



ACROSS THE FENCE

September 5, 2021

Shanah tovah!

This Week at Palisades Village:

Monday, Sept 6	Tuesday, Sept 7	Wednesday, Sept 8	Thursday, Sept 9	Friday, Sept 10	Saturday, Sept 11
LABOR DAY Office Closed	9:30 a.m. Planner Group	8:30 a.m. Walk with Wally	2:30 p.m. Grandparents Day Celebration and Farewell		9:30 a.m. Mindful Knitting

This week:

The office will be closed on Monday, September 6 in observance of **Labor Day**. There will be no Fitness Class this week.

The Planners' Group and Mindful Knitters are back!

We are gathering to celebrate [National Grandparents Day](#), **Andrea's last day** and the sweetness of life, friendship, and being a community. Join us in the garden in the front of our office at the Palisades Hub (5200 Cathedral Ave) for cupcakes, coffee and conversation on September 9 from 2:30 to 4 p.m. (If we have liquid sunshine, we'll be inside.)

Coming up:

The Book Club will be meeting next Monday, September 13.



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.

*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**.*

Reflections from the Front Porch

“Embrace the seasons and cycles of your life. There is magic in change.” *Bronnie Ware*

As I look back on my six years at Palisades Village, my heart is filled with gratitude. I remember my very first event, the Backyard BBQ at the Mize’s house in May 2015. The Village community was so welcoming and hospitable. Conversation, laughter and cocktails flowed freely! The Palisades Pan Handlers made a lasting impression with the first of many incredibly delicious meals! What a great start; I could sense the Village community spirit. What a fun group!

Over time, I got to know the members and volunteers and witnessed Maya Angelou’s words come to life, “Be a Rainbow in Someone’s Cloud.” This

has been exemplified each time a volunteer says yes to providing a service to our members. I've seen it in the smallest tasks like pulling down a storm window or checking in on a member, to the patience in tackling a technical issue to providing homemade soup and vital companionship to driving a member to a doctor's appointment. I've watched so many friendships develop and how each Village committee becomes its own community. It truly takes a Village! I've witnessed the dedication, commitment and effort that the House Tour, Events, Finance, Nominating, Endowment Campaign, MARCOM and other ad hoc committee members have selflessly given of their time- all for the benefit of Palisades Village!

I'm grateful to have been a part of your life...sharing the joys and even the sorrows. Our road of life has many hairpin turns and bumps but we are stronger as we navigate our challenges together. We have laughed and cried together- always supporting one another. I have gained so much understanding and learned that "some people come into our lives, leave footprints on our hearts and we are changed forever."

Palisades Village is a team and I've been blessed to work with the best! From a dedicated group of professionals: from the office staff to the volunteers to the Board and the other DC Villages executive directors, we have collaborated to redefine aging and improve the dignity and quality of life for older adults. Volunteers have stimulated our minds and souls as well as focused on improving our health and wellness. I'm so appreciative of you enhancing our many special events and programs as well as our ongoing activities: Book Club, Storytelling, Yoga, Walking with Wally, Mindful Knitting, Thursday Trivia and Fitness Classes. Together, we've provided hundreds of bowls of soup; baked and distributed dozens of cookies; remembered special birthdays; planned extraordinary programs; supported one another through COVID-19 and got vaccinated (and we will continue to keep you safe)! You have also helped keep the Village financially stable and never has it been more challenging than it is today.

It takes many hands and you are all a piece of the puzzle that has helped create an amazing Palisades Village. I have loved working with you and will miss all that we have accomplished together.

As I embark on my next chapter of discovering the magic of the changing seasons and embracing new opportunities and adventures, I will remember you fondly and think of Maya Angelou's famous words, "I've

learned that people will forget what you said, people will forget what you did, but they will never forget how you made them feel.” Thank you for letting me on your journey with you. May God bless you and may you always see the miracles in yourself and the magic in each other and every season.

-Andrea Saccoccia, Executive Director

Fond farewells:

Executive Director, Andrea Saccoccia, has led the Village through this pandemic. It was her initiatives that helped to get so many people vaccinated and got members regular deliveries of soup or phone calls so they didn't feel so alone. She has poured her heart and soul into the Village for six years and we have all reaped the rewards. We have laughed until we cried and cried until we laughed together. The metrics of her impact are in the tables in the annual reports but how do you quantify improved well-being, safety, and the corps d'esprit that we feel as part of the Village? That is where the real truth lies. Her warmth, compassion, and commitment have carried us through.





We hope that you will join us this Thursday for Andrea's final event as we celebrate National Grandparent's Day and the sweetness of life, friendship, and this community. We will be enjoying coffee and cupcakes in the garden at the Palisades Hub. How nice to bring this chapter to a close on a sweet note. We hope the next chapter will be even sweeter for you, Andrea.

Update on our Mediterranean Tastes Fundraiser:



*Regretfully, the Board of Directors has decided to **postpone** this event out of an abundance of caution regarding recent COVID developments. We continue to accept donations.*

For the second year in a row, out of an abundance of caution, Palisades Village canceled its principal fundraiser, the House Tour. Instead, at the June Board meeting, the Board decided to have an equally fun event, a smaller outdoor fundraiser. It would have taken place on **Saturday, September 25, from 5 to 7 p.m.** in the lovely garden of a Palisades Village member in Kent, featuring 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!

