



# ACROSS THE FENCE

August 15, 2021

## Leadership Changes in Palisades Village

The past couple of years have been difficult ones for voluntary organizations such as Palisades Village: we have had to cancel our annual House Tour – our major fundraising event – for two years in a row; we have had to reorient many of our in-person activities to virtual events; we have focused on wellness classes and on getting our members vaccinated; we have tried to maintain personal contact with our members through telephone calls and deliveries of soup and cookies; etc.

And the **good news** is that those efforts have largely been successful, thanks to our generous financial supporters, enthusiastic volunteers, loyal Members and Associate Members – and particularly to our hard-working staff, Andrea Saccoccia and Erica Blanton. Under Andrea's leadership, the village has been able to secure additional funding from government agencies and foundations to keep the organization financially viable, while Erica's dedication and skills kept the trains running on time, even if they were virtual trains. Hopefully the coming months and years will see a further reopening of our community and a resumption of person-to-person social interaction events that make our organization so important. **Thank you Andrea and Erica!**

On that note, we need to inform you that Andrea has submitted her resignation, which has been accepted, effective September 9, 2021. The reasons for her resignation are largely due to personal family considerations, so that she can spend more time helping her mother, who lives in Rhode Island. Since returning to full-time work in the Palisades Village Office was incompatible with that objective, Andrea has decided to

resign from her post. Whatever the future brings you in terms of family and career, Andrea, the Officers and Board of Palisades Village wish you well!

We will be celebrating Andrea's six years of service as Executive Director of Palisades Village at the upcoming **Ice Cream Social on August 26**. Although Andrea will continue to be involved with the Village through the 9<sup>th</sup> of September, this will be our only chance to thank her and say goodbye during a scheduled social event. We, therefore, urge Members who would like an opportunity to do so, to attend that event.

More information on finding a successor will be communicated later, but a Search Committee has been formed and we will reach out to other villages in our area for suggestions. In the interim, Erica Blanton has agreed to keep the trains running, with the assistance of part-time staff, volunteers, and Officers, and Members of the Board.

With best wishes to all for a pleasant rest of the summer,



Arne Paulson and Claudia de Colstoun

## This Week at Palisades Village:

Monday, August 16	Tuesday, August 17	Wednesday, August 18	Thursday, August 19	Friday, August 20	Saturday, August 21
3:30 p.m. <a href="#">Fitness with William Yates</a>  (offered in- person and via Zoom)		8:30 a.m. <a href="#">Walk with Wally</a>	<i>National Potato Day</i>		

## This week:

Last week we had our first **fitness class** back in the newly painted hall in the Palisades Hub. The air conditioning kept us nice and cool as Mr. Yates worked on our strength and balance. We will see what the weather brings on Monday to determine whether we will be inside or outside. And you always have the option to participate via Zoom. Come join us! All are required to wear a mask to exercise indoors. Masks are available at all programs.

*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**.*

## Coming up:

We hope that you are gathering your papers to bring to the shredding truck at our Palisades Village [Community Happening](#) and Ice Cream Social on Thursday, August 26 from 3-6 p.m.!

- Enjoy mingling with friends and neighbors
- Bring documents and papers to be shredded (no binders but staples and paperclips are fine)
- Get your blood pressure checked by an RN
- Get a taste of our fitness classes
- Enjoy some refreshing ice cream
- Learn more about our community
- Listen to sweet tunes by the Loungers
- Check the safety of your bike
- *Volunteers: You can sign up [here](#) or contact the office to help us make this event a huge success.*

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## COVID Corner:

For the latest on our policy regarding COVID, please see our [website](#). Palisades Village will continue to closely monitor the situation and follow the guidance provided by the CDC and the DC Department of Health. We are committed to ensuring your safety.

Need masks or hand sanitizer? We have some available at the office and will make them available at all of our events.

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## Save the Date for our upcoming Fundraiser:



## DC Village Collaboration



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.

### **Wednesday, August 18, 1-2 p.m.**

**[Coping with Medicare](#)** -- Case manager Barbara Scott will be joined by Chris DeYoung. Chris is with the DC Office on Aging and specializes in Medicare and Medicaid. He will give a brief overview of Medicare and talk about Medicaid programs (QMB/EPD Waiver) and make sure members know who they can call when they have questions or issues come up. He will do a Q&A after he speaks.

