



ACROSS THE FENCE

October 1, 2022



PALISADES VILLAGE

Saturday, October 15, 2022
11 a.m. to 4 p.m.

Buy Your Tickets Now

\$35 Pre-order / \$40 Tour Day
Contact www.palisadesvillage.org
or call 202.244.3310



Building an Engaged and Supportive
in Berkley, Foxhall, Kent, Palisades,

Community of Neighbors
Spring Valley, & Wesley Heights



Click Here
To Purchase Tickets

We encourage you to buy your tickets to the House Tour and support Palisades Village. This is our big fundraiser, and the funds are used to provide the services and programs that you read about every week. Thank you to all who have already purchased their tickets.

The discount for advance tickets ends at 4 p.m. on October 14. Please spread the word among your friends and neighbors. Make it an outing!

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7	Saturday, October 8
1 p.m. Book Club 3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

Good News! If you picked up a test from us (or elsewhere), DC Health has announced that the expiration date of the IHealth rapid covid tests (in the orange and white boxes) has been extended a further 3 months. This means the expiration date on each test kit is extended by 6 months total. The last batch of tests we distributed has a stated expiration date of 6/28/22, so those kits now expire 12/28/22. You can find more info [here](#).

Coming Up:

The office will be closed next Monday, October 10 for Indigenous Peoples Day. Please submit any requests in advance.

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

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



- Did you decide not to sign up for Part B when you were first eligible because it was too expensive?
- 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](#).

Tuesday, October 18, 3:00 p.m. - 4:00 p.m
Safe Transfer In-Person Volunteer Training



An occupational therapist from Grand Oaks will be leading this very useful training. They will cover Adaptive Equipment, Safe Transfer, and what to do if someone falls. We will be outdoors and have cars to demonstrate and practice on. If the weather is miserable, we have a classroom that we can use. The training will take place at the Palisades Hub, 5200 Cathedral Ave. ***This training is highly recommended for all volunteer drivers!***

Register [here](#).

Friday, October 21, 10:00 a.m. - 12:00 noon
Vaccination Clinic



Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna Covid Booster shots and any other vaccinations you might need. Best of all -- we will be outside. In the case of rain, we will move indoors.

Please note in the comments whether you want the Pfizer or Moderna Covid booster shot and any other vaccinations you might need. You must register in advance.

If you have mobility issues, the pharmacist can come to your car to administer the vaccine. Just let us know in advance, please.

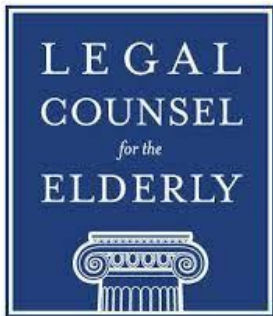
You will need to bring your insurance card and an ID. An [informed consent form](#) is also required. Please fill this form out and bring it with you. (Hard copies of forms will be available at the clinic.) For information on who can get a booster and when, click [here](#). Register for the clinic [here](#).

*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**.*

DC DMV Introduces Online Driver License Renewal Option for Mature Drivers

Effective September 26, 2022, eligible residents who are 70 years of age and older may now complete their driver license renewal [online](#). Previously, mature drivers could only complete their driver license renewal in-person at a DC DMV Service Center.

Mature drivers renewing their driver license [online](#) will be identified as eligible and prompted to complete a Mature Driver Certification submission, which includes uploading the [Mature Driver Fitness to Drive Certification Form](#) completed by a licensed medical practitioner. Once the submission has been reviewed and approved by DC DMV, the resident may proceed and complete their driver license renewal [online](#).



Legal Council for the Elderly is coming back in person to Iona starting October 21st, Fridays from 10 a.m. - 1 p.m.

Legal Counsel for the Elderly (LCE) provides paralegal services at Iona for free to District residents aged 60+. The LCE representative can provide legal advice and answer questions, help complete a small claims complaint, check for benefits, help with accessing DC services, or refer to area lawyers. LCE accepts scheduled appointments only. To schedule an appointment, call the LCE Hotline directly at (202) 434-2120.

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 are available at pharmacies and clinics throughout the District of Columbia. 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.



WAVE
Washington Area
Villages Exchange



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.

Thursday, October 6, 1:30 p.m. - 2:30 p.m. via Zoom

National Gallery of Art presents the sculpture of Rodin - In this presentation, NGA docents will offer a virtual tour of the sculpture galleries with particular focus on the works by Rodin who followed an unusual path to becoming one of the most innovative, influential, celebrated, and controversial sculptors of the late 19th and early 20th centuries. More information and register [here](#).

Friday, October 7, 1 p.m. - 2 p.m. via Zoom

What You Need to Know About Medicare Open Enrollment - Join [Legal Counsel for the Elderly](#) to learn what changes you can make during Medicare's Open Enrollment Period, including how to review your current Medicare health and drug coverage. Learn how to make changes to your Medicare health and drug coverage during the Open Enrollment Period. More information and register [here](#).

Tuesday, October 11, 1 p.m. - 2 p.m. via Zoom

Present at the Creation: A Chat with Susan Stamberg -- Join Chevy Chase at Home for an engaging conversation with Susan Stamberg moderated by John Ydstie. Nationally renowned broadcast journalist Susan Stamberg is Special Correspondent for National Public Radio. Stamberg is the first woman to anchor a national nightly news program and has won every major award in broadcasting. Registration and more information [here](#).

