



ACROSS THE FENCE

October 15, 2023

Thank you to all those who came to the 9th Annual House Tour! It was a smashing success! We could not have done it without our homeowners, our sponsors, our advertisers, and all the volunteers from writers, to docents, to ticket sales and traffic control. Co-chairs Carol Lynn Halal and Elaine Bole made sure that attention was paid to every detail. We have learned a lot in over nine tours and it shows. The proceeds from the tour allow Palisades Village to keep doing what we do and supporting the older adults in the community.

Monday, Oct 16	Tuesday, Oct 17	Wednesday, Oct 18	Thurs, Oct 19	Friday, Oct 20
<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>3:00 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>10:30 a.m. Volunteer Orientation</p> <p>2:00 p.m. Great Discussions</p>		<p>9:30 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

FYI: Erica and Anne are at an all-day Village conference on Tuesday, October 17th, but we will be checking emails and phone messages. We cannot wait to meet people from Villages all over the USA!

This Week:



Wednesday, 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](#).



Wednesday, October 18, 2:00 p.m. - 3:00 p.m.

Great Decisions Foreign Policy Discussion Group at the Palisades Hub

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. Each year, eight topics are chosen by a panel of experts. A designated member of the discussion group leads

the conversation using the article from the briefing book as the basis. Register [here](#).

October 18 topic: Climate Change

If you would like to join the group, please contact Anne at 202-244-3310

or aourand@palisadesvillage.org. She can get you a copy of the materials so you can prepare.



Friday, October 20, noon - 2:00 p.m.

Tech Clinic at Palisades Village

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](#).

Coming Up:

Tuesday, October 24, 6 p.m.

Zoom Book discussion on "Being Mortal"-- Discuss Atul Gawande's bestselling book with other Villagers and how it relates to what we are doing. Atul Gawande is a renowned surgeon, writer, and public health leader. A longtime staff writer for The New Yorker magazine, he has written four New York Times best-selling books: *Complications*, *Better*,

The Checklist Manifesto, and *Being Mortal*. Since 2022, he is serving as Assistant Administrator for Global Health at USAID.

BEING MORTAL explores how we age in our time from multiple perspectives - personal, medical, social, cultural - addressing many of the underlying questions and values of our work with the village, including a short history of Assisted Living and the Village Movement.

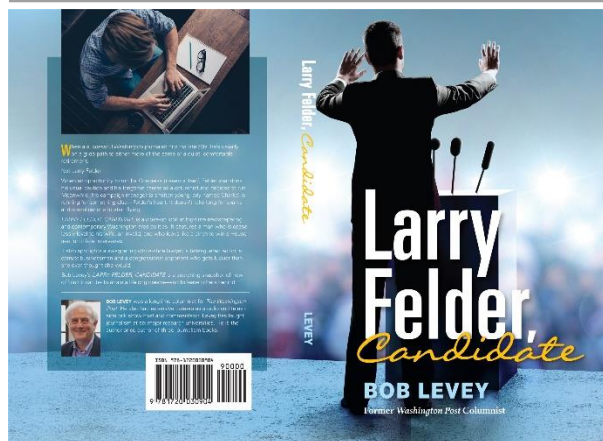


Tuesday, October 24, 11:00 a.m. - noon at the Palisades Hub

Palisades Community Sing

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! Register [here](#).



Wednesday, October 25, 2:00 - 3:00 p.m.

Author Talk - Bob Levey: "The Golden Era at The Washington Post."

Bob Levey, a retired columnist for The Washington Post, will be giving a lecture titled "The Golden Era at The Washington Post." He will be discussing his long career at The Washington Post and his novel about local politics, LARRY FELDER, CANDIDATE. The book is fiction, but it has been widely praised for being very realistic.

Bob had his own daily column ("Bob Levey's Washington") for over 23 years. He had first-name-basis friendships with Woodward and Bernstein, Ben Bradlee and Katharine Graham, and was on deck throughout the Pentagon Papers and Watergate controversies. Currently, he writes a monthly column for *Senior Beacon Newspapers*.

Come and hear about Bob's fascinating career, his new book, and the current state of journalism. It promises to be an interesting afternoon! 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.

The next Palisades Village Board meeting is on **Thursday, November 2nd at 5 p.m. on Zoom**. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).

Supporting Brain Health

DC Health's Brain Health Initiative aims to promote residents' cognitive care and improve the quality of life for residents living with dementia and their caregivers. To achieve these goals, the Brain Health Initiative helps with identifying and addressing early signs of memory loss, understanding risk factors and preventative care, and providing resources to caregivers. To learn more about the initiative and receive its newsletter, click [here](#).