### **Wednesday, August 25, 12:30-1:30 p.m.**

**African American Artists with Chichi Lovett: Session 5** -- Explore the work of well-known and lesser-known African American artists and their predecessors with Chichi Lovett. She uses works of art created by African American artists to examine assumptions to initiate and welcome conversations regarding issues concerning race, class, culture, the art market and womanism/feminism (among other issues), that these pieces can instigate while learning to 'read' a piece from an artist's perspective. We take time to look at this art and consider what it represents to you, the viewer and why. Learn about the context of the art and artists in their own time and in ours. Art pieces discussed in this class will be different from those discussed in the previous classes that Chichi has offered during past sessions. [Find more info and register here](#)

### **Wednesday, September 8, 2:30 p.m.**

**Falls Prevention Classes Resume** -- September is National Falls Prevention Awareness Month. According to the National Council on Aging, falls affect 1 in 4 Americans aged 65+ every year. Falls can be prevented

through simple lifestyle adjustments, STRENGTH AND BALANCE EXERCISES, medication management, and regular vision checks.

Mark your calendar! Exercises supporting Falls Prevention resume on the second Wednesday of the month, starting September 8th from 2:30-3:30 p.m. via zoom. Thanks to Zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. Registration required. [To register, click here.](#)

The falls prevention classes from the Spring are still available to [watch on YouTube here.](#)

**Wednesday, September 22, 12 noon**

[Coping with Incontinence](#) -- [Dr. Carter-Brooks](#) will discuss incontinence and treatment options. Dr. Carter-Brooks is a urogynecologist at GW.

For those who might feel more comfortable, you can send Barbara questions in advance. She will ask the questions at the end of the presentation. Of course, attendees can also ask questions live if you prefer. To submit confidential questions or RSVP, please contact: Barbara Scott, Case Manager, [casemanager@dupontclevillage.net](mailto:casemanager@dupontclevillage.net) Phone: 202-441-7290

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## 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](mailto:community@iona.org) or call us at **(202) 895-9485**.

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.):

**Tuesday, August 17, 3 - 4 p.m.**

**[Cooking with Nutritionist, Darlyn Alpert: Staying Strong with Protein](#)**--  
Enjoy cooking with nutritionist, Darlyn Alpert.

**Thursday, August 19, 3-4 p.m.**

**[If You Own It, Know It: Legal Counsel for the Elderly Presentation on Home Ownership](#)**--The Legal Counsel for the Elderly's (LCE) "If You Own It, Know It" presentation will focus on protecting homeownership and cover a variety of topics, including the DC tax sale, property tax assistance for seniors, preventing foreclosure, and spotting and avoiding scams and fraud. The training will also provide information on Schedule H – which is an underclaimed DC tax benefit available to both homeowners and renters in the District.

**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](https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q3-2021-newsletter.pdf)

**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](mailto: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:

**Wednesday, August 18, 6 p.m**

**Civic Engagement 101: Media Literacy** -- What is media literacy? Why is it important? Who is it important for? What's the difference between media literacy and digital literacy? Get the answers to these questions and more when you join us on Wednesday, Aug. 18 at 6 p.m. on the WebEx platform for the fourth session of Civic Engagement 101: Media Literacy. This interactive session will be led by [Juma Inniss](#), Founder & Director, of [The Message](#). The session will provide an overview of media literacy by addressing: Learn more and get the virtual event link on the [Library's event page](#).

**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.

The **Palisades History Speakers' series** starts next month in September and continues through November at the Palisades Hub. Tickets can be found here: <https://palisadeshistoryorg.ticketleap.com/>

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, a 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](mailto: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](mailto: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](#).

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**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](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village August 15 — 21, 2021

### **William Yates Fitness**

Mon 08 / 16 / 2021 at 3:30 PM

[More Information](#)

### **Walking Club - Georgetown**

Wed 08 / 18 / 2021 at 8:30 AM

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

[More Information](#)

## Next Week at Palisades Village August 22 — 28, 2021

### **William Yates Fitness**

Mon 08 / 23 / 2021 at 3:30 PM

[More Information](#)

### **Storytelling**

Tue 08 / 24 / 2021 at 3:00 PM

[More Information](#)

### **Community Happening!**

Thu 08 / 26 / 2021 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 200016

[More Information](#)

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Thank you!

Palisades Village