



# ACROSS THE FENCE

July 16, 2023

Find yourself in town this summer? Perhaps you would be interested in volunteering for Palisades Village. Many of our volunteers are out of town and the requests for services do not slow down. We have an [orientation](#) this Wednesday, July 19 and you can learn more about opportunities to help your neighbors. You can volunteer when you have time and don't have to make a big commitment.

Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20	Friday, July 21	Saturday, July 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="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>  11 a.m. <a href="#">Volunteer Orientation</a>  5 p.m. <a href="#">Summer Picnic</a>			9:30 a.m. <a href="#">Mindful Knitting</a>

*This week:*



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](#).

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

**Summer Picnic - Members only**

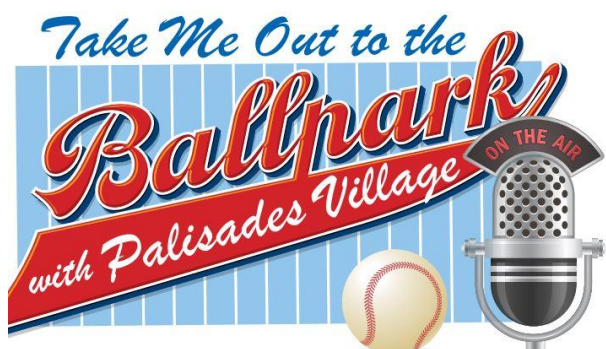
Day-o! Daay-o! Are you ready to see your Palisades Village friends and neighbors? We are! Please join us at the Palisades Hub (Palisades Community Church) for a Caribbean-themed summer picnic. The Palisades Pan Handlers are ready to wow you with their dishes: curried goat, jerk chicken, vegetable curry, three salads, peas & rice, and Caribbean Cheese Corn

Sticks. Hot sauce will be available for those who want it spicy. 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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## Coming Up:



**Tuesday, August 8, 6:30 p.m. - 8:30 p.m.**

**Take Me Out to the Ballpark with Palisades Village at the Palisades Hub**

THE NATIONALS will be playing THE PHILLIES in Philadelphia so, on August 8, we will be tuned in to the broadcast of that game. Do you remember the joy of sitting outside on a summer evening listening

to a baseball game on the radio? Well, this event is for you. For those of all ages who have never known how special those baseball sounds can be, this event is for you, too. Come meet with your neighbors over free hot dogs, popcorn, and ice cream. We will have games of chance and skill and special guests. Bring a neighbor of any age. It's going to be a good time! Register [here](#).

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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).*



Send us your vacation photos! Erica was in Red Rocks at a wedding last week and shared this.

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**July 16th is National Ice Cream Day!**  
**What a great excuse to go out and spoil yourself in this hot weather.**



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**Keep your eyes out tomorrow for a special announcement from the DC Villages!**

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# Staying Safe in Hot Weather

## Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



## Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).

## 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](https://www.cdc.gov) 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.



**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 18th topic: Intro to Smartphone photography. 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](#).

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.

**Wednesday, July 26, 7 p.m. on Zoom sponsored by New Morning Star Baptist Church and Sibley Senior Association**

**What is Health Equity and What Does it Mean to Me** - Diversity, Equity, and Inclusion are not just buzzwords. Hospitals and health providers are making it a priority to bring equitable health care to all. Steven K. Ragsdale will explain what Health Equity actually is and why it is so important. Register [here](#) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before July 25.

## Community Events:

**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.**

## FALL REGISTRATION IS OPEN

Registration is now OPEN on the OLLI website for the fall semester (September 26–December 8). Classes are offered online, in-person, and hybrid. In the catalog, each course description lists the format and whether or not the class will be recorded. Courses meet for a varying length of time (see each study group for the number of weeks). The membership fee (\$300 for the semester or \$550 for both fall and spring) allows you to

sign up for three courses before the lottery. After the lottery, when you have received your class assignment letter, you can add a **fourth study group** by logging into your account. **Make sure to register before the fall semester lottery on Friday, September 8.** More information can be found [here](#).

### **Wednesday, July 26, 6 p.m.**

**Improv for All at the Palisades Library** (4901 V Street NW) - Have you ever wanted to give acting a try? Do you watch comedians and say "I could do that!"? Well, now you can! Washington Improv Theater company will be hosting a series of workshops on Wednesday evenings. No experience necessary. Just a willingness to have fun and laugh a lot. For more information, click [here](#).

### **Thursday, August 3, 10 a.m. - 4 p.m.**

#### **National Building Museum Look Here Installation- Ward 3 Day**

Please join us with your ward and D.C. Council representatives for complimentary admission to the National Building Museum (401 F St NW) and Look Here! Explore our newest summer installation, participate in hands-on crafts, enjoy Storytime at 11 a.m. and 1 p.m. led by the DC Public Library, and meet community partners. Resident's proof of address is required to verify zip code. All children must be accompanied by an adult.

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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 \(wpodc.org\)](#)

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

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

#### This 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](#)

Next Week at Palisades Village  
July 23 — 29, 2023

## **William Yates Fitness**

Mon 07 / 24 / 2023 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 07 / 25 / 2023 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 07 / 25 / 2023 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 07 / 26 / 2023 at 8:30 AM

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

[More Information](#)

## **Mindful Knitting**

Sat 07 / 29 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village