



# ACROSS THE FENCE

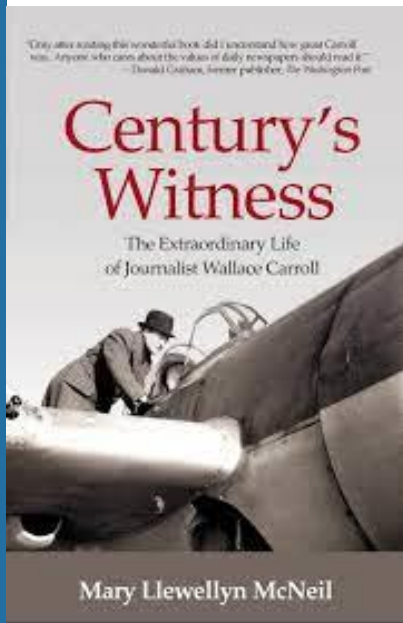
September 11, 2022

We may not remember what we did yesterday, but we all remember what we were doing twenty-one years ago. It is interesting what triggers those memories. A perfectly blue September sky can transport you back in time. Traffic was bottlenecked with people trying to get home where they felt more safe and secure. The nation came together and so did each neighborhood, including ours.

| Monday,<br>September 12   | Tuesday,<br>September 13  | Wednesday,<br>September 14  | Thursday,<br>September 15           | Friday,<br>September 16 | Saturday,<br>September 17                  |
|---|---|---|-------------------------------------|-------------------------|--|
| 1 p.m. <a href="#">Book Club</a><br><br>3:30 p.m. <a href="#">William Yates Fitness - Virtual</a> | 1:30 p.m. <a href="#">The Extraordinary Life of Journalist Wallace Carroll</a><br><br>3 p.m. <a href="#">Yoga</a> | <b>CANCELED-Walking Club</b><br><br>11 a.m. <a href="#">Volunteer Orientation</a> | 3 p.m. <a href="#">Virtual Yoga</a> |                         | 9:30 a.m. <a href="#">Mindful Knitting</a> |

## *This week:*

**Last minute fitness update:** The beautiful new floor in the Hall is being waxed and we need to do class virtually. Inclement weather is predicted so we can't just move outdoors. [Register](#) to get the link.



**Tuesday, September 13, 1:30 p.m.**

**AUTHOR TALK WITH MARY LLEWELLYN MCNEIL,  
CENTURY'S WITNESS: THE EXTRAORDINARY LIFE OF  
JOURNALIST WALLACE CARROLL**

Wallace Carroll, although largely unknown today, was one of the most intelligent and respected journalists of the 20th century. Beginning with his first piece covering the St. Valentine's Day Massacre in 1929 through to the withdrawal of the United States from the Vietnam War in 1973, he was witness to most of the historic events of his time. Universally revered in the newsroom, Carroll's story is particularly relevant today, as the world faces the war in Ukraine and continued attacks on the truth. What the West failed to understand, Carroll wrote more than eighty years ago, was the power of Hitler's propaganda, which the Allies never overcame. It had been enabled by more than ten years of lies and fear-mongering. Long-term exposure to such propaganda could cause a similar result elsewhere, warned Carroll, "the Hitler legend would bear watching." Register [here](#).

**VOLUNTEER**



**Wednesday, September 14, 11 a.m. - 1:00 p.m.  
Volunteer Orientation**

Are you or someone you know interested in volunteering with Palisades Village? The rewards are great and you have flexibility. Find out what we do and how you can help your neighbors. Food will be provided! Register [here](#).

## ***Coming Up:***

**Tuesday, October 11, 2022, 11:00 a.m.**



**COSTLY MEDICARE MISTAKES: WHEN, WHERE AND HOW  
TO AVOID THEM**

Did you know that you might be able to reduce your Part B premium?

Did you forego enrolling in a Medigap plan when you were first eligible thinking you could enroll later if you got sick?

Did you forego enrolling in a drug plan because you do not use prescription drugs, then want to enroll later?

