

NAN NOTES – August 30, 2020

Seniors Town Hall, Tuesday September 1, 7-8:30 pm. This is a discussion on Covid=19, healthcare and other issues of interest to seniors with Evan Glass, member of Montgomery County Council and Dr. Travis Gales, Public Health Officer. This is a Zoom meeting. Zoom link is bit.ly/seniortownhall. Submit questions in advance to bit.ly/askevan.

Two Part Workshop on Anti-Racism for Villages. RSVP by 1 September
Please join a two part workshop on Tuesday, September 8th and Monday, September 14th, 1:00-2:30 p.m. IMPACT Silver Spring will introduce you to a framework called Block-Build-Be. You will explore different pathways to effectively work towards anti -racist efforts in your community. This workshop is intended for those who want to slow down and take a more holistic approach in addressing racism with an emphasis on the inner awareness needed for outwards action. We have limited capacity so we are limiting it to people who are currently active in their village. <https://docs.google.com/forms/d/e/1FAIpQLSeWMEZEpkOc6NCBpVf2IldzsXRC0R910ap6KzgKxSPLo0-jtQ/viewform>

The Kreeger Museum will reopen the Sculpture Garden with limited capacity and hours on September 1st! In order to manage safe capacity are requiring

that reservations for timed entry be made in advance. <https://kreegermuseum.org/visit/reopening>

Thursday, September 10, 11 am – noon and Friday, September 11, 3:00 – 4:00 pm. Make Your Vote Count!

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. Marge has coordinated voter registration drives in the colleges, correctional facilities, festivals, markets, and senior housing in that position. She also serves on the committee that writes the Voters' Guide and other League publications. **RSVP:** Please respond by Tuesday, September 8, to wendy@greaterstonegatevillage.org, and indicate which session you will attend.

When: This program is offered twice. Thursday, September 10, 11:00 am – 12 pm and Friday, September 11, 3:00 pm – 4:00 pm.

Where: On Zoom. The login information will be provided the day before the event.

Thursday, September 10, 1:00 – 2:30 pm. The Evolution of the Human Diet.

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 lines of evidence for meat-eating in human prehistory. **TIME:** 1:00 – 2:30 pm (recommend to log-in by 12:45 pm). Note that this Zoom event will be locked at 1:05 pm, due to library security policy. After the event is locked at 1:05 pm, entry into the event will not be possible. It is therefore important that you log into this event on time.

RSVP: CLICK ON THIS LINK TO

REGISTER www.littlefallsvillage.org/DietEvolution. This is a new registration

process, and is very easy to do, just follow the prompts, including searching for your name if you have registered for a prior LFV Speaker Event. If you have any difficulties with the new registration process, email info@littlefallsvillage.org or leave a message at the LFV office (301) 320-3267. When leaving a VM or email, include your email and street address in the message. **Please register at least a day prior to the event.**

Sunday, September 13, 3:30-6:00 PM. SAVE THE DATE: WISE ELDERS PRESENTATION 2020. Bann ockburn'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, interest and life experiences. Join

Zoom Meeting

<https://us02web.zoom.us/j/83270192357?pwd=bVR0ZG50ZE8zeFlsQjY5ZmJHWkhSUT09>

Meeting ID: 832 7019 2357

Passcode: 935857

One tap mobile

+13017158592,,83270192357#,,,,,0#,,935857# US (Germantown)

+19292056099,,83270192357#,,,,,0#,,935857# US (New York)

Dial by your location

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+1 929 205 6099 US (New York)

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+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 832 7019 2357

Passcode: 935857

Find your local number: <https://us02web.zoom.us/j/83270192357?pwd=bVR0ZG50ZE8zeFlsQjY5ZmJHWkhSUT09>

Wednesday 9/23. 1:00-2:30 pm: THE EPIC MIGRATIONS OF BIRDS with Dr. 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 engaging phenomena of the animal world and one epitomized by birds. Migratory birds are the Olympiads of the natural world - traveling extreme distances, flying at night in flocks of tens of thousands of individuals, and moving through treacherous terrain with untold obstacles threatening their every move. Today, over 50% of North America's migratory species are declining at unprecedented rates – and for most of

these species we don't know why. Dr. Marra will take us on a hemispheric journey to discover the unknown migrations of the birds, explaining the latest technologies used for tracking and why it's up to us to uncover the secrets of their biology to protect these marvelous species. Registration

Link: <https://www.littlefallsvillage.org/Birds> .

