

UPCOMING SPEAKER EVENTS PRESENTED BY LITTLE FALLS VILLAGE
at the Little Falls Library, 5501 Massachusetts Avenue, Bethesda MD 20816
RSVP by Email to info@littlefallsvillage.org or Call (301) 320-32679
(RSVP with name and email address)
Advanced Registration Required – Space is Limited

TUESDAY MARCH 10 1:00-2:30 PM

“Spring Flower Arranging Workshop: When West Meets East” by **The Garden Party**, a member of the National Capital Area Garden Clubs. **Marjorie Bauman**, certified Sogetsu Ikebana Teacher and licensed psychotherapist will lead the workshop. Marjorie’s work has been exhibited at the National Arboretum and Sogetsu shows at Alexandria’s Torpedo Factory. For the hands-on workshop, Marjorie will be joined by members of the Garden Party Garden Club, **Jane Kneessi**, President and **Melissa Siegel**, Master Gardener for Montgomery County. The Garden Party Club has 47 members from around the DMV. Learn about our beautiful cherry trees, how they came to be planted in this area, and why they continue to prosper. Marjorie will talk about Ikebana and instruct participants in a few relaxation exercises. Experience the restorative power of nature and mindfulness practice as you work with nature’s seasonal materials to create a sense of serenity for yourself and the arrangement. The completed Ikebana flower arrangement will be yours to take home and enjoy! This is a FREE event and all supplies are included. Seats are limited.

THURSDAY MARCH 12 1:00-2:30 PM

“Washington D.C. History” with **Jane Levey**, curator and managing editor for the Historical Society of Washington, D.C., which now operates the D.C. History Center in the historic Carnegie Library at Mt. Vernon Square.

Jane Levey’s thirty plus years of experience in public history includes consulting curator for the George Washington University Museum/The Textile Museum, editor of *Washington History* magazine, and director of the D.C. Neighborhood Heritage Trails system for Cultural Tourism DC. This slide-illustrated talk presents key issues and moments in the history of Washington, D.C. While historians have traditionally considered D.C. an anomaly among American cities because of its unique status as the nation’s capital, in fact, the city has experienced the same issues confronting other cities throughout U.S. history. By looking at how transportation, race relations, real estate development, and daily life have changed over time, we can better understand the metropolitan D.C. region of today. Enjoy some new perspectives on your hometown and prepare for some myth busting!

WEDNESDAY MARCH 25 1:00-2:30 PM

“How to Age with Vitality, Dignity, and Humor and Live Your Life with No Regrets,” with **Chris Palmer**, a teacher, speaker, author, and environmental/wildlife film producer. Chris served on American University’s full-time faculty as a professor and, in 2004, founded AU’s Center for Environmental Filmmaking at the School of Communication. Additionally, he served as Distinguished Film Producer in Residence until his retirement in 2018. Mr. Palmer created a highly popular course called *Design Your Life for Success*, which he offered every semester free to students, faculty, staff, and the public.

Chris Palmer will give an entertaining and interactive workshop on how to get the most out of life and live with more joy, success, and fulfillment. He will discuss what’s really important, how to find purpose and meaning, and how to live fully regardless of your stage in life. This workshop is about actively designing our lives rather than simply 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.

THURSDAY APRIL 2 1:00 – 2:30 PM

“Gait and Balance for Stability and Confidence” with **Julie Shein**, PT, CPT, neurologic physical therapist, member of the Vestibular Disorders Association, and certified personal trainer. Julie has been providing excellent patient care for over 25 years and presently practices at Point Performance. **Julie Shein** will explain the biomechanics of gait and balance and the importance of maintaining physical activity. Julie will teach participants how to set realistic goals to increase activity and change environments

to reduce fall risk factors. With a team of physical therapists, Julie will also offer individualized assessments on participants' balance, and offer her thoughts on the design of an activity program, including some of the best exercises to improve gait and strengthen balance.

WEDNESDAY APRIL 22 1:00 – 2:30 PM

“Back Pain Management and Prevention: Ways to Minimize Pain and Maximize Function” with **Mark Klaiman, M.D.**, co-founder of Bethesda's Point Performance, and **Adam Gershowitz, DPT**, physical therapist and certified strength and conditioning specialist.

More than one in three adults say back pain negatively impacts their everyday activities, including sleep, and many believe stress has a major impact on their pain. **Dr. Klaiman** and **Adam Gershowitz** will discuss major causes of lower back pain and current treatment modalities and offer advice on ways to not only manage but prevent back pain through a healthy lifestyle. They will go over the anatomy of the spine, types and causes of back pain, healthy body mechanics and exercises for core strength, and strategies for managing back pain. Dr. Klaiman's expertise lies in coordinating multiple disciplines and methods to support optimal pain reduction. Adam Gershowitz has spent his career in outpatient orthopedics with a focus on manual therapy and movement impairments. By incorporating joint and soft tissue mobilization techniques with functional exercises, Adam improves the way the body manages to increase function.

THURSDAY MAY 14 1:00 – 2:30 PM

“Planet Word” with **Rebecca Roberts**, journalist and former Programing Coordinator with the Smithsonian Institution, and currently the Curator of Programming for D.C.'s newest museum: **Planet Word Museum**, slated to open in D.C.'s Franklin Square on May 31, 2020.

