



## Across the Fence *Special Edition* August 2, 2020

### Upcoming Events:

The Palisades Village [Book Club](#) will be meeting to discuss *Lion* this Monday at 1 p.m. on Zoom.

**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.

**New and Longtime Volunteers - Volunteer Training** continues on [Tuesday, August 4 at 5 p.m.](#) Volunteers only need to attend one session. If you are volunteering to help out in the office, do a special project, or work with our members, we ask that you sign up for this short training program (generally lasts about ½ hour to 45 minutes). 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. This training program will help improve our services and help us report data necessary for funding opportunities. To access the website, each volunteer needs a special login. Please contact Erica at [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org) to get yours.

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 Metz, 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](#).

As part of our **Armchair Travel** series, we are pleased to have Kathleen McGuinness share a pictorial travelogue of her 500+ mile walk on the **El Camino** in Spain. Join us to hear about her journey of fun and hope on Thursday, August 13 at 3 p.m. on Zoom. For more information 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](http://www.palisadesvillage.org).

### **COVID Corner: Practice physical distancing but not social isolation**

4 ½ months ago our lives were changed by the COVID-19 pandemic. Social distancing has become our new way of life. But physical distancing does not mean cutting off your social ties. [Alicia Arbaje, M.D., M.P.H., Ph.D.](#) who specializes in internal medicine and geriatrics at Johns Hopkins shares what you need to know to stay engaged in your community and stay safe doing so.

One important way to lower the risk of catching COVID-19 is to limit in-person visits. This is challenging since we cherish time spent with friends and family members. Arbaje says, "Physical distancing doesn't have to mean isolation or loneliness. We need to be safe, but also keep in mind that social isolation can have a negative impact on people's, especially older adults' immunity and mental health." She notes that in terms of social contacts, people should be encouraged to think beyond their usual circle of friends and family. "Saying hello to the mail carrier or checking in on neighbors close by can add to a sense of connectedness," Arbaje says.

Villages provide many opportunities for social engagement. Whether it be a regular phone call or outdoor visit with a friendly volunteer, participation in weekly yoga class from your living room, or connecting with others in a virtual discussion group, Village members benefit from the time spent with others. Our robust [events calendar](#) features a variety of social and wellness programming to keep you going during the pandemic. Now more than ever, DC Villages are working together to offer programming to

neighbors across the city, scroll down to “DC Village Collaboration” to learn more.

As always, we are here to help you get connected and stay involved. Need a little help getting on Zoom? Call the office. We’d be happy to provide a one on one tutorial from a volunteer.

We are in this together even while apart. We look forward to virtually seeing you soon!

Visit [Sibley Memorial Hospital’s website](#) to learn more about Dr. Alicia Arbaje’s recommendations for COVID-19 prevention and treatment.

### Update on the Taxi2Rails program- A Transportation Option:

The DC government transportation program that is available to DC seniors was scheduled to end on July 31 but has just been extended. Please call between a ½ and one hour of wanting to be picked up or you can sign up via the website, <https://dcyellowcab.com/taxi-to-rail-t2r/>, and book free (up to \$20) one-way trips [online](#) to medical facilities, grocery stores, or pharmacies in DC. The number is 202-727-3827. These are for one way rides only. You’ll have to call again for a ride home.

### It is not too early to apply for an absentee ballot for the election in November:

The DC Board of Elections (BOE) is working on ways to more safely hold elections amidst the COVID-19 public health emergency. To do this, BOE is looking at ways to minimize crowding at voting precincts and encourages voters to vote by mail using an absentee ballot. Absentee ballots do not require a reason or explanation for their use and may be requested online or through BOE’s app. BOE will soon also open a call center for requests by phone. To request an absentee ballot online, please go to: <https://www.vote4dc.com/ApplyInstructions/Absentee>.

Or you can call Palisades Village, **202-244-3310** and we have a volunteer who will help you with the paperwork to request a ballot.

## 2020 Census -- Make sure that you are counted:

The 2020 Census will shape federal funding in the District for a decade—your schools, your hospitals, your roads, and much more. It takes about 10 minutes, and you can do it from the same device you're reading this on right now (as well as by phone or mail, if you prefer). Ward 3 is currently at 70% participation rate. DC taxpayers send a lot of money to the Federal government and this is our opportunity to get our FAIR share to meet the city's needs, but that requires everyone, to respond to the census. [Make sure you're counted.](#)

## SOME Food Drive:



Palisades Members and Volunteers gave with their hearts to fellow DC residents experiencing hunger due to job losses in the pandemic. Twelve very heavy double-strength grocery bags were delivered on Friday morning to So Others May Eat (SOME) along with check donations to help SOME purchase provisions. If you missed the drive and wish to participate in this Palisades Village community event you can easily donate via SOME's webpage: <https://www.some.org/give>. Jan Smart is happy to continue picking up canned goods or checks if you prefer to give that way. Contact her at [smartjuanita@mac.com](mailto:smartjuanita@mac.com) or 202-468-4568. Thank you to all who contributed to this essential food drive.

