



Across the Fence *Special Edition* November 8, 2020

Upcoming Palisades Village Events:



The office will be closed on Wednesday, November 11 in observance of Veteran's Day. Happy Veteran's Day to all who proudly served our country. Do you recognize the member in the photo?

Our regularly scheduled weekly events will go on: [Strength and Resistance Fitness](#) on Monday at 3 p.m.; [Storytelling](#) and [Yoga](#) at 3 p.m. on Tuesday; [Yoga](#) again on Thursday at 3 p.m.; [Happy Hour](#) at 5:30 on Friday; and [Mindful Knitting](#) at 9:30 a.m. on Saturday. You are always welcome to join us at any of these activities.

COVID Corner:

This COVID-19 information on the upcoming holiday season is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village, and Sibley Hospital. Together we are "Building Engaged and Supportive Communities."

With the holidays approaching most of us are considering ways to celebrate safely. The CDC offers advice on holiday celebrations (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>).

Here are some quick tips to help you stay healthy and enjoy the holiday season this year:

- Avoid the holiday rush and arrange for grocery delivery instead of shopping in the store. (Villages can help!)
- Have a virtual dinner and share recipes with friends and family.
- Host a small outdoor dinner with family and friends who live in your community.

If you just can't imagine the holidays without an in-person gathering, set expectations before you get together. Agree upon rules regarding quarantining before the holiday, testing, and mask use. Check DC's list of high-risk states (<https://coronavirus.dc.gov/release/dc-health-releases-updated-list-high-risk-states-november-2-2020>) and let your visitors know if they must quarantine after they arrive.

Traveling increases the chances of spreading or getting COVID-19. If you are traveling this year, consider driving directly to your destination and avoiding crowded rest stops. Be sure to wear a mask and wash your hands frequently when traveling by plane, train, or bus. Be informed before you travel. The CDC offers guidelines for traveling during the pandemic (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>) as well as information on COVID cases by state (https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days)

Celebrations to avoid this year:

- Large indoor gatherings with people outside your household
- Gatherings involving alcohol
- Events with large crowds

For many of us, the holidays will be different this year. Now is the time to plan.

Wishing you a safe and healthy holiday season!

For more information on COVID-19, please feel free to view Palisades Village's website, https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources and Sibley's Hospital's COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>

If you are in need of a cloth mask or 2 oz personal size hand sanitizer, please let Palisades Village know at **202-244-3310**.

Save the date for the next Sibley/Villages COVID educational series:

Building Resilience in the Wake of a Pandemic

Wednesday, November 18 at 4:00 p.m.

Erica Richards, M.D., Ph.D, Chair and Medical Director, Department of Psychiatry and Behavioral Health at Sibley Memorial Hospital and **Tilli Williams**, N.D., Founder and Director, DC Wellness Institute, will lead this session. 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.

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

Volunteer Corner:

Holiday Planning

Have a good idea for an interesting program or activities for the holidays? Since Palisades Village won't be able to have our usual holiday parties and festivities, we are looking for creative volunteers to assist with planning our socially distanced and fun holiday activities.

Calling All Writers!

Do you have a current interest or background in writing? We are looking for several volunteers to create content for the DC Villages website. The website links to the 13 area Village websites and the more engine search buzz words we can use, the more visitors we'll be able to educate about the value of joining a Village.

Zoom Masters

We need help in hosting Zoom sessions. Most of our programs are now on Zoom and we need people to start and monitor them. These are not complicated sessions but we need someone who can admit people, mute them if necessary, take attendance, and enable screen sharing.

Snow Shovelling

We are enjoying this Indian Summer but we want to be prepared for what will follow. If you are willing and able to help your neighbors with some snow shoveling, please let us know.

Email ablanton@palisadesvillage or call **202-244-3310** if any of these opportunities have an appeal to you.

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 continue to update the office on what services you feel comfortable providing.

Update on Leaf Collection from Mary Cheh:

The Department of Public Works (DPW) announced that the agency is **reverting the leaf collections program back to vacuum collections and that residents will no longer be required to bag leaves this season**. Starting November 1, just as in prior years, residents are asked to rake leaves to the curb or into the tree box in front of their homes. If you received paper bags from DPW, you are welcome to keep them. DPW will also collect bagged leaves and yard waste from paper bags during the collection season. The original intent of this year's bagged leaf program was to minimize coronavirus risks to DPW crew members. However, the new bagging requirement proved to be a significant challenge for our senior residents and those living with disabilities. And so, after working with the Mayor and agency, including holding a Council [roundtable](#), She is very pleased to share the announcement that new safety measures and improved sanitary procedures will enable [traditional vacuum leaf collections to resume](#).