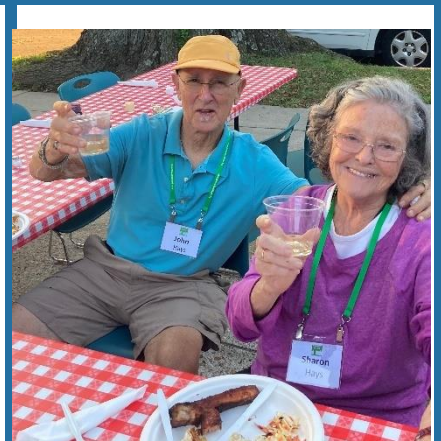
Did you enroll in a Medicare Advantage plan and assume that you can automatically change to a Medigap plan?

Did you opt for COBRA coverage when you left your job, thinking you could enroll in Medicare later?

***If any of these questions pique your interest, plan to join MaryAnn Griffin, MSW in an interactive discussion on How to Avoid Costly Medicare Mistakes. Register [here](#).***

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

Our annual backyard BBQ moved to the Hub this year. The Grandsons got our toes tapping and the Palisades Pan Handlers had something for everyone. Ribs, chicken, sausage, potatoes, cole slaw, beans and a special jello salad -- what more could you want? Good friends -- old and new-- to share it with.





## AARP Homefit Guide

The office has copies of the AARP Homefit Guide that contains smart ways to make a home comfortable, safe and a great fit for older adults. Please let us know if you'd like a copy.

## Covid Corner:

Mayor Muriel Bowser and DC Health encouraged all District residents to receive their annual influenza (flu) vaccination and their bivalent COVID-19 booster – also known as the Omicron booster – at the same time. These vaccines will be available at pharmacies and clinics throughout the District of Columbia beginning next week. Beginning Wednesday, September 7, both the flu vaccine and Bivalent booster vaccine will be available in COVID Centers in all eight wards.

The influenza vaccine protects against the strains of the flu virus that are expected to circulate this fall and winter and reduces your chance of getting the flu or spreading it to others. The Bivalent booster vaccine provides specific protection against the original COVID-19 virus and the new, more contagious, Omicron BA.4 and BA.5 variants.

The annual flu vaccine is recommended for anyone six months and older. COVID-19 bivalent booster vaccines produced by both Pfizer-BioNTech and Moderna are available. The Pfizer-BioNTech bivalent booster is recommended for individuals 12 years of age or older if it has been at least two months since they have completed their primary vaccination series or at least two months since they received a booster dose. The Moderna bivalent booster is recommended for individuals 18 years of age and older if it has been at least two months since they have completed their primary vaccination series or at least two months since they received a booster dose.

**Palisades Village has scheduled another Vaccination Clinic on Friday, October 21 at 10 a.m.** This will be outdoors (weather permitting) and open to the public. Please [register](#) and let us know what vaccinations you require.

**Need a booster or vaccination?** Head to the [COVID Center](#) for Ward 3 that opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are invited to the front of the line at public testing and vaccination sites. No need for an appointment. There have been lines reported for the new vaccination.

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

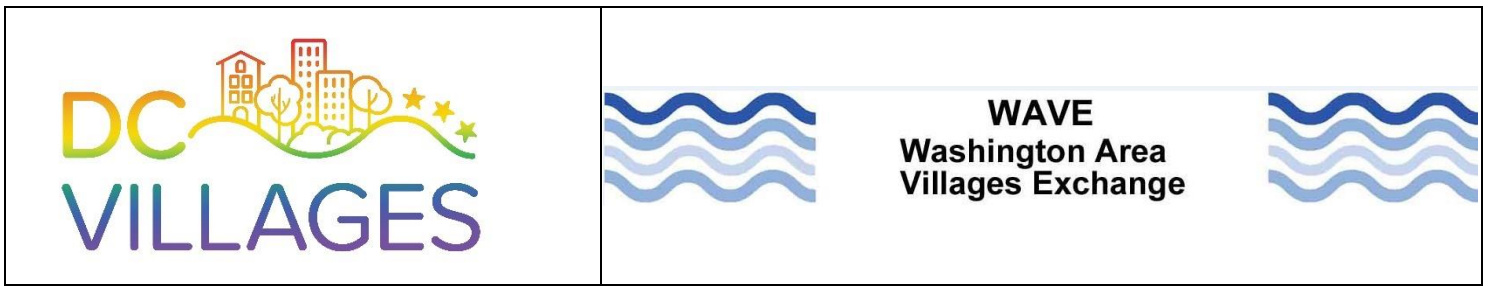
**What should you do if you test positive?** Isolate and read this helpful [article](#).

