



ACROSS THE FENCE

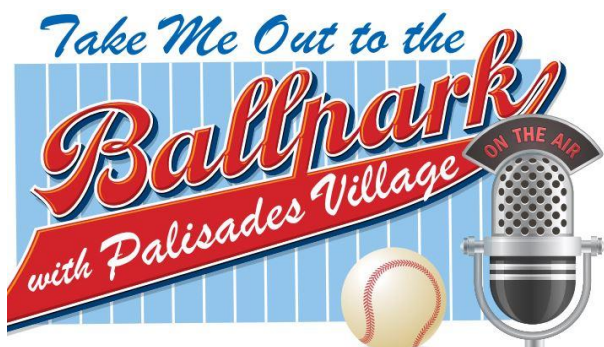
August 6, 2023

Little did we know last week when we talked about emergency preparedness how relevant it would be. It has been a tough week and those of us just dealing with lack of power or internet count ourselves lucky. We learned a lot and made improvements to our emergency procedures. I hope that everyone will join us on the 17th at our upcoming talk from DC Homeland Security and Emergency Management Agency's Community Engagement Team at the Palisades Library who will speak about how to be prepared in any emergency.

Let's celebrate our community and have a little fun. Join us this week at our baseball listening party on Tuesday at 6:30 and bring your neighbors. Free hotdogs, popcorn and ice cream for all. Don't get caught looking!

Monday, August 7	Tuesday, August 8	Wed, August 9	Thurs, August 10	Friday, August 11	Sat, August 12
<p>1:00 p.m. Book Club</p> <p>William Yates Fitness Cancelled</p>	<p>Planner Group Cancelled</p> <p>3:00 p.m. Yoga</p> <p>6:30 p.m. Take Me Out to the Ballpark with Palisades Village</p>	<p>8:30 a.m. Walking Club</p> <p>10:00 a.m. Eye to Eye Group</p>	<p>10:30 a.m. Coffee and Conversation</p>	<p>12 noon Tech Clinic</p>	<p>9:30 a.m. Mindful Knitting</p>

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 - Open to all

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](#).

Wednesday, August 9, 10-11

Eye-to-Eye Low Vision Support Group

Palisades Village is hosting a local group for those with low vision and their partners and caregivers. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. We meet in person but have the ability to include people via Zoom. Barbara Scott, LCSW, facilitates the group. Open to all.



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

Coffee and Conversation at the Palisades Hub - Members only

Join us for an informal get-together over coffee. We will hopefully be meeting outside in the garden, but in the event of inclement weather, we can move into the office. 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, August 11, 12 p.m. - 2:00 p.m.

Tech Clinic - For members only - In person at the Palisades Village Office

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



Thursday, August 17, 1:00 p.m. - 2:00 p.m.

Emergency Preparedness Program at the Palisades Library- Open to All!

DC Homeland Security and Emergency Management Agency's Community Engagement Team and *Guest Speaker* Kim McCall will give a one-hour presentation on how to be prepared in any emergency. In order to be better prepared for any situation, you should plan ahead. This is especially true if you have any health or mobility considerations that may affect how you respond to an emergency. By evaluating your own needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This is a program you do not want to miss. Everyone is invited to this important program. Register [here](#).



Wednesday, August 23, 5:30 p.m. - 7:30 p.m.

Volunteer Potluck for all the fabulous volunteers!

Calling all volunteers! We want to take an evening to celebrate and thank you for all you have done for the Village this past year. Bring a dish (homemade, takeout, or store-bought) and join other volunteers for a relaxed evening. PV will provide the beverages and some great company. Register [here](#).

Palisades Community Sing is coming to Palisades Village! The mission of Palisades Community Sing is to bring together adults of all ages and musical levels -- and experience -- to sing! We sing just for the fun of it with friends and neighbors, and with people outside the neighborhood. We will be singing familiar songs including American standards, Broadway, pop, folk, and rock. Everyone is welcome! Palisades Community Sing will be meeting from 11 a.m. - noon on September 26th and October 24th at the Palisades Hub. We can't wait to sing with you!

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).



Fall is a great time to plant native trees, shrubs, and perennials

by Master Gardener Janet Entwistle

It's too hot! Yes, even while we are experiencing the hottest days of summer, it is just the right time to start planning for fall planting to give trees, shrubs, and perennials a head start. Spring is also an excellent time to plant, but fall planting has several advantages. While you may not see growth above ground during the fall, the warm soil, increased rainfall, and cooler temperatures compared to the summer allow plants to grow their root system before going dormant when temperatures chill in the winter. These deeper roots will help your plants turn their energy to upward growth and blossoms next spring and summer. If you want fall color, you could plant fall-blooming native plants like Goldenrod (*Solidago*) and Aster (*Symphyotrichum*). You may be lucky to enjoy their blossoms in the cooler autumn temperatures. And, of course, you can also enjoy the pollinators they attract and sustain. If you would like to add to your native plant garden this fall or even create a new one, you can find the dates of upcoming local native plant sales on these websites:

<https://www.plantnovanatives.org/local-native-plant-sales>

<https://mdflora.org/>

So far, four local sales – two in Virginia and two in Maryland – have been announced:

Saturday, September 9

10 am – 4 pm

Friends of Brookside Gardens Native Plant Sale

1800 Glenallan Ave.

Wheaton, MD 20902

www.friendsofbrooksidegardens.org/

Saturday, September 16, and Sunday, September 17

10 am - 2 pm

Montgomery Country Parks Native Plant Sale

In-Person Plant Sale

Pope Farm Nursery

(partially open for sale only)

7400 Airpark Rd.

Gaithersburg

www.montgomeryparks.org/parks-and-trails/cabin-john-regional-park/locust-grove-nature-center/native-plant-sale-at-locust-grove-nature-center/

In addition, this sale is sponsoring online preorders that **open at 8 am August 28 and close by September 3** at midnight unless they sell out sooner. **Preorder pickup day is September 9** at Pope Farm Nursery by appointment only. You can speed up your preorder process by creating an account in the new **ActiveMontgomery** ahead of time.

