



## Across the Fence *Special Edition* November 29, 2020

### Upcoming Palisades Village Events:

Mr. William Yates plans on having a Zoom [Strength and Fitness Training](#) that he recorded from the Inn at Little Washington this week.

Please join us on Zoom for the [Annual Board and Member Meeting](#) on Thursday, December 3 at 5 p.m. and you will be entered to win a door prize. All members are encouraged to attend this annual meeting. 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. [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 on recapping Sibley's Building Resilience during a Pandemic Workshop 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."

The news has not been good. The number of COVID-19 cases has continued to rise and has forced many of us to alter our daily lives and reconsider how we approach the holiday season. Mayor Bowser recently announced new phase two adjustments, <https://coronavirus.dc.gov>. This was the first Thanksgiving that we celebrated a little differently, sharing stories with others virtually. Museums closing, additional restrictions, the new routines, the social isolation, and the cold weather approaching can greatly affect us. Do you want some suggestions and strategies to help you during this challenging time?

In case you missed Sibley's Building Resilience Workshop that was held on November 18 featuring Dr. Erica Richards, Chair and Medical Director of the Department of Psychiatry and Behavioral Health at Sibley Memorial Hospital, and Dr. Tilli Williams, Founder and Director of DC Wellness Institute, you can watch the hour-long conference at your convenience at: <https://vimeo.com/481242278/fc03643400>.

Dr. Richards addresses mental health, depression, and anxiety. One in four Americans suffer from a diagnosable mental disorder and minority communities have a greater risk. Women are two to three times more likely to feel depressed. Aging contributes to a change in mental health. During the pandemic, it's normal to feel the blues, but it's also important to talk to others and seek help. Contact your doctor if you have persistent feelings of

depression, lack of sleep, a loss of identity, guilt, loss of energy, decreased concentration, no appetite, psychosomatic changes, and thoughts of suicide. There are many treatment options available.

Dr. Tilli offered several practical tips to cope during this unusual time. She reassured the participants that it's okay to acknowledge grief. We can't heal what we don't have an awareness of: the loss of social connections, loss of routines and holiday traditions, our security, trust in our systems including the recent election, and feeling a sympathetic loss for others including health care workers, nursing home residents, etc. She suggested that you be open to joy and stressed the importance of self-care. The possibilities are endless: establishing a new routine, finding a new hobby, keeping a journal and writing about your joys and sorrows, meditating and deep breathing exercises, appreciating music, taking a bath, being that person that listens and/or reaches out to engage in a conversation or volunteering.

Palisades Village is one of 13 DC Villages located throughout the metro area that are here to help. Please call us if you need any assistance or want to connect with a phone buddy.

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](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.

### **New Online Appointment Option Added for Senior Residents:**

District residents age 65 and older can now schedule in-person appointments with the DC Department of Motor Vehicles (DC DMV) for a variety of transactions. DC DMV has added a new "Senior Citizen 65+" category to its [online appointment scheduler](#), where appointments have been reserved for the District's senior population. Appointments may be scheduled for various transactions including, driver license/ID and vehicle services, private sale title/tags, and out-of-state conversions for new residents.

For those residents who schedule an appointment using the "Senior Citizen 65+" category, DC DMV will contact each resident in advance to verify they

have the proper documents prior to their in-person visit. DC DMV will not honor appointments scheduled under the “Senior Citizen 65+” category by individuals who do not meet the stated age restriction.

Additional senior appointments will be added to the [online appointment scheduler](#) most Tuesdays at 12 p.m.

### **Food Waste Drop-off site at the Palisades Farmer's Market:**

Interested in composting your food waste? The PCA Farmer's Market and Environment Committees are pleased to announce the addition of a new Food Waste Drop-off site at the Palisades Farmer's Market, beginning Sunday, November 29th! Sponsored by the DC Department of Public Works (DPW) under the #ZeroWasteDC initiative, residents will be able to drop off food waste for free during regular Market hours. Compost Cab will operate the drop-off kiosk, and will take the collected food waste off-site to create nutrient-rich compost that will be cycled back to our local farmers to grow more amazing veggies!

The drop-off site will begin operations on Sunday, November 29th. Compost Cab will provide caddies for transporting your food waste to the market. The caddies will be available at the tent for pick up on opening day and will be given out on a first-come, first-served basis.

For details on the program and what may and may not be included in the food waste, visit: <https://dpw.dc.gov/foodwastedropoff>.

### **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](mailto: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.



## Creative Corner:



*A selection from the "autumn series" by PV member, volunteer, and treasurer, Ellen Myerberg*

**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 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.

**Tuesday, December 1, 4 p.m.**

**Laughter on Call** -- The inaugural on-line, free CHV Laughter on Call session will cover a much-needed health topic in these trying times: Laughter! This will be a facilitated, interactive session, and members will be encouraged to practice basic improv techniques, including storytelling. Members with a sense of humor, willingness to share memories or moments from their lives, a desire to learn techniques of stand-up comedy, and/or those simply in need of a good belly laugh are encouraged to attend. Call or email the Capitol Hill Village office to register and get the link for the session. It will be open to 15 participants – pairs of caregivers and clients are welcome. CHV Office: 202 543-1778 or Email: [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

**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](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](mailto: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](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 began on a rolling basis 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** is open 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.

**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](mailto: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](mailto:nikdrao@hotmail.com), and she will send you all the information you will need.

*Monday, November 30 -- Mexican Seasoned Fish Tacos and/or Mexican Seasoned Roasted Cauliflower, Sweet Potato and Black Beans Tacos with Toppings and a Creamy Chipotle Lime Sauce*

*Monday, December 7 -- Warm Winter Harvest Bowl with Honeycrisp Apple, Kale , Quinoa and A Killer Dressing. Accompanied with Fried Goat Cheese or Chicken Goujons*

### **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](http://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](mailto: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](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This 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](#)

Next Week at Palisades Village  
December 6 — 12, 2020

**Book Club**

Mon 12 / 07 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

**William Yates Fitness on Zoom**

Mon 12 / 07 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 12 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 12 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Author Talk - The Nature Fix with Florence Williams**

Wed 12 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 12 / 10 / 2020 at 3:00 PM



Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 12 / 11 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 12 / 12 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village