



Across the Fence *Special Edition* October 11, 2020

Upcoming Palisades Village Events:

The office will be closed tomorrow in observance of Indigenous Peoples' Day.

Wednesday, October 14, 3 p.m.

[Beyond Coping: What COVID Confinement is Teaching Us About Personal Resilience](#) -- Take a deeper dive with us in an interactive workshop focused on what makes a person resilient, and learn how to strengthen your own personal resilience.

- Learn what it really means to be resilient over time
- Bring more awareness of your short-term coping behaviors
- Expand your knowledge of actions that foster and grow resilience
- Practice simple, effective resilience skills
- Leave with a way to strengthen your personal resilience

Friday, October 16, 4-6:30 p.m.

[Oktoberfest Sausage and "Beer" and Virtual Happy Hour](#) -- Members and volunteers: [Register](#) to reserve your sausage now. You can pick up a sausage sandwich and root beer for take-out or delivery from 4-5 p.m. and then join us on our Zoom Happy Hour at 5:30. Register [online](#) or call 202-244-3310 by **October 14** and let us know whether you will pick yours up (5200 Cathedral Avenue, NW) or would like it delivered.



The "Wilson Brothers" will be back at the grill for Oktoberfest (Photo Credit: John Loggins)

Thursday, October 22, 6 p.m.

Was your curiosity piqued by the presentation on the new Chinese American Museum? Do you know the **history of DC's Chinatown**? Mr. Gong, Founder/Director of the [1882 Project Foundation](#), will speak on issues of gentrification and preservation in DC's Chinatown. He will discuss the inspiration for the Foundation's creation, and its reference to the only Federal statute to specifically and totally exclude immigrants of a particular ethnic/cultural heritage--the Chinese. He will address the history of DC's Chinatown and its continuing evolution via the "Chinatown Off H Street Project," plus a related project at DC's Congressional Cemetery. Register [here](#) or call 202-244-3310.

Oktoberfest on October 16 is just the start of a season of special **Happy Hours**. We will also have an opportunity to dress up for Halloween on October 30 and an opportunity to see the work of artist Roberto Werebe on November 6. Save the dates and stay tuned for details. We get together every Friday at 5:30 on Zoom. Register on our calendar at https://palisades.helpfulvillage.com/events/index_list for Happy Hour or any of our upcoming events.

If you need any technical support to register or attend with Zoom, please let us know at 202-244-3310 or ebanton@palisadesvillage.org. You don't need a computer to join with Zoom. You can join with your phone with a special phone number, meeting ID, and password.

COVID Corner:

This COVID-19 information on Flu Prevention during the Coronavirus Pandemic is provided in partnership with the Ward 3 Senior Villages, which

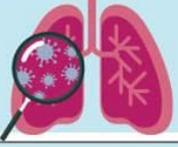
include Palisades Village, Cleveland and Woodley Park Village, Northwest Neighbors Village, and Sibley Hospital. Together we are “Building Engaged and Supportive Communities.”

As we enter the fall and winter months, we are beginning the start of the flu season. It’s important to be prepared and get a flu shot. They are available at your neighborhood Safeway and many local pharmacies. Please contact your physician or local drug store to check on availability.

The following Johns Hopkins infographic provides a quick reference to protect you and your loved ones from the flu and COVID-19.

Flu Prevention During Coronavirus Pandemic

Fall and winter months bring the flu season. Here is what you need to know to help protect you and your family from the flu and COVID-19.

