



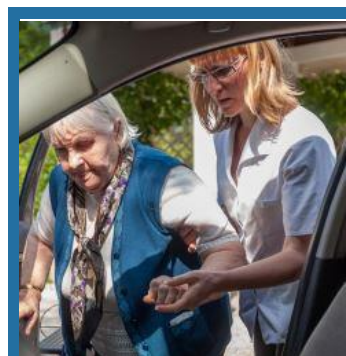
# ACROSS THE FENCE

October 16, 2022

That expression of it "takes a village" was so beautifully illustrated at our eighth annual house tour. Homeowners, sponsors, advertisers, and volunteers all came together to make it a very special day. Mother Nature even got in on the act and gifted us a beautiful day. Stay tuned for details, photos, and the winner of our first-ever Treasure Hunt. Thank you to all involved in bringing it all together and making it such a success.

Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21	Saturday, October 22
3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Safe Transfer Volunteer Training</a>  Yoga Cancelled	8:30 a.m. <a href="#">Walking Club</a>		10 a.m. <a href="#">Vaccination Clinic</a>	9:30 a.m. <a href="#">Mindful Knitting</a>

## Coming Up:



### 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**.*



Palisades Village member John Giacomini has a couple of ferns to give away after October 20th. They are large and healthy. If interested, call John at 202-362-3414.



If you missed MaryAnn Griffin's informative talk: **COSTLY MEDICARE MISTAKES: WHEN, WHERE AND HOW TO AVOID THEM**, you can watch it on YouTube here:

<https://youtu.be/k4eNLl2jksc>



**The Sidewalk Shoveling Exemption Program (SSEP)** exempts qualified residents from enforcement by DPW for not removing snow and ice from their sidewalks within the first eight hours of daylight after the end of a winter storm. The exemption is valid for two consecutive snow seasons. Once approved, residents must apply every other year to DPW to continue to receive the exemption.

All individuals who were accepted into the 2021-2022 exemption program automatically will be placed in the program for this period without resubmitting an application. Those individuals will receive a certificate of acceptance from the Department of Public Works Solid Waste Education and Enforcement Program (SWEPP) for the Sidewalk Shoveling Exemption Program period November 1, 2021 – March 31, 2023.

[Click here to apply.](#)

## 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.

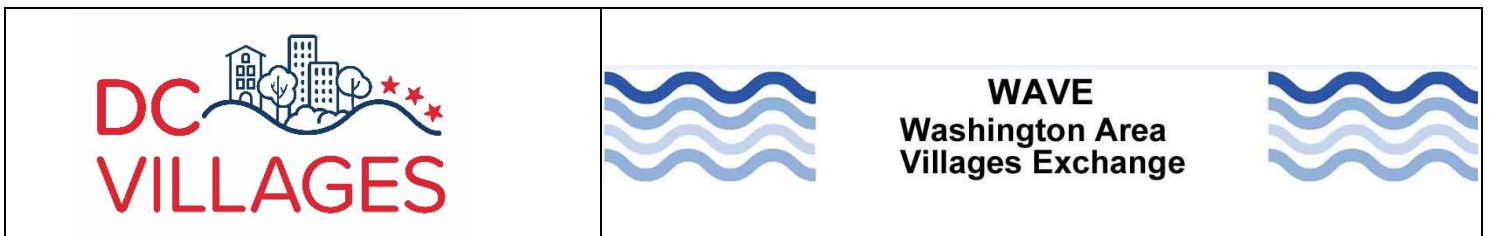
**What should you do if you test positive?** Isolate and read this helpful [article](#).

**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.



**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, October 18, 6 - 7p.m. via Zoom**  
**LGBTQ Social Hour** - Register [here](#).

**Tuesday, November 1, 3 - 4:30 p.m. via Zoom**  
**Supporting LGBT Grandchildren Part 3** - This event is open to all. To pre-register or send questions in advance, contact Sophia at [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org) or call 202-543-1778 x204.

**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.

## **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 October 18th topic: Make an online invitation to your holiday dinner with Google Forms

**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.

**Saturday, October 22, noon - 5:30 p.m.**

**Aging on Your Terms Zoom Conference - Speakers include:**

1. *The ABCs of Part D: Dissecting Medicare's Drug Program* - Steve Maas, Journalist and volunteer with SHIP (State Health Insurance Assistance Program), a federal-state partnership that offers counseling on Medicare and Medicaid
2. *A Welcome Home for Everyone — regardless of age, size, ability or disability: Understanding the Benefits of Universal Design* - Deborah Rozell, E.C.H.M., C.A.P.S., President of Innovative Inclusive Design
3. *Mail Fraud Prevention* - Nichole Rodriguez, U.S. Postal Inspector with the U.S. Postal Inspection Service
4. *Mindfulness, Health and Wellbeing — How to Savor Life* - Harpreet Gujral D.N.P., F.N.P.-B.C., Nurse Practitioner, Kaplan Center for Integrative Medicine
5. *Music, Medicine and Health* - Kyurim Kang, Ph.D., M.T.-B.C., N.M.T., Postdoctoral Research Fellow and Neurologic Music Therapist at the Johns Hopkins Center for Music and Medicine

Please register at <https://smh.memberclicks.net/q4-aging-on-your-terms>; email [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu) or call 202-364-7602 before October 17th.

## 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:

**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.

**Tuesday, October 18, 7 p.m.**

**Palisades Community Association Town Hall** via Zoom - A guest speaker from DPR will be discussing programming at the Palisades Rec Center and ANC candidates for ANC3D will be introducing themselves. Tune in here:

<https://us02web.zoom.us/j/83559180617?pwd=ZWhwTnBmc0RiQ1l2MDRoR21JMldPQT09>

Meeting ID: 835 5918 0617

Passcode: 235682

**Thursday, October 27, 7 p.m.**

**Lukas Hasler - The PaltenKlang-Choir at the Palisades Hub.** Buy tickets [here](#).

<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="#">Calendar   Widowed Persons Outreach (wpodc.org)</a></p>	<p><b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <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> <a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</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> <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">https://www.nga.gov/calendar/guided-tours/just-us.html</a>. To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m.</b> <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="#">clicking here</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  
October 16 — 22, 2022

**William Yates Fitness**

Mon 10 / 17 / 2022 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 10 / 18 / 2022 at 9:30 AM

[More Information](#)

**Canceled: Yoga**

Tue 10 / 18 / 2022 at 3:00 PM

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

[More Information](#)

**Safe Transfer Volunteer Training**

Tue 10 / 18 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 10 / 19 / 2022 at 8:30 AM

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

[More Information](#)

**Vaccination Clinic**

Fri 10 / 21 / 2022 at 10:00 AM

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

[More Information](#)

**Mindful Knitting**

Sat 10 / 22 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
October 23 — 29, 2022

**William Yates Fitness**

Mon 10 / 24 / 2022 at 3:30 PM



[More Information](#)

**Yoga**

Tue 10 / 25 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 10 / 26 / 2022 at 8:30 AM

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

[More Information](#)

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

Thank you!

Palisades Village