deputy Chief of Staff and Director of VP Gore's Transition Planning in 2000. He will talk about his novel and the research and personal experiences he had that led him to imagine such a scenario. His novel is available on [Amazon](#).

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.):

Tuesday, July 7, 1:00 p.m.

Virtual Field Trip: Peirce Mill --Join us on a virtual voyage through time Two hundred years ago, Peirce Mill was built along Rock Creek. We will explore how milling evolved, from crushing seeds with a rock to the 19th century Mills of Washington, DC. Our virtual tour will be conducted by Angela Kramer and William McLeod, Friends of Peirce Mill. [Read more \(Peirce Mill waffle recipe\) and register here.](#)

Tuesday, July 14, 11 a.m.

Effective Communication with People with Alzheimer's -- Sheila Griffin of the Alzheimer's Association will share tips on how to communicate effectively with loved ones with Alzheimer's Disease. [Read more and register here.](#)

Wednesday, July 8, 3 p.m.

Planning for Aging -- Are your legal and medical documents in order? Learn what you need to do in an overview of Estate Planning with Megan Wallace on in a Zoom workshop. [Read more and register here.](#)

New YMCA Fit & Well Social Fitness Zoom classes announced:

Monday, Wednesday, Friday, 8 a.m.

Resistance Band Workout 4 Seniors

YMCA Instructor, Erica Wilson

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Monday, 10 a.m.

Strength & Resistance 4 Seniors

YMCA Instructor, Jeanmarie Brown-Johnson

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Tuesday, 10 a.m.

Seated Pilates, Core & More 4 Seniors

YMCA Instructor, Yat Ping Wong

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Thursdays and Fridays, 2:30 p.m.

Strength and Resistance

YMCA Instructor, Tristan Simpson

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Wednesday, 10 a.m.

Strength & Resistance 4 Seniors

YMCA Instructor, Jeanmarie Brown-Johnson

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Wednesday, 11 a.m.

Sit Down, Get Down 4 Seniors

YMCA Instructor, Walter Smith

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Thursday, 10 a.m.

Seated Pilates, Core & More 4 Seniors

YMCA Instructor, Yat Ping Wong

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Friday, 11 a.m.

Strength & Resistance 4 Seniors

YMCA Instructor, Walter Smith

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnlxZz09>

Stay tuned... William Yates may be offering special classes to the Palisades Village community!

Other community events:

Wednesday, July 1, 7:00 p.m.

ANC3D Meeting – Discussion of American University’s proposed plans as well as a resolution asking the Mayor to require that masks be worn outdoors in our city. For details and more information, go to [ANC3D.org](https://www.anc3d.org).

Saturday, July 4

Virtual Palisades Parade – Details to come. As usual, Palisades Village will be represented.

Thursday, July 9, 10 - 11:30 a.m.

The Red Flags of Elder Abuse, Neglect, and Financial Exploitation

Webinar -- 1 in 10 older adults will experience some form of abuse, neglect, or financial exploitation. Unfortunately, only one in 24 cases is ever reported. This virtual training is designed for community members, neighbors, Villages members, and caregivers to better understand the issue of elder abuse. Attendees will learn about how to spot the warning signs of elder abuse, especially now with social distancing guidelines in place.

Speakers:

- Mario Wawrzusin, Administrator, Montgomery County Health and Human Services, Adult Protective Services

- Tovah Kasdin, ElderSAFE Center Director, Charles E. Smith Life Communities
- KerryAnn Aleibar, ElderSAFE Center Program Manager, Charles E. Smith Life Communities
- Sydney Palinkas, ElderSAFE Center Community Educator, Charles E. Smith Life Communities

Finally, attendees will learn how to respond effectively if they are concerned about an older or vulnerable adult in their life, including information on Adult Protective Services and other local community resources. Register [here](#).

FOR MEMBERS WHO LOVE THEATER (CLASSES)

Classes start Thursday, July 9

Join Theater J, the nation's largest and most prominent Jewish theater, for virtual classes this summer. Don't miss this opportunity to participate in discussion-based classes for theater lovers from the comfort of your couch, taught by some of DC's greatest artists. No experience required. You can register on [Theater J's website](#). As a Village member, Theater J is offering a discount of \$20 off for members of DC Villages. When checking out, use the code **VILLAGES**.

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

June 28 — July 4, 2020

Functional Fitness

Mon 06 / 29 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 06 / 29 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 06 / 30 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 07 / 01 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 07 / 01 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Chat with Barbara

Wed 07 / 01 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 07 / 02 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Office Closed for Independence Day

Fri 07 / 03 / 2020 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Happy Hour

Fri 07 / 03 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

No Mindful Knitting today

Sat 07 / 04 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
July 5 — 11, 2020

Functional Fitness

Mon 07 / 06 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 07 / 06 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Book Club

Mon 07 / 06 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

Discussion of "White Fragility"

Mon 07 / 06 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 07 / 07 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 07 / 08 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 07 / 08 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Events Committee

Wed 07 / 08 / 2020 at 1:30 PM

Where: No address or address is not accurate

[More Information](#)

Chat with Barbara

Wed 07 / 08 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 07 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 07 / 09 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 07 / 10 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 11 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village