



ACROSS THE FENCE

August 29, 2021

This Week at Palisades Village:

Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3	Saturday, September 4
3:30 p.m. Fitness with William Yates (offered in- person and via Zoom)		8:30 a.m. Walk with Wally	5 p.m. Board Meeting		

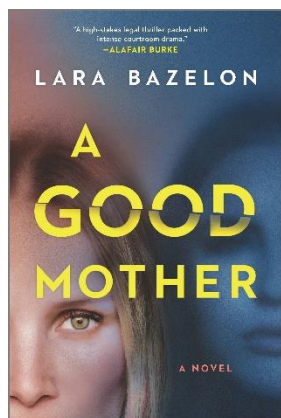
This week:

After sampling Mr. Yate's fitness class at the Community Happening, we know that you cannot wait to start with him on a weekly basis Mondays at 3:30 p.m. You can join him in person or on Zoom -- whatever is more comfortable for you.

The next [meeting](#) of the Palisades Village Board of Directors will be held on Zoom this Thursday, September 2 at 5 p.m. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

The office will be closed on Monday, September 6 in observance of **Labor Day**. If possible, please submit any requests in advance.

Coming up:



Join us on Zoom to hear author [Lara Bazon](#) (granddaughter of former Palisades resident Judge David Bazon) talk about her debut novel, *A Good Mother*, on Tuesday, September 14 at 5 p.m. Her thriller sounds like the perfect read for the upcoming long weekend.

And after Labor Day, the Planner Group and Mindful Knitters will be back. The Book Club will be meeting Monday, September 13.

*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:

Here is what the CDC is saying about COVID-19 vaccines for moderately to severely immunocompromised people:

- People who are moderately to severely immunocompromised are especially vulnerable to COVID-19 because they are more at risk of serious, prolonged illness.
- People with moderately to severely compromised immune systems may not build the same level of immunity to 2-dose vaccine series compared to people who are not immunocompromised.

- People who have compromised immune systems may benefit from an additional dose to make sure they have enough protection against COVID-19.
- CDC recommends people who are moderately to severely immunocompromised should receive an additional dose of mRNA COVID-19 vaccine after the initial 2 doses.
- This additional dose intended to improve immunocompromised people's response to their initial vaccine series is not the same as a booster dose, given to people when the immune response to a primary vaccine series is likely to have waned over time.
- Although CDC does **not** recommend additional doses or booster shots for any other population at this time, HHS has [announced a plan](#) to begin offering COVID-19 vaccine booster shots this fall. CDC's independent advisory committee, the Advisory Committee on Immunization Practices, will continue to meet and discuss data on the evolution of the pandemic and the use of COVID-19 vaccines. ACIP will make further recommendations on the use of boosters for the public after a thorough review of the evidence.
- CDC recommends that people with moderately to severely compromised immune systems receive an additional dose of mRNA COVID-19 vaccine at least 28 days after a second dose of [Pfizer-BioNTech COVID-19 vaccine](#) or [Moderna COVID-19 vaccine](#).

Consult with your doctor to see if you fall within this category. From what we have heard anecdotally, different pharmacies are using different criteria. Some of our members have already received an additional dose at CVS.

Palisades Village's first Community Happenings Event was a sweet success!

Palisades Village held its first Community Happenings event on a hot and humid August afternoon. Neighbors were greeting each other and lining up before the shredding truck even arrived to drop off their important documents (6,250 pounds of them). Meanwhile, volunteers prepared to host the community. Greeters were on hand to welcome our neighbors. The local group, The Loungers trio, set the tone with some festive music

and William Yates, our YMCA fitness instructor, was ready to help us realize the value of fitness and wellness. Grand Oaks provided the ice cream and toppings. One of the Village medical volunteers provided blood pressure checks. Everyone was having a grand time and happy to be socializing with their neighbors again! The party was forced to move inside when a storm arrived producing high winds, rain, and even small hail. However, this did not dampen the mood! The party resumed and everyone joined the fun: eating ice cream and burning off those extra calories with our fitness guru. William showed us simple exercises we could do standing up and sitting down. He encouraged all to join his regular free Palisades Village fitness class at the Palisades Hub, 5200 Cathedral Ave., on Mondays at 3:30 p.m. (Donations gladly accepted.)

“A person’s most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.”

Kudos to all of Palisades Village’s volunteers who always use their hands and heart to build an engaged and supportive community of neighbors in Berkley, Foxhall, Kent, Palisades, Spring Valley and Wesley Heights.





Thank you to Bistro Aracocia for providing a \$100 Gift Certificate for our Raffle. The Lucky winner is Dan Lozier!

BISTRO ARACOSIA
AUTHENTIC AFGHAN GOURMET + CHOPHOUSE

Countdown to Palisades Village's “Fun”raiser!

TASTES OF THE MEDITERRANEAN UNDER THE PALISADES SUN
A Garden Party with Libations & Light Fare
Saturday, September 25, 2021
5 to 7 p.m.

For the second year in a row, out of an abundance of caution, Palisades Village has canceled its principal fundraiser, the House Tour. Instead, we have decided to have an equally fun event, a smaller outdoor fundraiser. It will take place on **Saturday, September 25, from 5 to 7 p.m.** in the lovely garden of a Palisades Village member in Kent. It will feature tastings of Mediterranean cuisine prepared by the Palisades Pan Handlers accompanied by special tastings prepared by our guest chef, Claudio Pirollo, owner of Et Voila!

Tickets for this enchanting fundraiser can be purchased for \$150 at www.palisadesvillage.org or by calling the Palisades Village office at **202-244-3310**. Space is limited to 75 guests. If you can't attend, donations are welcome. Once tickets are purchased, we'll send you the address of the event. Please note: **This event is for vaccinated adults only.**



The Palisades Village Board of Directors
invites you to our fundraising event

*Tastes of the Mediterranean
Under the Palisades Sun*

Garden Party with Libations and Light Fare
Saturday, September 25th
5:00 to 7:00 p.m.

