



# ACROSS THE FENCE

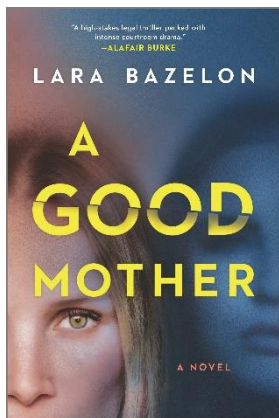
September 12, 2021

## This Week at Palisades Village:

Monday, Sept 13	Tuesday, Sept 14	Wednesday, Sept 15	Thursday, Sept 16	Friday, Sept 17	Saturday, Sept 18
1 p.m. <a href="#">Book Club</a>	9:30 a.m. <a href="#">Planner Group</a>				9:30 a.m. <a href="#">Mindful Knitting</a>
3:30 p.m. <a href="#">William Yates Fitness</a>	3 p.m. <a href="#">Storytelling</a>				
	5 p.m. <a href="#">Author Talk with Lara Bazelon</a>				

## This week:

Join us on Zoom to hear author [Lara Bazelon](#) (granddaughter of former Palisades resident Judge David Bazelon) talk about her debut novel, ***A Good Mother***, on Tuesday, September 14 at 5 p.m.



*A gripping debut thriller about two young mothers, one shocking murder, and a court case that puts them both on trial.*

*When a soldier is found stabbed through the heart at a US Army base, there is no doubt that his wife, Luz, is to blame. But was it an act of self-defense? An attempt to save her infant daughter? Or the cold-blooded murder of an innocent man?*

*Ambitious public defender Abby is determined to win at all costs. As a*

*new mother herself, she wants to keep Luz out of prison and with her daughter. But when the surprises stack up and shocking new evidence emerges, Abby realizes the task proves far more difficult than she suspected and will require a terrible sacrifice.*

*As the trial hurtles toward an outcome no one expects, Abby, Luz, and a captivated jury are forced to answer the question that will decide everything—what does it mean to be a good mother?*

LARA BAZELON is a professor at the University of San Francisco School of Law, where she holds the Barnett Chair in Trial Advocacy. She spent seven years as a deputy federal public defender in Los Angeles.

We have many groups meeting on Zoom this week including the **Book Club**, **Fitness** (as well as in-person) **Planner Group**, **Storytelling**, and **Mindful Knitting**. You need to click on the link (in red) to register to get the Zoom link.

The **Walking Club** is on hiatus for a few weeks but will return.

*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:

### Protecting Your Most Valuable Asset, Your Health

A Monthly Series designed to enhance your knowledge and answer your questions about the complicated health care world.

**Wednesday, October 13, 2021 @ 11:00 a.m.:** [Basic Medicare and What You Need to Know about the Medicare Advantage Plans](#)

**Wednesday, November 10, 2021 @ 11:00 a.m.:** [Taking Charge of your Healthcare Decisions in Advance - Who Will Decide If You Cannot?](#)

**Wednesday, December 8, 2021 @ 11:00 a.m.:** [Need Help at Home? Home Care vs. Health Care, What's the Difference and Who Pays?](#)

**Wednesday, January 12, 2022 @ 11:00 a.m.:** [The Anatomy of Long-Term Care Insurance; What's It Cover, How to Use It?](#)

**Wednesday, February 9, 2022 @ 11:00 am:** [Hospital Observation Status: Have I Been Admitted or Am I Just Sitting in a Bed?](#)

Presented by MaryAnn Griffin. MaryAnn Griffin has had a long career in senior-level positions in a variety of healthcare settings, including Hospice, Home Health, Acute Care settings, and managing Physician practices. Five years ago, she retired as the Division Director of Aging and Adult Services for the City of Alexandria. Recognizing the enormity and complexity of healthcare issues seniors face she started her private practice, Griffin Healthcare Solutions, LLC. to enable her to work one-on-one with clients who need help with Medicare, using their Long-Term Care insurance and making healthcare decisions. MaryAnn will share her vast knowledge and experience with us over the next several months in a series of workshops that she has created, entitled [Protecting Your Most Valuable Asset, Your Health.](#)

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## Washington DC is getting a new area code:

Beginning November 9, 2021, new telephone lines or services may be assigned numbers with the new 771 area code.

Existing customers' phone numbers will not change, but you will need to use the area code when making all calls, including within Washington. This means that all calls in the 202 area code that are currently dialed with seven digits will need to be dialed using the area code + telephone number. The same dialing procedure will apply in the new 771 area code.

You can begin using the area code now. Give it a try and start getting used to dialing 10 digits all the time!

Effective **October 9<sup>th</sup>**, you must dial the area code on all calls, including calls within the same area code. If you do not dial the area code + telephone number, your calls will not complete and a recording will instruct you to hang up and dial again, including the area code.

If you have speed dial numbers saved on your landline phone, you will need to reprogram the phone to include the area code. Mobile phones already require the area code, so no changes will be necessary there. You can still dial just three digits to reach 911 and 311.

Please contact Palisades Village if you need help reprogramming your phone, are not sure if you need to reprogram, or have other questions about this change.

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## Celebration of Grandparents, Andrea, and the Sweet Things in Life



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## Back to School Time:

**Members and volunteers:** Have you logged into your account on our website? We have volunteers available to help you get logged in and show you what you can access behind the password. Call (202-244-3310) or [email](#) the office and we will set you up with a tutor.