Relatedly, the 2023 Walk to End Alzheimer's in DC will be held on October 14 on the National Mall between 12th and 14th streets. Registration begins at 9 am, the ceremony begins at 9:30 am, and the walk starts at 10 am. The Walk to End Alzheimer's is an opportunity for families to come together in support of someday stopping Alzheimer's. Learn more and register [here](#).



A New Approach to Fall Clean-up by Master Gardener Janet Entwhistle

We are all in the throes of fall clean-up now and that will continue at least until all the trees have shed their leaves sometime around the end of November or the beginning of December.

But is there a way that we can do fall clean up differently to protect the pollinators that we have been attracting through planting more native plants?

If we make protecting pollinators that are overwintering in our area a fall clean-up priority, this has implications for when and how we cut perennial plant stems once the flowers fade, what we do with the fall leaves and even what we do with fallen or cut branches.

Historically, we have been encouraged to cut perennial plant stems to the ground in the fall. But is this a good idea? Yes, it will present a more tidy landscape free of dried blossoms and plant stems. But the implications for small native bees that nest in these stems can be devastating.

Instead, what should we do with dead or dying perennial stems?

Ideally we would cut them in the spring to varying heights of 8-24"; new growth will quickly overtake old growth. If more tidiness is desired over the winter, we could cut them instead in the fall to 8-24" and place the cut stems that may already harbor bee nests in an out of the way place in the yard where they will not be disturbed over the winter. Retaining perennial stems can actually enhance the landscape especially if the dried flower heads stay intact (which is recommended since many birds feed on the seeds).

But can we keep more fall leaves on our properties to protect overwintering bees and butterflies, especially when we have been conditioned to have each and every one raked up and then vacuumed by local government or carted away in bags? Especially if we like a tidy look both inside and outside of our properties?

If we would like to protect pollinators by retaining some leaves but also keep a tidy look, there are various approaches that we can take. For example, I leave the leaves as mulch under dense shrubs or on top of ground covers where gravity and moisture quickly pull them to ground level and underneath the ground cover. I also have a place dedicated behind my garage which is out of sight where I can rake and deposit leaves which over the years becomes a rich source of compost in addition to its role as a safe haven for pollinators (and firefly larvae!). I also use leaves as mulch in some perennial beds over the winter being careful not to remove them too soon in the spring and disturb pollinators before they emerge.

Another consideration is what we do with tree branches that we trim or that fall on our properties during storms. Instead of disposing these, we may also consider making a small brush pile in an out of the way corner of our properties. For example, I have a small brush pile behind my garage and out of sight. This not only reduces the burden on the waste management system but is providing additional hibernation sites for overwintering pollinators.

Ideally, overtime protecting pollinators, so vital to all of us, will trump winter tidiness concerns. By removing hollow perennial stems and fallen branches, we are removing nesting sites for native bees. By removing leaves, we are removing winter habitat, for example for the camouflaged chrysalises of Eastern swallowtail butterflies, Luna moth cocoons or overwintering Queen bumblebees. Keeping some or all of them helps protect these species and more.

But we do not need to feel we need a one size fits all approach. Gardening decisions are very personal. The optimal approach for your yard could be more subtle – perhaps transition some beds where you try a pollinator friendly approach and maintain a more traditional approach in others. We encourage you to share with us your approach to protecting pollinators through changing fall clean-up practices!

For more information, see:

<https://www.washingtonpost.com/opinions/2023/09/01/insect-removal-problems-ecosystem/>

<https://www.xerces.org/blog/leave-leaves-to-benefit-wildlife>

<https://xerces.org/leave-the-leaves#:~:text=Fall%20Cleanup%20in%20Moderation&text=You%20can%20rake%20them%20into,shredding%20leaves%20with%20a%20mower.>

<https://extension.psu.edu/fall-garden-care-for-pollinators>

<https://xerces.org/blog/dont-spring-into-garden-cleanup-too-soon>



End of Life Expo

Planning a Good Death

"Tell me how you want to live by telling me how you want to die."

Saturday, November 4, 2023

10:00 AM - 4:00 PM

Learn More and Discuss:

- Advance Directives
- DC Law: Medical Aid in Dying
- Green and Alternative Burials
- Hospice Care
- Obituary Writing
- Organ and Body Donation
- Psychedelics and Dying
- Voluntary Stopping of Eating and Drinking (VSED)

Come and Experience:

- Information Booths
- Expert Panels and Speakers
- Community Resources
- Workshops
- Bookstore

Cost:

\$40 (program and boxed lunch)
Limited scholarships available

Register:

www.iona.org/event/end-of-life-expo/

Space is limited!

Where:

Iona Senior Services
4125 Albermarle Street, NW
Washington, DC 20016*

Questions?

