

NAN NOTES

January-February 2021

Several villages have collaborated to offer the following special events open to all :

Art Talk with Lee Ann Lawch: Through the Garden Gate, Monday, January 11, 10-11:30am. What better escape from January's cold days than a stroll through some beautiful gardens? This month, docent Lee Ann Lawch takes us on a casual stroll through a hand-picked variety of garden-related images and objects from SAAM's (Smithsonian American Art Museum's) collection. **Register** to the AHA office at aha@athomeinalexandria.org or 703-231-0824.

A Mad Love: An Introduction To Opera. Monday, Jan. 11, 7 to 8:15 p.m. Local villages will have the wonderful opportunity to hear from Vivien Schweitzer, author of *A Mad Love: An Introduction To Opera*. Vivien will share a 60 minute interactive zoom lecture on the wonder and beauty of opera from the Renaissance to the twenty-first century. Her vivid lecture, which will include audio excerpts from the operas discussed, will draw the listener into a realm of human expression that may feel radically unfamiliar, but also feels compelling and consequential. Vivien, who grew up in Bethesda, is a NY-based music critic, reporter and pianist. She was a music critic for the New York Times from 2006-2016 and also writes about music for *The Economist* and *The Gramophone*, as well as many other publications. Hosted by Bethesda Metro Area Village and Bradley Hills Village. You can access the program on Zoom at [this link](#). Meeting ID: 893 5180 8780, passcode: 346910.

Astrobiology and the Search for Life Beyond Earth. Thursday, Jan. 12, 2-3pm Astrobiology is the study of life in the Universe. It combines many different sciences, from biochemistry to astrophysics, to examine how life can originate and develop in different settings. The search for life beyond the Earth has captivated humans for as long as we have existed, and new research tools are helping make progress on the timeless question of "are we alone in the Universe?" Shauna Edson, Astronomy Educator at the National Air and Space Museum, will join Chevy Chase At Home to give an overview of how astrobiologists do their work, what we

know, and what we hope to find in the ongoing search for extra-terrestrial life. Please register in advance [on Chevy Chase At Home's website](#)

Regional Public Art Projects by the Washington Glass Studio, Wednesday, January 13, 1-3:30pm. Our guest is Erwin Timmers, Co-founder of the Washington Glass Studio and Co-founder/Director of the Washington Glass School, Mt. Rainier, MD. Established 2001, the Washington Glass Studio has designed, fabricated and installed site-specific public art projects throughout the Washington area, including cast glass doors for the U.S. Library of Congress Adams Building, an award-winning project for EPA headquarters, artwork for a Safeway supermarket in Bethesda, MD, outdoor sculpture for the Prince Georges County circuit court, and the Green Community Gateway, Washington, DC. Mr. Timmers will talk about these and other public art projects, WGS use of glass as a sculptural element, and community involvement in several public art commissions. **Register** to the AHA office at aha@athomeinalexandria.org or 703-231-0824.

Innovative Diagnostic and Treatment Options for Non-Surgical Orthopedic Conditions with Dr. Marc Gruner, DO, MBA, RMSK, Thursday, January 14, 1-2:30pm. Dr. Gruner has trained with the leading experts in ultrasound and regenerative medicine at Mayo Clinic, acquiring expertise in cutting edge ultrasound-guided surgeries. Dr. Gruner will explore exciting and novel therapies in the areas of musculoskeletal, sports and regenerative medicine. The topics will include the use of ultrasound for diagnosing common orthopedic conditions in the office, tackling care from an integrative approach, and innovative treatments for common orthopedic injuries. Common conditions that will be addressed include Knee Osteoarthritis, Carpal Tunnel, Tennis Elbow, and Adhesive Capsulitis (Frozen Shoulder). Some of his procedures include minimally invasive ultrasound-guided carpal tunnel release, percutaneous tenotomy (Tenex procedures), tendon scraping, neural releases, ultrasound-guided fasciotomy for compartment syndrome, regenerative medicine injections (BMAC), Lipogems, Prolotherapy, and Platelet Rich Plasma (PRP). **Registration Link:** www.littlefallsvillage.org/Ortho by the prior day.

A Conversation with Christina Puchalski, MD, Director of the George Washington University Institute for Spirituality and Health, Thursday, January 14, 4pm. Christina Puchalski, MD, MS, FACP, FAAHPM, is a pioneer and international leader in the movement to integrate spirituality into healthcare in clinical settings

and medical education. As founder and director of the George Washington Institute for Spirituality and Health (GWish) and Professor of Medicine at The George Washington University in Washington, DC, she continues to break new ground in the understanding and integration of spiritual care in healthcare settings. These programs and activities have encouraged the development of a patient-centered perspective. GWish is fostering alliances globally to further this integration. She developed the FICA spiritual history tool which is widely used in clinical settings. She is board certified in Palliative Care and Internal Medicine, directs an interdisciplinary outpatient supportive and palliative clinic and is a Medical Hospice Director in Washington, DC.

