

NAN NOTES – SEPTEMBER 5, 2020

Sunday, September 13, 3:30-6:00 PM. SAVE THE DATE: WISE ELDERS PRESENTATION 2020. Bannockburn's intergenerational program in which high school students are paired with seniors in our neighborhood and interview them about their lives will be presented on Zoom. Learn about your neighbors' lives as they reflect on aspects of their careers, interests and life experiences.

Join Zoom Meeting

<https://us02web.zoom.us/j/83270192357?pwd=bVR0ZG5OZE8zeFlsQjY5ZmJHWkhSUT09>

Meeting ID: 832 7019 2357

Passcode: 935857

One tap mobile

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Meeting ID: 832 7019 2357

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Find your local number: <https://us02web.zoom.us/j/83270192357?pwd=bVR0ZG5OZE8zeFlsQjY5ZmJHWkhSUT09>

The clock is ticking: **Fill out your US Census 2020 Survey.** Survey response rate is lagging far behind where we need. Please get everyone counted in your community! <https://www.montgomerycountymd.gov/census/>

Other local villages and Washington Area Villages Exchange are happy to share with you virtual programs that all our village members can participate in. Below is a list of events along with registration instructions. Some are live Zoom events; a few others can be viewed at your leisure.

Tuesday, September 8th, 10 am: Bethesda Metro Area Village is hosting [Author and historian Mary McAuliffe](#), McAuliffe will discuss her most recent book, *Paris, City of Dreams: Napoleon III, Baron Haussmann, and the Creation of Paris*. RSVP to director@bmavillage.org

Wednesday Sept 9th, 2 pm: Coping with the Stresses of Social Distancing & the Uncertainties of the Covid Pandemic

Potomac Community Village hosts psychologist Dr. Tamara Levin of the Snow Psychology Group, who'll discuss and answer our questions about coping with the ongoing limitations of social distancing, the anxiety we're all feeling, the expectations of our new normal, and how to prepare for what will be a slow pathway to a post-virus world. This program is hosted in a partnership between PCV and the Potomac Library, and we are using the library system's Zoom account.

The county library system notes that for security reasons, this program session will be locked 5 minutes after it begins. Please log in promptly.

Zoom: <https://zoom.us/j/98298054798>

Or Dial In: (301) 715-8592; Meeting ID: 982 9805 4798

Wednesday, September 9th, 7-8pm Make Your Vote Count! Hosted by King Farm Neighbors Village.

Presentation on voting in the general election with Marge Wexler of the League of Women Voters. Ms. Wexler will also answer any questions you may have about voting during the general election. To Register, click [here](#)

Thursday September 10, 11:00 - noon and Friday, September 11, 3:00 - 4:00 PM,

Greater Stonegate Village is partnering with the **League of Women Voters** of Montgomery County to provide critical bipartisan information on voting in this year's election. The presentation will include how to confirm that you are a registered voter and apply for, complete, and submit a mail-in ballot. The session will also cover changes to voting in person. A question and answer period will provide an opportunity for you to get your concerns addressed.

Speaker: Marge Wexler joined the League of Women Voters in 2014. She is currently the Voter Registration Coordinator for the League. In that position, Marge has coordinated voter registration drives in colleges, correctional facilities, festivals, markets, and senior housing. She also serves on the committee that writes the Voters' Guide and other League publications. **RSVP:** Pre-registration is needed. Please respond by Wednesday, September 9, to wendy@greaterstonegatevillage.org, and indicate which session you will attend. **Where:** On Zoom. The login information will be provided the day before the event to those who have registered.

Thursday, September 10th, 11-11:30 (and every other Thursday henceforth):
Music for the Mind Body and Soul, **Live Music Therapy**. RSVP with Conor Duncan,
Kensington Park Senior Living : 301-946-7700

Thursday, September 10th , 1:00-2:30 “The Evolution of the Human Diet”

Little Falls Village is hosting Dr. Briana Pobiner, paleoanthropologist at the Smithsonian’s National Museum of Natural History and an Associate Research Professor of Anthropology at the George Washington University. Dr. Pobiner’s research centers on the development of human diets with a focus on meat-eating but has included topics as diverse as human cannibalism and chimpanzee carnivory. Since joining the Smithsonian in 2005 she assisted in putting together the Hall of Human Origins, in addition to continuing her active fieldwork, collections studies, and experimental research programs which have taken her to Kenya, Tanzania, South Africa, Indonesia, Romania, and the United States. Dr. Pobiner also leads the Smithsonian’s Human Origins Program in education and outreach efforts. When you hear about the “paleo diet”, you probably think of the modern diet trend which is often centered around eating significant amounts of meat. But what role did meat-eating play in human evolution? When did our ancestors first start eating meat, and how did that change over time? How did meat-eating change our bodies, our brains, and our behavior – and how do we know? Join Briana Pobiner on a journey through the various line of evidence for meat-eating in human prehistory. Registration

