

Across the Fence
June 21, 2020

HAPPY FATHER'S DAY!

How many of us observe Fathers' Day, the third Sunday in June? How many of us even know what it means? If you check Wikipedia, you will see that it has a complicated history, but basically is designed to honor fathers in the same way that we honor mothers on Mothers' Day.

But, aside from the commercial aspects of sending greeting cards and presents, what does it really mean to us?

Thinking about my own father, I wish I had asked him more questions. If he were still alive, he would be 100 years old this year. I would have loved to have asked him more about his service in the Army Air Corps during WWII. And about how he met my mother, a Swiss war bride, and about his interesting but dangerous time as an FBI agent. Alas, it is too late for that now.

On the other hand, I myself became a father! I have two wonderful children, a son who lives with his family outside of Boston Massachusetts, and a daughter who lives with her husband in San Francisco. What do I want for Father's Day? Questions! What do they want to know about me that they do not already know? I hope that we will be able to have a virtual family brunch today and that they will feel free to ask me anything, while I can still answer. It's all about communication.

Happy Fathers' Day to all.

--Arne Paulson



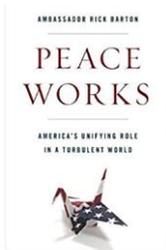
Four generations of Paulson's

Upcoming Events:

Let's Talk About It: We will continue our conversation on race and racism on Monday, June 22 at by focusing on a talk by the author of *White Fragility*, Robin DiAngelo, on [Deconstructing White Privilege](#). Please watch the video on YouTube beforehand and then join us for a discussion at 2:30 p.m. RSVP [here](#). We have postponed the discussion of *White Fragility* to give everyone an opportunity to finish reading the book. We plan on discussing the book at a later session so keep reading.

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.



We are so pleased that our Palisades neighbor, Ambassador Rick Barton, will be joining us on Wednesday, June 24 at 3 p.m. to discuss his book *Peace Works: America's Unifying Role in a Turbulent World*. He uses a mix of stories, history, and analysis to offer an affirmative approach to foreign affairs through concrete and attainable solutions. For more details on the book, his background in promoting peace throughout the world and to register, click [here](#).

New Volunteer Survey:

As we shift from Phase 1 to Phase 2 of DC ReOpening, <https://coronavirus.dc.gov/phasetwo>, we want to gauge the comfort level of our volunteers in providing direct services to our members. Our volunteer activities have shifted throughout this pandemic. We have focused on shopping for groceries, delivering food and meals, improving our website and finding ways to remain engaged socially without seeing each other in person. New connections and friendships have developed despite the challenges. Thank you to all the volunteers who have made this possible.

Volunteers -- Could you complete this [survey](#) by June 30 so we know our volunteer pool and your comfort level to provide requested services?

Member Survey:

We also want to know what how our members are doing so we determine how best to meet your needs as we move forward. Let us know what you have found challenging in this short survey.

You can find the survey [here](#). If you would prefer a hard copy, we would be glad to mail you one. We would like to get responses by June 24. Thank you to those who have already completed the survey.

Happy Father's Day! Here's some special fathers featured with our Village community.



BJ Adams and her father, John Hugh Newcomb



Susan Elliot and her father, Dr. William Elliott



Andrea Saccoccia and her father, Dr. Henry Dymsha

You're Invited to a Drive-by 99th Birthday Party for Ruth Kocela

Want to join in the celebration of Ruth's significant birthday? Send her a birthday card! Her family is hoping to collect 99 cards in celebration of this special birthday. The "drive-by" is between 5 and 5:30 p.m. on Ruth's birthday, June 25. Cars are asked to enter Hawthorne from Klinge. Feel free to drive by, offer a greeting out the window, honk your horn, and hold up a Happy Birthday sign, etc. Ruth will be there at the foot of the driveway to wave back and show her warm and happy smile!

Ruth's address is 5525 Hawthorne PI NW, Washington, DC 20016.

Palisades Village Connect and Learn:

American University Museum -- The AU Museum may be closed temporarily, but art aficionados still will be able to view the museum's summer exhibition online at [Museum@Home](#). The #artwhereyouare program also allows patrons to view highlights and selections from the museum's permanent collection on a digital platform. The summer exhibition includes:

[Another Fine Mess](#) – Shippesides & Beggs Projects, 2020

[Yuri Schwebler: The Spiritual Plane](#)

[Without Borders: The Paintings of Brian Maguire](#)

[Who is She? Terry Braunstein](#)

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.

Monday, June 22, 3:30 - 5:00 pm

Live and Learn: Understanding Hospice & End-of-Life Issues --

Online or Call-In: Information to log-in or dial-in will be provided to all registrants by 2:00 p.m. on June 22. RSVP: [Register Online](#) (You'll have to fill out your information as a non-member) or contact Dupont Circle Village Office at (202) 436-5252

It's not easy to think about, discuss, and prepare for end-of-life issues. This program will provide practical information on areas you need to consider when preparing for end-of-life, including the importance of pre-planning, hospice care, and immediate post-death actions.

