



## **Across the Fence** ***Special Edition*** **July 12, 2020**

### **Palisades Village Gradual Reopening Based on Volunteer Availability**

Thank you for completing the member and/or volunteer surveys that were recently sent out. 47 full and associate members responded to 13 questions ranging from their well-being to handling the COVID-related challenges including transportation, technical assistance, home repairs, social isolation, and engagement.

Generally, our members are doing well. Some mentioned that they are experiencing a bit of anxiety about staying healthy and wearing a mask, miss the social connections, need some motivation to walk outside, have some transportation and/or technical challenges, need a haircut, are a bit bored, and/or are in need of home repair assistance. Many are enjoying the virtual social programs that the Village offers in addition to the outreach we have been providing through our volunteers.

After we assessed the members, Palisades Village created a volunteer survey to see how we could best address our members' needs with our volunteer workforce. 31 volunteers responded to the survey. We asked how comfortable volunteers would be during the DC Reopening Phases. During Phase One and Phase Two, the majority of volunteers were very comfortable providing contactless services. Palisades Village is offering grocery shopping and delivery, free masks and running errands. The Village also has emergency contact captains for each neighborhood who check in with our members. We have also set up phone buddies. In addition, some members have been receiving regular meals from our

volunteers. Palisades Village volunteers have also provided special deliveries to the Village community. We are so appreciative of all that our volunteers have been doing to help our members and help Palisades Village.

Many of our volunteers felt comfortable during this Phase to walk and or visit outside with a member. Other volunteers offered to do simple home repairs for our members. We also have technical support available. If you would like to walk or visit outside with a Village volunteer, need technical support to connect to a virtual program or computer help, or need a simple home repair completed like changing a light bulb, moving a plant, changing a screen, etc., please call the Village office at **202-244-3310**. These services are based on volunteer availability.

Palisades Village is taking a very cautious approach because of our senior at-risk population. During all phases, until a vaccine is developed, Palisades Village will:

- Question members and volunteers about health symptoms (see questions below).
- Continue to wear masks to protect members and volunteers. Masks are available through the office.
- Sanitize hands and use disinfectant wipes on any surface members might touch before and after visits/programs.
- Increase air circulation as much as possible by opening windows.
- Maintain six feet of distance when possible. If you are walking with a member who may need an arm, please know there are additional risks and concerns. Please take the necessary precautions.

In order to ensure the safety of all, Palisades Village has a series of questions that it will ask the member and the volunteer to make sure they are feeling healthy to minimize risks. The office will be noting your responses. These questions include:

- Have you had a fever or chills in the past 48 hours?
- Do you have a cough?
- Do you have shortness of breath?
- Are you feeling unusually tired, or have you felt unusually tired in the past few days?
- Have you experienced body aches, in the past 48 hours?

- Have you experienced a headache in the past few days?
- Have you been in crowded situations in the past 48 hours?
- Have you been exposed to anyone who has tested positive for the virus?

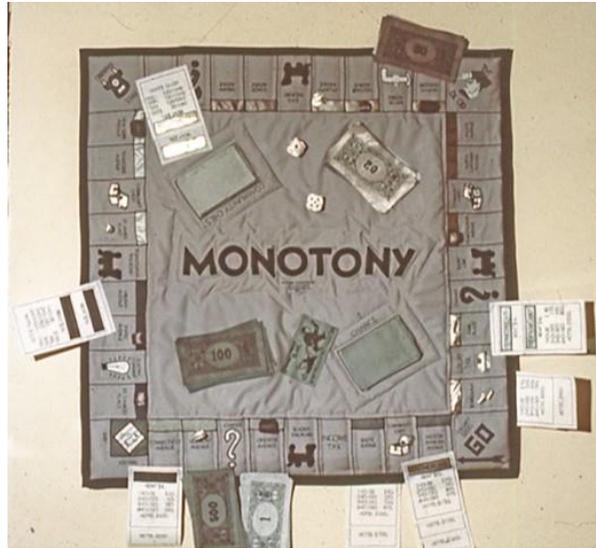
Palisades Village is also continuing to promote a free (up to \$20) DC transportation service **Taxi2Rail**. Book online at [Taxi2Rail.com](https://Taxi2Rail.com) or call **202-727-3827** to access a ride to medical appointments, the grocery store, pharmacy, etc.

We understand that some of our volunteers are not comfortable volunteering until there is a vaccine. The Village will be conducting a follow-up volunteer survey at a later date as we cautiously reintroduce services. We will be holding a [training session](#) for volunteers on Thursday, July 16 at 10:30 a.m. In addition to reviewing the current procedures, we will introduce our new Helpful Village software system. Please join us.

### **Upcoming Events:**

**William wants you to stay fit and strong! --Strength and Resistance 4 Seniors with Mr. William Yates on Mondays at 3 p.m.** We are resuming our fitness workouts from the Palisades Community Church virtually via Zoom starting this Monday, July 13. Please [register](#) for the class on our website to get the details for Zoom and stay informed.