FLU	PREVENTION	COVID-19
<p>Flu shot. A flu shot protects you and your family from most strains of the flu.</p> 		<p>Physical distancing, mask wearing, frequent hand washing. These important safety measures help prevent COVID-19 and also protect against the flu.</p>
SYMPTOMS		
<p>Flu and COVID-19 can have similar symptoms. Call a doctor or health care center if you have any of these symptoms:</p> <ul style="list-style-type: none"> • Stuffy or runny nose • Cough • Diarrhea • Fever or chills • Headache • Muscle or body aches • Nausea or vomiting • New fatigue/feeling tired or without energy • New loss of taste or smell • Shortness of breath or difficulty breathing • Sore throat 		
WHAT TO EXPECT		
 <p>Fever and aches should end within five days. Coughing and fatigue/feeling tired or not having energy can last about two weeks. See your doctor if symptoms get worse. Severe cases may lead to hospitalization or death.</p>	<p>Some people may never have symptoms. Recovery can take up to two weeks for mild cases, or six weeks or more for severe cases. COVID-19 may also lead to lasting organ damage, hospitalization or death.</p> 	
TREATMENT		
<p>Rest, a fever reducer, such as acetaminophen, and an antiviral medicine to reduce the amount of time you have the flu and prevent complications</p> 	 <p>Mild cases: rest, fever reducers and cough medicine.</p> <p>Serious cases: hospitalization, breathing support with a ventilator or other therapies.</p>	
COMPLICATIONS		
 <p>Flu can turn into pneumonia, and very severe cases can be fatal.</p>	<p>This disease can result in pneumonia and lasting damage to your lungs, kidneys, heart and brain. COVID-19 can be fatal.*</p> <p><small>* More research is needed, but doctors and scientists currently believe that the death rate of COVID-19 could be 10 times higher (or more) than most strains of the flu.</small></p> 	
CAUSE		
<p>It is caused by several different influenza viruses that change each year, which is why there is a new vaccine each flu season.</p> 	 <p>This disease is caused by a coronavirus called SARS-CoV-2, which emerged late in 2019.</p>	
 <p>WHEN TO CALL YOUR DOCTOR. Call your doctor or health center if you have any signs or symptoms of illness. Explain what is happening, and follow their advice.</p>		

Note: This infographic is not intended to take the place of medical advice. For questions about your health, please contact your medical provider.

Register for future sessions of the COVID Series for Older Adults:

Staying Healthy is More Than Just Staying at Home

October 21, 4-5 p.m.

Register: www.tinyurl.com/villagetalk2 or 202-244-3310

Building Resilience in the Wake of a Pandemic

November 18, 4-5 p.m.

Register: www.tinyurl.com/villagetalk3 or 202-244-3310

If you missed the first session "**Ask a Sibley Medical Expert,**" we will be posting the recording as soon as it becomes available. In the meantime, you can [view the Powerpoint presentation](#).

This partnership between Cleveland & Woodley Park Village, Northwest Neighbors Village, Palisades Village, and Sibley Memorial Hospital is possible thanks to a DC Community HOPE grant through Mayor Muriel Bowser's Office of Community Affairs.

Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance-zoom training, email assistance via phone, etc.
- Programming via Zoom and Conference Calls-including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the "front porch," outside at a safe social distance.
- Walking Buddies-maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)

- Outdoor yard assistance
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please update the office on what services you feel comfortable providing.

Medicare Open Enrollment Period Offers Opportunity for Re-Evaluation



This is the time of the year for Medicare's Open Enrollment Period, which runs from October 15 through December 7. Medicare has four parts and various enrollment periods throughout the year where you can add, drop, or switch your Medicare plan. Insurance can be confusing, so let's break down the different parts of Medicare, what you can do during the various enrollment periods, and what your support options are.

First, the parts of Medicare and their coverage:

Part A (Hospital Insurance). Part of Original Medicare and covers most medically necessary hospital and skilled nursing facility stays as well as home health and hospice care.

Part B (Medical Insurance). Also part of Original Medicare and covers most medically necessary doctor's services, preventive care, durable medical equipment, hospital outpatient services, laboratory tests, x-rays, mental health care, and some home health and ambulance services

Part C (The Medicare Advantage Plan). Through the Medicare Advantage Plan, you can choose to have a private health insurance company provide insurance benefits to you that would otherwise be covered by Original Medicare.

Part D (Outpatient Prescription Drug Insurance). Outpatient prescription drug coverage is provided only through private insurance companies that have contracts with the government. Each plan covers different drugs.