Capital Caring Health is one of the nation's oldest and largest non-profit providers of hospice and palliative care. Over the years, they

have provided care to nearly 120,000 patients and their families. Program presenters from Capital Caring Health will include: Donna Gayles, Patient Advocate; Daniel Rehner, LGSW; and Rev. Matthew Suggs.

Tuesday, June 23rd, 1:00 pm

Trivia Pride Edition -- Join Capitol Hill Village for some good old Trivia. Showcase your skills of how much you know. They'll have 5 different categories that will range from random questions to best in picture. You could be the winner! [Click here to register.](#)

Friday, June 26th, 5:00 p.m.

Pride Movie Night -- Join Capitol Hill Village as they continue to celebrate Pride month. They will be watching *Blue is the Warmest Color*. The movie is in French, but there will be subtitles. Adèle's life is changed when she meets Emma, a young woman with blue hair, who will allow her to discover desire and to assert herself as a woman and as an adult. In front of others, Adèle grows, seeks herself, loses herself, and ultimately finds herself through love and loss. Bring your libations and snacks! [Click here to register.](#)

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.

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 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 are 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](#)..

Thursday, June 25, 11:00 a.m.-12:00 p.m.

Elder Housing Forum -- Please join the Department of Insurance, Securities and Banking, Age-Friendly DC and IONA Senior Services for a virtual Elder Housing Forum. Learn about foreclosure mediation, legal resources, and accessory dwelling units from Department of Insurance, Securities and Banking, AARP Legal Counsel for the Elderly, Coalition for Smarter Growth, DC Dept. of Consumer and Regulatory Affairs. EVENT LINK: <https://bit.ly/2XPHy2I> For More Info: Idriys Abdullah 202-442-7832 Idriys.abdullah@dc.gov

New YMCA Fit & Well Social Fitness Zoom classes announced:

Monday, 10 a.m.

Strength & Resistance 4 Seniors

YMCA Instructor, Jeanmarie Brown-Johnson

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnIxZz09>

Tuesday, 10 a.m.

Seated Pilates, Core & More 4 Seniors

YMCA Instructor, Yat Ping Wong

<https://us04web.zoom.us/j/5161932880?pwd=ckJhQUJIRmtFaUJ5VVh4YW9RWnIxZz09>

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Wednesday, 11 a.m.

Sit Down, Get Down 4 Seniors

YMCA Instructor, Walter Smith

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

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We are hoping that our favorite instructor, William Yates, will add his class to this schedule.

Other community events:

Mondays, June 22 - August 3 & Wednesday, July 15, 5:30 - 7:00 p.m.

Freedom From Smoking -- Quitting smoking is hard. Freedom From Smoking®, America's gold standard smoking cessation program for over 25 years, is a step-by-step plan where you will gain the skills and techniques needed to take control of your behavior. This program has helped hundreds of thousands of people quit smoking—and it can help you, too! Supported by the Montgomery County Cancer Crusade. Free. [REGISTER HERE](#)

Tuesday, June 23, 1 – 2 p.m.

Current Diet Trends -- A Suburban Hospital clinical dietician will review the benefits and possible downsides of the latest diet trends and set the record straight on how to eat a well-balanced diet while maintaining a healthy weight. Free. [REGISTER HERE](#)

Wednesday, June 24, 10-11 a.m.

Breathing Exercises for Better Lung Health -- During this virtual meeting you will learn how to get the most out of each breath you take. Respiratory Therapist Stephanie Williams, Director of Community Programs at the COPD Foundation will guide us through breathing techniques that can help improve your quality of life. Free.

[REGISTER HERE](#)

Wednesday, June 24, 5 – 6:30 p.m.

Healthy @ Hopkins: Dinner Delights with Chef Mike -- Join Suburban Hospital's Executive Chef from the safety of your kitchen as he demonstrates how to prepare immune-boosting dishes that will keep your family and wallet satisfied this summer. This session includes Q&A with Chef and a Registered Dietitian. 100% of registration will be donated to [A Wider Circle](#). \$10 [REGISTER HERE](#)

Saturday, June 27, 8:00 p.m.

PRIDE EVENT: Gen Silent, LGBTQI Aging Film + Q&A -- This award-winning film follows a handful of older people as they choose whether or not to be out about their lives when faced with a long-term care system that isn't always accepting. Following the screening, discussion and Q&A moderated by Assistant Director of Fenway Health's LGBT Aging Project Bob Linscott with filmmaker Stu Maddux, Director of LGBT Aging Project Lisa Krinsky, and a 10-year check-in with cast member Laurence Johnson. Register [here](#).
