



Across the Fence

Special Edition

November 22, 2020

Happy Thanksgiving!

Every day there is a reason to express gratitude and especially on Thanksgiving, we pause and reflect on the many blessings we have. Palisades Village is grateful for the many opportunities that our community provides to each other. There is a time to give and a time to receive. I'm especially grateful for the connections that our members and our volunteers make and for all of the kindnesses bestowed. Bowls of hot soup soothe us; treats and thoughtful gesture warm our hearts; rides and neighborly walks build relationships and get us to necessary appointments; phone calls and friendly visits bring smiles and assurances; asking for household help to keep us safe; reading to a neighbor who is visually impaired all contribute to what makes our Village special. Our social programs bring our community together to learn and socialize. Everyday is a gift. It's an opportunity to do a random act of kindness, enjoy the great outdoors, learn a new skill, read a book (the Village has a little in-house library where you can request a book and get it delivered to your door), smile and offer a kind word, reach out to a neighbor in need, etc. The opportunities are endless.

Even though Thanksgiving will be different this year, I am so grateful for all that I have. I have enjoyed having a position that is also part of a loving and supportive community. This year I have connected with family and friends in creative ways and have strengthened so many relationships; have had opportunities to grow, create and learn; read several books and watched some incredible shows; and enjoyed God's magnificent handiwork in the great outdoors and worn down my hiking boots. Taking care of myself has been a priority. I've found joy in the simplicity of life and I've been able to be

more spontaneous and flexible. And most of all, laugh! I've had more moments to meditate and relax. For all of these things, I am grateful. This year, this holiday will be different but how fortunate we are to be able to connect with loved ones virtually. When we gather for Thanksgiving, although we are not physically together, we plan to share what we are thankful for, play a game together and express our gratitude knowing that we are truly blessed.

How about you? What are you grateful for?

A Happy Thanksgiving to you and yours!

Upcoming Palisades Village Events:

Mr. William Yates plans on having [Strength and Fitness Training](#) live via Zoom from the Inn at Little Washington this week. The [Storytellers](#) and Yoga are meeting on Tuesday. We will be closing the office at noon on Wednesday and return from our Thanksgiving break on Monday.

If you have been curious about how Palisades Village has been faring this year, please join us at the [Annual Board and Member Meeting](#) on Thursday, December 3 at 5 p.m. All members are encouraged to attend this annual meeting. We will be holding it on Zoom this year. The members will have a chance to vote on the 2021 Board of Directors and officers. The annual budget will also be on the agenda for approval. There will be a door prize for one lucky member who joins the meeting (to be selected at random). [Register now.](#)

If you haven't registered yet, please join us for our talk with author and neighbor **Florence Williams** on her book, ***The Nature Fix*** coming up on **Wednesday, December 9 at 2 p.m.** [Register](#) to get the Zoom link.

She will discuss the latest science, from psychology to neurobiology, on why being outside in nature makes us feel happier, healthier, and more creative. Drawing on research as well as evidence from practitioners from Japan to Utah, from forest-bathing to horticultural therapy to wilderness river-running, the data is mounting that nature immersion helps our immune systems and improves well-being.

Florence Williams is a journalist, author, and podcaster. Her most recent book, *The Nature Fix*, was an Audible bestseller and was named a top