Subsequently, great effort went into preparing for the event, and invitations went out to hundreds of neighbors advertising the garden party and Chef Pirollo's participation. Unfortunately, since the early summer, the Covid situation has deteriorated significantly. With the rapid spread of the delta variant and increasing numbers of breakthrough cases, the Palisades Village Board has decided that it would not be responsible to host a large gathering, even outside, at this time. Therefore, the September 25 event will not take place. Nevertheless, we have every intention of holding this Mediterranean-themed garden party at a future date when conditions related to covid would make it safe.

For those of you who have already bought tickets or donated to this fundraiser thank you for your incredible support for this fundraising effort for Palisades Village, our neighborhood institution whose role is more important than ever.

COVID Corner:

Third Dose vs. Booster Shots

- **Booster Dose**
 - **A booster dose of vaccine is administered when an initial sufficient immune response to a primary vaccine series is likely to have waned (decreased) over time.**
 - A primary vaccine series is defined as either two doses of an mRNA vaccine (Pfizer-BioNTech/Comirnaty or Moderna) separated by the recommended number of 21 or 28 days or one dose of the Johnson & Johnson (J&J) vaccine.
 - Booster doses for COVID-19 are not currently recommended, however, the Center for Disease Control (CDC) and Advisory Committee on Immunization (ACIP) will review data on booster doses of COVID-19 vaccines in a systematic and transparent process.
- **Additional (Third mRNA) Dose**

- **An additional dose is administered when certain people with weakened immune systems do not have a strong enough immune response to the initial 2-dose mRNA vaccine series.**
- A third dose of mRNA vaccine (Moderna or Pfizer) is now recommended at least 28 days after the second dose for people with weakened immune systems

When will Individuals need a booster vaccine dose?

This information is currently not available. For planning purposes, the federal government is looking at least eight months after completion of the primary series. However, regulatory and recommending agencies Food and Drug Administration (FDA and CDC) will need to first review the data before providing official recommendations regarding the timing of the booster vaccine dose.

All expired DC driver's licenses and ID cards should be renewed before September 9th!

After Sept. 9, 2021, if your **DC DMV driver license has been expired** for more than 365 days, you must take and pass the knowledge test OR take the District's online traffic school course to waive taking the knowledge test.

If your DC driver's license has been expired for more than 545 days, you must take and pass both the knowledge test and the road skills test (by appointment only).

Residents with a REAL ID driver license or REAL ID non-driver identification card ([star in upper right-corner](#)) may renew [online](#), by mail, or through the DC DMV App today! Use the QR code below to install the app.

Residents with a non-REAL ID DC driver license or DC non-driver identification card **MUST** renew their credential in-person at a DMV Service Center. In-person service has now resumed at all DMV Service Centers. No appointment is required.

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.

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 8, 3-4 p.m.

[Collaborate on Laughter: Intro to Improv Theater](#) -- This is the perfect way for everyone to get an introduction to improv and theater. We'll play games that tap into your creativity while developing skills that enhance listening and engage your sense of humor. Washington Improv Theater is

dedicated to sharing the ideas and spirit of improv with all of DC. WIT's improv workshops are high-fun, low-stress classes designed to show you how improvisers create spontaneous, off-the-cuff theater. Our enthusiastic and friendly instructors work to make sure everyone is able to participate in a playful and trusting atmosphere. You don't need theater experience. You don't need to be a "funny person." Just come in ready to have a good time. Improv is an amazing way to help people connect with each other and have their sense of play reignited. And we think everyone needs that pretty seriously. So join in on the fun. This is the first of 10 sessions.

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**.

Monday, September 27, 3:30-5 p.m.

Live & Learn: Perspectives on Senior Living -- Members of Villages can count on their community to support them in aging in place. But sometimes circumstances prompt consideration of other living arrangements. What are these options and what are the costs and benefits? How do you find the right place for you and/or your loved one?

Dupont Circle Village's September speaker, Steve Gurney, is founder and publisher of ***Positive Aging SourceBook*** which provides individuals, families, and professionals with the most comprehensive listing of every retirement community, assisted living, nursing and rehab center, and home care option in the DC, Northern Virginia, and Suburban Maryland. He serves on Boards of Directors for a number of organizations and regularly provides guidance to help organizations and businesses better serve the senior population. Location: Virtual RSVP: [Register Online](#) or contact the DCV Office at **(202) 436-5252** or admin@dupontcirclevillage.net

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:

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/>

Tuesday, September 7, 7 p.m.

"Untold Histories of the Abner Cloud House" -- with Catherine Ball in conversation with Eliza McGraw (tickets available online or at the door)

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 \(wpodc.org\)](#)

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
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](#)

Grandparents Day Celebration

Thu 09 / 09 / 2021 at 2:30 PM

Where: Palisades Hub, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016

[More Information](#)

Mindful Knitting

Sat 09 / 11 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
September 12 — 18, 2021

Book Club

Mon 09 / 13 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 09 / 13 / 2021 at 3:30 PM

[More Information](#)

Storytelling

Tue 09 / 14 / 2021 at 3:00 PM

[More Information](#)

Author Talk with Lara Bazelon

Tue 09 / 14 / 2021 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 09 / 18 / 2021 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village