



ACROSS THE FENCE

April 30, 2023

The Village people that you chatted with at Happy Hour or the volunteer who takes you to physical therapy every week might be the key to your well-being. The *New York Times* article "[They May Be Just Acquaintances. They're Important to You Anyway.](#)" talks about how regular connections can improve your well-being. These interactions boost people's positive moods and reduce their odds of depressed moods. This is at the heart of all of our Palisades Village programs and also our services. The science is backing what we see every week. Look at our upcoming calendar, pick an event, and enjoy the company. You might just feel better -- or someone else might feel better about your new connection.

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5	Saturday, May 6
<p>12:15 p.m. Pickleball</p> <p>1 p.m. Book Club</p> <p>3:30 p.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>3 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p>	<p>10 a.m. Hands on Heart CPR</p>		<p>9:30 a.m. Mindful Knitting</p>

This Week:



Thursday, May 4, 10 a.m. - 11:00 a.m.

Hands-on-Heart CPR Training (in person) at the Palisades Hub - open to ALL

The Hands-on-Heart Program, which is run by the DC Fire & EMS Department, was established to help bridge the gap between EMS care by local emergency medical field providers and a quick response by a community member to the average citizen in need. The program consists of four components:

Hands-only CPR; Automated external defibrillator (AED); Pulsepoint App and Narcan training. You do not want to miss this important and life-saving training! Register [here](#).

Coming Up:



Thursday, May 11, 10:30 a.m. - 11:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside on the lawn, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us.

This in-person event is only open to those who have been fully vaccinated for COVID-19. Register [here](#).

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red 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**.*

Potluck Appetizer Happy Hour

In honor of Volunteer Appreciation Month, we gave our Palisades Pan Handlers a little break and all the attendees were honorary Pan Handlers for an evening. Even our chief

Pan Handler, Bob Bourdaud'hui was impressed with the offerings. The Pan Handlers cater all our food for events and have very high standards. And while they were not tied to the kitchen, there was a wonderful team of volunteers setting up, tending bar, handing out nametags, and cleaning up. Thank you all. Everyone is so grateful to our host Kathy Sreedhar for providing the perfect setting and atmosphere with her warmth and humor.



Set-up Crew



Margaret, Bob, Cookie & Fran



Peter, Kate & Kathy

CDC Approves Additional COVID Booster for Older Adults

On April 19, 2023, the Centers for Disease Control & Prevention updated its guidance regarding vaccination against COVID-19. [Under the new recommendations](#), adults age 65 and older, as well as people who are immunocompromised, are allowed to get a second bivalent vaccine.

If you are 65 or older, you should wait at least four months after your first bivalent booster before getting a second one. Immunocompromised individuals should only wait at least two months. If you recently had COVID, wait at least 90 days after you recover before getting another booster.

Bivalent vaccines are the updated mRNA vaccines approved in late August 2022. They include two mRNA strands to address coronavirus strains from earlier in the pandemic, as well as newer strains. The current Moderna and Pfizer-BioNTech vaccines are bivalent vaccines; monovalent Novavax and Johnson & Johnson's Janssen vaccines remain available for those who cannot receive an mRNA vaccine.

The [District's COVID Centers closed on March 31](#), ahead of the May 11, 2023, expiration of the federal public health emergency that began in 2020. During the pandemic, these sites administered more than 80,000 doses of COVID-19 vaccines, boosters, and flu shots.

Vaccines, including a second bivalent booster, can be administered at local pharmacies. You should be able to schedule an appointment online through the pharmacy or just walk in. Walgreens and CVS [reportedly have updated their systems](#) to account for the guidance, but if there is a problem, your doctor should be able to prescribe the shot for you.

If your regular pharmacy cannot schedule a booster shot, visit the CDC's [vaccines.gov](#) website. The site searches by ZIP Code to help you find locations with available

appointments and specific vaccines. No-cost vaccination sites can also be found through the CDC's [No-Cost COVID-19 Testing Locator](#).

With the end of the national public health emergency, the [Department of Health and Human Services expects](#) that most Americans will continue to pay nothing for COVID-19 vaccinations. In general, vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), which would include both COVID boosters and annual flu shots, are considered a preventive health service, which is covered by most private insurance plans fully without a co-pay, so long as the service is within network. However, the vaccine manufacturers have indicated they plan to raise the cost of the vaccines, which may impact what insurers do.

Similarly, COVID-19 vaccinations are covered under Medicare Part B without cost-sharing; this is not expected to change. Medicaid will continue to cover all COVID-19 vaccinations without a co-pay or cost sharing through September 30, 2024, and will cover ACIP-recommended vaccines for most beneficiaries after that date.

Other programs, however, will change. For example, free COVID rapid antigen tests will no longer be available for most people. Some insurers may continue to cover their cost in whole or in part, however, so check your policy.

By T. Carter Ross, DC Villages

If you qualify and want to get the first or second bivalent, Palisades Village is planning a Vaccination Clinic on Thursday, May 18 at 10 a.m. Please [register](#) so the pharmacist brings an adequate supply.

Covid Corner:

Based on current COVID-19 trends, the Department of Health and Human Services (HHS) is planning for the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, to expire at the end of the day on May 11, 2023.

Free tests by mail from the government are available. Click [here](#) to order more or go to <https://www.covid.gov/tests>

If you have tests at home with an upcoming expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.

If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).

The Palisades Village continues to take precautions. Our COVID policy can be found [here](#).

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.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

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.

Northwest Neighbors Village has a robust Virtual Speaker Series! You will meet some dynamic and interesting individuals. Stay connected and informed. More details [here](#).