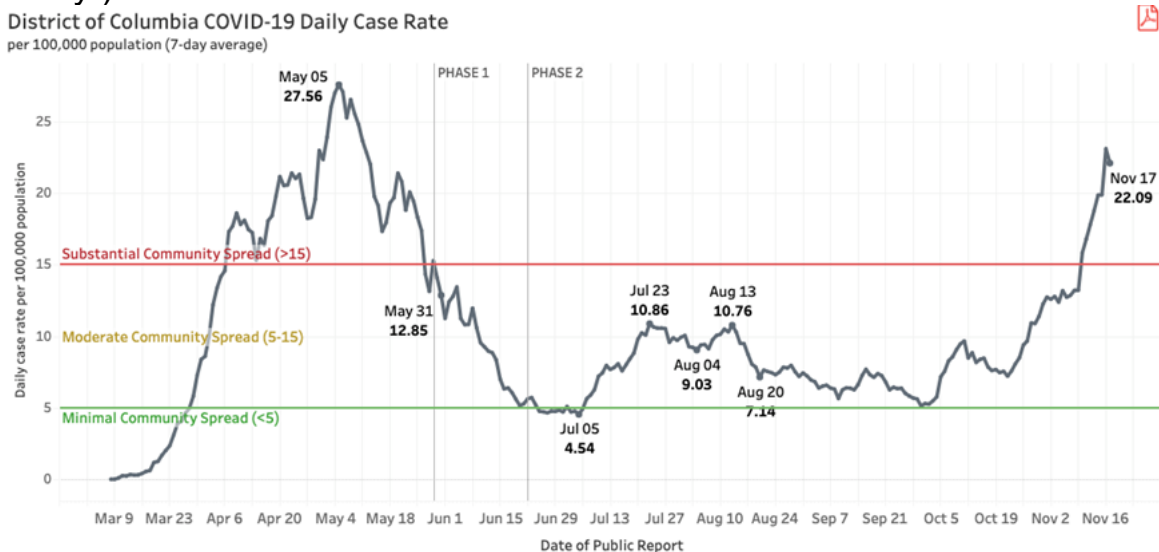
summer read by J.P. Morgan. She is a contributing editor at *Outside Magazine* and a freelance writer for the *New York Times*, *New York Times Magazine*, *National Geographic*, *The New York Review of Books*, *Slate*, *Mother Jones*, and numerous other publications. She is also the writer and host of two Gracie-Award-winning Audible Original series, including *The 3-Day Effect*, as well as *Outside Magazine's Double-X Factor* podcast. A fellow at the Center for Humans and Nature and a visiting scholar at George Washington University, her work focuses on the environment, health, and science.

Register for any of these events by clicking on the link or calling the office at **202-244-3310** to get the Zoom links. If you need a helping hand to get you on Zoom, we can set you up with a virtual buddy.

COVID Corner:

This COVID-19 information 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.”

This week we will celebrate Thanksgiving. Unfortunately, we’ve seen a spike in COVID-19 cases across the country and also within the District of Columbia. (See the graphic below depicting the rise in cases within DC recently.)



Thanksgiving is normally a time for family and friends to gather and celebrate the harvest, a tradition that started in 1621 by the Pilgrims before

our country was even formed. Our Canadian neighbors to the North celebrate their Thanksgiving in early-October. According to Dr. Laura Rosella, associate professor, and epidemiologist at the Dalla Lana School of Public Health at the University of Toronto, there is evidence that Thanksgiving gatherings (in Canada) are partly to blame for the increase in cases there after the holiday. (See <https://www.cbsnews.com/news/thanksgiving-covid-cases-canada/> for the full article.)

So what's the safest way to celebrate this year? The CDC is now recommending that people not travel this holiday. Many medical experts advise that **we should share our Thanksgiving only with those with whom we share a household**. Dr. Fauci explains the risk of traveling and gathering (<https://www.cbsnews.com/news/thanksgiving-2020-covid-cdc-guidelines-celebrate-safely/>).

But Thanksgiving, this sacred holiday with family and friends, doesn't have to be lonely. One can host a virtual Thanksgiving meal (note that Zoom has lifted the 40-minute call time for free accounts for Thanksgiving Day!) or do something that you enjoy with those in your household or via the phone with others. If you are 70 or older and live alone, Medium Rare restaurant in Cleveland Park will deliver a free thanksgiving meal. Order by emailing secretsauceme@mediumrarerestaurant.com with your name, address, and phone number.

Most importantly, it's important to recognize that it's often difficult to tell family and friends that getting together is not safe this year. Know that it's okay if you decide to stay home and remain apart from others. You're part of a village, so you're never really alone. We're here for each other, even on Thanksgiving!

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**.

If you missed last week's webinar on Building Resilience During a Pandemic, you can view a recording [here](#).

Volunteer Corner:



Holiday Talents

We are putting together a virtual holiday program and looking for talent. Do you play an instrument or can you tell a story -- something holiday-inspired?

Snow Shovelling

We may be focused on leaves now but we want to be prepared for what may follow. If you are willing and able to help your neighbors with some snow shoveling, please let us know.

Email ebanton@palisadesvillage or call **202-244-3310** if you would be willing to help.

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
- **Access to our in-house library inventory and free delivery to your door!**
- 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.

Neighbors Helping Neighbors -- Spreading the Kindness over the Holiday Season

We are continuing to collect to make Thanksgiving a reality for others in the city. The pandemic has made life more difficult for all of us, and we in the Palisades Village have been helping each other cope. There are many in other neighborhoods in Washington, particularly east of the Anacostia, who are suffering and could really also benefit from the generosity our members and volunteers have shown.

