



## Across the Fence *Special Edition* June 7, 2020

### Upcoming Events:

On Monday, June 8, we are launching the first in what we hope will be an ongoing conversation about racism. We will use a Ted Talk as a way to start the discussion. Join us on Zoom to watch the talk and then we will discuss it. We want this to be a safe place to open up without judgement.

This week's Ted Talk is on overcoming biases:  
Verna Myers: How to overcome our biases? Walk boldly toward them  
"Our biases can be dangerous, even deadly as we have seen recently. Diverse advocate Verna Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from them."

You can preview it here:

[https://www.ted.com/talks/verna\\_myers\\_how\\_to\\_overcome\\_our\\_biases\\_walk\\_boldly\\_toward\\_them](https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them)

Ellen Myerberg will moderate our conversation this week. Please join us at 3 p.m. You can get Zoom details and register [here](#).

On Tuesday, June 9 at 4 p.m. we will host a presentation on [“You Can Prevent a Stroke: Wellness at home, virtual medicine, and aging – useful guidance for everyone.”](#) Kristin Thomas, MD and Joshua Yamamoto, MD, are the co-founders of the Foxhall Foundation, a 501c3

non-profit based in Northwest DC dedicated to “Helping Everyone Age Well.” The Foundation recently published a book, “You Can Prevent a Stroke,” which is a very practical guide for anyone over the age of 50 on how to navigate the natural aging process and how to get the most out of what modern health care has to offer. The Foundation will soon open a brand new Wellness Center in Friendship Heights which hopes to offer an array of classes on wellness, fitness, and nutrition for all ages, especially for seniors. Alongside the Wellness Center, the Foundation has already begun a “Wellness at Home” project designed to help people access wellness counselors remotely. Drs Thomas and Yamamoto plan to spend a few minutes reviewing the book (which is available from Amazon and elsewhere), as well as discuss ways to work on health and wellness from home.

See our Palisades Village [events calendar](#) below to register for Palisades Village's Fitness, Chat with Barbara, Happy Hour, or Mindful Knitting.

### **Sibley Covid-19 Community Drive:**

Sibley would like to thank everyone for their partnership on the COVID-19 Virtual Community Drive. Thanks to your efforts, they collected close to \$4,000 in essential household items. They are now taking an inventory and preparing to distribute to community partners in Wards 7 and 8.

### **Palisades Village Connect & Learn:**

Our fitness class will be thrilled to see that Mr. William Yates is continuing to put out new videos online. Here is the latest:

[Strength /Cardio Workout 4 Seniors](#) Instructor, Mr. William Yates in Yowell Meadow Park. Culpeper, Va.

This one and many more can be found on our [Connect & Learn](#) page on the Palisades Village website.

**DC Village Collaboration**



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

**Thursdays, 4 p.m.**

**[CHV Chair Yoga](#)**-- This takes you to a registration screen. Click on the Add+ button on the right column under "Register," complete the registration form and press "Continue." If the info shows up correctly, select "Continue" again. Once registered, you will receive the link to join the program on Thursday. Feel free to call our main line with any questions: 202-543-1778.

The following are part of the [Virtual Speaker Series](#) hosted by Northwest Neighbors Village. For more information about the NNV Virtual Speaker Series, click here. To register for these Zoom presentations, please click on the title.

**Thursday, June 11, 3 p.m.**

**[Book Talk: From Hope to Horror: Diplomacy and the Making of the Rwanda Genocide](#)**--Speaker: Joyce Leader - Author, Ambassador to Guinea and previously Deputy Chief of Mission (deputy Ambassador) in Rwanda. A three-way ethnic and regional struggle to control transitions to democracy and peace was underway in Rwanda in the early 1990s. This jockeying for power dominated Joyce Leader's time at the United States embassy there as the ambassador's deputy in the years preceding the genocide of 1994. How did this struggle, which began on a high note of hope for positive change, escalate to mass atrocities and genocide? What prompted the slaughter of an estimated 800,000 to one million Rwandans in 100 days? Why did diplomacy fail to prevent this total break-down? What might be done in future to avoid a similar outcome elsewhere?

**Thursday, June 18, 1 p.m.**

**[The Importance of Grandparents](#)**--Speaker: Alison Gopnik - Professor of Psychology, the University of California at Berkley, and recognized expert in children's development and learning. A discussion of the importance of grandparents in children's cognitive development.