Collections will occur twice in each neighborhood during the collections season that runs between November 9th and January 30th, 2021. The schedule remains unchanged, and residents may reference DPW's first pick up collections schedule below or through the online brochure: [Leaf Collections 2020](#).

Creative Corner:



Choosing Red and Blue and dividing that narrow space vertically, I could see this piece completely finished before I did a single drawing, or chose fabrics.

But.....

The Congress, both houses, seem to always be at odds, no matter who is in the majority. I would like opposing ideas or members to study and compromise, try to see a blending, that is a win for both.

Instead of always believing one's side is the only right way to think, maybe, just maybe, one could listen and think about using ideas, from another side.....COMPROMISE and perhaps, work together.

I must be a dreamer to think that even possible.....

IMAGINE COMPROMISE?

Member B.J. Adams

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.

Monday, November 9, 11 a.m. - 12 noon

[Peering into the Future: A Post-Election Analysis with John Lawrence](#)

- Speaker **John Lawrence** will discuss the outcomes of both the presidential and congressional elections. If we know enough, John will also talk about the state legislative level since much reapportionment activity will happen there. [Part of NNV Virtual Speaker Series.](#)

Monday, November 9, 1 - 2:30 p.m.

Shifting Dynamics of the Middle East, Israel & its Neighbors with

Michael Sharnoff -- Michael Sharnoff will speak on "Shifting Dynamics of the Middle East, Israel and its Neighbors". This event is a collaboration between Little Falls Village with COFFE (Council of Former Federal

Executives & Associates). You must register in advance on [the Little Falls Village website](#).

Thursdays from 10:00 a.m. - 12:30 p.m.

Virtual Healing Circles for Grief and Loss -- Grief has no time limit. Loss has many forms. All too often they have no outlet. The loss of a loved one or dear friend or pet, the loss of a career or mobility, the loss of the environment, or faith in our country—all sorts of grief deserve to be honored and cared for. The Healing Circle for Grief is a safe place where a small group of people can come together to share their experiences and collective wisdom. It's a space where we can continue our individual explorations in a community. The Circle is a place to hold grief when that's necessary. And it's a place where we can learn how to move forward through having gained a clearer knowledge of our true spirit, despite our current and future challenges. The group will be led by Marilyn Goldberg and will be using Pema Chodron's book *When Things Fall Apart*. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community. There is no charge for participation. Please contact Marilyn Goldberg, goldberg@umbc.edu to RSVP, get Zoom login information, or with questions and concerns.

Tuesday, November 10, 12 - 1 p.m.

ONLINE DATING 101 -- Online dating has lots of advantages — it's convenient, it allows you to connect to people with similar interests or those you wouldn't otherwise meet, plus it's a great way to talk with people during the pandemic!

But, we know that it can also be overwhelming and confusing. You might be wondering...

- How do I get started?
- What should I include in my profile? How do I tell my story?
- Which sites should I try, and which ones cater more towards older adults?
- When should I message someone and what should I say when I do?
- What's the protocol for suggesting a meet up?

Online Dating 101 will answer these questions and more to help you navigate the world of online dating with confidence. This workshop will be led by Margot Starbuck, author of *The Grown Woman's Guide to Online*

Dating. Margot is an award-winning, New York Times bestselling author, writing teacher, and speaker. Here's the [link to register](#).

Wednesday, November 11, 1 - 2 p.m.

[Coping with Uncertainty: Travel](#) -- NNV Member and travel agent, Benita Lupic would like to talk about the future of travel and how the pandemic has affected the travel industry. The current state of the world has made us more aware of the way we travel, and the destinations we visit. She will review health and safety travel procedures, policies, and regulations. She will discuss best practices for being a safer and smarter traveler so that seniors are prepared when they are able to travel again.

Wednesday, Nov. 11, 3 to 4 p.m.