Palisades Village is providing another service opportunity to its members and volunteers to help fellow DC residents in need of food assistance have a more enjoyable Thanksgiving. So Others May Eat (SOME) will be providing their clients a grocery store gift card to purchase items for their meal: turkey, sweet potatoes, green beans, stuffing mix, mashed potatoes, gravy, cranberry sauce, fruit cocktail, juice, and macaroni and cheese. A gift certificate for one family is \$50. Last year 650 low-income families received a Thanksgiving Basket. This year there are many more families in need. Of course, SOME will be grateful for any donation.

Checks made out to SOME may be delivered to **Jan Smart at 4408 Greenwich Pkwy (Foxhall Village)** until Monday, November 23. Alternatively, please call **Jan at 202-468-4568** if you have a check for which you'd like a contactless pick-up.

Meet Leo, Our Newest Member: If you want to meet Leo, we'll set you up!



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 23, 3-4 p.m.

Book talk with Guest Author Matthew Costello--Historian Matthew Costello, Vice President of the David M. Rubenstein National Center for White House History, will be discussing his book *The Property of the Nation: George Washington's Tomb, Mount Vernon, and the Memory of the First President*. Co-sponsored with the Connie Morella Library and Bethesda Metro Area Village. Zoom link

<https://zoom.us/j/99476683049?pwd=aUUzcmVTZHJSQ3praVA3ZGEyND>

[JtQT09 Or Dial In:301 715 8592](#); Meeting ID: 994 7668 3049. The library closes the link at 3:05 p.m. so be sure to log in on time.

Monday, November 30, 5 - 6 p.m.

The Black Hole at the Center of our Galaxy -- The 2020 Nobel Prize in Physics was awarded to three astrophysicists - Roger Penrose, Reinhard Genzel, and Andrea Ghez - for their study of black holes, including the black hole at the center of our galaxy. Since black holes don't emit any light, how can we detect them? In this talk, astronomer Dr. Bethany Cobb Kung will describe black holes and discuss the evidence that all the stars in the Milky Way orbit around one central supermassive black hole (and also let you know why this shouldn't worry you!). Hosted by the Brookland Village. [RSVP HERE](#)

Tuesday, December 1, 2 - 3 p.m.

How to Age Successfully with Vitality, Dignity, and Humor -- Speaker Chris Palmer will give an entertaining presentation on how to obtain the most out of life and live with more joy, success, and fulfillment. He will discuss what's important, how to find purpose and meaning, and how to live fully as we grow older. The workshop is about actively designing our lives rather than 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. [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. Part of NNV Virtual Speaker Series.

Thursday, December 3, 7 p.m.

Art Thursday: Art and Heritage With Artist Helen Zughaib -- Helen Zughaib is a professional artist and resident of Foggy Bottom whose work has been widely exhibited in galleries and museums in the United States, Europe, and the Arab world. Several months ago, she joined us from her studio to talk about her new work which has been done during the first few months of the lockdown. She is making a return to our Art Thursday series of presentations to introduce a film of an interview she had with staff of the Seattle Asian Art Museum in July of this year. Helen was one of three artists who have immigrated to the US from Asia and the Middle East invited to appear in conversation with museum staff on separate evenings to talk about their art, heritage, and coping with the present moment. In this interview, Helen discusses her family's experiences in Syria and Lebanon

and exhibits a wide range of her works created over the years following her arrival in the US. She will be available to answer questions at the end of the video. Registration link:

https://www.fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1313208.

Monday, December 7, 3:30 - 5 p.m.

Live and Learn: Beyond Coping: What COVID Confinement is

Teaching Us About Personal Resilience -- What kind of toll does this cumulative stress take on our body and brain? What are we learning? How do we expand our resilience repertoire to serve us for the long haul?

- 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

Take a deeper dive focused on what makes a person resilient, and learn how to strengthen your own personal resilience. Presented by Barbara Beizer, Co-Founder, Resilience Lab, Leadership & Transition Coach.

RSVP: [Register Online](#) or contact DCV Office at 202- 436-5252 or admin@dupontcirclevillage.net

Thursday, December 10, 4:00 p.m.