Dr. Puchalski is widely published in journals with work ranging from biochemistry research to issues in ethics, culture, and spiritual care. She has authored numerous book chapters and published the books *Time for Listening and Caring: Spirituality and the Care of the Seriously Ill and Dying*. She co-authored *Making Health Care Whole* with Dr. Betty Ferrell, based on consensus work resulting in guidelines for inter-professional spiritual care. She is co-editor of an international textbook on spirituality and health published by Oxford University Press. Her work has been featured on numerous print and television media. Her scholarship focuses on palliative care, spirituality and health and compassionate care as part of whole person health. She is recognized for her work in developing interdisciplinary educational curricula and innovated models of care. **Registration:** https://us02web.zoom.us/webinar/register/WN_BlhBuYnETnqgmIerXoD5jw

Understanding the COVID-19 Vaccine Thursday, Jan. 14, 7 to 8 p.m. Join Charles E. Smith Life Communities as they welcome Drew Weissman, M.D., Ph.D to lead a discussion about the COVID-19 vaccine. It is no exaggeration to say that Drew Weissman is among a handful of scientists whose research is helping to save the world from COVID-19. Almost 23 years ago, Dr. Weissman began studying how messenger RNA (mRNA) could be used to create vaccines. Now his mRNA research underpins two of the leading coronavirus vaccines, one by Pfizer and the other by Moderna. Dr. Weissman is a professor of medicine at the Perelman School of Medicine at the University of Pennsylvania. He received his undergraduate and master degrees in biochemistry from Brandeis University and his MD, PhD from Boston University. He is a member of The Association of American Doctors, and was recently awarded The Brandeis University Alumni Achievement Award and The Advocacy Award from Research America. Dr. Weissman states that "I've been

working on mRNA most of my entire career, it's what I'm good at, what I find enjoyment in." He looks forward to speaking to the community. Please register in advance [on the Charles E. Smith Life Communities website](#).

It Takes Your Village: How We're Going to Rebuild America in the New Congress and Next Administration: A Talk by Congressman Jamie Raskin, Friday, January 15, 2-3pm. The special guest will be author and politician Jamie Raskin, U.S. Representative for Maryland's 8th Congressional District since 2017. **Registration:** Sign up by January 13 at <https://forms.gle/Uzh76bqMjyMWphjn6>. The Zoom link will be provided to registrants the day prior to the event. For questions about this session, contact Geri Cooperman at gcooperman@aol.com.

Politics and the Theater with Molly Smith, Arena Stage Artistic Director, Friday, January 15, 12pm. Molly has served as Arena's Artistic Director since 1998 and has more than 30 directing credits at Arena, including *Carousel*, *Oklahoma*, *A Moon for the Misbegotten*, and *Fiddler on the Roof*. She also recently directed *Our Town* at Canada's Shaw Festival and her directorial work has been seen in numerous other cities including London, Montreal, Berkeley, Toronto and at Juneau, Alaska's Perseverance Theater which she founded and ran from 1979-1998. She led the re-invention of Arena Stage, focusing on the architecture and creation of the Mead Center for American Theater and positioning Arena Stage as a national center for American artists. **Registration:** https://fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1332064

Protocol, The Power of Diplomacy, and How to Make it Work for You with Ambassador Capricia Marshall, Wednesday, January 27, 1-2:30PM. Marshall serves as Ambassador-in-Residence at the Atlantic Council in Washington, DC. Ambassador Marshall is President of Global Engagement Strategies, which advises international public and private clients on issues relating to the nexus of business and cultural diplomacy. In her roles as chief of protocol for President Obama and social secretary to President Clinton and First Lady Hillary Clinton, she guided the critical work of building diplomatic bridging. What over two decades of working at the highest level of government taught Marshall: there is power in detail and nuance. Sharing unvarnished examples from her time in office, Marshall will bring a master class on soft power, unveiling the complexity of human interactions and

making the case that etiquette, cultural IQ and a flexible mindset matter—now more than ever. **Registration Link:** www.littlefallsvillage.org/Diplomacy by the prior day.