Author Paul Dickson - The Rise of the G.I. Army 1940-1941-- Paul Dickson, author of more than 60 non-fiction books, will be discussing his latest book, "The Rise of the G.I. Army 1940-1941," the dramatic, untold story of how the American Army was mobilized from scattered outposts two years before Pearl Harbor into the disciplined and mobile fighting force that helped win World War II. Senator William S. Cohen, former United States Secretary of Defense, says, "Just when we think there's nothing left to learn about World War II, Paul Dickson tells us more, much more. This is one of the most important books I've read that showcases the forces of isolationism and racism during one of the most consequential periods in American history. It belongs on the shelves of everyone who understands how fragile democracy is and why every American is worthy of fighting for it." Please RSVP to director@bmavillage.org.

Thursday, November 12, 1 p.m.

Art Thursday – Artworks in Public Spaces – How They Got There with Jean Efron -- Have you ever wondered how a 30-foot-tall sculpture in a public park or street intersection or a large- scale lightbox in the lobby of an office building got there? Jean Efron, Principal of Jean Efron Art Consultants, will discuss her firm's work in selecting and placing artworks in both indoor and outdoor public spaces. She will show examples of artworks her firm has installed in these types of locations and others. Prior to opening her firm, Jean was the Fine Arts Officer of the US General Services Administration. In the Fine Arts Office, she worked to commission works of art for new federal buildings. Since opening her firm, Jean has commissioned and installed numerous artworks throughout the region on

behalf of a wide range of public and private clients. [Find more info and register here](#)

Thursday, November 12, 1 - 2:30 p.m.

“The Birth of Rationality and the Roots of Our Civilization” with Pierre Larroque--Stressed out by the craziness of our world? Come rediscover rationality with those who invented it! At the origins, women and men counted basically for trading stuff. Events and “the order of things” was derived from godly or royal/tyrannical edicts. Starting in about 570 BC, the Greeks questioned “the principles and reasons for all things divine and human”. This led to the birth of rational argumentation – the concept of proof and demonstrable truth – in human inquiries. A few intellectual giants - Pythagoras, Plato, Euclid, Archimedes, Apollonius – developed logic and the use of reason as the basis for our civilization’s advances. Their construction of mathematics, and thus of logic and philosophy, still underpins our societies. Zoom events will be locked at 1:10 p.m., due to library security policy. After the event is locked, entry into the event will not be possible. It is therefore important that you log into each event on time. To request Sign Language Interpretation, Closed Caption, or other deaf/hard of hearing services for library-sponsored programs, email info@littlefallsvillage.org with three business days’ notice A Partnership Between Little Falls Village & The Little Falls Library of Montgomery County Public Libraries. You must register in advance on [the Little Falls Village website](#).

Thursday, November 12, 5:30 p.m.

What You Should Know About Medicare -- Georgetown Village Board Members Diana Dennett and Carol Kelly provide an overview of the Medicare program, what the program means to you, and how to change private plan options during open enrollment. Together, Diana and Carol have more than 50 years’ experience. They will also discuss the history and parts of Medicare, key questions most often asked, with answers. To sign up please contact the GV Office at **202-999-8988** or email: lynn@georgetown-village.org

Thursday, November 17, 1 - 2 p.m.

Holiday Cooking Tips for the COVID era with Mariel Smith -- Are your usual Holiday plans being scrambled due to the pandemic? Are you trying to figure out how to celebrate in style with fewer people? Join Chevy Chase At Home as Mariel Smith, an educator and food blogger

(CookingIsMessy.Com), shares recipe suggestions and tips for adapting your menu for a smaller crowd and preparing a meal that will still make your holidays feel special. [Please Register Here](#), or RSVP to info@chevyCHASEathome.org with the program name in the subject line.

Wednesday, November 18, 3 p.m.

COVID Waist Management-- With the Covid-related restrictions on activities and socialization in effect, we find ourselves stuck at home — with food as our main comfort and companion. This has led to the dreaded Covid 10 (10 pound weight gain), or in some cases weight loss. Each has implications on our health and self-esteem. This presentation will discuss strategies and practical ways to manage our waistlines and health now and during the ongoing Covid period.

Nutritionist Linda Bruce has worked as a licensed nutritionist in the US and internationally. As an international trainer and speaker, she has delivered presentations for Ministries of Health, the World Health Organization, Fortune 500 companies, US government agencies, universities and non-governmental organizations. Linda offers simple, practical how-to information with passion, enthusiasm and infectious energy. With the holidays coming up you'll want to be prepared! There will be plenty of time for Q&A. [Register Here](#)

Thursday, November 19, 11 - 12 p.m.