**Fiber Artist B.J. Adams:** This Wednesday, July 15 at 11 a.m. 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. Please register [here](#).



*Monotony – B.J. Adams*

**Volunteer Training:** As we roll out services for our members, we encourage volunteers to sign up for our first training session in procedures and to introduce you to our new Helpful Village software which we will be using to facilitate member requests. Please join us Thursday, July 16 at 10:30 a.m. on Zoom. Please register [here](#).

Note the new day for our next **conversation on Race and Racism**. We 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](#).

### **Neighbors Helping Neighbors -- Spreading the Kindness**

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 that includes 2 cans vegetables & soup, 1 can protein (i.e. tuna), legumes and fruit, pasta, pasta sauce, rice, peanut butter, 2 boxes mac & cheese, meal-in-can (i.e. chili), box cereal and 2 boxes mac & cheese. 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 (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 [ablanton@palisadesvillage.org](mailto:ablanton@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.

Thank you for your generosity and sharing the love!

**Books:** Do you have books to share or need books to read? Kathy S. is looking for mysteries, political non-fiction and books on the Holocaust. She has bags of books that she is ready to pass on to other readers. If you have some to share or want to get some to read, contact her at [holdeen@aol.com](mailto:holdeen@aol.com).

**Zoom:**

The "bad guys" have found ways to disrupt Zoom meetings so we need to add more security to make it harder for them. When you sign in to a Zoom meeting you will either be directed to a waiting room or given a password. It makes it easier for the host if the name that you are using for Zoom is one that can be identified as you. We don't know who Ipad53 is and have to try to verify that it is someone who registered. If you need help with changing the name, let us know. And we can always help with a trial run on Zoom if you have never done it before. Contact the office at **202-244-3310** or [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org).

### **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!



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

**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](#). Part of Northwest Neighbors Virtual Speaker Series.

**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 reknowned 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.

### **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 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 15, 10-11 a.m.**

**Advanced Zoom**-- Join B Milenkovic of the Tenley-Friendship Neighborhood Public Library to learn some of the advanced features of the Zoom platform. This is for people who are comfortable with the application and will focus on additional security features. Please only join this class if you have used the system previously and are conducting classes or programs. Please check your junk, trash or promotions folder if you have not received a Zoom invitation by 9 am. Register **[here.](#)**

### **Other community events:**

**Sunday, July 12, 3 p.m.**

**"The Mysterious Beethoven"** -- Haskell Small on Piano at the WMPA  
2020 Livestream Chamber Concerts

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*

Donations to WMPA are encouraged. Click here for more information and  
Livestream Link, to be posted soon: <https://www.wmpamusic.org/>

And on **Saturday, July 25, 7:30 p.m.**, he will be performing the same  
program 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](#)

**Monday, July 13, 6-7:30 p.m.**

**A Zoom Dinner with Dr. Tehama Lopez Bunyasi** -- In conversation with  
Andy Shallal (CEO & Founder, Busboys and Poets) and Dr. Charles L.  
Chavis, Jr. (George Mason University) During this virtual event, Dr.  
Tehama Lopez Bunyasi, assistant professor at the [Jimmy and Rosalynn  
Carter School for Peace and Conflict Resolution](#) at George Mason  
University, will discuss antiracism in the United States. Dr. Lopez Bunyasi's  
most recent book, co-authored with Dr. Candis Watts Smith (Penn State  
University), is [Stay Woke: A People's Guide to Making All Black Lives  
Matter](#). This event is part of the [A.C.T.O.R. \(A Continuing Talk on Race\)](#)  
series at Busboys and Poets. After you [RSVP](#) for this FREE event, you will  
receive an email for instructions on how to join via Zoom.

**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](mailto:kengordon@alum.mit.edu). Until further

notice the group is meeting online via Zoom. Meets at Noon on July 20 and August 17.

### **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](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 [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village July 12 — 18, 2020

### **Functional Fitness**

Mon 07 / 13 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

### **Full Body Strength Conditioning and Interval Class**

Mon 07 / 13 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

### **William Yates Fitness on Zoom**

Mon 07 / 13 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 07 / 14 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 07 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Functional Fitness**

Wed 07 / 15 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

### **Artist Talk with B.J. Adams**

Wed 07 / 15 / 2020 at 11:00 AM

Where: Via Zoom

[More Information](#)

### **Full Body Strength Conditioning and Interval Class**

Wed 07 / 15 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

### **Volunteer Training**

Thu 07 / 16 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Thu 07 / 16 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Happy Hour**

Fri 07 / 17 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

### **Mindful Knitting**

Sat 07 / 18 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
July 19 — 25, 2020

### **William Yates Fitness on Zoom**

Mon 07 / 20 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 07 / 21 / 2020 at 2:00 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](#)

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

Thank you!

Palisades Village