



# ACROSS THE FENCE

July 9, 2023

Monday, July 10	Tuesday, July 11	Wednesday, July 12	Thursday, July 13	Friday, July 14	Saturday, July 15
3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Yoga</a>	10 a.m. <a href="#">Eye to Eye Group</a>	10:30 a.m. <a href="#">Coffee and Conversation</a>	1 p.m. <a href="#">Tech Clinic</a>	9:30 a.m. <a href="#">Mindful Knitting</a>

## *This week:*



### Thursday, July 13, 10:30 a.m. - 11:30 a.m. Coffee & Conversation

Join us for an informal get-together over coffee. **This month we will meet in the Palisades Village Office, which is 1/2 flight of stairs up from the Hawthorne Street entrance.** 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 members who have been fully vaccinated for COVID-19. Register [here](#).



### Friday, July 14, 1 p.m. - 3 p.m. Tech Clinic

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond. Please email

[aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310** to let us know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).

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## Coming Up:



**Wednesday, July 19, 11 a.m. - 1 p.m.**

### **Volunteer Orientation**

Want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to do as much or as little as they would like. We are especially in need of drivers! You can find out about the organization and talk to other volunteers about the rewards of what they do. Food will be provided. Register [here](#).



**Wednesday, July 19, 5 p.m. - 7 p.m.**

### **Summer Picnic - Members only (see below)**

Are you ready to see your Palisades Village friends and neighbors? We are! Please join us at the Palisades Hub (Palisades Community Church) for a Caribbean-themed summer picnic. The Palisades Pan Handlers are ready to wow you with their dishes. If you have a friend that you think would like to be a member, bring them along so they get a taste of the Village. Register [here](#).

This in-person event is only open to those who have been fully vaccinated for COVID-19.

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*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](tel:202-244-3310).*

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***Palisades Village members and friends have been having a lot of fun lately! Below are pictures from the "June is Bustin Out All Over" party.***



Frank & Job looking sharp in blue!



Bob & Polly cooking up a storm.



Mary Ann & Cari catching up.

***Palisades Village was well represented in the 57th Annual Palisades July 4th Parade and even won a prize: Community Boosters! Thank you to Elaine for leading the charge! And our very own Peggy served as a pie judge at the second annual pie baking contest held at the hoedown on July 3rd.***





Peggy got to taste all the pies.



Ana & Margaret marching and advertising the House Tour!



Janet & Sue having a ball!

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## Member profile: Meet Janet Bullinger, One of the Founders of Palisades Village



Janet Bullinger, a Kent resident since 1976, was one of the founders of Palisades Village and the co-chair of the first Palisades Village House Tour in 2013. Janet grew up in Maple Heights, Ohio, a suburb of Cleveland, and graduated in 1960 from Lake Erie College for Women in Painesville, Ohio, where she majored in biology and minored in psychology. She married in 1960 and worked in medical research in Ohio while her husband attended law school. In 1965, they moved to Washington, D.C., where she worked in various positions. After obtaining a paralegal certificate at George Washington in 1973, Janet worked as a legal assistant in law firms doing medical malpractice, insurance defense and banking cases. She culminated her career with a five-year stint in the Office of the Reporter of Decisions at the U.S. Supreme Court, where she edited and reviewed opinions prior to

publication. When her husband passed away, Janet retired because “life is too short just to work.” She remodeled her kitchen and bathrooms and got a dog – Mickey, a Tibetan Terrier and began her very active life as a volunteer.

After seeing an article about the first “Village” in Beacon Hill, Boston, Janet researched the subject at the Palisades library and got together with a group of neighbors to found Palisades Village. She recalls sitting at a picnic table on Potomac Avenue setting up organizational documents for the Village. Janet was instrumental in finding Palisades Village its first home at Sibley Hospital in a building that has since been demolished. She also played a key role in helping the Village move to its current location at the Palisades Church. Her involvement in Palisades Village has included serving on the Board, the events committee and as a volunteer.

Inspired by the Georgetown House Tour, Janet and another Village member, Judy Watson, determined that the Village should hold its own house tour to raise funds for the organization. Working with Judy, she co-chaired the first Palisades Village House Tour in 2013 with a total of nine houses. They did an immense amount of work with the help of other members and volunteers finding the houses and sponsors, putting together the house tour booklet and “walking down MacArthur Boulevard trying to sell ads.” In subsequent years, Janet has remained active in the house tour as part of the house tour committee and head docent in many houses. Janet has found her involvement with the house tour to be a wonderful experience, particularly because she has had the chance to meet so many new people in the community.

This year, Janet’s house will be one of the seven houses on the tour. She has been working with an exciting designer she met at last year’s house tour to significantly redesign and update her home’s interior. Changes include giving away large pieces of furniture and replacing these pieces and reupholstering some furniture. Her goal is to be able to stay in her home as long as possible and to maximize her enjoyment of her home.

Janet is amazingly active in her retirement, walking her current dog Leo 2-3 miles a day, taking an exercise class, gardening, and doing needlepoint. She is a docent at the Supreme Court, and will become the president of the American Lawyers Alliance, an organization which promotes civics education and gives scholarships. Janet also volunteers with Widowed Person Outreach at the Senior Association at Sibley Hospital. Her many interests and involvements are a testament to the importance such activities are to remaining vigorous and engaged in retirement as well as the benefits of such work to the community.