[Hurricanes: Past, Present and Future](#) -- Speaker **Dr. D. James Baker**, the longest-serving administrator of the National Oceanic and Atmospheric Administration (NOAA) (1993-2001), will recap the 2020 hurricane season and use examples of notable hurricanes from the past to explain what we know and don't know now about predicting their path and strength. He will conclude with a discussion of what we can expect in the future as climate change provides a more energetic context for these disastrous events. Part of NNV Virtual Speaker Series.

Thursday, November 19, 5:30 p.m.

Grandparents Who Inspired Us -- Panel session which will explore the ways in which grandparents interact with and more directly support the young generation with children, than in past generations. The panel features one author, Merry Adler, "Grandparents Who Inspired Us Across the World," Pam Godwin, Georgetown Village Member & Board Vice President,

and Nancy, a Georgetown Village Advisory Board member who actively support their own families. To sign up please contact the GV Office at **202-999-8988** or email: lynn@georgetown-village.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.):



Wednesday, November 18, 2:30 p.m.

Harnessing the Power of Grief -- Julie Potter will talk about her new book, *Harnessing the Power of Grief*. [Read more and register here.](#)

Thursday, November 19, 3:30-4:30 p.m.

[Pearls of Wisdom: Storytelling](#) -- Enjoy this storytelling workshop. The Pearls of Wisdom are a touring ensemble of storytellers who bring history alive by using the wisdom and experience of older adults from a variety of cultural backgrounds. Rooted in the ancient tradition of storytelling, these treasured folk artists weave compassionate, often humorous, sometimes emotional and inspiring tales from their diverse heritages. Their stories bring history to life for listeners of all ages, illuminating not just their individual pasts but their collective experience. In addition to storytelling, the Pearls engage in call and response poems at the beginning and end of each program and lead a question and answer period following their presentation. The objective is to leave the audience with a new-found perspective on their own individual legacy stories and words of wisdom. [DOROT](#) affirms the time-honored role of older adults as bearers of history and culture, applying the power of the arts to transmit stories and life experiences to communities throughout NYC. 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**.

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

Monday, November 16, 12 noon

Living Alone -- 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 on 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. Until further notice, the group is meeting online via Zoom. There will not be a meeting in December.

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:

Virtual 50+ Expo opens on Nov. 1 and goes through Jan. 31, 2021. Tune in for activities, classes, and information sessions on health, history, senior living, and more. The expo is sponsored by [The Beacon](#), a local publication for people over 50.

Monday, November 9, 3 p.m.

Caring for You, Caring for Me - Education and Support for Caregivers -- Seabury Care Management is offering a new virtual program designed for family caregivers who are providing assistance or support to persons

with long term illnesses or disabilities. Caring for You, Caring for Me – an education and support program for family caregivers was created by the [ROSALYNN CARTER INSTITUTE FOR CAREGIVING](#). This award-winning program consists of five weekly caregiving education seminars designed to address the needs of those engaged in caring for older adults. Each session will be held via Zoom from 3:00 – 4:30 p.m. on Mondays:

- 11/16 - Week #1: What It Means To Be A Caregiver
- 11/23 - Week #2: Taking Care of Yourself
- 11/30 - Week #3: Building Cooperative Relationships
- 12/7 - Week #4: Preventing and Solving Problems
- 12/14 - Week #5: Accessing and Developing Resources

Participation in Caring for You, Caring for Me requires a one-time payment of \$50.00. If the \$50 fee is an obstacle, please contact Seabury Care Management. To learn more, please attend a free information session on Monday, 11/9 at 3:00 p.m. Please use the this Zoom link to register for the information session: <https://us02web.zoom.us/meeting/register/tZArde-hqz4pEtMB04vyc0XnSVuo7h-ivcTd> If you are not available to attend the information session and are interested in Caring for You, Caring for Me – Please: email: cminfo@seaburyresources.org or call: **202-364-0020** - www.seaburycaremanagement.org

Tuesday, November 10 a.m. - 3:30 p.m.