The Medicare enrollment periods throughout the year are:

1. Initial Enrollment Period, which typically takes place within 3 months of turning 65, where most participants sign up for Part A and Part B.
2. General Enrollment Period (annually, between January 1 and March 31). If the initial enrollment period is missed, participants can sign up during the General Enrollment Period in which case coverage will start July 1.
3. Special Enrollment Period is when you can make changes to your Part C and Part D coverage if certain events happen in your life, such as if you move or you lose other insurance coverage.
4. Open Enrollment Period (annually, October 15 through December 7) is when current Medicare users can choose to re-evaluate part of their Medicare coverage Part C and/or Part D and compare it with the other plans on the market. After re-evaluating, if there is a plan that fits better, there's an option to switch, drop, or add a Part C and/or Part D plan. If using the Open Enrollment period to choose a new Part C or Part D plan, that new coverage will begin on January 1.

For support with insurance questions, contact the DC Department of Aging and Community Living's State Health Insurance Counseling Project (HICP). HICP provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. In addition to assistance with health insurance issues, HICP also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. HICP can answer questions and provide assistance on issues relating to health insurance including Medicare, Medicaid, Medigap (Medicare supplemental insurance), Medicare+Choice (Medicare managed care), long-term care insurance, long-term care, federal employee health benefits, unpaid medical bills, HMOs, durable medical equipment, and hospice care. You can reach HICP on their telephone hotline (202) 727-8370 or by email at: ship.dacl@dc.gov. HICP staff will respond to your request within two business days. Additional resources: <https://www.medicare.gov/blog/medicare-enrollment-period-2020>

<https://www.mymedicarematters.org/resource/a-complete-guide-to-medicare-open-enrollment>

Creative Corner:



Photos of the Palisades by an anonymous member.

Become a Senior Mentor to a GW Medical Student

As a senior mentor, you will have the opportunity to share your experiences with a medical student through discussions about shared interests, hot topics, personal experiences, and guided conversations about their interactions with the health care systems. You will be “matched” to one medical student, who will call you about once a month over the course of the next few months.

If you are interested in becoming a senior mentor to one of their medical students, please contact them through their website at gwureachingout.com or call them at (202) 709-6344 to sign up. [More Information](#)

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!

Here are two new opportunities from the Lincoln Center:

VIGIL -- The world premiere of VIGIL pays tribute to Louisville native Breonna Taylor—the EMT and aspiring nurse who was shot and killed by police in her home—whose tragic death has fueled an international outcry. Created by renowned opera singer and activist Davóne Tines in collaboration with Matthew Aucoin, Igée Dieudonné, and Conor Hanick, this music film presents an exercise in empathy—a model for how to engage with the powerful emotions we feel because of injustice and how to take action. [WATCH >>](#)

A Tribute to Ruth Bader Ginsburg -- Ruth Bader Ginsburg was opera's "greatest advocate" and a true lover of the art form. We pay tribute to her with the help of soprano Christine Goerke and pianist Bradley Moore. The pair perform an aria from Beethoven's *Fidelio*, a work that Ginsburg said gave her "the greatest hope for the future." The aria, with its strong independent female heroine, is a fitting tribute to the woman who fought tirelessly for justice throughout her career. [WATCH >>](#)



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

Monday, October 12, 7 p.m.

Author Talk with Peter Stein discussing A Boy's Journey From Nazi-Occupied Prague to Freedom in America -- Join Capitol Hill Village when Peter Stein will discuss his memoir: A Boy's Journey: From Nazi-Occupied Prague to Freedom in America. The son of a Catholic mother and Jewish father, Stein spent his childhood during the Nazi occupation of Czechoslovakia and later experienced the Communist takeover before immigrating to the United States with his mother. His father was forced into slave labor but survived and ultimately was able to rejoin the family. His paternal family - aunts, uncles, cousins, and grandparents - were lost. Described as "a powerful story of human resilience in the face of violence, uncertainty, and fear," Stein's memoir bears witness to historical events through the eyes of a child and brings them to life. Click on this Zoom link to participate.

<https://us02web.zoom.us/j/84989247382?pwd=ZjlrM1ZYRk1SVEFmMCs5RXhiKzhLUT09>

Wednesday, October 14, 1-2 p.m.

