



ACROSS THE FENCE

May 7, 2023

Whether you refer to it as loneliness, social isolation, or social disconnection, the feeling is real and has serious health implications. According to the U.S. Surgeon General in his [report](#) last week, it is now a public health crisis. The Village movement has been addressing this issue for years. It is too easy to become more isolated as you grow older and Villages provide programs and services to stay engaged. Some of these efforts by DC Villages were highlighted in the news last week. [Northwest Neighbors Village was featured on NBC](#) and [Foggy Bottom West End Village was featured on WTOP](#).

According to a 2022 survey of Palisades Village members:

- 75% said they hardly ever feel left out
- About two-thirds of respondents said they hardly ever felt isolated from others.
- 96% report that their membership in Palisades Village made them feel a part of a caring community, citing new friendships, improved quality of life, and a positive attitude toward aging as benefits from their affiliation with the Village.

If you are looking for this kind of social connection in our neighborhood, reach out to us and let us help you find a program or even a volunteer opportunity that ties you into this caring community.

Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12	Saturday, May 13
<p>12:15 p.m. Pickleball</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. Eye to Eye Group</p>	<p>10:30 a.m. Coffee and Conversation</p>		<p>9:30 a.m. Mindful Knitting</p>

This Week:

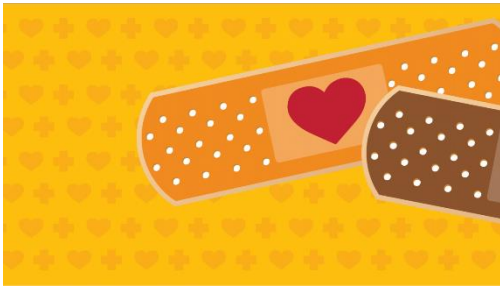


Thursday, May 11, 10:30 a.m. - 11:30 a.m. Coffee & Conversation

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](#).

Coming Up:



Thursday, May 18, 10 a.m. - 12 p.m. Vaccination Clinic

Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna Covid Bivalent 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 bivalent***

booster shot and any other vaccinations you might need. You must register in advance. Please click [here](#).

Friday, May 21, 1 p.m. - 5 p.m.

Byte Back's 360 Digital Navigators Training - Would you like to become a trained computer volunteer? Byte Back is a program that teaches the fundamentals of adult learning science, effective teaching strategies, and how to work with someone with limited digital skills. Upon completion of this training, volunteers will be equipped with the skills, resources, and knowledge necessary to support Village members with gaining access to the internet and navigating everyday tasks. Volunteers do not need specialized computer skills to participate - basic fluency with routine technology is sufficient. Open to volunteers of all DC Villages (limit 2 per village). Please note your village in the comment. If this sounds like something you may be interested in, please sign up! 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**.

Hands-on-Heart CPR Training

Sergeant Michael Hill from the EMS Division of the Fire Department and his assistant Valerie taught the basics of CPR (Cardiac Pulmonary Resuscitation) and the use of an AED (Automatic External Defibrillator) to a group of more than 30 people on Thursday.

Stay tuned for a complete summary of this training in next week's newsletter.



Janet practicing compressions



The room was full!



More practice

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](#).

Tuesday, May 9, 10 a.m. - noon in person hosted by DuPont Circle Village

Tour of Congressional Cemetery in Southeast Washington - Founded in 1807, Congressional Cemetery is one of the oldest in the District of Columbia. Despite its name, it is not the official graveyard of Senators and Representatives and receives no regular Congressional appropriation, but instead remains an entirely private institution. It honors the memory of thousands of Washingtonians both famous and obscure, and remains open and active (you might even call it lively) to this day.

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](#).

Thursday, May 18, 6:30 - 8 p.m. in person hosted by Dupont Circle Village

Dani Tai Burgess Dance Company: Talk and Performance - Celebrate Asian American Month with us for this unique opportunity sponsored by the CelebSalon Committee. Known around the world for personal and culturally inspired choreography, Dana Tai Soon Burgess has been named the Smithsonian's first choreographer-in-residence at the National Portrait Gallery. For the next three years, Burgess will create new works inspired by museum exhibitions and participate in public discussions about dance and art. The event takes place at the Friends Meeting - Assembly Room 2111 Decatur PI NW. 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.aroundtowntdc.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.

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](#)

Saturday, May 20, 10:30 a.m. on Zoom

Hearing Loss Association of America program on mobile phone apps - There are many mobile phone apps for hard of hearing and late deafened individuals, but which ones really work? In this presentation, audiologist Tina Childress will share and highlight the latest and greatest apps that are most valuable for hard of hearing and late-deafened

adults. For more information, please contact Wendy Cheng at hohviolist@gmail.com. Join with Zoom link <https://us02web.zoom.us/j/88141528746>

Wednesday, May 31, 10 a.m. - 3 p.m.

Senior Fest - DACL and DPR are again collaborating for this year's Senior Fest, bringing together thousands of DC Seniors from around the city for a day of fellowship, food, information, live speakers, and entertainment at the Gateway Pavilion (2700 Martin Luther King Jr Ave SE). Visit dpr.events for more information.

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 \(wpodc.org\)](http://Calendar.WidowedPersonsOutreach.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 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](#)

Next Week at Palisades Village
May 14 — 20, 2023

Pickleball

Mon 05 / 15 / 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 / 15 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 16 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 05 / 16 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 17 / 2023 at 8:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 05 / 17 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016-0403

[More Information](#)

Vaccination Clinic

Thu 05 / 18 / 2023 at 10:00 AM

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

[More Information](#)

Byte Back's 360 Digital Navigators Training

Fri 05 / 19 / 2023 at 1:00 PM

Where: Palisades Hub, 5200 Cathedral Ave, NW, Washington, DC 20008

[More Information](#)

Mindful Knitting

Sat 05 / 20 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village