Rebecca Roberts will provide details on Planet Word where visitors will be introduced to the power, fun, and beauty of words. Planet Word will be the first voice-activated museum and will open with 11 galleries that explore the world of words. In one gallery, there will be a 12-foot globe with 5,000 LED lights that will teach visitors words and phrases in the language of their choice, including sign language. In another gallery, visitors can marvel at a voice-responsive, 22-foot Word Wall that changes and shifts between its 1,000, three-dimensional words. Galleries include one dedicated to poetry where visitors can listen to famous poems while also seeing the words projected onto the wall in front of them, according to the *Washington Post*. In other galleries, visitors can practice their karaoke skills or try to recite speeches from famous orators like Martin Luther King, Jr., and JFK. Language is what makes us human. From earliest childhood we weave our words into speech to communicate. Language shapes our lives, our decisions, and our relationships. Let **Rebecca** inspire you in renewing your love of words as you rediscover their fun and beauty.

WEDNESDAY MAY 27 - 1:00-2:30 PM

“What is the Outlook for U.S.-China Relations?” with **Stapleton Roy, Ambassador to China**. Ambassador J. Stapleton (Stape) Roy is a Distinguished Fellow and Founding Director Emeritus of the Kissinger Institute on China and the United States at the Woodrow Wilson International Center for Scholars in Washington, D.C.

Ambassador Roy joined the U.S. Foreign Service immediately after graduating from Princeton in 1956, retiring 45 years later with the rank of Career Ambassador, the highest in the service. On retirement he joined Kissinger Associates, Inc., a strategic consulting firm before moving to the Woodrow Wilson International Center for Scholars in September 2008 to head the newly created Kissinger Institute. In the space of a few short decades, China has emerged as a principal rival of the United States as a global leader. The United States faces a fundamental policy choice in dealing with China. Should the goal of our policy be to preserve our traditional air and sea dominance in the Western Pacific? Or should the goal be the encouragement of responsible behavior by a more powerful and influential China? We are not addressing this choice in a serious manner. Complicating this issue is the question of what is going on in China, where President Xi Jinping is heading a campaign against western influences and increasingly resorting to fear and repression to maintain stability. The suppression of Uighurs in Xinjiang, the demonstrations in Hong Kong, and the

reelection of President Tsai Ing-wen in Taiwan suggests that all is not well in China's domestic affairs. The trade war between China and the United States is an additional complicating factor. Ambassador Roy will look at these issues from the perspective of his long experience in dealing with China.

THURSDAY JUNE 11 1:00-2:30 PM

"The CIA and Intelligence: An Insider View" with Jon Nowick, who served with the CIA from 1974-2006 as an intelligence analyst and manager focused on the Balkans and Eastern Europe, with two overseas assignments and a detail to the Department of Homeland Security.

Jon Nowick prepared intelligence reports for three Presidents, led the CIA's largest minority recruiting team, and was awarded the CIA Career Achievement Medal. Since 2006 Jon has been training CIA and other Intelligence Community officers in counterterrorism and collaboration. With the CIA and Intelligence Community in the public spotlight, find out what role intelligence plays in national security, how the CIA executes its mission, and how the Intelligence Community has reinvented itself since 9/11. In this interactive session, Jon Nowick, a 30-year CIA careerist shares personal insights from his work as a CIA analyst, manager, overseas representative, and trainer of the next generation of intelligence officers, including informing Presidents of events that shook the world.

WEDNESDAY JUNE 24 1:00 – 2:30 PM

"Climate, Oceans, and Human Health: How the Chesapeake is a Paradigm" with **Dr. Rita Colwell**, 11th Director of the National Science Foundation and the Foundation's first female Director. Dr. Colwell is an environmental microbiologist and scientific administrator and holds degrees in bacteriology, genetics, and oceanography.

Dr. Colwell is recognized for her study of waterborne infectious diseases and their impacts on global health. She is the founder and Chair of CosmosID, a bioinformatics company. The Chesapeake Bay provides about 500 million pounds of food each year and is home to about 3,600 species of plants and animals. It's also a natural habitat for the bacteria that causes cholera — and climate change may cause a potential for the cholera-causing bacteria to spread. As a result of her research, Dr. Colwell works to advance a clearer understanding of the fact that water, climate, and the environment are fundamental issues in our lives now and into the future.

THURSDAY JULY 9 1:00-2:30 PM

"Bees and Beekeeping" with **Bill Hahn**, Georgetown Adjunct Professor - Science, Technology and International Affairs (STIA) | Adjunct Lecturer; Associate Research Professor, Biology.

Honeybees are one of the most important insects given their value in pollinating food crops and their production of honey, wax, and other products. **Dr. Hahn** will explore the biology of honeybees, describe the best native plants that attract native pollinators in the garden, and explain the basics of beekeeping. Increasing awareness of native pollinators, including bees, is beneficial to community ecosystems in which they provide and help maintain the environmental balance.

WEDNESDAY JULY 22 1:00-2:30 PM

"Aging in Place with Universal Design" with **Charles Khiel**, CR, CAPS, MCR; Vice President FRED Division: Case Design/Remodeling, Inc. Chuck has worked in the residential construction and home improvement industry in Maryland, D.C., and Virginia for over 35 years.

Independent living promotes life satisfaction, health and self-esteem which are the three keys to aging successfully. About 90% of people age 65+ wish to age in their home of choice. **Charles Khiel** will discuss Aging in Place and the benefits of Universal Design for your home. Universal Design of products and environments applies to people of all ages and abilities, to the greatest extent possible, without the need for significant adaptation or specialized design. It brings flexibility, low physical effort, and simplicity to your home to create a safe space for you.