[Life During COVID19: Difficult Decisions](#) -- Dr. Pallavi Doddakashi and nurse practitioner Caitlin Geary would like to present/discuss Life During COVID19: Difficult Decisions & Q&A.

Wednesday, October 14, 1:00-2:30 p.m.

Who is Going to Lose and Why with Allan Lichtman -- Lichtman, the Nostradamus of modern-day presidential election outcomes and Distinguished Professor of History at American University, has correctly foreseen who would win all the presidential races since 1984. He predicted Trump would win in 2016. (He also predicted in another book that Trump would be impeached). Lichtman created the "The Keys to the White House" model, which he created with Russian seismologist Vladimir Keilis-Borok in 1981, using pattern recognition. This event is in Partnership with LFV and the Little Falls Library of Montgomery County Public Libraries and in

collaboration with COFFE (Council of Former Federal Executives & Associates). Registration Link: www.littlefallsvillage.org/Lichtman

Wednesday, October 14, 2-3:30 p.m.

Everything You Always Wanted to Know About the Cuban Missile

Crisis from a CIA Insider -- Did you know that the downing of a US reconnaissance flight over Cuba in 1962 was ordered by a junior Soviet officer without the Kremlin's knowledge? Did you know that nuclear weapons were already in Cuba when the US government thought the deployment was still a work in progress? Peter Clement, former CIA Deputy Director for Intelligence Analytic Programs and current lecturer at Columbia University, will discuss one of American history's most perilous moments. Zoom login info will be sent prior to the event. RSVP to programs@silverspringvillage.org

Wednesday, October 14, 2-4 p.m.

Healthy Eating on a Budget -- This series of online webinars is designed to provide participants with an increased understanding of healthy approaches to eating. Participants will work with the instructor to find solutions to barriers that prevent healthy eating and share best practices for planning and preparing healthy foods in an economical way. Input from participants is encouraged to shape topics and share recipes that best interest the audience. Each session includes a cooking demonstration. Recipes will be distributed in advance, which will give attendees an opportunity to gather ingredients to cook along with the instructor. The goal of this webinar is to encourage participants to act as Nutrition Ambassadors: spreading the idea of eating healthy on a budget in their community.

Healthy Plants on a Budget - Wed., Oct 14 from 2-4

Healthy Sodium on a Budget - Wed., Oct 28 from 2-4

Healthy Sugar on a Budget - Wed., Nov 11 from 2-4

Wednesday, October 14, 5:30 p.m.

"My 50 Years as A British Journalist in America" with GV Member Joy Billington Doty

--Join Georgetown Village for an interesting look at the past 50 years of America through the eyes of British Journalist Joy Billington Doty. Joy, a writer who covered the White House for the Washington Star over five administrations, was Entertainment Tonight's Washington reporter and also covered the Reagan administration for the San Diego Union after the demise of the Star in 1981. She began her career as a journalist in

Singapore, wrote a column in North Borneo, worked for AP and USIA in Bangkok, and in swinging London in the late 60's wrote for The Times of London. To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Thursday, October 15, 2 p.m.

[Author Talk: *The Riddle of Oedipus*](#) --The Ancient Greek tragedy *Oedipus Rex* by Sophocles is one of the most celebrated--and disputed--works in Western literature. For centuries, classicists, psychologists, philosophers, and many others have tried to solve the "Riddle of Oedipus," the age-old puzzle of what Sophocles's masterpiece *Oedipus Rex* means and why it is so singularly mesmerizing. In his 2018 book *Searching for Oedipus: How I Found Meaning in an Ancient Masterpiece*, Ken recounts his decades-long search for the answer to this riddle and in the process, he shows just how deeply the play is embedded in our cultural DNA and how strongly its influence continues to be felt. In this talk, Ken will explain why a strong case can be made that the Sophocles play is *the* central work of Western literature. **[Click here for the Zoom registration link](#)** for this session. You will be asked to include your name, email address, and confirm you are not a robot. Once complete, Zoom will immediately email you a link to the program.

Thursday, October 15, 4-5 p.m.