Featuring tastings of Mediterranean cuisine prepared by the
Palisades Pan Handlers

accompanied by special samplings prepared by our guest chef

Claudio Pirollo from Et Voila! Restaurant

Tickets are \$150.00 per person

Unable to attend? Donations are welcome.

To make your reservation and purchase tickets, please go to
www.palisadesvillage.org or call 202.244.3310.

Space is limited to 75 guests.



Fond farewells



We are all wishing Andrea the absolute best as she takes on new challenges. We are putting together a special album if you have a special note or photo that you would like to share with Andrea. Please send them to the office at PO Box 40403, Washington, DC 20016 or ebanton@palisadesvillage.org.

Help for the Afghan Refugees:

Our community is filled with caring neighbors who want to help Afghan refugees who are arriving in the DC area. [This article from DCist](#) provides a useful list of local agencies and businesses that are collecting funds, supplies, and welcoming volunteers to help them resettle.

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, August 30, 12:30 p.m.

Discussion with Arena Stage's Ellison Roberts -- Ellison will be providing us with a sneak-peek at the amazing offerings that will be available at Arena this season. Her enthusiasm will have you ready to head back to the theatre! There is something for everyone, from history buffs to stories of heroism, musicals and more! Zoom Meeting:

<https://zoom.us/j/6731567942?pwd=VmNUUStjbEJKR3ZQZmlpWTJRTEpOZz09> Meeting ID: 673 156 7942 Password: 20024

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 fall 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 they prefer. To submit confidential questions or RSVP, please contact: Barbara

Scott, Case Manager, casemanager@dupontclevillage.net Phone: 202-441-7290

Thursday, September 23, 2 p.m.

Medical Alert Systems: How to Choose the Right One for You.-- There are so many companies and so many options. Landline or GPS? Fall detection? Necklace or wristband? Who is called: a trained operator? your neighbor? an ambulance? What can an Apple watch do? Or is my cell phone enough? What do these things cost? And how fast can they get help to me in a real emergency?

We have found someone who knows these systems but doesn't work for any of them. Dr. Richard Caro of Tech-enhanced Life will zoom in from CA, give us an overview, and answer our questions. Registration is required.

[Click here to register](#). A zoom link will be sent to you the morning of the program. If you would like to familiarize yourself with some of the options before the program check [out their site here](#). If you would like to send questions in advance, email: burkedillongroup@yahoo.com Put "alarm questions" in the subject line

Friday, September 24, 12 - 5 p.m. and Saturday, September 25, 10 a.m. - 2 p.m.

2021 LGBTQ Intergenerational Symposium: Building Community --

The Symposium is an annual two-day virtual event bringing together generations of the LGBTQ community and allies to have fun, connect, and learn. These two days will include panels, breakout discussions, and health and wellness sessions. This year we will explore topics such as community building, activism, allyship, ageism, and more! Anyone can register! The Symposium will take place on Zoom. There will also be a virtual kick-off on September 23 at 6 p.m. Register at: <https://capitolhillvillage.org/programs-advocacy/pride/lgbtq-symposium/> or call **202-543-1778**. The Symposium is sponsored by the DC Department of Aging and Community Living, Capitol Hill Village, and the DC Villages. This event is open to LGBTQ individuals and allies of all ages. For more information contact

sross@capitolhillvillage.org or call **202-543-1778 x204**.

Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more.

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

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, September 1, 12 noon - 1 p.m.

Conversation with Emi Kiyota on Ibasho: Creating Socially Integrated and Sustainable Communities that Value Their Elders. -- LeadingAge DC is kicking off a brand new ***free*** virtual education series called "Creating Community Connections" Here is [info about the meeting](#).

Attendees can register here:

<https://us02web.zoom.us/meeting/register/tZAlc-6hrDkjHN0K62ERzV9TMqBO8UI995KJ>

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/>

Sunday, September 12, 2 p.m.

Hearing Aids – Over the Counter (OTC), Direct to Consumer (DTC), and Connectivity -- Legislation passed by Congress in 2017 instructed the FDA to create a new category of hearing devices that could safely be sold over-the-counter (OTC) to persons with perceived mild to moderate hearing loss. The FDA has not yet issued these regulations but is expected to do so shortly. In the meantime, a new distribution channel has emerged, referred to as DTC (Direct-to-Consumer). But a lack of clear guidelines or regulations is causing confusion. This presentation will discuss OTC & DTC hearing devices, including the companies & products involved, as well as new products & features recently introduced through traditional hearing aid

channels, and connectivity (Bluetooth, loops & apps), an important feature connecting us to a variety of audio sources. Real-time captions will be provided for this program. All are welcome. Please RSVP by September 8 (with an email to hladcchapter@gmail.com) so that we can send out guidance in advance on how to access this program on Zoom.

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 \(wpodc.org\)](http://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
August 29 — September 4, 2021

William Yates Fitness

Mon 08 / 30 / 2021 at 3:30 PM

[More Information](#)

Walking Club - Georgetown

Wed 09 / 01 / 2021 at 8:30 AM

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

[More Information](#)

Board Meeting

Thu 09 / 02 / 2021 at 5:00 PM

[More Information](#)

Next Week at Palisades Village
September 5 — 11, 2021

Office Closed - Labor Day

Mon 09 / 06 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 09 / 07 / 2021 at 9:30 AM

[More Information](#)

Walking Club - Georgetown

Wed 09 / 08 / 2021 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 09 / 11 / 2021 at 9:30 AM

[More Information](#)

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Thank you!

Palisades Village