



ACROSS THE FENCE

November 12, 2023

A member mentioned her renewed "attitude of gratitude" when coming out of our support group for those with low vision. If you are finding it hard to be joyful and grateful this time of year, you may be interested in our annual [Planning Happiness into the Holidays](#) with Roseanna Stanton, a Georgetown University-trained Coach. Roseanna will discuss how you can use visioning as well as planning to create a holiday that works for you.

Our Harvest Fest is an anxiety-free way to celebrate the season with other members. The Palisades Pan Handlers have put together a terrific seasonal menu and the company is always fun. It will renew an "attitude of gratitude," so [register](#) now.

Monday, Nov 13	Tuesday, Nov 14	Wednesday, Nov 15	Thurs, Nov 16	Friday, Nov 17
<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>11 a.m. Planning Happiness into the Holidays</p> <p>3:00 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p>	<p>1:00 p.m. Harvest Festival</p>	<p>9:30 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This Week:



Tuesday, November 14, 11:00 a.m. - noon on Zoom

Planning Happiness into the Holidays

Are you looking forward to the holidays? Is your answer "yes, and, no?" If the holidays spark anxiety as well as joy, join Roseanna Stanton, a Georgetown University-trained Coach, to learn how you can create happy times in the upcoming holiday season.

We will discuss how you can use visioning as well as planning to create a holiday that works for you. Register [here](#).



Thursday, November 16, 1:00 p.m. - 2:30 p.m.

Harvest Festival Luncheon- Members only

Our Harvest Festival will be an in-person sit-down lunch this year! Please come to share a fall meal with your Palisades Village friends. We promise you will love the fall-inspired menu! The lunch will be served in the social hall (the room below the church). Register [here](#).

Tech Clinic



Friday, November 17, 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:



Wednesday, November 29, 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](#).

Topic: Economic Warfare and US Policy

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.

Thursday, December 7th, 5 p.m.

Annual Board Member and Member Meeting

This in-person Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval. 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.

Coffee and conversation -- always a treat!

We love getting together with village members for informal coffee klatches. This month's weather was simply heavenly and the treats, homemade by Margaret and Lynn, were delicious. Will we be as lucky next month?





Free COVID-19 Vaccine Clinic

Tuesday, November 28th

12:00 to 3:00 PM

Guy Mason Rec Center

3600 Calvert St NW

Hosted by Glover Park Village

Glover Park Village can help you get the shots you need! Pharmacists will be on hand to administer COVID-19 and flu shots. Reserve yours now! They will have refreshments, prizes, fancy band-aids and lollipops to give away. The clinic is open to anyone 18 years of age or older. Special offer: If you are 60+ years of age, or have a disability, we'll thank you with a \$10 gift card, in exchange for participating in a quick post-shot survey (no personal information required) Click [here](#) to sign up!

Sages & Seekers- Free Intergenerational Program with Teens

Sages & Seekers is an intergenerational program that builds meaningful relationships between Sages (adults 60+) and Seekers (students 15-24) in order to diminish ageism, combat social isolation, and build empathy. This 8-week program is an opportunity to share your life experience with an interested listener and feel a reinstated sense of relevance. By sharing your story, students develop a greater appreciation of older adults and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another. Watch this video to see the impact our program has made on our participants: [Sages & Seekers Testimonial Video](#).

We are looking for older adults to participate in our 8-week long online program, which starts in January. If you would like to learn more about Sages & Seekers, please join our **information session on Zoom on November 29th at 1:00 pm EST**. If you are interested in joining the info session or enrolling in our program, please visit our website: www.sagesandseekers.org/enroll

Questions? Contact Rachel at rachel@sagesandseekers.org

Driving at Night: Learn the Do's and Don'ts

Now that it is getting dark so early, it might be prudent to read these tips provided by AAA.

Human eyes don't see well in the dark. Without light, our depth perception, color recognition, ability to see contrast, and peripheral vision can be compromised. All of which makes driving at night more dangerous than day driving. Keeping these do's and don'ts in mind can help you stay safer behind the wheel after dark.

Don't follow too closely.

At night, your field of vision is limited to the area illuminated by your headlights. Even with your high-beam headlights on, that may only be about 500 feet (and only about 250 feet with low beams). To give yourself plenty of stopping time, slow down and increase the typical distance between you and the car you're following.

Do dim your dashboard lights.

The glow from your car's instrument panel and infotainment system can be distracting. The lights can also cause reflections on the windshield that make it tougher for your eyes to adjust to the darkness outside the car. Using the dimmer switch to tone these down can help.

Do wear the right glasses.

After driving on a sunny day, it takes time for your eyes to adjust to the low light when darkness falls. Wear a good pair of sunglasses when driving on bright days and take them off as soon as the sun goes down. If you wear prescription glasses, choose a pair with anti-reflective lenses to cut down on the amount of light reflecting inside your specs.

Don't ignore a streaky windshield.

Driving at night can reveal streaks in your windshield that weren't visible in the daylight. Be sure it's clean by wiping the inside of the glass with a microfiber cloth and glass cleaner. And never touch the inside of the glass with your bare hands; the oil from your skin can leave smears and smudges.

Do make sure your headlights are in good shape.

Even in new cars, headlights can sometimes be uneven or pointed too low. You can adjust them yourself using instructions in your owner's manual or take your car to your local shop for help. If you have an older car with plastic lens covers that have yellowed, use a polish kit to clear off the residue.