Presidents at the Supreme Court -- More than half of the 44 individuals who served as U.S. President have been lawyers. A few of them participated in cases in the U.S. Supreme Court, either before or after their presidencies. Learn who they were, what issues were at stake, who they represented, as well as how the Supreme Court itself has evolved. For some, their legal legacies may be greater than their accomplishments as President. Lorna Grenadier, a docent at the National Portrait Gallery and the U.S. Supreme Court, will be guiding us through this unique history. **[Register here](#)**

Monday, October 19, 10-11:15 a.m.

Art Talk: Japanese-American Artists in the First Half of the 20th Century, Part 1-- Volunteer docent Lee Ann Lawch returns to help us explore artwork from the SAAM collection. In 1942, amidst WWII fear, Executive Order 9066 went into effect incarcerating more than 100,000 West Coast Japanese Americans. Although Japanese Americans farther east were not incarcerated, their movement and possessions were

restricted and activities monitored. We examine how Japanese-American artists persisted during those troubling times. RSVP by Friday, October 16, 12 noon to aha@athomeinalexandria.org or by calling 703-231-0824.

Tuesday, October 20, 2 p.m

The Power of Grief --The speaker, Julie Potter, has a Master of Social Work from the University of Michigan. She worked with Holy Cross Home Care and Hospice and at area nursing homes. Her major career activity was as a Sibley Hospital Social Worker and then Coordinator of the Sibley Senior Association, a Wellness Program. At Sibley, she had a particular interest in those recently widowed, helping to initiate a Widowed Persons Outreach program in conjunction with dedicated community members, the AARP, and local agencies. She has long experience working with people at the critical moments of life and received two Sibley Hospital Awards for her work, and the Seabury Leadership in Aging Award in 2013. Ms. Potter has recently published a book *Harnessing the Power of Grief*. To register, email information.fhnn@gmail.com with "Grief" in the subject line.

Tuesday, October 20, 3 p.m.

Special Guest Author and Journalist Peter Ross Range--Range will discuss his latest book *The Unfathomable Ascent*, which details Hitler's rise to power and follows his book *1924: The Year that Made Hitler*. Both books explore Hitler's early years, his close calls, and his year in prison for treason when he read extensively and wrote *Mein Kampf*. RSVP to director@bmavillage.org by October 19.

Wednesday, October 28, 1:00-2:30 p.m.

How to Age with Vitality, Dignity, and Humor with Chris Palmer -- Educator, speaker, author, and environmental/wildlife film producer Chris Palmer is a frequent speaker at conferences and film festivals. He also gives workshops on how to live a fulfilling life, how to raise money, how to give effective presentations, how to network effectively, and how to triple one's productivity. He is a stand-up comedian and performs every Saturday night at the Bethesda Hyatt in Bethesda, MD. He has jumped out of helicopters, worked on an Israeli kibbutz, and was a high school boxing champion. He joined American University in August 2004, establishing the Center for Environmental Filmmaking at the School of Communication. Palmer will give an entertaining and interactive workshop on how to get the most out of life and live with more joy, success, and fulfillment. The workshop is about actively designing our lives rather than simply drifting

forward reacting to what happens to us, and how to behave in ways that are true to our most honorable, generous, and best selves. This event is in Partnership with LFV and the Little Falls Library of Montgomery County Public Libraries. Registration Link: www.littlefallsvillage.org/Vitality

Wednesday, October 28, 5:30 p.m.

Climate and COVID: Tackling the Greatest Challenges” with Sherri Goodman --Join Georgetown Village as Sherri Goodman, Senior Fellow at the Wilson Center, provides a thought-provoking session on climate change and COVID, two of the greatest challenges of our time. Climate change remains an existential threat to our globe at the same time the greatest pandemic since 1918 is upon us. Our guest speaker is uniquely positioned to discuss these twin crises and how they relate to one another. Sherri is credited with educating U.S. military and government officials over the last generation about the nexus between climate change and national security. RSVP to lynn@georgetownvillage.org.

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.):



October 15, 16, and 19, 1:00 p.m.