Art Thursday: Luncheon of the Boating Party- A Virtual Tour --

Luncheon of the Boating Party by Pierre-Auguste Renoir remains the best known and most popular work of art at The Phillips Collection, just as Duncan Phillips imagined it would be when he bought it in 1923. The painting captures an idyllic atmosphere as Renoir's friends share food, wine, and conversation on a balcony overlooking the Seine at the Maison Fournaise restaurant in Chatou. The painting also reflects the changing character of French society in the mid- to late 19th century. The restaurant welcomed customers of many classes, including businessmen, society women, artists, actresses, writers, critics, seamstresses, and shop girls. This diverse group embodied a new, modern Parisian society. Foggy Bottom West End Village is very fortunate to have Anne Taylor Brittingham, the new Director of Learning and Education Strategy at the Phillips, lead a virtual tour of this wonderful work of art. Registration Required. [Please click here to register](#). You will receive the Zoom link prior to the program.

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, December 2, 3 p.m.

Workshop on Managing Medical Care in Case of Incapacity -- Attorney Niel Rosen will help us to think about how to make decisions about your medical care if you are unable to make your own decisions. [Read more and register here.](#)

Friday, December 4, 2 p.m.

Polar Bears of Canada -- Join Jennie Gosche' as she shares photos and her experiences from her visits to photograph the polar bears of Canada. [Please 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.

DPR -- 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 23, 1:30 - 2:30 p.m.

Advanced Care Planning - Preparing for a Health Emergency--The Voice Your Choice program is offering free webinars to the community to learn more about planning in advance for healthcare emergencies. This is especially important during the COVID-19 pandemic. During these webinars participants will learn: what advance care planning is and why it is important; how to create an online plan that is easily accessible in an emergency; what a healthcare agent is and how to choose one; and how to upload existing advance care plans. Please [register online](#) in advance.

Wednesday, December 2, 6 p.m.

Quarterly National Park Service Meeting--Congresswoman Norton's district office is hosting its quarterly meeting of D.C. residents and representatives of the National Park Service in order to better understand the issues that constituents are having with national parks in the District. Please email norton.events@mail.house.gov to RSVP for the event and receive the Zoom link.

Sunday, December 6, 2 p.m.

Person-centered Care in Audiology – What People with Hearing Loss Should Know -- The process by which we hear is complex. And each of us is unique – the severity and pattern of our hearing loss; the circumstances in which we find hearing especially challenging; the coping strategies we prefer (or even know about); our degree of comfort for trying new technology; and our capacity to consider solutions, some of which are costly. And yet, as HLAA presenter, Shari Eberts, has written, the care which she has received from some audiologists focused on which hearing aids to purchase rather than solving her communication problems. Some did not ask about which hearing situations were most important to her. Some did not test how well she was hearing while wearing her hearing aids. And none recommended that she connect with hearing loss support groups. **Please [RSVP by December 2](#)** so that we can send out guidance in advance on how to access this program on Zoom. Real-time captions will be provided for this program. All are welcome.

Tuesday, December 8, 7 p.m.

***Driven to Abstraction* Documentary Screening & Panel Discussion** -- *Driven to Abstraction* unravels the tale of an \$80 million forgery scandal that rocked the art world. The panel brings together experts in art law, documentary film, and provenance research to discuss the film. [Register](#)

Thursday, December 10, 4 - 5 p.m.

“Flood and Water Damage: Prevention, Protection and Programs” --

The Department of Insurance, Securities and Banking is hosting this free forum: Participants can call in or click the link the day of the event. There is no preregistration. JOIN BY PHONE: 1-650-479-3208 Access Code: 172-803-5464 or JOIN BY COMPUTER: <https://bit.ly/385VQBq> Phone line and website opens at 3:45 p.m. on December 10.

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 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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
November 22 — 28, 2020

William Yates Fitness on Zoom

Mon 11 / 23 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 11 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 11 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Office Closed - Thanksgiving

Wed 11 / 25 / 2020 at 2:00 PM

Where: n/a

[More Information](#)

Thanksgiving - Office Closed

Thu 11 / 26 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Thanksgiving - Office Closed

Fri 11 / 27 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Mindful Knitting

Sat 11 / 28 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
November 29 — December 5, 2020

William Yates Fitness on Zoom

Mon 11 / 30 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 12 / 01 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 12 / 03 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Annual Board and Member Meeting

Thu 12 / 03 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 12 / 04 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 12 / 05 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village