Franklin & Winston — The Partnership That Saved the World -- OLLI talk with Nick Glakas. The epic friendship and extraordinary partnership of Franklin Roosevelt and Winston Churchill were played out over the course of nine meetings totaling 113 days over a six-year period from September 1939 until FDR's death in April 1945. Their meetings took them around the world, from Washington to Quebec, from Cairo to Casablanca, from Marrakesh to Tehran, from Malta to Yalta. It was no easy task for one of them who was paralyzed below the waist and confined to a wheelchair or the other whose age, health and work habits were of constant concern to his family, friends, and doctors. This lecture will examine their nine meetings and the issues they resolved to win the war and establish a new course for future peace. Registration is required in order to receive a Zoom invitation. [Register](#) by Tuesday, Nov. 10 at 8:00 a.m. Registrants will be e-mailed the Zoom invitation the morning of the event.

Tuesday, November 10, 6 p.m.

Seven Days After the Election: What Happened?-- Join AU's School of Communication (SOC) and School of Public Affairs (SPA) for a virtual panel that will examine and assess the outcome of the U.S. election one week after election day. Panelists will include Candy Nelson of SPA, Lenny Steinhorn and W. Joseph Campbell of SOC, and Amrutha Chatty, director of the student-run Kennedy Political Union lecture series. The programs will be convened on Zoom and moderated by Ron Elving of National Public Radio, who also is an executive in residence and professorial lecturer in SPA. RSVP: <https://seven-days-after.eventbrite.com/>.

Wednesday, November 11, 1 - 2 p.m.

Tinnitus and Vertigo--Tinnitus and vertigo are symptoms often involving ear problems and can affect your quality of life. Join neurotologist Dr. Deepa J. Galaiya for a comprehensive discussion on tinnitus and vertigo. She will also highlight simple things that you can do to control symptoms. Free. [REGISTER HERE](#)

Wednesday, November 11, 4 - 5 p.m.

Planet Word – DC's Newest Museum Free Online Tour -- [Planet Word](#), Washington, DC's newest museum, is pleased to offer a complimentary, virtual tour for OLLI members. Planet Word is housed in the beautifully renovated Franklin School in downtown Washington, DC. Its mission is to “inspire and renew a love of words and language through unique, immersive learning experiences.” Rebecca Roberts, the Museum’s Curator of Programming, with OLLI member and co-host, Tammy Belden, OLLI Trips Chair, will explain how the museum was conceived and became a reality, as well as describe the wide variety of exhibits and immersive learning experiences offered throughout the building. Join us for this presentation and we know you will want to visit it in person when the opportunity arises in the future. [Register](#) by Tuesday, Nov. 10 at 3:00 p.m.. Zoom links will be emailed to registrants the morning of Nov. 11.

Thursday, November 12, 3:30 p.m.

Christo vs. Warhol; Eclectic Art and Eccentric Personality-- OLLI talk with Carl Weichel. Christo, with his wife, turned epic-scale environmental works into temporary popular art. Across continents, they used mountains, islands, farmlands, museums, and bridges. For Christo, his esthetics was the process — workers, politics, negotiations, and construction difficulties. Envisage Andy Warhol and you see soup cans, Marilyn Monroe, videos,

and gender-bending art. As a portraitist, publisher, publicist, and salesman, he built a branded enterprise. We'll view videos, critique art, and compare personalities. Registration is required in order to receive a Zoom invitation. [Register](#) by Thursday, Nov. 12 at 8:00 a.m. Registrants will be e-mailed the Zoom invitation the morning of the event.

Thursday, November 12, 5:30 p.m.

Diversity in Entertainment: The Time is Now-- Join the School of Communication and the Entertainment and Media Alumni Alliance for a virtual panel discussion to take a comprehensive look at the importance of diversity in entertainment. Experts from across the industry will share the changes they have seen throughout their careers and how the shift in storytelling has impacted representation. Panelist will share their personal experiences, thoughts on the future of the industry, and provide career advice. RSVP [online](#).

Sunday, November 15, 2 p.m.

HLAA's Public Policy Information and Advocacy Activities During Covid-19 -- HLAA are all well aware of the fact that Covid-19 has created new communication challenges for those of us with hearing loss. And so HLAA has taken on several new guidance and advocacy activities. Topics include, but are not limited to:

- Promoting free access to automatic captioning technology
- Providing guidance & clarifying obligations under the ADA & other EEO legislation
- Supporting telehealth accessibility for those of us with hearing loss
- Fostering effective communications while wearing face masks
- Informing telecommunication relay service users about Covid-19 changes
- Advising on effective communications for those working from home.