Montgomery County Updates Phase 2 Reopening Guidelines On Monday, Montgomery County updated its Phase 2 guidelines to allow additional businesses to reopen. The updated executive order permits museums, art galleries, and bowling alleys to open, with restrictions; modifies the definition of face covering to include covering the chin, as well as the mouth and nose; and issues new directives about sports playing, among other changes. [Read the full executive order here.](#)

Montgomery County Testing Some testing sites suspended services after the Maryland Department of Health had ordered Rockville lab AdvaGenix to immediately stop providing COVID-19 testing. The county is now recommending that anyone who was tested at a County-sponsored clinic between July 30 and August 13 be retested at another community-based clinic. Free testing clinics have resumed, and you can find a full list of upcoming dates and locations, as well as a list of additional testing sites here: <https://www.montgomerycountymd.gov/covid19/testing.html>

Montgomery County Extends Open Parkways Program On Weekends Until Further Notice If you've been enjoying having Little Falls Parkway closed on weekends for extra room to socially distance while walking and biking, you're in luck! Montgomery Parks is extending its Open Parkways initiative until further notice, although after Labor Day weekend the parkways included will only be closed to cars on Saturdays and Sundays. [Read more here.](#)

Maryland Durable Medical Equipment (“DME”) Reuse Program

The Maryland Department of Aging (MDoA) has launched a new program reusing durable medical equipment -- wheelchairs, walkers, bathroom aids, and other assistive devices, in order to maintain residents' safety and mobility. Often the cost of this equipment is a serious burden, not only to uninsured residents, but also to insured residents whose insurance will not approve the equipment needed or whose approval is delayed. To address this need, MDoA has developed this innovative program to provide durable medical equipment to Maryland residents.

The program will serve Marylanders with any illness, injury, or disability, regardless of age, at no cost. All donations will be sanitized, refurbished and redistributed to the public free of charge. This service will improve the mobility, quality of life, and employment opportunities for many Maryland residents.

The DME Reuse Program can only operate with the assistance of community donations. Not only will you be improving someone's world through your donation, but you will also be dramatically improving the environment by diverting DME from our landfills. With your donation, please feel free to advertise your community programs and institution's participation in this environmentally-conscious service.

When: DME donations are accepted Monday through Friday from 8:00 a.m. – 4:00 p.m.

What: Wheelchairs, power chairs, walkers, rollators, shower chairs, and more!

Where: New Maryland DME Warehouse - 11701 Crain Highway, Cheltenham, MD 20623

Please Call in advance of donating. DME pickup available under certain circumstances.

Additional donation and distribution centers will be opening statewide in the coming months.

For more information please call 240-230-8000, email DME.MDOA@maryland.gov or visit aging.maryland.gov.

Sources: MontgomeryCountyMD.Gov; NBC4; Montgomery County COVID-19 Information Portal; Montgomery Parks; Maryland Department of Aging

Please note that NAN continues its own equipment lending program for our community. If you need to borrow equipment or have things to donate, contact Miriam Kelty at Keltymiriam@gmail.com

From Empowering the Ages:

Our Montgomery County-based organization, Empowering the Ages, works to bring generations together in meaningful and empowering ways. We are currently accepting entries for our Innovation Award in Intergenerational Art -- flyer attached. Please feel free to pass it on to anyone who might be interested in spreading the word or entering, within your constituency or beyond. **We welcome entries from artists of ALL ages and are especially reaching out to youth and**

older adults. Entry is free, and our winners will receive \$50-\$100 gift cards. **From MCPL: Authors' Events**

Thursday, September 10, 10:00 am. From Caring Matters: Speaking Grief Film Screening & Online Discussion CaringMatters is proud to partner with WPSU Penn State and the New York Life Foundation to promote and screen "Speaking Grief," a new documentary that will help change the way we understand grief. The film features diverse representations of grief through candid interviews with families whose losses range from stillbirth to suicide. View the video online between August 30 - September 10; Join online **Thursday, September 10, 10:00 am** for an exclusive panel discussion of the film; a link to the film and discussion will be emailed to all registrants on August 30. Panelists will include **Gilly Cannon**, Director of Children's Bereavement Services; **Maria Collins**, Vice President of the New York Life Foundation; and [Jim Rossi](#), Director of Adult Bereavement Services. The film and online discussion are both free of charge, but registration is required: <https://www.caringmatters.org/community-education>. View the trailer at: https://youtu.be/yi88DGcl_Nk

Thursday, September 17, 2020, 2 PM Is it Dementia? What's "Normal" Brain Aging? With Tara Davis-Rama, MHS, Diversity and Inclusion Program Manager, Alzheimer's Association National Capital Area Chapter
1-hour Google Meet discussion
RSVP to: park21217@aol.com to receive a Google Meet link.

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From MCPL: Authors' Events: Rajia Hassib Hassib will discuss her latest novel, *A Pure Heart*, the story of sisters Rose and Gameela Gubran, one an Egyptologist who married an American journalist and immigrated to New York City, and the other a devout Muslim living in Cairo. When Gameela gets killed in a suicide bombing, Rose returns to Egypt, collects her sister's belongings, and uses them to guide her on a journey to understand who her sister was and how she came to die. Set in the aftermath of the Arab Spring and interwoven with themes of ancient Egypt, the novel explores how faith, family, and love can unite and divide us. <https://mcpl.libnet.info/event/4507100>