*By Cara Jablon, PV Member and Volunteer*

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## Covid Corner:

Based on current COVID-19 trends, the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, expired at the end of the day on May 11, 2023.

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](tel: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](tel:202-244-3310) and we will help you.

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**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! More details [here](#).

### **Wednesday, July 19th, 4 p.m. - 5 p.m on Zoom - Hosted by Greater Brookland Intergenerational Village**

**Silvernest - an Introduction to Home Sharing** - Housing prices have increased by more than 20% across the country since the start of the pandemic, and it's leaving many families struggling to afford a place to live. Those price increases are especially hurting seniors. However, a movement helping seniors afford a place to live is growing. It's called home sharing, meaning two or more people who aren't related live together to share costs. Learn more about Silvernest, a company that matches seniors with roommates, in this Zoom presentation. They will also provide tips on how to prepare your home for a roommate and the social/emotional benefits. Register [here](#).

### **Thursday, July 20, 11a.m. - 12 p.m. on Zoom hosted by Greater Brookland Intergenerational Village**

The Greater Brookland Intergenerational Village invites you to a virtual training on preventing cybercrime, presented by cyber security experts at Capital One and the Cyber Crime Support Network.

This training is for all DC Village members and Volunteers. Choose between one of two tracks, either learning yourself about cyber security, or learning how to train others in your Village. Cybercrime Support Network (CSN) created the #SecureTogether program to provide information, tools, and assistance to help individuals implement better security measures on accounts and devices. Register [here](#).

**Monday, July 31, 3:30 p.m. - 5 p.m. on Zoom hosted by Dupont Circle Village**  
**Live and Learn: Elder Financial Abuse - Idriys J. Abdullah**, a Consumer Protection Advocate from the District of Columbia Department of Insurance, Securities, and Banking, will speak to us about financial traps targeted to seniors and how to identify them. Topics may include Money Smart for Older Adults, Affinity Fraud, Reverse Mortgages, Romance Scams, Covid-19 Corona Virus Scams, Protecting Your Assets. For more information and to register, click [here](#).

**Tuesday, August 15, 4 p.m. - 5 p.m. on Zoom hosted by Greater Stonegate Village**  
**Preventing Frauds, Scams and Identity Theft** - GSV invites you to attend a presentation with Mike Conrad from the Montgomery County Police Department. Mike volunteers with the MCPD's Keeping Seniors Safe program. This presentation will focus on preventing frauds, scams and identity theft.

After his retirement in 2013, Mike became a volunteer with the Montgomery County Police Department. Since then he's served on the Keeping Seniors Safe program giving over 75 presentations on frauds, scams and identity theft and is also a member of another outreach team which supports the counties' Autism community. To register, click [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](mailto:community@iona.org) or call [202-459-9634](tel: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. July 11th topic: Microsoft Word vs Google Docs vs Pages. 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](#).

Fridays at IONA, 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** - Join Diane Harris in studying the art of Tai Chi. Diane 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. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information and registration, click [here](#)

## Sibley Seniors Events:

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

## Community Events:

The DC Public Libraries' open hours are changing - this includes Georgetown, Palisades, and Tenley! Starting **Monday, June 26**, the new hours will be:

- **Monday, Tuesday, and Wednesday:** 9 a.m. to 8 p.m.
- **Thursday:** 12 p.m. to 8 p.m.
- **Friday and Saturday:** 10 a.m. to 6 p.m.
- **Sunday:** 1 p.m. to 5 p.m.

These new hours apply to all DCPL library locations except MLK Library and Deanwood, Northwest One, and Rosedale Libraries, which will continue with their existing open hours.

**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](http://olli-dc.org) or call [202-895-4860](tel:202-895-4860) for further information and to register for classes.

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## 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](tel:202-537-4942) for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](http://Calendar.WidowedPersonsOutreach.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](mailto: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.

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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  
July 9 — 15, 2023

**William Yates Fitness**

Mon 07 / 10 / 2023 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 07 / 11 / 2023 at 9:30 AM

[More Information](#)

**Yoga**

Tue 07 / 11 / 2023 at 3:00 PM

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

[More Information](#)

**Eye to Eye Group - In Person**

Wed 07 / 12 / 2023 at 10:00 AM

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

[More Information](#)

## **Coffee & Conversation**

Thu 07 / 13 / 2023 at 10:30 AM

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

[More Information](#)

## **Tech Clinic**

Fri 07 / 14 / 2023 at 1:00 PM

Where: Palisades Village Office, 5200 Cathedral Avenue, NW, Washington,

[More Information](#)

## **Mindful Knitting**

Sat 07 / 15 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
July 16 — 22, 2023

## **William Yates Fitness**

Mon 07 / 17 / 2023 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 07 / 18 / 2023 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 07 / 18 / 2023 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 07 / 19 / 2023 at 8:30 AM

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

[More Information](#)

## **Volunteer Orientation**

Wed 07 / 19 / 2023 at 11:00 AM

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

[More Information](#)

## **Summer Picnic**

Wed 07 / 19 / 2023 at 5:00 PM



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

[More Information](#)

**Mindful Knitting**

Sat 07 / 22 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village