Saturday, September 30

9 am - 2 pm

Northern Alexandria Native Plant Sale

The Church of St. Clement

1701 N. Quaker Lane, Alexandria

www.northernalexandrianativeplantsale.org/

Saturday, September 30

8 am-Noon

Town of Vienna Fall Native Plant Sale

Town of Vienna Community Center

120 Cherry St. SE, Vienna

www.viennava.gov/Home/Components/Calendar/Event/759/275

And, of course, for those gardeners with existing native perennial beds, fall is a great time to divide and transplant. And it is a great time to gift some of the perennials you divide to friends and family! It is a great way to make and sustain friendships!

E-cycle Event Coming up on September 9th

If you missed the e-cycle event in the Palisades, do not despair. There is one coming up on September 9th in Chevy Chase from 10 a.m.- 2 p.m. Start collecting your old electronics now! There will be an e-cycle collection truck parked on Connecticut Ave. between Northhampton and McKinley St. (near Chevy Chase Community Center). Allowed equipment includes computers, tablets, e-readers, monitors, TVs, mobile phones, desktop printers, DVD players and VCRs. For a complete list of accepted items, click [here](#).

Coping with Uncertainty - Wednesday, August 9th at 1:00 p.m. on Zoom

Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. *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, and 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. Register [here](#).

Palisades Village Website - Chock Full of Information!

Members - Do you know how to sign into the PV website (www.palisadesvillage.org)? There are many features that you can only access after logging in with a password:

- One click sign-up for events – you don't need to fill in your name and email address,
- Member directory – find phone numbers for your friends,
- Provider Referrals – see recommendations from other members or neighbors for plumbers, landscapers, and more,
- My Agenda (click on sign in/sign out corner) – see which events you have already signed up for,
- My Service Requests (for full members) – which volunteers have signed up for your upcoming requests.

Please call the office if you have any questions or need help signing in.

Covid Corner:

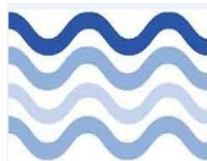
Based on current COVID-19 trends, the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, expired at the end of the day on May 11, 2023.

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

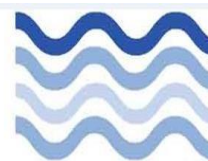
Can't get out of the house for a vaccination? DC Health will come to you. Call [1-855-363-0333](tel:1-855-363-0333) to request a home visit.

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](#).

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](#).

Tuesday, August 29, 3 p.m. - 4 p.m. on Zoom hosted by Greater Brookland Intergenerational Village

DC Community Resources for Older Adults - During this one hour virtual presentation, you will hear from Iona's Melissa Susser, LICW, about the array of services in DC that provide support for older adults. We will leave time for Melissa to answer any questions you may have. 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](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. **August 8th** topic: Digital safety (tips for computer use and safer online exploring). 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, August 23, 7 to 8 p.m. on Zoom

Discussing the Facts: Alzheimer's Disease and Related Dementias - Sponsored by New Morning Star Baptist Church and Sibley Senior Association

Alzheimer's disease and related dementias impair memory, thought processes and functioning, primarily among older adults. We will discuss how dementia affects the brain and how Alzheimer's disease differs from other types of dementia. Learn about behaviors you may see in people with mild, moderate and severe dementia. We will discuss communication challenges you may face with different stages of dementia. There will be

plenty of time for questions and answers. Register [here](#), email pnunez3@jhmi.edu or call the Sibley Senior Association at 202-364-7602 by August 21.

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](#).

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.

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](tel:202-244-3310).

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

This Week at Palisades Village August 6 — 12, 2023

Book Club

Mon 08 / 07 / 2023 at 1:00 PM

[More Information](#)

Canceled: William Yates Fitness

Mon 08 / 07 / 2023 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 08 / 2023 at 3:00 PM

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

[More Information](#)

Take Me Out to the Ballpark with Palisades Village

Tue 08 / 08 / 2023 at 6:30 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 09 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 08 / 09 / 2023 at 10:00 AM

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

[More Information](#)

Coffee & Conversation

Thu 08 / 10 / 2023 at 10:30 AM

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

[More Information](#)

Tech Clinic

Fri 08 / 11 / 2023 at 12:00 PM

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

[More Information](#)

Mindful Knitting

Sat 08 / 12 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 13 — 19, 2023

William Yates Fitness

Mon 08 / 14 / 2023 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 15 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 16 / 2023 at 8:30 AM

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

[More Information](#)

How to Prepare for any Emergency

Thu 08 / 17 / 2023 at 1:00 PM

Where: Palisades Library, 4901 V St NW, WASHINGTON, DC 20007

[More Information](#)

Tech Clinic

Fri 08 / 18 / 2023 at 12:00 PM

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

[More Information](#)

Mindful Knitting

Sat 08 / 19 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village