Email Dixcy Bosley at
expo@iona.org

*Street parking is available. Iona is located off of the Tenleytown Metro and Wisconsin Avenue bus line.
COVID-19: Please follow current public health recommendations.

IONA
Age Well. Live Well.

Covid Corner:

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](#).

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!

Important update: Around Town DC will temporarily move all in-person fitness programs (besides the ones at Iona) to virtual starting Friday, October 5th, until further notice. They hope this will only be through the end of October. If you have already registered for a class, you will continue to receive email reminders in the morning, but they will include a "join event" button. You will need to sign into your Around Town DC account to gain access.

October 17, 5-6 p.m.

Iona Tech Tuesday with Brady -- How to use YouTube. Click [here](#) to sign up or to see future topics.

October 17, 1:30 p.m. - 2:45 p.m.

Aging Solo - 6 session workshop What does it mean to be "aging solo?" Do you have your post-mortem ordeals in order? Is there anything in your house that can aid in living alone? If you need help with any of these questions, consider if Aging Solo is right for you! **All registered participants MUST attend all 6-weeks. Seats are limited.** In person at 4125 Albemarle St. NW in the Myers Conference Room on the 2nd floor. More details and registration [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, 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](#). **NOTE - no class on 10/9/23.**

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 a.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:

Sunday, October 15, 11:30 a.m.

Our Lady of Victory Community Block Party celebrating 124 years of service to the Palisades community

The festivities will be on Whitehaven Parkway at MacArthur Blvd beginning at 11:30 a.m. with a Children's Procession followed by a Blue Sky Puppet Show at noon and then The Messenger Band in Concert at 1 p.m. Also pumpkin sales and food trucks! All are invited!

Thursday, October 19, 7-9 p.m.

Community Open House: Celebrating the Next 100 Years at the Hub -- Speaking will be local favorite historian and archeologist Doug Dupin; featured at the event will be unique artifacts from the Palisades History Museum, including an exhibit about the trolley that used to run from Georgetown to the Palisades! We take a look back at the history that formed the Palisades, and how we can move forward into the next 100 years at the Hub. Registration encouraged.

Saturday, October 21, 10:00 a.m.

Disability Rights Tech Summit -- Join the Office of Disability Rights for a free event that will offer residents with disabilities access to resources and information about the latest technologies that can improve their quality of life. The event will include exhibits by public and private organizations and opportunities to learn more about topics like employment readiness, assistive technology, workforce development, and remote support solutions. [Register to attend here](#). Registration is preferred by Monday, October 9. More information and reasonable accommodation can be requested through the registration link or by

calling (202) 724-5055. The event will take place at the Walter E. Washington Convention Center, 801 Mount Vernon Place NW, Hall D.

Sunday, October 22, 11:00 a.m.

Brunch and bell unveiling following the Palisades Community Church's 100th-year anniversary service with **special music**. 11 am, Eternity Garden. Free and open to the public

Saturday, October 28. 10 a.m. - 2 p.m

E-Waste Collection

Reverse Logistics Group will host a free e-waste collection event in Ward 3. Residents can safely recycle unwanted electronics, including computers, tablets, cell phones, printers, and more. The collection vehicle will be located on Calvert St NW between 40th PI NW and 39th PI NW, just south of Stoddert Recreation Center. Click [here](#) for more information.

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**.

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

This Week at Palisades Village
October 15 — 21, 2023

Pickleball

Mon 10 / 16 / 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 10 / 16 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 17 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 10 / 17 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 18 / 2023 at 8:30 AM

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

[More Information](#)

Volunteer Orientation

Wed 10 / 18 / 2023 at 10:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 10 / 18 / 2023 at 2:00 PM

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

20016-0403

[More Information](#)

Mindful Knitting

Fri 10 / 20 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 10 / 20 / 2023 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
October 22 — 28, 2023

Pickleball

Mon 10 / 23 / 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 10 / 23 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 24 / 2023 at 9:30 AM

[More Information](#)

Palisades Community Sing

Tue 10 / 24 / 2023 at 11:00 AM

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

[More Information](#)

Yoga

Tue 10 / 24 / 2023 at 3:00 PM

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

[More Information](#)

Zoom Discussion of Being Mortal

Tue 10 / 24 / 2023 at 6:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 10 / 25 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Author Talk - Bob Levey

Wed 10 / 25 / 2023 at 2:00 PM

Where: Palisades Library, 4901 V Street NW, Washington, DC

[More Information](#)

Mindful Knitting

Fri 10 / 27 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 10 / 27 / 2023 at 12:00 PM

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

[More Information](#)

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

Thank you!

Palisades Village