



ACROSS THE FENCE

September 24, 2023

We challenge you to come sing with us and not leave happier – even if you can’t carry a tune. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in the bloodstream, leaving people feeling more relaxed after they’ve belted out a tune. Even those who feel happy and free of significant anxiety may notice their mood improving when they start to sing. This is in addition to enhancing your memory and social connections. Come join us at our Community Sing on Tuesday at 11 a.m. just for fun. And you can bring your kids, parents, or anyone you think would have fun too. Register [here](#).

Monday, Sept 25	Tuesday, Sept 26	Wed, Sept 27	Thurs, Sept 28	Friday, Sept 29	Saturday, Sept 30
<p>12:15 p.m. Pickleball</p> <p>3:30 a.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>11:00 a.m. Palisades Community Sing</p> <p>No Yoga this week</p>	<p>8:30 a.m. Walking Club</p> <p>2:00 p.m. Great Decisions Foreign Policy Discussion Group</p>		<p>9:30 a.m. Mindful Knitting</p> <p>10 a.m. Vaccination Clinic</p>	

This Week:



Monday, September 25, 12:15 p.m. - 2:00 p.m.
Pickleball is back at the Palisades Rec Center! NEW PLAYERS ARE WELCOME AND ENCOURAGED TO COME! But space is limited and you must register each week.

Pickleball is all the rage these days. *This is your chance to learn the game!* Steve will be back for two more sessions to teach the basics of the game to newcomers and to offer tips to more experienced players. If you have pickleball paddles, please bring them. We will have some you can borrow. Try the game out before

you invest in buying a set. This session is for members only (limit: 8 people). You will need to sign in to RSVP. If you encounter difficulties, please call the office at [202-244-3310](tel:202-244-3310). We are pleased to announce that the space in the gym has been reserved for PV until the kids come back next summer. Register [here](#). *Please note that you must register each week so that we know who is coming.*



Tuesday, September 26, 11 a.m. - 12 noon
Palisades Community Sing at the Palisades Hub
- open to everyone!

The mission 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! We can't wait to sing with you! Register [here](#).



Wednesday, September 27, 2:00 p.m. - 3:00 p.m. at the Palisades Hub

Great Decisions Foreign Policy Discussion Group

Great Decisions is America's largest discussion program on world affairs. Developed by the Foreign Policy Association, the program model involves reading the Great Decisions Briefing Book and meeting in a Discussion Group to discuss the most critical global issues facing America today.

Sharon Wiener will lead a discussion of Iran this month. After the fall 2022 anti-government demonstrations and a variety of economic and political challenges, including a new generation of young adults who have internet access, Iran is indeed at a Crossroads. Come to this session of Great Decisions. Participants are asked to prepare in advance by reading the Great Decisions materials. If you are interested in attending this session and would like to review the materials, please contact Anne at [202-244-3310](tel:202-244-3310) or aourand@palisadesvillage.org. She can get you a copy of the materials so you can prepare. Register [here](#).



Friday, September 29, 10:00 a.m. - 2 p.m.
Vaccination Clinic - All spaces are currently filled, but you can register and get on the waiting list. We will contact you if a space becomes available. Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna COVID booster shots, flu shots, and RSV

vaccines (60+ only). They will have the latest Covid booster available. Please check with your doctor for their recommendation on timing of vaccinations. We will be outside unless the weather necessitates a move indoors.

Please note in the comments whether you want the Pfizer or Moderna COVID booster shot, flu shot (Senior dosage or not) and/or the RSV vaccine. You will receive a second email where you can select your time preference.

If you have mobility issues, the pharmacist can come to your car to administer the vaccine. Just let us know in advance, please.

Don't forget your vaccination card so that it can be updated. Register [here](#).

Coming Up:



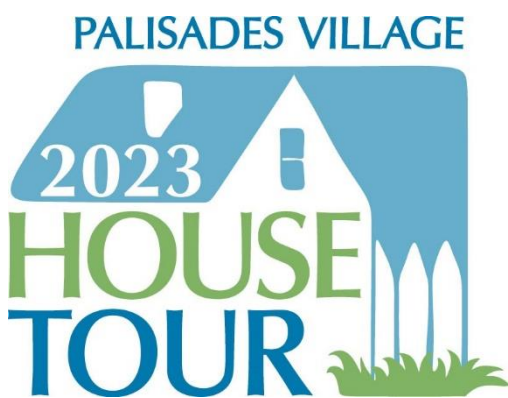
Thursday, October 12, 10:30 a.m. - 11:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside in the garden, 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 members who have been fully vaccinated for COVID-19. Register [here](#).



