



Across the Fence July 25, 2021

This Week at Palisades Village:

Monday, July 26	Tuesday, July 27	Wednesday, July 28	Thursday, July 29	Friday, July 30	Saturday, July 31
3 p.m. Fitness with William Yates	1:30 p.m. Storytelling 3 p.m. Yoga	8:30 a.m. Walk with Wally	3 p.m. Yoga		9:30 Mindful Knitting

This week:

The [Storytellers](#) are meeting at 1:30 p.m. instead of 3 this week. It is never too late to join them. Come with a story to share.



Want to walk off all that you ate at the BBQ? Join Wally for a morning [walk to Georgetown](#) for coffee and back. It starts at 8:30 a.m. on Wednesday from Fletcher's Cove. It is about 2 miles each way with a nice break at Kafe Leopold in between.

Coming up:

Next week (August 2 and beyond) **Fitness 4 Your Body** will be held at 3:30 p.m. instead of 3. We will be back in person with Mr. William Yates in MAP Hall (Palisades Hub at 5200 Cathedral Ave). We will continue to offer the class on Zoom and broadcast from the Hub. Sign up for the [first class on August 2 at 3:30!](#)

Volunteers:

Start thinking southern or cajun and bring a dish to our volunteer [potluck](#) on Thursday, August 5 at 6 p.m. There is no shame in picking up a dish made elsewhere if you have time or talent challenges. Please [register](#) to let us know if you can come.

Mark your calendars for a Palisades Village [Community Happening](#) on Thursday, August 26 from 3-6 p.m.! You will not want to miss it.

*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 after. 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**.*

COVID Corner:

For the latest on Palisades Village information and policies related to COVID-19, please go to our [website](#).

Plastic Bags Clog the Recycling Machines

Plastic bags, wraps, and film of any color, size, or shape are not accepted in DC's curbside single-stream recycling bin (the blue bin). On a daily basis, the items clog machinery used to process recyclable materials resulting in operational problems, facility shutdowns, and safety hazards to employees. [Click here for more information on the requirements for plastic bags and wraps.](#)

DC Villages Committee Safe Spaces for LGBTQ Older Adults:

We are looking for someone to represent Palisades Village on the Village Committee on Safe Spaces for LGBTQ Older Adults. The committee is currently working on Village guidelines/recommendations to be affirming

and safe spaces. If you are interested, please contact Sophia Ross at sross@capitolhillvillage.org.

Check out the [Tokyo Summer Olympics Schedule](#) to find out when your favorite events will be taking place.



The District of Columbia's Hearing Aid Assistance Program (HAAP) provides eligible residents with up to a \$500 reimbursement to offset the cost of a hearing aid. Eligible residents include:

- Children under the age of 14
- Adults age 65 and older
- Annual income of less than \$100,000

To apply, visit: <https://dchealth.dc.gov/page/health-care-access-bureau> to complete an application online. For questions or to request an application, email tmoses@smsllcgroup.com or call (202) 656-3027.

Backyard BBQ:

Welcome Back!

For those of you who do not know me, my name is Arne Paulson, and as President of Palisades Village it is my proud duty to say "Welcome" or perhaps more appropriately, "Welcome Back!"

This is the way we want our village to be: open, social, fun, useful. We like being in each other's company. We like learning new things about our friends and potential new friends. We like sharing stories and personal experiences. We like helping each other. We like celebrating with good food and drink provided by our excellent team of "Pan Handlers".

As you know all too well, Palisades Village, like many other community groups in the District -- and in fact all over the country -- faced challenging opportunities since the pandemic began some 16 months ago. Not only did we have to look for new sources of financing to replace the funds we usually obtained from our annual House Tour, but the very structure of our activities had to be changed from "in-person" to virtual programs presented via Zoom.