Link: www.littlefallsvillage.org/DietEvolution

Thursday, September 10th, 11am - 12 pm: **Time To Give Back: Finding Your Best Volunteer Fit During COVID and Beyond**

The COVID crisis has drastically altered the world of volunteering as nonprofit and government agencies respond to both the increasing community needs and constraints imposed by the virus. Join this Montgomery County Public Libraries-sponsored Zoom event on, and learn from the Montgomery County Volunteer Center about its rich resources for exploring volunteer opportunities, the unique services of the 50+ Volunteer Network, and what community service may look like in the future. Free and no registration required! For access to the invitation click [here](#) or visit [Montgomery County Public Libraries Virtual Events page](#).

Questions? Email 50plus@montgomerycountymd.gov

Friday, September 11 at 1:30 - 3:00 PM. The Politics Forum: Special guest and AHA member Martin Tolchin will discuss his new book "Politics, Journalism and the Way Things Were." Tolchin has served as bureau chief for the New York Times, was founder of The Hill newspaper, and was part of the editorial founding team at Politico. He is an award-winning author of several books on domestic and global politics and on Congressional ethics . This latest offering is more memoir based. The Politics Forum will be moderated by Dr. Helen Desfosses, a retired Public Policy professor from the University at Albany-SUNY and AHA board member. RSVP by Sept. 9 by phone to 703-231-0824 or email to aha@athomeinalexandria.org

Sunday, September 13 3:30 PM. Don't forget to participate in our Wise Elders presentations on Zoom. (see red at top of page)

Monday, September 14, 10:00 – 11:00 AM. Art Talk: Wars at Home and Abroad: How Artists were Affected by WWI, the Depression and WWII. Led by Lee Ann Lawch, a volunteer docent with the Smithsonian American Art Museum. RSVP by Sept. 11 by phone to 703-231-0824 or email to aha@athomeinalexandria.org

Tuesday, September 15th 11, Voter Suppression.

Potomac Community village is hosting Ralph Watkins, is a former Vice President for Voter Services for the Maryland League of Women Voters. He'll look at the types of voter suppression practices seen in several states that raise question about national policies affecting the right to vote, and what we can do to protect our own vote, help our friends vote this fall, here in Maryland. Free and open to all. Register by 12 noon on September 14 by contacting the Help Desk at 240-221-1370 or at 20854helpdesk@gmail.com. Please provide your full name and the name of your device when you RSVP (so we know how to recognize you in the Zoom Waiting Room) and how you heard about this program.

Tuesday, September 15th, 7:00 pm: Pump House Village is hosting a [Death Café](#) in collaboration with Assisting Hands.

To Register: <https://www.assistinghands.com/37/maryland/potomac/events/>

Wednesday, September 16th, 2 pm [Adapting your coping skills](#). The senior stage of life with its unique challenges often requires new or not often used coping skills. Bethesda Metro Area Village is hosting Frederika Granger, LCSW-C (Program Manager of the Positive Aging Program at Aspire Counseling) will help us get perspective on how experience and wisdom serves us and help us develop a revised tool kit of coping skills. RSVP to director@bmavillage.org

Thursday, September 17th, 2-3pm: **Is it Dementia? What's "Normal" Brain Aging?** North Bethesda Village is hosting With Tara Davis-Rama, MHS, Diversity and Inclusion Program Manager, Alzheimer's Association National Capital Area Chapter. She will discuss the common signs of dementia and what to watch for in yourself and others:

- Typical age-related changes
- Common signs of dementia, especially Alzheimer's
- Tips on how to approach someone about memory concerns
- Importance of early detection and benefits of diagnosis
- Possible tests and assessments for the diagnostic process
- Helpful Alzheimer's Association resources.

RSVP to park21217@aol.com for Zoom meeting link.

Monday, September 21st, 9:30-12:00: **WAVE Quarterly Meeting. Request link with:** washingtonareavillages@gmail.com

Monday, September 21st, 4 pm [Author David Roll](#), will speak about his latest work, *George Marshall: Defender of the Republic*. General David Petraeus reviewed the book as a "hugely significant book..." Bethesda Metro Area village co-hosts with Connie Morella Library. link: <https://zoom.us/j/99122801651> or Dial In: 301 715 8592; Meeting ID: 991 2280 1651. Note that the event will be closed by the library to latecomers at 4:05 pm so be sure to log in early.