Saturday, October 14, 10 a.m. - 4:00 p.m.

Palisades Village House Tour

If you are intrigued by the many beautiful and unique homes in our neighborhood, do not miss the upcoming Palisades Village House Tour on Saturday, October 14, 2023. This year's tour, the 9th annual, will showcase seven homes in the Palisades/Kent area, with a variety of architectural styles, remarkable use of space, and unique art and décor. Many of the homes have undergone

extensive renovations, resulting in major transformations to provide wonderful open living areas and fabulous kitchens and family rooms. A tour of these homes may well provide visitors with inspiration for ideas ranging from exotic wallpaper or dynamic paint color choices to a décor do-over or a major home renovation. Buy tickets [here](#). There is a \$5 discount if you buy them early!



Thursday, October 18, 10:30 a.m. - 12:30 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. You can find out about the organization and talk to other volunteers about the rewards of what they do. Spread the word -- we need you!

Food will be provided. 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](tel:202-244-3310).

Full members may request a ride to any PV event with 3 days' notice.



**Don't forget to buy your ticket(s) to the House Tour on October 14th.
Contact the office if you are interested in being a docent at one of the seven
fabulous homes.**



Don't forget -- it's Fall Prevention Month: Striking a Balance to Avoid Dangerous Falls

Falls are the leading cause of both fatal and nonfatal injuries to older Americans. Every 11 seconds, an older adult goes to an emergency department to treat an injury from a fall, according to the National Council on Aging. The Centers for Disease Control and Prevention found that [death rates from falls among adults 65 and older](#) increased more than 30 percent between 2007 and 2016.

So what's the best way to prevent a fall? Finding the correct balance — with our minds as well as our bodies.

We need to steer a course between, on the one hand, never thinking we might fall and taking no preventive steps and, on the other hand, being so fearful of falling that we stop moving and, ironically, make ourselves less agile and therefore more likely to fall.

As Charlotte Yeh, M.D., AARP's chief medical officer, puts it: "Too many people develop a fear of falling — and that can make you stop moving. It's important to keep using the brain-body connection."

A critical part of keeping that balance in our lives is staying active. So, what steps can you take?

- **Work on strength and resistance training.** Consider lifting weights and doing Pilates and exercises such as push-ups, which build muscle.
- **Walk and use the stairs if you can.** Join or start a walking club if it will help motivate you.
- **Strengthen your quads.** One way to do that is by leaning against a wall, sliding down into a squat, then standing again — and doing repetitions.
- **Improve your balance.** Yoga can help older people. So can martial arts training [such as tai chi](#).
- **Have your vision and hearing checked regularly.** Clouded vision or impaired hearing can greatly boost your chances of falling.
- **Talk with your doctor.** Or ask your pharmacist about medication side effects that could increase fall risk.
- **Wear the right shoes.** Find a pair that won't make you slip.
- **Remove tripping hazards.** Check your home for what can cause a fall.

The National Institute on Aging says 6 out of 10 falls occur at home. So use slip-resistant mats rather than throw rugs, tuck electrical cords out of the way, opt for door handles with levers instead of knobs, and use railings and grab bars to navigate your home. Finally and critically, place slip-resistant mats in the tub or shower.

Falls are a hidden epidemic, but [there's a lot we can do to avoid them](#) without slowing down. Let's strike the right balance through exercise and sensible steps to stay safe.

Source: AARP

And if you need grab bars in your bathroom, Palisades Village can help members get two installed at no charge to you. Thanks to grants from the Palisades Community Fund and the Washington Home Foundation, we want to keep our members safe all year round.

Participate in a Study on Language in the Aging Brain

The Brain and Language Lab (brainlang.georgetown.edu) at Georgetown University's Department of Neuroscience is seeking participants for a study of language in aging. This

exciting study, which is funded by the National Science Foundation, is likely to help us understand which parts of the brain are responsible for those senior moments when you can't remember a word or someone's name.

Participants should be aged 70 or older, and right-handed native speakers of English. Anyone, whether or not you think you have memory problems, is welcome. However, you should not have been diagnosed with any neurological, learning, or psychiatric disorders.

The study takes place over three sessions at Georgetown University. In the first two sessions, you will be given computer-based tasks in which you have to name pictures, remember what's shown on the screen, and the like. The third session involves an optional 30-minute non-invasive MRI brain scan.

You will be paid about \$100 for participating in the study. You can also get a picture of your scanned brain.

If you are interested or have further questions, please contact Dr. Jana Reifegerste at the Brain and Language Lab, at brainlangadmin@georgetown.edu or call 202-687-8489.

