

UPCOMING PROGRAMS 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) 320-3267
Advanced Registration Required – Space is Limited

THURSDAY JANUARY 9 1:00-2:30 pm

“A Primer on the Primaries,” with **Steve Roberts**, Professor of Media and Public Affairs at George Washington U., columnist, TV and radio analyst, best-selling author, and lecturer. Mr. Roberts has been a journalist for more than 50 years, covering some of the major events of our time. He is an author, nationally-syndicated newspaper columnist, chief policy analyst for ABC radio network, and Shapiro Professor of Media and Public Affairs at George Washington University.

The 2020 election will be the 14th presidential campaign **Steve Roberts** has covered as a Bureau Chief for the New York Times and as a Congressional and White House correspondent. As a journalist, he tries to use his experience to help folks understand the underlying trends and issues that, as he says, “don’t always show up in the latest Twitter tussle.” He considers himself, “an analyst not an advocate.” Mr. Roberts has won many awards, including the Dirksen Award for covering Congress and the Wilbur Award for reporting on religion and politics, the Bender prize as one of GW's top undergraduate teachers and six honorary degrees. He is also the author of multiple books including *Bethesda and Chevy Chase (Images of America)*, which traces the transitioning of our communities’ from farming societies to modern suburbia.

WEDNESDAY JANUARY 22 1:00 – 2:30 pm

“Sustainable Glenstone: Lessons Learned from Building an Earth Friendly Museum,” with Chief Sustainability Officer **Paul Tukey**. Mr. Tukey is an internationally recognized and honored sustainability consultant, entrepreneur, author, publisher, lecturer, filmmaker, television host and producer. A dynamic leader of several high-profile organizations in both the for-profit and non-profit sectors, and a sought-after consultant and public speaker, he currently develops sustainability protocols for the Glenstone Foundation near Washington, D.C.

Join **Paul Tukey** for a review of what it took to build the expanded Glenstone Museum in Potomac, with an emphasis on ideas to use at home and in your community. Glenstone’s expansion, including the planting of 8,000 trees on its nearly 300 acres, has four main sustainability areas of concentration to include waste reduction and recycling, organic landscaping and stream restoration, promoting the nexus between health and ecosystem health, and public transportation. Mr. Tukey notes, “We are by no means done. This is a work in progress.” He presently works with over 140 people, assisting them in not only making their day-to-day operations green but also encouraging them to inspire visitors to take steps to protect our environment.

THURSDAY FEBRUARY 13 1-2:30pm

“Cultivating Nourishing Relationships as We Age” with **Jane Kerschner**, MA Ed, PCC, Retirement Coach and facilitator of Wise Aging Seminars.

“Tell me what you will do with your one wild and precious life?” This last line of the late Mary Oliver’s poem, “Summer Day,” is the essence of **Jane Kerschner’s** work in the world. As an educator, coach and facilitator, her career theme has been to support the personal growth and development of others as they transition through events and stages of life. Currently, she focuses her practice on creating critical conversations that address the challenges and opportunities of *‘what’s next?’*

Healthy social interaction is especially important for our aging brain. Join **Ms. Kerschner** as she helps us examine our relationships in order to become more intentional in the actions and choices we take with the people in our lives. What relationships do we want to nurture and which no longer serve us? What is the difference between loneliness and solitude? Jane believes everyone can access and trust their own wisdom and can show you how to do that.

“As soon as you trust yourself, you will know how to live.”- Goethe

WEDNESDAY FEBRUARY 26 1:00 – 2:30 pm

“From Iwo Jima to Fallingwater: 30 Years Working on Conservation of Sculpture, Decorative Arts and Historic Objects” with **Connie Stromberg**, Art Conservator and owner of Stromberg Conservation, LLC. **Connie Stromberg** is a conservator specializing in the assessment and conservation of sculpture, outdoor sculpture, decorative arts and historic objects for museums, government agencies and private collectors mainly in the DC and Baltimore area. Some of her clients include the Smithsonian Institution American History, African American History and culture and Hirshhorn Museums; Baltimore Museum of Art and the U.S. House of Representatives. She has also undertaken projects at Frank Lloyd Wright’s Fallingwater and at the Ringling Museum in Sarasota, Florida.

Ms. Stromberg will give an overview of her background and education and will outline basic principles of art conservation. She will also review several of the more interesting projects she has undertaken over the course of her career.

TUESDAY MARCH 10 1:00-2:30 pm

Spring Flower Arranging Workshop. Join Ikebana instructor Marjorie Bauman and members of the National Capital Area Garden Clubs, *The Garden Party*, for a discussion of our beautiful cherry trees, how they came to be planted in our area and why they prosper here. This presentation culminates in a hands-on workshop to create a Cherry Blossom arrangement for you to take home and enjoy! Seats are limited. This is a FREE event and all supplies are included.

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. Her 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 Programming Coordinator with the Smithsonian Institution, and is currently the Curator of Programming for the upcoming Planet Word Museum, the new language arts 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. Through the many immersive experiences Planet Word will offer, visitors will discover the richness of the world's languages and how words shape our lives, our decisions, and our relationships.

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

Stapleton Roy, Former Ambassador to China, Topic to be announced later.

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. She 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 is spreading it. As a result of her research, Dr. Colwell works to advance a clear understanding that water, climate, and the environment, are fundamental issues.