Tuesday, October 11, 2:30 p.m. via Zoom

More Exercises for Balance and Bone Health - Want to live longer? Strike a flamingo pose for 10 seconds. That's right. The one legged pose is key because we encounter it all the time in our lives, such as when we step out of cars or climb stairs. Research has shown that balance is a strong indicator of our overall health. A simple way to improve your balance and maintain bone health is to practice with Dr. Janson. Wear comfortable clothes, bring a Thera-band and have water nearby. The session will be recorded for repeated use. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. [Find more info and register on the FBWE village website here](#).

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.



Northwest Neighbors Village is inviting us to participate in their virtual speaker series.

Northwest DC is home to numerous dynamic, informed individuals. Several have offered to share their expertise and insights in a series of talks. Plan to join us for one or all of these discussions, which are designed to engage and inform you. NNV's Speaker Series is being offered free of charge to the community. [Click here](#) for more information.

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 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 October 4th topic: goDigital with DC Public Library

Mondays, 1:30 p.m.

Strength, Balance, and Core in-person at the Palisades Rec Center -- Emma Swain helping 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](#).

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](#).

Sibley Seniors Events:

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Ongoing Events:

**** NEW DAY ** Tuesdays, 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:

Now through Thursday, October 6

Winter coat drive - The Metropolitan Police Department (Second District) is hosting a Winter Coat Drive for men & women experiencing homelessness. We are collecting new and gently used winter coats. There will be a collection box in the lobby of the MPD Second District Station located at 3320 Idaho Avenue, NW. Coats are being accepted until Thursday, October 6th. For more information contact Kyi Branch, Community Outreach Coordinator at kyi.branch@dc.gov

You can also drop off new or lightly used coats this Sunday, Oct 2 and next Sunday, Oct 9, at the farmers market. Drop off coats at the PCA table, located in front of BlackSalt, from 9-12pm.

Our Lady of Victory Church Fall Festival has been postponed due to the weather forecast. Watch this space for a new date!

Sunday, October 2, 12 p.m. - 5 p.m.

The Abner Cloud House will be open to the public - The Abner Cloud House is one of the oldest existing structures on the Canal. In 1801 Abner Cloud, Jr., built a random rubble stone house with the help of Italian stonemasons, probably using stone from local quarries. Docents will provide tours as well as the results of the latest research. Learn about Abner Cloud's final hours based on the apothecary's bill, and where Captain George Pointer may have stood during "the Erection of the New Locks" of the Potomac Company canal. Directions: same as Fletcher's Boathouse (**4940 Canal Rd NW, Washington, DC 20007**). Take Reservoir Road downhill to Canal Road, cross Canal Road at the light, and park in the parking lot(s).

Friday, October 7, 6 p.m. - 9 p.m.

Lions Club Crab Feast and Bake Sale - In St. Anne's gym (enter from Yuma Street alley entrance), 4404 Wisconsin Ave NW. Crab Lover's Heaven - "all-you-can-eat" Maryland crabs and picnic sides, with a "Non-Crab Lover" alternative also available. Plus, a bake sale for sweets to end the meal or take home. This event is a fundraiser for community service projects and charitable donations of the Palisade Georgetown Lions Club. For more information or to buy tickets (all-you-can-eat or non-crab-lovers dinner) call 202-362-2088. Buy all-you-can-eat tickets [here](#). Children under 8 eat free!

Sunday, October 16, 10 a.m. - 3 p.m.

Kreeger Museum Open House -- Family-friendly celebration of art, music, and nature! This event is free and open to all. Picnic blankets are welcome in the Sculpture Garden. Food trucks will be selling refreshments in the parking lot. Free parking is available at The Field School, located next door at 2301 Foxhall Road NW.

<p>Bereavement Support Groups--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 202-537-4942 for more information or go to <u>Calendar Widowed Persons Outreach (wpodc.org)</u></p>	<p>Bi-Weekly on Fridays, 1 - 2 p.m. <u>The Art of Looking</u>--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>Mondays, Wednesdays, and Fridays at noon. <u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u>--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>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <u>https://www.nga.gov/calendar/guided-tours/just-us.html</u>. To register, please email <u>access@nga.gov</u>.</p>
<p>Weekly on Wednesdays at 2:30 p.m. Dance for PD -- 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 <u>clicking here</u>.</p>	

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 or call the office at **202-244-3310**.

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

This Week at Palisades Village
October 2 — 8, 2022

Book Club

Mon 10 / 03 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 10 / 03 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 04 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 10 / 04 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 05 / 2022 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 10 / 06 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 08 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
October 9 — 15, 2022

Office Closed

Mon 10 / 10 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 10 / 11 / 2022 at 9:30 AM

[More Information](#)

Costly Medicare Mistakes: When, Where and How to Avoid Them

Tue 10 / 11 / 2022 at 11:00 AM

[More Information](#)

Yoga

Tue 10 / 11 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 12 / 2022 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 10 / 13 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 15 / 2022 at 9:30 AM

[More Information](#)

Palisades Village House Tour

Sat 10 / 15 / 2022 at 11:00 AM

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

[More Information](#)

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

Thank you!

Palisades Village