Please feel free to pass this on to friends and relatives. The more participants, the better!

Covid Corner:

Palisades Village will be hosting a [flu and COVID vaccination clinic](#) on September 29 for the community. There are limited spaces still available. We have been told that the newest vaccination will be available. Please check with your doctor for their recommendation on the timing of vaccinations.

Free COVID test kits will be available from the federal government again! You can order them [here](#) beginning Monday, September 25 and they will ship (4 tests per household) beginning October 2.

Do you have COVID test kits and want to check if their expiration dates have been extended? Click [here](#) and scroll down to the section labeled "Authorized At-Home OTC COVID-19 Diagnostic Tests and Expiration Dates." Find your brand of test, click on Extended Expiration Date, and look for the lot number of your kit.

The Palisades Village continues to take precautions. Please do not hesitate to wear a mask at any event. 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.



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](#).

Monday, September 25, 7:30 p.m. on Zoom Hosted by Capitol Hill Village
A Dialogue with District of Columbia At-Large Councilmember Kenyan McDuffie
Capitol Hill Village, with the [Hill East Civic Association](#), announce this special event. District of Columbia At-Large Councilmember Kenyan McDuffie has served on the City Council for 11 years, 10 of those years representing Ward 5. His Council colleagues have elected him Chairman Pro Tempore, a role where he acts as the Chairman when the Chairman is absent. Councilmember McDuffie currently chairs the Committee on Business and Economic Development. Most recently he has introduced and held hearings on “The Reparations Foundation Fund and Task Force Establishment Act of 2023.” This is an important contemporary issue and we hope you'll join us to learn about reparations efforts more generally and Councilmember McDuffie's specific proposal. 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!

September 26, 5-6 p.m.

Technology Tuesday -- Food Delivery Services for Older Adults: As we age, maintaining proper nutrition is key to preventing disease and supplying our body with the nutrients it needs to function.³ Whether you're a pro in the kitchen or would rather have someone else do the cooking, food delivery services make it easy for seniors to have groceries and meals brought right to their doorstep.

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, click [here](#).

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](#).

Thursdays Palisades Rec Center (**It's back at the Palisades Rec Center!**), 10 a.m. - 11 p.m. For more information and to register for classes at the Rec Center, click [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.

Saturday, September 30, 12 noon a.m. - 5 p.m. on Zoom

Aging on Your Terms Conference

Join us to learn more about important facets of aging, including: How to protect and

improve your lung health, The correlation between social connections and health, How to improve your well-being by downsizing and simplifying your living space, How to start thinking about your final plans To register, visit smh.memberclicks.net/agingonyourterms9302023, email pnunez3@jhmi.edu or call [202-364-7602](tel:202-364-7602) before Sept. 26.

Community Events:

Saturday, September 30, 9 a.m. - noon

Drive Up & Shred -- Free mobile shredding truck and services. Donations to the Parkinson Foundation of the National Capital Area are appreciated. Chevy Chase House (5420 Connecticut - shredding will take place behind the building accessible on Legation Street).

Friday, October 6, 7 p.m. - 9:30 p.m. (note later time!)

Lions Club Crab Feast, St. Ann's Gym: 4404 Wisconsin Ave NW

All you can eat crabs; BYOB beer and wine. \$55 in advance, \$60 at the door. Non crab lover dinner \$10. For information and tickets, call 202-362-2008, email jimkernan4811@gmail.com or click [here](#).

Sunday, October 8, 4:00 p.m. - 6:30 p.m.

Palisades Community Association PALtoberfest at the Palisades Hub - just like Oktoberfest!

Food and beverages for sale, live music and games. Fun for all!

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.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
September 24 — October 30, 2023

Pickleball

Mon 09 / 25 / 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 09 / 25 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 26 / 2023 at 9:30 AM

[More Information](#)

Palisades Community Sing

Tue 09 / 26 / 2023 at 11:00 AM

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

[More Information](#)

Canceled: Yoga

Tue 09 / 26 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 09 / 27 / 2023 at 8:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 09 / 27 / 2023 at 2:00 PM

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

[More Information](#)

Mindful Knitting

Fri 09 / 29 / 2023 at 9:30 AM

[More Information](#)

Vaccination Clinic

Fri 09 / 29 / 2023 at 10:00 AM

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

[More Information](#)

Next Week at Palisades Village
October 1 — 7, 2023

Pickleball

Mon 10 / 02 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 10 / 02 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 10 / 02 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 03 / 2023 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 10 / 03 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 04 / 2023 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Fri 10 / 06 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village