Tuesday, September 22nd, 10:00 am: **It's Your Business – an online interactive game!** Villages of Kensington has teamed up with Senior Entertainment, LLC to Offer a fun version of "What's your Line" Online.
RSVP: Members@VillagesofKensingtonMD.org

Tuesday, September 22nd, 2-3pm, **Keeping your home Safe and Fire-Free during the Pandemic (chat and visual walkthrough)** North Bethesda Village is hosting

Jim Resnick. This presentation covers a few simple steps and tips for enhancing your safety while at home, such as:

- Personal safety – identifying and correcting potential fall hazards
- Need for working smoke alarms, carbon monoxide alarms, and a realistic fire escape plan
- Deciding which is safer: sleeping with bedroom door opened or closed?
- Call 911 first or try to put out a fire yourself?
- Providing information needed by paramedics responding to a medical emergency at your home
- Additional questions or comments from virtual meeting participants.

RSVP to park21217@aol.com. Paper copy of presentation provided ahead of time for those not able to use a computer

Tuesday, September 22, 10:30 – 12:00 noon. How to Vote Safely in Montgomery County This Year. Dr. Gilberto Zelaya, Empowerment/Public Information Officer, MoCo Board of Elections will discuss such topics as: how voting in November's election will be different from usual, how to obtain an absentee/mail ballot, verifying that your voter registration is current, how to register to vote in MD, options for those who choose to vote in person, as well as how to sign up to be an election worker. Please feel free to ask any questions or raise any concerns you might have about the November election.

Free, [click here to register](#)

Wednesday, September 23rd, 1:00-2:30: “Three Billion Birds Lost: The Disappearance of North American Birds and What We Can Do About It”

Little Falls Village is hosting Peter Marra, Director of the Georgetown Environmental Initiative (GEI), Laudato Si' Professor in Biology and the Environment, and Professor in the McCourt School of Public Policy. Dr. Marra had a 20-year career at the Smithsonian Institution, most recently as Director of the Migratory Bird Center. He has a Ph.D. from Dartmouth College and has authored over 225 papers published in journals such as Science, Nature and Conservation Biology on various aspects of the biology and conservation of birds and other animals, as well as on topics as broad as urban disease ecology. He co-edited the frequently cited book - Birds of Two Worlds and recently published a second book - Cat Wars: The Devastating Consequences of Cuddly Killer. Dr. Marra lives in Takoma Park with his wife and two kids, is an avid fisherman, a gardener and

cook. If you were alive in the year 1970, more than one in four birds in the U.S. and Canada has disappeared within your lifetime. Join Dr. Marra as he reviews the first-ever comprehensive assessment of net population changes in the U.S. and Canada which reveals, across-the-board, declines that scientists call “staggering.” All told, the North American bird population is down by 2.9 billion breeding adults, with devastating losses among birds in every biome. Forests alone have lost 1 billion birds. Grassland bird populations collectively have declined by 53%, or another 720 million birds. Why is this happening? Common birds—the species that many people see every day—have suffered the greatest losses, according to the study. More than 90% of the losses (more than 2.5 billion birds) come from just 12 [bird] families including the sparrows, blackbirds, warblers, and finches. What can be done to stop these losses? What role do we play? Registration Link: www.littlefallsvillage.org/Birds

September 24th, 10-11:30: Believing You Know What’s Best: Understanding and Assisting in Cases of Hoarding and Self-Neglect with Older Adults

Do older adults have the right to self-neglect or make ‘bad’ decisions? What are the ethics behind self-neglect and decision-making capacity? What is hoarding? Why do people start hoarding? How do things get so bad? How and when can you intervene? While cases of self-neglect and hoarding can be extremely complicated, these are questions we will address in our upcoming webinar. Using case examples, experts will discuss balancing safety and self-determination, the psychology behind hoarding, and the resources and interventions available to older adults in need of assistance. This webinar is designed for Villages, community members, caregivers, and professionals working with older adults. Speakers: Frederika Granger, LCSW-C, Clinical Social Worker, specializing in older adults, anxiety, depression, hoarding and Obsessive Compulsive Disorder, Julia Frank McGlamary, LCSW-C, Montgomery County Adult Protective Services Supervisor [Register online](#) with ElderSAFE Center

Thursday, September 24 10:00 – 11:00 AM. Racial Equity: Understanding Qualified Immunity AHA member and retired attorney Howard Weiss leads our conversation about systemic racism with a discussion aimed at defining and analyzing the impact of the legal doctrine of "qualified immunity," applied as a shield to block lawsuits under federal law against police for violations of Constitutional rights. RSVP by Sept. 22 by phone to 703-231-0824 or email to aha@athomeinalexandria.org .

Tuesday, September 22, 2:00 pm **Susan Gluck Mezey: The Supreme Court and Women's Reproductive Rights**,. FHNN is hosting retired professor Dr. Susan Gluck Mezey speak on the Supreme Court and Women's Reproductive Rights. Dr. Mezey, a PhD, JD, is an Emeritus Professor of Political Science at Loyola University in Chicago. She has published extensively about the rights of minority groups and the federal courts. RSVP with "Mezey" in the subject line to information.fhnn@gmail.com