**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, June 17, 2-3:30 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. This session will focus on — Easy Indian Cooking in Your Kitchen! Liven up your cooking with Indian flavors! Using recipes from Good and Cheap, Susan will talk about easy, healthy and inexpensive ways to create your own Indian kitchen while demonstrating dishes from the book. Register [here](#).

**Wednesday, June 23, 2-3:00 p.m.**

**Understanding Options to Pay for Long-Term Care** -- Are you worried that you might not be able to pay for long-term care (LTC)? There a variety of ways to afford it. Learn from expert Rick Gow about different options to consider. Rick Gow is a Certified Senior Advisor and Wealth Management Advisor with Life Plan Retirement Partners, LLC. Register [here](#).

**Other community events:**

**Thursday, June 11, 5:30 p.m.**

**Spies & Spymasters Virtual Happy Hour** -- Real life The Americans with the Barsky Family! Join Jack Barsky and Spy Museum Curator and Historian Vince Houghton for a discussion of Barsky’s double life as an American businessman who was really an East German spy for the Soviets in the 1980s.

Barsky, who shared his story in the book *Deep Undercover: My Secret Life & Tangled Allegiances as a KGB Spy in America*, is featured in our Spies Next Door exhibition. He will be joined by the top reason he stayed in the States—his daughter Chelsea Dittrich. She has told her own unique story in the A&E documentary, *The Spy Who Raised Me*. Get ready for a cozy family evening spy style.

You’re welcome to ask questions after the talk—whether they relate to the Barsky family or bartending. Free. REGISTRATION REQUIRED.

[REGISTER NOW](#)

Need cocktail ideas? This occasion calls for only one drink, the “White Russian!”:

#### INGREDIENTS

2 oz Vodka

1 oz Kahlúa

1 splash Heavy cream

Directions: Add the vodka and Kahlúa to an Old Fashioned glass with ice. Top with the heavy cream and stir. Za zda-ró-vye agents!

### **Upcoming National Book Festival Presents Programs: Celebrating 50 Years of Pride and Connecting the World with Words**

The Library of Congress created its National Book Festival Presents series to bring their annual book festival experience to audiences on a year-round basis. In April, they took the physical events into the virtual realm, offering a series of talks related to the coronavirus pandemic with prominent authors and experts. [You can watch all of these talks and special presentations here.](#)

The series leaves talk of the pandemic behind with its upcoming programs, which celebrate the 50th anniversary of LGBTQ Pride and take an international scope with the June series “Connecting the World with Words”:

"Ha Jin on the Legendary Poet Li Bai." National Book Award winner Ha Jin discusses his new book, *The Banished Immortal: A Life of Li Bai*, in which he draws on a range of historical and literary sources to weave the life story of the eighth-century Chinese poet Li Bai. Premieres Thursday, **June 11, 7:00 p.m.**

"Erik Larson on Winston Churchill: The Right Words at the Right Time." Erik Larson discusses his latest book, *The Splendid and the Vile*, which tells the story of Winston Churchill during the London Blitz of World War II, with philanthropist and National Book Festival co-chairman David Rubenstein. Premieres **Thursday, June 18, 7:00 p.m.**

"Poetry Ancestors: How Invention Meets Influence." American Book Award winner Kimiko Hahn and fellow award-winning poet Rajiv Mohabir talk about invention and influence across borders, and how poetry serves as a

model for our moment, with Washington Post Book World critic Ron Charles. Premieres **Thursday, June 25, 7:00 p.m.**

All talks will be launched on Library of Congress Facebook and YouTube channels, on the Library's website, then available for viewing afterwards.

[Click here for more information.](#)

## 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

June 7 — 13, 2020

### **Ted Talk on Bias**

Mon 06 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 06 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 06 / 09 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**You Can Prevent a Stroke: Wellness at home, virtual medicine, and aging – useful guidance for everyone**

Tue 06 / 09 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Chat with Barbara**

Wed 06 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 06 / 11 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 06 / 12 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 06 / 13 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

June 14 — 20, 2020

**Virtual Yoga**

Tue 06 / 16 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Events Committee**

Wed 06 / 17 / 2020 at 1:30 PM

Where: No address or address is not accurate

[More Information](#)

**Chat with Barbara**

Wed 06 / 17 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

## **Virtual Yoga**

Thu 06 / 18 / 2020 at 4:30 PM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village