Thursday, May 4, 2 p.m. on Zoom hosted by Chevy Chase At Home

Yard Birds of Chevy Chase - Chris Wright will give attendees information about 30 bird species you may see in your yard so that you will be able to identify them on the lawn or at the feeder. Many of these birds are familiar to everyone, but each of them has a story, and usually, a song, and these details make them memorable and identifiable. You will find that 30 birds are not so many, and you can recognize each of them just as you recognize each of your neighbors. Register [here](#).

Wednesday, May 17, 1 - 2 p.m. on Zoom hosted by Northwest Neighbor Village
Coping with Uncertainty with Guest Speaker Donna Gayles of Capital Caring Hospice

Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. Her talk is titled, **"Two Weeks is Too Short and Tragic"**.

Due to the confidential nature of the discussions in this group, this session is for Members and Volunteers of the following Villages only:

- Northwest Neighbors Village
- Cleveland Woodley Park Village
- Dupont Circle Village
- East Rock Creek Village
- Foggy Bottom West End Village
- Georgetown Village
- Glover Park Village
- Palisades Village

If you are interested in participating in this meeting and are not a Village member, please contact the office at 202-935-6060 or register [here](#).

Mondays and Thursdays, 4 - 5 p.m. on 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 for 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 or call 202-459-9634. Sign up for the newsletter while you are there!

Tuesdays, 6 p.m.

Technology Tuesday -- Refresh your skills on a variety of topics with B Milenkovic. 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. April 25 topic: Intro to Google Drive. Register [here](#).

Tuesdays, 2 p.m. at the Palisades Library

Yoga -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, please see <https://www.aroundtowndc.org/event/yoga-with-beth-lawrence-at-the-palisades-neighborhood-library-tuesdays-at-2-pm/2022-01-05/>

Strength, Balance, and Core in-person class with Emma Swain -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at IONA, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon Register [here](#).

Wednesdays at Palisades Rec Center, 2 p.m. - 3 p.m. Register [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](#).

Fridays, 11 a.m.

Tai Chi at Palisades Library with Jerry Simpson - Palisades Library is delighted to announce that Tai Chi with Jerry Simpson is back in-person. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information, please see: [Tai Chi with Jerry Simpson at Palisades Library on Fridays at 11 am - Around Town DC](#)

Sibley Seniors Events:

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

Saturday, May 13

Journey to Hope - DC Conference for Alzheimer's Family Care Partners with Dr. Sevil Yasar, MD. Ph.D., Jane Marks, R.N., M.S., and Marti Brown Bailey, B.S., C.S.A., C.A.D.D.C.T., C.D.P., from noon to 5 p.m. via Zoom. For more information and to register: <https://smh.memberclicks.net/2023journeytohopeconference>

Community Events:

Due to a rainy forecast, the shredding event at the Palisades Farmers Market is rescheduled to Sunday, June 4th from 9 a.m. – 1 p.m.

Sunday, April 30, 5 p.m. - 6:15 p.m.

Palisades Community Sing at Palisades Hub (5200 Cathedral Ave NW) in the sanctuary. We were happy with the turnout at our first "sing," but would love to see even more people participating this weekend. Although this new venture has Palisades in its name and happens in the Palisades, we want people from all over DC and surrounding areas to feel welcome to come, so please feel free to invite people from outside the neighborhood. Palisades Community Sing is for adults of all ages and musical skill levels and experience. We are singing just for the fun of it and cover familiar songs from across genres, including American standards, Broadway, pop, and folk.

Tuesday, May 2, 4 p.m. - 6 p.m.

Come hear the Loungers and exercise with Mr. Yates at Cafe Vino's Happy Hour. They will be performing jazz and standards with Nick on guitar, Joe on sax, and James on bass...and some moving appearances by brother Lounger, WILLIAM YATES. William is DC's YMCA fitness coach, USA vet, and PE mentor extraordinaire. The genesis of this collaboration was at a PV Community Happening 2+ years ago. The Loungers were playing and Mr. Yates was doing a

class demonstration when the skies opened up and they had to quickly move inside and share a stage. Cafe Vino, 4885 MacArthur Blvd NW.

Wednesday, May 10, 11 a.m.

Palisades Library is looking for a few more participants for a focus group on the future of the library. This event will be in-person on May 10 at 11 a.m. Please sign up using this link: [Community Engagement Signup/Screening](#)

Sunday, June 4th - Mark your calendar for the **Lions Club Flea Market** at the Wells Fargo parking lot. More details to follow.

The Osher Lifelong Learning Institute (OLLI) at AU offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy, and more. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. June Minis run from June 5–30 with classes held once a week for four weeks. July Shorts run from July 10–14 with classes held two to five times during the one week. The cost for June Minis and July Shorts is \$100/session for up to four classes each session. View and select classes starting April 21. Additionally, there are free weekly lectures during the month of May and membership social events. Be a part of a community where curiosity never retires! Go to our website: olli-dc.org or call 202-895-4860 for further information and to register for classes.

Ongoing Events:

Bereavement Support Group

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 [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

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 [clicking here](#).

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 <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Bi-Weekly on Fridays, 1 - 2 p.m.

The Art of Looking--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.

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
April 30 — May 6, 2023

Pickleball

Mon 05 / 01 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

Book Club

Mon 05 / 01 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 05 / 01 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 02 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 05 / 02 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 03 / 2023 at 8:30 AM

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

[More Information](#)

Hands on Heart CPR

Thu 05 / 04 / 2023 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Sat 05 / 06 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
May 7 — 13, 2023

Pickleball

Mon 05 / 08 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 05 / 08 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 09 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 05 / 09 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 10 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 05 / 10 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Coffee & Conversation

Thu 05 / 11 / 2023 at 10:30 AM

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

[More Information](#)

Mindful Knitting

Sat 05 / 13 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village