Driving at night: Tips for older drivers

As you get older, your field of vision shrinks. Your eyes at age 60 need three times as much light to see as they did at age 20, because over time pupils get smaller and don't dilate as well. That can make driving at night even tougher. To compensate, an older driver should scan farther down the road and be certain to move their head, not just their eyes, to make up for reduced peripheral vision.

The American Optometric Association also offers this advice to senior drivers:

- Have annual eye exams to check for potential problems such as cataracts and degenerative eye diseases, and to make sure your prescription for any corrective eyewear is current.
- Take a driving course for seniors, which can help you learn to adjust for the physical changes that come with aging.
- Avoid glasses or sunglasses with wide temples (the arms on the sides that extend over the ears), as these can impede your side vision.
- Reduce your speed or even avoid driving at night, if necessary.

Take Care With AAA

JOHNS HOPKINS INSTITUTE for CLINICAL & TRANSLATIONAL RESEARCH

CCC-RIU CORE UNIT

C-RAC

CENL

NIH CEAL Community Engagement Alliance

JOHNS HOPKINS MEDICINE

**7TH VIRTUAL COMMUNITY FORUM ON
HEALTHY AGING**

NOV. 13 & 14, 2023 | 5 - 7PM EST
RSVP VIA EVENTBRITE

Brain & Heart Health **Wellness Breaks**
Mental Wellness **Yoga**
Long Covid **Tai Chi**
Healthy Eating **Mindfulness**

Health & Wellness Breakout Sessions
Club House: LGBTQ Community | **Man Cave:** Men's Health | **Sister Circle:** Women's Health

FOR MORE INFORMATION:
cevens20@jhmi.edu
667-306-6274
tinyurl.com/Healthy-Aging-Forum

Emergency Preparedness for Seniors

DC Caregiver Institute is sponsoring this worthwhile program, and we encourage you to join in. Here at Palisades Village, we are currently concentrating on this issue and plan to

visit all full members in the next few weeks to drop off emergency "to-go" bags and to get crucial emergency contact information.



Why is emergency preparedness important for older adults?

Topic: Emergency Preparedness for Seniors
Time: 1:00 p.m.
Date: Nov 15, 2023

Presenter: Janel Doughten, Associate Director, Center for Senior Services at B'nai B'rith International

<https://us06web.zoom.us/j/89694786432?pwd=2bv16czt4NnbW70O5tyxqGPTtNg0RE.1>

Covid Corner:

Free COVID test kits are available from the federal government again! You can order them [here](#) - 4 tests per household.

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](#).

Tuesday, November 14th, 1:00 pm on Zoom hosted by Chevy Chase at Home
Drawing the Map of Your Life with David Oldfield - Speaker David Oldfield has been inviting older people to construct maps of their lives for many years. He will share stories and illustrations from his recent book, "An Atlas of Aging," which features the life maps of 20 older adults from around the world. David Oldfield is founder and director of Farther On, a movement dedicated to reframing the later years of life as an adventure to be lived rather than a problem to be solved. To receive the Zoom link, please register in advance [HERE](#) or contact the office at info@chevyCHASEathome.org or (301) 657-3115.

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!

November 14, 5-6 p.m.

Iona Tech Tuesday with Brady -- This week's topic: Photo editing applications. Click [here](#) to sign up or to see future topics.

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 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.

Wednesday, November 15, 7:00 p.m. on Zoom. Presented by New Morning Star Baptist Church and Sibley Memorial Hospital

Discussing the Facts: Menopause 101 - Join us for an important discussion about menopause. Dr. Sharon Malone will explain what menopause is and what the short- and long-term implications are. She will enlighten us about the pros and cons of hormone replacement therapy and review who could benefit from this treatment. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before November 14.

Community Events:

Calling all local Artists - We are looking for local artists interested in showcasing their work inside the "Artists of the Palisades" display cabinet which is located in the MacArthur Boulevard Post Office at 5136 MacArthur Blvd, NW. Past works have been paintings, drawings, collage, photography, dimensional and a combination of materials. We'd love to see an aspiring High

School artist as well! If you haven't seen the display area, go check it out and get inspired to share your talents. All sales are handled directly with the artist. Each assigned artists work hangs for 2 consecutive months. Please contact Jennifer Howard, Artist Of The Palisades Coordinator if you are interested at jhoward@dearlysincerely.com.

Saturday, December 2, Palisades Neighborhood Cleanup - Sponsored by Alan Chargin

Join Alan Chargin (one of this year's house tour sponsors) and friends on the 1st Saturday of the month for a morning of litter picking, street sweeping and community beautification. Meet at the corner of Arizona and MacArthur between 8:45-9am; bags and gloves provided. Meet back by 10am for coffee and snacks.

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.

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).

This Week at Palisades Village
November 12 — 18, 2023

Pickleball

Mon 11 / 13 / 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 11 / 13 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 14 / 2023 at 9:30 AM

[More Information](#)

Planning Happiness into the Holidays

Tue 11 / 14 / 2023 at 11:00 AM

[More Information](#)

Yoga

Tue 11 / 14 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 15 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Harvest Festival

Thu 11 / 16 / 2023 at 1:00 PM

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

[More Information](#)

Mindful Knitting

Fri 11 / 17 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 11 / 17 / 2023 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
November 19 — 25, 2023

Pickleball

Mon 11 / 20 / 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 11 / 20 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 21 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 21 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 22 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Office Closed - Thanksgiving Day

Thu 11 / 23 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Remote Office Only

Fri 11 / 24 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

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

Thank you!
Palisades Village