**Need Tests?** PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

**Palisades Village has a supply of rapid antigen tests and N95 masks.** Please contact the office if you need one.

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you.



**The DC Area Villages work closely together to share resources and access to many events.**

**For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.**

**Tuesday, September 13, 11 a.m. - 12 p.m.**

**American Women and the Fight For Equality: 1920-2020** - The 19th Amendment was an incomplete victory. Black and white women fought hard for voting rights and doubled the number of eligible voters, but the amendment did not enfranchise all women, or even protect the rights of those women who could vote. A century later, women are still grappling with how to use the vote and their political power to expand civil rights, confront racial violence, improve maternal health, advance educational and employment opportunities, and secure reproductive rights. Register [here](#).

**Wednesday, September 14, 9 a.m.**

Senior Hour at Politics and Prose - Our friends at Northwest Neighbors Village have invited us to join them for Senior Hour at **Politics and Prose**. P&P staff will be on hand to offer tours, help locate items, and offer book recommendations. Masks are recommended for P&P customers.

**Friday, September 23, 12 p.m. - 4:30 p.m.**

**Capitol Hill Village's annual LGBTQ Intergenerational Symposium** - The LGBTQ Intergenerational Symposium is full of virtual conversations, education, and fun! We welcome LGBTQ folks of all ages and allies to join to engage in health and wellness sessions, workshops, and hear from our keynote speaker. This year's theme is "Over the Rainbow" which centers around the idea that our community is continuously expanding, developing, and looking toward the future. Register [here](#).

There is also a Virtual Kickoff event on Thursday, September 22, 6 p.m. to 7 p.m. Register [here](#).

## **Around Town Events:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

### **Tuesdays, 11 a.m.**

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The September 13th topic: Three Things to do with Google Docs/Microsoft Word/Pages

### **Fridays, 10 a.m.**

**Strength, Balance, and Core in-person, now at Iona** -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**. Please sign up through them [here](#). Beginning September 12, Emma will be back at the Palisades Rec Center on Mondays from 1:30 p.m. to 2:30 p.m. You can register for that session [here](#).

### **Fridays, 11 a.m.**

**Tai Chi** -- Join Jerry Simpson at the Palisades Library in studying the art of Tai Chi. Jerry is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. Please note that masks are required in the library. This is offered through **Around Town DC**. Please sign up through them [here](#).

### **Fridays, 11 a.m.**

**Cardio Chair Kickboxing at St. Albans** - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

### **Wednesday, September 14, 3 p.m.**

**Cooking with Danielle Cooke** - As the season transitions from hot days to cooler nights, we look to both cooling foods and lighter comfort foods to satisfy our nutritional needs. Join presenter Danielle Cook as she demonstrates an aromatic chilled Spiced Plum Soup and a baked Zucchini and Tomato Casserole, using the last of late summer's best produce. Register [here](#).

### **Thursday, September 22, 3 p.m.**

State Health Insurance Program (SHIP) with Chris DeYoung, Director - As the Medicare open season approaches, join us for a Zoom talk with Chris DeYoung, Director of the DC SHIP program. You can ask him questions and he will explain the various parts of Medicare and how you can choose the best plan for you. Register [here](#).

## **Sibley Seniors Events:**

**Sibley Seniors Association** (SSA) offers programs and support groups online.

### **Wednesday, September 28, 7-8 p.m.**

**Depression and Health Equity** -- Naeemah Staggs will discuss Depression and Health Equity. Depression symptoms in the Black community are often viewed as weakness, therefore acceptance of depression can be difficult. Join us to talk about the prevalence, stigma, signs of and support for those experiencing depression. We will also discuss the impact of depression in the Black community. There will be plenty of time for Q&A.

Register at <https://smh.memberclicks.net/09-28-2022-discussing-the-facts--depression--health-equity> or email [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu) or call 202-364-7602 at least one week in advance.

## Ongoing Events:

### **Mondays and Thursdays, 4 - 5 p.m. via ZOOM**

**Capitol Hill Village Chair Yoga** - Fabulous yoga instructor Robin Blum will lead the class in a gentle session of chair yoga. You can register for upcoming classes by going to the Capitol Hill Village [calendar](#) and finding the class you want from there. Once you've registered the first time, you should have the link that will work for all the classes.