Thankfully our innovative and conscientious staff, Andrea Saccoccia and Erica Blanton, were able to keep the organization running smoothly, and you -- our members and potential new members -- responded well to the new format of our activities: wellness classes continued, author talks went on, the book club kept operating, cultural events were held, and even a regular Friday Happy Hour materialized!

Now we are finally in a position to begin reopening the Village as it was designed to be: fun, social, interesting, and interpersonal. Thank you Greg and Marisa for making your beautiful garden available to the Village for this wonderful occasion.

Be well and be happy!



Here is just a preview of the photos from the BBQ. There will be more to come next week.

DC Village Collaboration



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 (and a couple that are not included). Register by clicking on the link in the title or in the description.

Monday, July 26, 3:30 - 5 p.m.

[Live & Learn: Maintaining Healthy Brains as We Age](#) -- Maintaining a healthy brain into our later years is something we all hope for. Do you wonder what a healthy brain should be able to do at your age and whether the changes you are experiencing are “normal?” Do you know what to do to strengthen your brain going forward? Best practices on preserving brain functioning are the focus of our July program presented by Louisa Whitesides, MD.

Wednesday, July 28, 1 p.m. – [Coping with Uncertainty](#)

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 NNV and other local Villages (including PV) only. If you are interested in participating in this meeting and are not a Village member, please contact the office at **202-935-6060**.

Wednesday, August 4, 5:30 p.m.

Cocktails, Conversation & Community “The Latest in Mobility for All!” with Dr. Marc Gruner, DO, MBA, RMSK -- Please join us to hear Dr. Marc Gruner, who is a Mayo-trained sports medicine physician, as we examine the latest techniques in mobility for seniors and others. He attended Virginia Tech for his joint medical and business degrees, completed his residency in physical medicine and rehabilitation at Georgetown University and National Rehabilitation Hospital in DC, as well as a sports medicine

fellowship at Mayo Clinic in Rochester, MN. During the pandemic, many of us became more sedentary than we have in the past or may have had pre-existing problems we need to address. Join us to find out the latest procedures, technologies, and techniques to get yourself moving again!! This Georgetown Village program is free and open to the community! To sign up please contact the GV Office at **202-999-8988** or Email: lynn@georgetown-village.

Wellness Classes:

Cleveland & Woodley Park Village

July 28 - [Morning Stretch](#) - 10:00 a.m.

July 30 - [Morning Stretch](#) - 10:00 a.m .

July 31 - [Village Walkers: Cathedral Commons](#) - 9:30 a.m.

Duport Circle Village -- Please sign upon their [Calendar](#) for any of these classes:

Mondays, 3:30-4:30 p.m.

Accessible Mat Yoga

Tuesdays, 10:30-11:30 a.m.

Chair Yoga

Mondays and Thursdays, 9-9:30 a.m.

Meditation with Christina

Wednesdays, 10-11 a.m.

Feldenkrais Method Awareness Through Movement

Community Events:

Summer Boxed Lunches at Iona Senior Services

Iona is delighted to offer in-person programs and boxed lunches for seven weeks this summer at Iona Senior Services from **July 19-Sept. 3**. Please register by day of the week as programs vary. Once you register for one day, you will remain on the list for that day of the week for the summer.

Registration is necessary! Please arrive by noon to ensure that the lunch is available. Need help registering? Email us at community@iona.org or call

us at **(202) 895-9485**.

[Monday registration and program](#)

[Tuesday registration and program](#)

[Wednesday registration and program](#)

[Thursday registration and program](#)

[Friday registration and program](#)

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

Mondays, July 19-August 30, 11 a.m.-12 noon

Strategies for finding new friends -- Do you want to find friends who will help you and who you can help? Dale Brown will lead a 6-week class at Iona Senior services, which will provide strategies to strengthen your social network and your ability to have fun. The group will meet at Iona Senior Services and then enjoy a lunch provided by the Department of Aging and Community Living. There will be a different topic for each meeting. Classes will include strategies on:

- *activities and volunteering
- *being a good friend
- *starting conversations and finding friends
- *exchanging favors and helping each other
- *social media and technology
- *friends at this stage of our life-pitfalls and promise

[Read more and register here.](#)

Wednesday, August 11 at 3:00 pm

Understanding Options to Pay for Long-Term Care with Rick Gow -

- Are you worried that you might not be able to pay for long-term care (LTC)? There are a variety of ways to afford it. Learn from expert Rick Gow about different options to consider. Rick Gow is a Certified Senior Advisor and Wealth Management Advisor with Life Plan Retirement Partners, LLC.