Twitter, Facebook, and YouTube for Beginners--B Milenkovic from the Tenley-Friendship Public Library will offer a three-part series covering Twitter, Facebook, and YouTube for beginners. Registrants will receive links to all three programs on the morning of that session but can participate in whichever program about which they wish to learn. [Read more and register here.](#)

Wednesday, October 21, 3 p.m.

Cooking with Susan -- Learn how to cook pumpkins and other squash. Our instructor, Susan Barocas, is a writer, cook, teacher and speaker with a passion for healthy cooking. [Read more and register here.](#)

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf.

5th Annual Journey to Hope D.C. Virtual Conference for Alzheimer's Family Care Partners

-- A FREE conference to get updated on Alzheimer's disease, care, and research. All programs will be held on Tuesdays, from 4 to 5 p.m. via Zoom webinar. Registration is required by phoning 202-364-7602.

Oct. 20 – Keynote Speaker: Kostas Lyketsos, M.D., M.P.H. -- Where Are We with Treatment Development for Alzheimer's?

Oct. 27 – Recognizing and Transforming the Experience of Grief -- Kelsang Varahi, M.D., M.A., M.S., a Buddhist nun and retired physician.

Nov. 10 – Meet with other care partners, using Zoom breakout rooms, to discuss specific topics in providing care such as: When your loved one is changing, Managing care during the pandemic, When family won't step up

Nov. 17 – The Power of Storytelling

[DPR](#) -- Starting Thursday, October 1, DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. Actual programs will begin on a rolling basis starting on Tuesday, October, 13. DPR will also open a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit our [main registration portal](#).

Other Community Events:

The Fall Catalog for **Live & Learn Bethesda** is available from their [Website](#) or clicking the [Fall Catalog](#). They have ongoing classes and interesting one time speakers on current events, art, history, etc.

Sunday, October 11, 2:00 p.m.

Hearing Assistive Technology -- Technology to help us hear better in different settings is evolving and improving rapidly. Dr. Larry Medwetsky of Gallaudet University will talk to us about emerging developments, especially those that may be helpful to us in communicating in noisy environments. He will also bring us up to date on new technologies to connect hearing aids and cochlear implants with a variety of audio sources. Captioning for our program will be provided. There is no charge.

All are welcome. If you would like to attend, please RSVP to hladcchapter@gmail.com by October 7.

Tuesday, October 13, 8 p.m.

The Multinational Soul: A talk about ancient Indian traditions in a modern, diasporic world -- Join Ragamala Dance Company Co-Artistic Directors Raneer Ramaswamy and Aparna Ramaswamy as they look back on their May 2020 conversation with renowned essayist and TED talk favorite Pico Iyer. Moderated by the Kennedy Center's Alicia Adams and Northrop's Kristen Brogdon, the Ramaswamys share how Iyer's writing has shaped their stage work and together reflect on concepts of impermanence, joy, and sorrow through the lens of their shared Indian heritage. Attendees will be invited to share their questions and help shape this live conversation. This is a free online event, with advance [registration](#) required.

October 13-25

The Smithsonian Craft Show: Craft the Future -- This two-week celebration of fine American craft features artists in individual online shops, plus a virtual gala and live auction, hosted on [Bidsquare.com](https://www.bidsquare.com). All events are online and free. The funds raised support important projects throughout the Smithsonian museums, research centers, zoo, and facilities. For more information go to: www.smithsoniancraftshow.org

Thursday, October 15, 1:00 p.m.

Reaching Through The Screen: Comforting Mourners From A Distance --Join Charles E Smith Life Communities as Arielle Friedtanzer leads a discussion to help us find ways to "be there" when we cannot be physically present. During these unprecedented times, loss and mourning have taken on a different form with virtual funerals and Shiva becoming the new normal. But where does that leave us when trying to comfort friends and family? How can we effectively support ourselves and our loved ones through loss from a distance? Could this new way of life actually help us stay connected in the future when we are able to be together again? Arielle Friedtanzer, End-of-Life Consultant, received an individualized Master's degree at New York University in May 2018, concentrating in Judaic Studies, Bioethics, and Social Work. [REGISTER TODAY](#)

Thursday, October 15, 6 p.m.