History of Rock and Roll, Wednesday, January 27, 3-4:30 pm. A special opportunity to learn about the History of Rock & Roll, including Rock's Roots, Rock's Golden Age, Hits and even some forgotten records and fascinating facts. Come learn and listen via visuals and soundtracks from local radio expert David McAlary. He is a veteran of 56 years in radio broadcasting, mainly journalism, but also with several years as a disc jockey early on. He retired from a 32-year news career with the Voice of America in 2007 and, as a student of 20th century American popular music, returned to his deejay roots to host an 1950s-'60s oldies show called *Mickey Bo's Rock 'n' Roll Revue* on the Internet at mickeybo.com. Co-sponsored with Bethesda Metro Area Village and Connie Morella Library. **Zoom:** <https://zoom.us/j/95916605633?pwd=Zk9RK2VyaFhweURibIBYU054ODBzUT09> or Dial In: 301 715 8592; Meeting ID: 959 1660 5633. For security reasons, the library will lock the program at 3:10pm

The Outlook for the Next Congress with Congressman Jamie Raskin. Monday, February 8, 1-2:30. Congressman Jamie Raskin represents Maryland's 8th Congressional District in the U.S. House of Representatives. Prior to his time in Congress, Raskin was a three-term Senator in Maryland, where he also served as the Senate Majority Whip. He was also a professor of constitutional law at American University's Washington College of Law for more than 25 years. He authored several books, including the Washington Post bestseller *Overruling Democracy: The Supreme Court versus the American People* and the highly acclaimed *We the Students: Supreme Court Cases For and About America's Students*. Congressman Raskin is a graduate of Harvard College and Harvard Law School. Presented in collaboration with COFFE (Council of Former Federal Executives & Associates). **Registration Link:** www.littlefallsvillage.org/Raskin by the prior day.

Global Needs: Answers for Humanity, Thursday, February 18, 2-3 pm. How do we meet the needs of hundreds of millions of people who are worldwide in need of humanitarian assistance? To fight hunger, address violence, provide shelter, meet

basic needs, and demand resources, it will take international cooperation and local leadership. Special guest will be Ursula Mueller, a German diplomat, former executive director at the World Bank and, until this year, the United Nations Assistant Secretary-General for Humanitarian Affairs. She will share her insights and show slides of her official field missions to some of the 45 countries with humanitarian situations, which she visited during the past 3 years. You will meet amazing people with dignity in their eyes striving for solutions. You will hear about leaders of armed groups that had displaced an entire village population and how people rebuilt their lives with assistance by the international community. Co-sponsored with Bethesda Metro Area Village and Connie Morella Library. **Zoom:** <https://zoom.us/j/93655633065?pwd=YTdFZkN0ejhEYVRDVEp3b2dDZWNhUT09> or Dial In: 301 715 8592; Meeting ID 936 5563 3065. The library will close the link at 2:10; please log in promptly. <https://mcpl.libnet.info/event/4727943>.

A Lab of One's Own: One Woman's Personal Journey Through Sexism in Science with Dr. Rita Colwell, Wednesday, February 24, 1-2:30pm. The featured guest is one of the top scientists in America and the groundbreaking microbiologist who discovered how cholera survives between epidemics. She is the former head of the National Science Foundation. *A Lab of One's Own* is a riveting memoir-manifesto, documenting all Colwell has seen and heard over her six decades in science, from sexual harassment in the lab to obscure systems blocking women from leading professional organizations or publishing their work. Along the way, she encounters other women pushing back against the status quo, including a group at MIT who revolt when they discover their labs are a fraction of the size of their male colleagues. Resistance gave female scientists special gifts: forced to change specialties so many times, they came to see things in a more interdisciplinary way, which turned out to be key to making new discoveries in the twentieth and twenty-first centuries. Dr. Colwell would also witness the advances that could be made when men and women worked together--often under her direction, such as when she headed a team that helped to uncover the source of the anthrax used in the 2001 letter attacks. *A Lab of One's Own* shares the sheer joy a scientist feels when moving toward a breakthrough and the thrill of uncovering a whole new generation of female pioneers. But it is also the science book for the #MeToo era, offering an astute diagnosis of how to fix the problem of sexism in science--and a celebration of the women who fought back. Presented in collaboration with COFFE

(Council of Former Federal Executives & Associates). **Registration Link:** www.littlefallsvillage.org/Colwell by the prior day.

Suburban Hospital offers the following programs:

Intro to Advance Care Planning: Voice Your Choice!, Wednesday, January 12, 3-4pm. You can have a say in your care if you are unable to speak for yourself. This webinar provides a step-by-step process to support you in identifying a healthcare agent and completing a plan to make your wishes known in advance of a health care crisis. In this introductory progra