### **Wednesdays, 1:30 p.m.**

**Yoga at Palisades Library** -- FREE! Specifically geared towards older adults.

Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

## Community Events:

### **Sunday, September 18, 7 p.m.**

**Daryl Davis is Backstage at the Sanctuary** -- An evening of conversation and music featuring Daryl Davis. From the Ku Klux Klan to Chuck Berry, Daryl Davis has a story unlike any other. Daryl will talk about his life as a musician and the countless musical icons he's worked with, as well as his groundbreaking work on race reconciliation which has led to numerous white supremacists renouncing their former beliefs.

Backstage at the Sanctuary is a unique opportunity to get to know the story behind the music. Combining music & conversation in an intimate setting. Get to know your favorite artists. Learn the stories behind the songs, the bands, the venues, the journey. Tickets \$10 (Palisades Hub, 5200 Cathedral Avenue)

### **Sunday, September 18, 4:00 - 7:00 p.m.**

Palisade Community Association PALtoberfest - Second annual Palisades Oktoberfest on Sherier Pl between Manning and Newark. Food and drinks for sale, live music and more. Open to all. Sponsored by Palisades Main Streets and Balfour.

### **Late September/Early October**

**Puzzle Swap!** - Palisades Library will be hosting a puzzle swap in late September/early October. The date has not been chosen, so watch this space. In the meantime, they would be pleased to take any puzzles you would like to donate for the swap.

**Sunday, October 2, 12 p.m. - 3 p.m.**

**Our Lady of Victory Church Fall Festival** - 4835 Macarthur Blvd NW. Food, drinks, petting zoo, pumpkins, and more! In celebration of our 113th anniversary serving the Palisades.

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| <p><b>Bereavement Support Groups</b>--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call <b>202-537-4942</b> for more information or go to <a href="http://Calendar WidowedPersonsOutreach(wpodc.org)"><u>Calendar   Widowed Persons Outreach (wpodc.org)</u></a></p>                    | <p><b>Bi-Weekly on Fridays, 1 - 2 p.m.</b><br/><b>The Art of Looking</b>--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.</p>                                    |
| <p><b>Mondays, Wednesdays, and Fridays at noon.</b><br/><a href="#"><u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u></a>--Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.</p>   | <p><b>Weekly on Mondays from 2 - 3:15 p.m.</b><br/><b>Just Us at the National Gallery of Art --</b> Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html"><u>https://www.nga.gov/calendar/guided-tours/just-us.html</u></a>. To register, please email <a href="mailto:access@nga.gov"><u>access@nga.gov</u></a>.</p> |
| <p><b>Weekly on Wednesdays at 2:30 p.m.</b><br/><b>Dance for PD --</b> Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by <a href="#"><u>clicking here</u></a>.</p> |   |

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### COMING UP IN PALISADES VILLAGE

Listed below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us

know. Or you can register by email at [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

## This Week at Palisades Village September 11 — 17, 2022

### **Book Club**

Mon 09 / 12 / 2022 at 1:00 PM

[More Information](#)

### **William Yates Fitness - Virtual**

Mon 09 / 12 / 2022 at 3:30 PM

[More Information](#)

### **Author Talk with Mary Llewellyn McNeil, Century's Witness: The Extraordinary Life of Journalist Wallace Carroll**

Tue 09 / 13 / 2022 at 1:30 PM

[More Information](#)

### **Yoga**

Tue 09 / 13 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

### **Canceled: Walking Club - Georgetown**

Wed 09 / 14 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

### **Volunteer Orientation**

Wed 09 / 14 / 2022 at 11:00 AM

Where: Palisades HUB - in sanctuary of church, 5200 Cathedral Ave NW, Washington,

[More Information](#)

### **Virtual Yoga**

Thu 09 / 15 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Mindful Knitting**

Sat 09 / 17 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
September 18 — 24, 2022

**William Yates Fitness**

Mon 09 / 19 / 2022 at 3:30 PM

[More Information](#)

**Yoga**

Tue 09 / 20 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

**Canceled: Walking Club - Georgetown**

Wed 09 / 21 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

**Virtual Yoga**

Thu 09 / 22 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 09 / 24 / 2022 at 9:30 AM

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village