## Are you a grandparent with a grandchild under age 5?

During this era of social distancing, how do grandparents and children use video chat to keep in touch and build new relationships? How does your new grandbaby respond when you play peek-a-boo over FaceTime? Will an infant recognize you from session to session? Babies, Zoomers, and Boomers is a new study about how young children and grandparents build relationships over video during COVID-19. Please consider participating in the study by completing a brief online survey [here](#). Participants must be residents of the U.S. or Canada and have a grandchild under age 5. After completing the survey, you can choose to enter your email for a chance to win a \$50 e-gift card (with a 1 in 10 chance of winning). On August 19th at 1 PM ET, Dr. Rachel Barr of Georgetown University will host a webinar about the study to share background on the science of early childhood development, early childhood media usage, and relationship-building over video chat. In addition to tips and strategies about how to engage virtually with grandchildren during the pandemic, Dr. Barr will answer questions about the study and share other opportunities to get involved with this timely research. To learn more about the study, check out the lab's [website](#) here.

## Creative Corner:

If you missed Haskell Small's "The Mysterious Beethoven" piano concert, the live stream is archived on YouTube and here is the link <https://youtu.be/WBdiauSvULI>



*Crush Funk Cabin Fever Concert on Sherier Place, July 23, 2020*

**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!

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. Please email [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) with your favorite places.



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

**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](mailto:casemanager@dupontcirclevillage.net)

**Thursday, August 6, 1 p.m.**

**FBWE Art Thursday with Fanchon Silberstein** -- It will feature Fanchon Silberstein talking about her recent book, 'Art inSight: Understanding Art and Why It Matters,' in which she explores what art reveals about how its makers see our world. More information on that 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.

"A first encounter with art is like meeting a stranger; it opens you to ideas, people, places and parts of yourself. In her recent book, Art inSight: Understanding Art and Why It Matters, Fanchon Silberstein explores what art reveals about how its makers see our world. "Make Sense of the Senseless" is the title of a chapter revealing ways that personal and cultural values are embodied in images, some of which were made at times of loss and healing. Fanchon will discuss some of the images pictured in the chapter and then open the conversation to all who attend. She looks forward to your questions and insights."

**Monday, August 10, 3:30 – 5 p.m.**

**New Group Forming for Long-Term Survivors of HIV** --Capitol Hill Village is forming a connection group for Long Term HIV/AIDS Survivors (LTS). LTS have lived with HIV for many years. Many acquired the condition when it was, in most cases, a death sentence, and spent many younger years surrounded by death and loss – of loved ones, friends, and futures. As the COVID pandemic continues to shift and disrupt lives, CHV aims to establish a virtual community space for people living with the reality of the HIV/AIDS epidemic in the midst of the COVID-19 pandemic. Like most Capitol Hill Village groups, this group will be primarily peer-supported, with a social worker to facilitate and offer resources. For the safety of all, this group will be virtual through the video conference app ZOOM. If you do not have video or internet connectivity, you may join by phone. There is no cost to join. Since it is virtual, it is not limited to Capitol Hill Village members. For more information or to reserve your spot, please click the link to take a brief poll: <https://www.surveymonkey.com/r/C8G6RTY>

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

**Wednesday, August 19, 5:30 p.m.**

**"Fake News and Real Journalism: Why It's So Complicated" with Bill Plante, former CBS New Journalist and Georgetown Village Board Member** -- Bill Plante, former CBS News journalist and correspondent is known for many aspects of his career, most especially his coverage of the civil rights efforts of the 1960s and several tours on the Vietnam War. Bill was asked to provide his thoughts on how journalism is in the process of changing in America and also the crisis situations in which America and journalism find ourselves. This will be a session not to be missed, with a long-time expert on and participant in American life and journalism. To sign up please contact the GV Office at 202-999-8988 or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

**Thursday, August 20, 1 p.m.**

**FBWE Art Thursday with Dr. Lynn Cates** -- This event will feature a photographic presentation by Dr. Lynn Cates. Her photos are inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. More information on that 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.