[Read more and register here.](#)

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at

https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/_docs/sibley-senior-q3-2021-newsletter.pdf

Wednesday, July 28, 3 p.m.

Walk with Us - We've started a new outdoor walking group at Sibley. If you're game to take a walk in the Palisades neighborhood with other members of the Sibley Senior Association, please join us at 3 p.m. on the fourth Wednesday of each month. We will take off from the circle in front of Building D and walk for a half-hour, and then head back to Sibley. If you're interested, please call our office at **202-364-7602** or email jsmit470@jhmi.edu and we will add you to the list of walkers.

Saturday, July 31, 12:30-5 p.m.

Aging on Your Terms Conference (via zoom) -- SSA offers information about various financial instruments, consumer protections, investment issues to meet your philanthropic goals, and the inside scoop about social security. Topics include Homeownership as We Age: the CFPB's Resources on Reverse Mortgage Loans, Age-friendly Banking Tips and Scam Prevention for Older Adults and Care Partners, Situational Social Security, and Planning for the Care You or Your Loved One May Need in the Future. If you are interested in joining us, please call our office at **202-364-7602** or email jsmit470@jhmi.edu before July 12th.

Monday, August 16, 12 noon

Living Alone --The Sibley Senior Association (SSA) invites you to join a discussion group on coping with living alone. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/ partner. All are welcome. Experiences show us that there is value to those living alone from sharing experiences and needs about their special situation. Living Alone meets on the third Monday of every month and Ken Gordon moderates the group. For the Zoom link, register by calling SSA at **202.364.7602**, or by emailing kengordon@alum.mit.edu.

DPR -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

Other Community Events:

Saturday, August 28, 7 p.m.

Opera in the Outfield: Rossini's Cinderella -- For full information please go to: <https://www.kennedy-center.org/wno/home/education/opera-in-the-outfield/> Note that the gates open at 5 p.m. for pre-opera activities. The audience will sit OUTSIDE in National Stadium. It will be open captioned

Need to shred old documents? Mark your calendar for a community event hosted by Palisades Village on Thursday, August 26. We will have a shredder and much, much more.

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

Ongoing Events:

Bereavement Support Groups--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and a twice a year, six-week structured bereavement group for persons who have been widowed for two years or less. Call **202-537-4942** for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public and is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

Mondays, Wednesdays, and Fridays at 12 p.m.

[Smithsonian National Museum of Asian Art's free 30-minute online meditations](#)-- Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of

mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesday, Thursday, and Friday from 2:30 - 4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
July 25 — August 31, 2021

William Yates Fitness on Zoom

Mon 07 / 26 / 2021 at 3:00 PM

[More Information](#)

Storytelling

Tue 07 / 27 / 2021 at 1:30 PM

[More Information](#)

Virtual Yoga

Tue 07 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 07 / 28 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 07 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 31 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 1 — 7, 2021

Book Club

Mon 08 / 02 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 08 / 02 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 08 / 03 / 2021 at 9:30 AM

[More Information](#)

Virtual Yoga

Tue 08 / 03 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 08 / 04 / 2021 at 8:30 AM

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

[More Information](#)

Volunteer Potluck

Thu 08 / 05 / 2021 at 6:00 PM

Where: Sreedhar Home, 5110 Sherier Place, NW, Washington, DC 200016

[More Information](#)

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

Thank you!

Palisades Village