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## Covid Corner:

At-home Covid tests are available at local DC Libraries and the Palisades Recreation Center. To learn more visit [coronavirus.dc.gov/testyourself](https://coronavirus.dc.gov/testyourself)

You can pick up and drop off a test at the PALISADES REC CENTER (5200 Sherier Place NW)

Monday - Friday: 8 am - 6 pm. Saturday: 9 am - 5 pm. Sunday: Closed

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## GU Learning Community Courses

The Georgetown University Learning Community offers "mini-courses," organized by the Georgetown University Association of Retired Faculty and Staff, that are open to neighbors who are "55 and better." Preregistration is required as class sizes will be limited.

**Registration fees are \$35 for one course and \$25 for each additional course. Please note that this is an increase from previous years.**

Fall 2021 courses include:

- Of Beauty and Horror: Literature and Film in Latin America\*



- Crime and Punishment in The 21 St Century\*
- Genes, Brain And Mind\*\*
- Political Islam and Modern Muslim Populism: Sultans, Mullahs, and Rappers\*
- Three Irish Playwrights: Synge, Friel, and McPherson\*
- The New Cosmic Story and the Meaning of Faith\*

\*Online course, via Zoom

\*\*In Person, Georgetown University, Main Campus

**As a reminder:** All students must follow [public health guidelines](#) in place on campus through the semester. All students, faculty, and staff who will be on one of Georgetown's campuses or in a University-owned or operated building in the United States this fall to be fully vaccinated against COVID-19. Masks are required indoors, except when eating or drinking; or when alone in a private room with a closed door.

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### 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 15, 3 p.m.**

**Bistro Bites** -- Cleveland & Woodley Park Village's free behind-the-scenes cooking program highlighting our local restaurants. It will be held via Zoom so you can watch it from the comfort of your home! September's event will feature new local restaurant [Bistro Bites](#), (2623 Connecticut Ave NW) which brings together the flavors of two native cuisines: French and South Indian, which have evolved 5,000 miles apart but share long and tasty traditions. Bistro Bites features French-inspired sweet and savory crepes; along with rice and daal (black lentils) for the "crêpes de fusion" that represent their interpretation of the dosa-based recipes of southern India. This event is free and open to the public. [Register here](#) to receive the log-in information via email.

**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@dupontcirclevillage.net](mailto:casemanager@dupontcirclevillage.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](mailto: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](mailto: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](mailto:admin@dupontcirclevillage.net)

**Thursday, September 30, 2 p.m.**

**[I Can Hear Singing with Bev and Anders Gyllenhaal](#)** -- Every bird's song is unique, and just by listening you can identify the birds around you. But it's like learning a foreign language made up of chips and chirps that can confuse even the most experienced birdwatchers. Up until now! Cornell University's Lab of Ornithology has just updated its easy-to-use Merlin Bird ID smartphone app so it listens to the birds around you and shows real-time suggestions for who's singing.

In this Zoom program led by Beverly and Anders Gyllenhaal, you'll learn exactly how to use all of Merlin's identification features with an emphasis on the song recognition feature. The Merlin ID app has been around for years, and it truly is a wizard. By answering three simple questions about a bird you are trying to identify, Merlin will give you a list of photos of possible matches. Beverly said it's like having a professional guide in the palm of your hand, giving quick identification help for all levels of bird watchers. Then, on October 16, you will have a chance to put Merlin in action with a guided visit to Roosevelt Island.

To get the most out of the program, the Gyllenhaals ask that you download the app in advance by establishing a free account with Cornell. Click this link [merlin.allaboutbirds.org/](http://merlin.allaboutbirds.org/) to find the app location and more information. After you install the app, tap "Get Sound ID" to activate the sound ID feature. If you already have Merlin on your device, simply visit the App Store or Google Play to download the latest update. And for everything you need to know specifically about Sound ID, [click here](#).

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## 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](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** continues through November at the Palisades Hub. Tickets can be found here: <https://palisadeshistoryorg.ticketleap.com/>

**Saturday, September 18, 4 - 7 p.m.**

**PALtoberfest** -- The Palisades Community Association is planning their first Palisades Octoberfest- PALtoberfest! This event will feature the band "Flying Pangea" and will be fun for all ages, families, and partiers. This is an outdoor event with food and beverage. More info to come! Where: At the Palisades Hub (5200 Cathedral Ave).

**Tuesday, September 28, 6 - 8 p.m.**

**Wishcycling** -- Have you heard of "wishcycling?" It's when you add an item to your recycling bin without knowing if it's actually recyclable. And if you're wrong, you risk having the whole load rejected by the recycler. Luckily, DC's own Charlotte Dreizen, from the Office of Waste Diversion, is here to teach us the way. Please join the PCA Environmental Committee for a demonstration under the pavilion at Hardy Park (4500 Q St). Bring your questions!

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

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

**This 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](#)**

**Planner Group**

Tue 09 / 14 / 2021 at 9:30 AM

**[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 9:00 AM

[More Information](#)

Next Week at Palisades Village  
September 19 — 25, 2021

## **William Yates Fitness**

Mon 09 / 20 / 2021 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 09 / 21 / 2021 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 09 / 21 / 2021 at 3:00 PM

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

[More Information](#)

## **Mindful Knitting**

Sat 09 / 25 / 2021 at 9:00 AM

[More Information](#)

## **Postponed - Tastes of the Mediterranean Under the Palisades Sun**

Sat 09 / 25 / 2021 at 5:00 PM

Where: Private Home, please log in to see more

[More Information](#)

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

Thank you!

Palisades Village