"Dr. Lynn Cates' photographic presentation is inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. Forests instill a sense of peace, calm, joy, and wonder. These images were selected because they distill the chaos of the forest down to its essence. These are the kinds of scenes that evoke the feelings you can experience when you take the time to be still and quiet and welcome all that surrounds you in the forest. Dr. Cates will take you through redwood forests in northern California, along DC's Capital Crescent Trail, and will end with a collage of forest scenes from across America."

### **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.):

**August 6, 10-11 a.m.**

[goDigital with the DC Public Library](#)--Learn how to access the DC Public Library's new digital application and platform. Our friend B from the Tenley-Friendship Library will help us download and navigate this new feature.

**Friday, August 7 at 1 p.m**

[Media Literacy Series presented by the Freedom Forum](#) -- Feeling lost in today's media landscape? In this first of a 4-part series, conducted through Zoom, participants dive into the complexity of digital citizenship, including the threat of falling for fake information. Exploring media literacy through a First Amendment focus: Session One will consider the ethical issues journalists face as they strive to be accurate, fair, and clear. Utilizing real-life case studies, participants grapple with issues journalists may encounter, including privacy, anonymous sources, and the pressure to be first.

**Sibley Seniors Association (SSA)** 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, August 6, 3-4 p.m.**

**It's Never Too Late for Real Change--** If you'd like to try to live a rich, full, and active life – forget about the latest fad diet or exercise regime. Instead, why not follow the proven practices of thousands of people around the world who live actively into their 80's, 90's, and 100's. They do so without a constant exercise of willpower – or by giving up what they love. Their secret? Find out during a free Zoom workshop. The presenter, Jeff Hughes, has a compelling personal story. For 30 years, he was a lawyer and consultant who lived on long hours, little sleep, and a lot of junk food. His blood pressure was so high it was barely controlled with two medications. He was 60 pounds overweight and no matter what popular diet he tried, he couldn't lose those extra pounds. More than 10 years ago, he began to make the type of changes he will talk about in this presentation. Changes that worked for him — and that last. Jeff will discuss how you can take the first steps to living a longer, happier, and healthier life. *All SSA members will receive the Zoom link via email in an SSA update at the end of July.*

**Other community events:**

**Monday, August 3, 6 p.m.**

**Love Your Gut from the Inside Out** -- Emerging science suggests that the bacteria in your gut may be key to better overall health. Join Suburban Hospital to learn about the ins and outs of digestive health. Learn which foods make your gut feel loved and which can cause irritation. Free.

[\*\*REGISTER HERE\*\*](#)

**Wednesday, August 5, 5 p.m.**

**[Shakespeare Lightning Round](#)** -- What's your favorite Shakespeare play? Best disguise in Shakespeare? Most overrated Shakespeare play? Tune in on Instagram Live for a fun, fast-paced, Shakespearean chat show. We ask our guests 30 lightning-fast questions about their favorite—and least favorite—things about the Bard. Join [Tana Wojczuk](#), senior nonfiction editor at Guernica and teaches writing at New York University for a new episode

of Shakespeare Lightning Round. Tana has previously worked as an arts critic for Vice, Bomb Magazine, and Paste and as a columnist for Guernica. She has an MFA in nonfiction from Columbia University, where she formerly taught. She was recently a finalist for the Gulf Coast Nonfiction Prize and has been a fellow at the Helene Wurlitzer Foundation residency and Tin House Summer Writers Workshop.

**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](#)

**Thursday, August 6, 7 p.m.**

**Do you believe everything you see online?** -- There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This free AARP webinar will equip you with valuable tools and resources to help you stay safe online. Take this chance to learn how to protect yourself and loves ones. [Register Online](#)

**Ongoing Events:**

**July 20-August 20, 9 a.m.-6 p.m.**

**Artomatic** -- Unjuried arts festival "by artists, for everyone," is migrating to the web for a digital 20th-anniversary celebration. Get to know established, up-an-coming, and amateur artists alike through online "mini-galleries, "

connect with them virtually, and support them if you can.

<https://www.artomatic.org/>

**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 from 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/](http://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](mailto: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](mailto: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](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
August 2 — 8, 2020

### **Functional Fitness**

Mon 08 / 03 / 2020 at 10:30 AM

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](#)

## **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](#)

Next Week at Palisades Village

August 9 — 15, 2020

**Functional Fitness**

Mon 08 / 10 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

**William Yates Fitness on Zoom**

Mon 08 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 08 / 11 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 08 / 11 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Functional Fitness**

Wed 08 / 12 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 08 / 13 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Walking the El Camino Spain**

Thu 08 / 13 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 08 / 14 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 08 / 15 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village