To Climb a Gold Mountain--The documentary tells the true stories of four women from Asian descent who lived in America over the span of 160 years. Each woman fought in her own way to make a difference. Each woman represents a distinct theme of struggle and triumph, and ushers in another story leading up to the present time. Join the Chinese American Museum DC for a discussion with the director, Alex Azmi, and filmmaker Jenny Cho. Registrants will receive a link to screen the documentary (to be viewed between October 8-22) and access to the discussion. Click the link to watch the film trailer, <https://vimeo.com/159201537> Register at <http://www.ChineseAmericanMuseum.org/goldmountain>

Thursday, October 22, 7 p.m.

A Conversation with Lonnie Bunch -- Join DCPL for a conversation with [Lonnie Bunch](#), Secretary of the Smithsonian Institution and founding director of the National Museum of African American History and Culture (NMAAHC). In conversation with [Dana Williams](#) of Howard University, Secretary Bunch will discuss his book [A Fool's Errand](#), the founding of NMAAHC, and his leadership role at the Smithsonian. The event can be viewed on their [Facebook](#) and [Youtube](#) live platforms. Please RSVP [here](#).

Friday, October 23, 7-8:30 p.m.

Movie Night: The Farewell --View Movie on your own (on Amazon Prime or iTunes), and join us for a virtual discussion with Jessica Chan MSW, Lenore Pomerance MSW, and Zixuan Wang PsyD. Sponsored by the Center for the Study of Race, Ethnicity and Culture. Free of charge via Zoom [Register online](#).

Saturday, October 24 from 10 a.m. - 2 p.m.

National Prescription Drug Take Back Day -- Addresses a crucial public safety and public health issue. According to the 2018 National Survey on Drug Use and Health, 9.9 million Americans misused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet. Take Back Day provides a safe, convenient, and responsible means of disposing of prescription drugs and an opportunity to prevent drug addiction and overdose deaths. Drive up to Sibley and drop off unused or expired prescription medications and our staff will dispose of them for you safely. Learn [more](#).

Thursday, October 29, 1:30-2:30 p.m.

Insurance Virtual Forum -- Please join the Department of Insurance, Securities and Banking, and Berniece Fonteneau Senior Wellness Center for a virtual Elder Insurance Forum. Learn about consumer services, Medicare, legal resources, property and rental insurance through speakers from: Dept. of Insurance, Securities and Banking, AARP Legal Counsel for the Elderly, George Washington Law School and DC Dept. of Aging and Community Living. Participants can call in or click the link on the day of the event. There is no preregistration. Participants can also use login information below. JOIN BY PHONE: 1-650-479-3208 Access Code: 157 457 6790 or JOIN BY COMPUTER: bit.ly/33pSPZP Contact: Idriys J. Abdullah, Consumer Protection Advocate at 202-442-7832.

Thursday, October 29, 7:30 p.m.

An Evening with James Beard Award-winning chef Pati Jinich -- Join Charles E. Smith Communities via Zoom meeting for an engaging presentation by Pati Jinich, host of the two-time James Beard Award-winning and three-time Emmy nominated PBS television series "Pati's Mexican Table" now going on its ninth season. The series is widely distributed in the US through PBS and streamed worldwide on Amazon Prime. Register [here](#).

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.

Tuesdays, 2:30-4 p.m., Wednesdays, 10-11:30 a.m. (new) 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](#).

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 or call the office at **202-244-3310**.

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

This Week at Palisades Village

October 11 — 17, 2020

Office Closed - Indigenous Peoples' Day

Mon 10 / 12 / 2020 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Yoga

Tue 10 / 13 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Growing Personal Resilience

Wed 10 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 10 / 15 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Oktoberfest Sausages & Virtual Happy Hour

Fri 10 / 16 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 17 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

October 18 — 24, 2020

William Yates Fitness on Zoom

Mon 10 / 19 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 10 / 20 / 2020 at 11:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 10 / 20 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Staying Healthy is More Than Just Staying at Home -- COVID-19 Series for Older Adults

Wed 10 / 21 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 10 / 22 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

DC's Historic Chinatown

Thu 10 / 22 / 2020 at 6:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 10 / 23 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 24 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village