Lise Hamlin, HLAA's Director of Public Policy, will describe these & other initiatives, answer your questions, & seek your views about other ways HLAA can be helpful. Real-time captions will be provided for this program. All are welcome. Please RSVP by November 12 so that they can send out guidance in advance on how to access this program on Zoom.

November 17, 2 - 3 p.m.

Recharge and Connect: A Yoga Workshop for Caregivers -- The ElderSAFE Center is hosting a free virtual yoga workshop for caregivers. The class will be led by yoga instructor, Cheryl Kravitz. She has a special interest in working with individuals with dementia and their caregivers. Cheryl will lead caregivers through a gentle practice designed to reduce stress, fear, and agitation by teaching relaxation breathing, and incorporating moderate movements that can be adapted to the individual. The workshop will end with a discussion on additional community resources to support caregivers. [Register online](#)

Tuesday, November 17, 7:30-8:30 p.m.

Annual Walking Tour of Chevy Chase DC --Join them for a fascinating "walk" through the history of our lovely circa-1907 neighborhood via Zoom [on Nov. 17](#). Not to be outdone by COVID -- which postponed their popular Fall History Walking Tour this September -- they have prepared an enhanced tour that goes into more depth and weaves together stories that make our community so unique. This journey will be told through pictures and maps and the voices of HCCDC board members who have spent years collecting these stories and archiving them for posterity.

Highlights include the early secret land buy that turned farms into streets; the near-loss and heroic saving of The Avalon Theater; the eclectic architecture that makes our community unique; the hidden-in-plain-sight vestiges of an earlier country manor once home to General Blackjack Pershing; the role Jim Crow played in our local politics; and the contributions of the many famous residents who once lived here such as Vera Rubin, Rev. James Reeb, and Walter Tobriner. Join them for this free presentation with an open question-and-answer session at the end.

[Register Here](#)

Thursday, November 19, 12 noon

Four Simple Steps for a Less Stressful Holiday Season While Caregiving -- The holiday season is supposed to be fun but it can become very stressful, especially when you are caring for an older loved one. Join us for this interactive program, which will cover:

- Tips for having an enjoyable holiday while meeting your older loved one's needs
- Signs that your older loved one might need more assistance: what to look out for during holiday functions

- Why making decisions about care needs before the New Year is optimal
- How to deal with negative feelings during what's supposed to be a joyful holiday season

Register [here](#).

Ongoing Events:

Mondays, 5:30-6:45 p.m.

Nikita's Fabulous Virtual Interactive Cooking Classes -- Would you like to learn or improve your cooking skills, add wonderful recipes to your existing recipe bank and have fun whilst cooking along with Nikita and a virtual group of friends? Then, you may want to consider taking a class with Nikita. Her goal is to offer tasty, balanced, somewhat healthy, easy to make recipes that can be made in 60-75 mins - which means you can have dinner on the table on Mondays by 6.45 p.m. Cost is \$20 per class. How to sign up... Send Nikita an email and tell her which class you want to sign up for at nikdrao@hotmail.com, and she will send you all the information you will need.

November 9: Moroccan Chicken OR Eggplant and Zucchini with Chickpeas Tagine served with Couscous (no tagine required)

November 16: Bibimbap (Korean Rice Bowl) with a Rainbow of Seasoned Vegetables and Toppings and a Protein of your choice...beef steak, ground beef, chicken or Tofu

November 23: One-Pot Baked Salmon with Fennel and Creamy Orzo

Wellness Wednesdays

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top thought leaders and authors on a wide range of topics to help you "live your best life longer." They are hosted

by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here: www.myzinglife.com/wellness-wednesdays

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 November 8 — 14, 2020

William Yates Fitness on Zoom

Mon 11 / 09 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Events Committee

Tue 11 / 10 / 2020 at 1:30 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 11 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 11 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Office Closed

Wed 11 / 11 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Virtual Yoga

Thu 11 / 12 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 11 / 13 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 11 / 14 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
November 15 — 21, 2020

William Yates Fitness on Zoom

Mon 11 / 16 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 11 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Building Resilience in the Wake of a Pandemic -- COVID-19 Series for Older Adults

Wed 11 / 18 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 11 / 19 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 11 / 20 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 11 / 21 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village