



ACROSS THE FENCE

September 19, 2021

This Week at Palisades Village:

Monday, Sept 20	Tuesday, Sept 21	Wednesday, Sept 22	Thursday, Sept 23	Friday, Sept 24	Saturday, Sept 25
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga		3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This week:

We welcome back the Palisades Village yogis. The Palisades Village **Yoga** class is a wonderful way to engage in gentle, mindful movement and reduce stress with other Palisades Village members. Teacher Jill Minneman has been leading this class since 2010 and specializes in adapting yoga poses for various conditions and needs. Class participants report feeling more comfortable in their bodies, maintaining strength, flexibility, and balance, and reduced stress. After meeting virtually over the past 18 months, we are venturing back to in-person class at the Palisades Hub (5200 Cathedral Ave., NW) on Tuesdays from 3-4 p.m. and virtual class on Thursdays from 3-4 p.m. To join the in-person class, all participants must be fully vaccinated and wear masks. No experience is necessary. New students are welcome. Please wear comfortable clothes and bring a yoga mat if you have one. Chairs will be provided. The cost is \$15 per class and you are welcome to pay for the session or by the class (checks or other forms of payment like Venmo, PayPal, and Zelle accepted). Jill is looking forward to seeing everyone in person again. Any questions? Email Jill at jillminneman@gmail.com.

The **Walking Club** is still on hiatus 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 PV member and volunteer 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.

Mark your calendars for an exciting evening with [Gordon Peterson](#) on Wednesday, October 20 at 5 p.m.

Falls Prevention:

According to the National Council on Aging, 1 in 4 older adults falls every year in the United States. Falling is not a normal part of aging. Check out the list of six steps the Council recommends for preventing falls.

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. It's never too late to start, even if you've been a "couch potato" your entire life. *The Monday fitness class with William Yates is a great place to start. Or try Yoga with Jill on Tuesday or Thursday. Both instructors focus on balance, strength, and flexibility.*
2. **Talk to your health care provider to get an assessment of your risk of falling.** Share your history of recent falls.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. And, of course, take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. **Talk to family members.** Enlist their support in taking simple steps to stay safe.

On **September 29 from 9:00 a.m.-noon**, Iona Senior Services will be hosting the Department of Aging and Community Living's Falls Free Coalition. They will host a series of screenings covering medication, balance, vision, and a review with a nurse. Open to DC residents. Iona Senior Services is in Tenleytown at 4125 Albemarle St. NW (limited parking underneath the building). Please email Lfrumin@iona.org to reserve your appointment.

Covid Corner:

Announcements are expected this week from the FDA on booster shots. An advisory committee of the CDC is scheduled to meet Wednesday and Thursday to discuss booster shots. The CDC sets vaccine policies and issues recommendations on who should get them. You can find the latest information at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>.

If you have questions about the appropriateness and/or timing of getting an additional dose of COVID vaccine, please contact your health care provider.

If you need help getting an appointment for a third shot/booster, or need transportation assistance to access the vaccine, please contact the PV office.

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. Register by clicking on the link in the title or in the description.

Tuesday, September 21, 3 - 4 p.m.

Chicano Graphics - 60 Years of Activist Printmaking -- Activist Chicano artists have channeled their social consciousness into assertive political and cultural statements over the last 60 years. Using the art of printmaking, they have sought to raise awareness & action among Americans of Mexican descent. This presentation will use examples from the recent Chicano Graphics exhibition at the Smithsonian American Art Museum to explore the rise of innovative Chicano printmaking in solidarity with civil rights and social justice movements. Also, the artwork seeks to revise notions of Chicana identity & familiarize viewers with new understandings of U.S. & international history. Hosted by North Bethesda Village. To register, email park21217@aol.com by Sept. 19.

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 questions in advance. Case Manager Barbara Scott 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
casemanager@dupontcircuitvillage.net Phone: 202-441-7290

Wednesday, September 22, 6 to 7 p.m.

Celebrating 50 Years - A Behind the Scenes Look at NPR! -- Please join the Greater Stonegate Village for this momentous event! Our presenter, Suraya Mohamed is a senior manager on the NPR Music team. With years of experience in podcast creation and long-form documentary series production, she is a versatile media professional who also specializes in project management, content development, and multi-partnership collaborations. For the first half of 2021, Suraya led the content production and promotion strategy for the NPR 50th Anniversary network celebration. She is the project manager for Jazz Night in America, a contributing producer on the Tiny Desk Concert series, and produces NPR holiday specials. Hosted by Greater

Stonegate Village. Register in advance [using this form](#). For Questions, contact Riani Carr at riani.gsv@gmail.com

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.

Thursday, September 23, 2 to 3:30 p.m.

A Virtual Tour of the College Park Aviation Museum with Tom Wilson -- Join in for an online tour of Route 1's aviation history hosted by Kevin Cabrera, director of the College Park Aviation Museum. The museum collection contains artifacts, photographs, newspaper articles, and other records documenting the history of College Park Airport, the oldest airport in continuous operation in the world, and local aviation. We will also see the current exhibition "Tails of Flight," featuring famous aviators and the pets that flew with them. Hosted by Hyattsville Aging in Place, Helping Hands University Park, Neighbors Helping Neighbors College Park, and Explorations on Aging College Park. Register in advance [using this form](#).

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

Monday, September 27, 7-8 p.m.

District Dialogues: Food Justice -- This month we will hear more about urban agriculture in our city. Joshua Singer, Community Garden Specialist at DC Department of Parks and Recreation (DPR) will share with us his experience in organizing and managing community gardens and urban farms. Our second guest from DC Urban Greens, a non-profit, will talk about some urban farms in Wards 7 & 8. More information and registration can be accessed [here](#), or you can email info@capitolhillvillage.org, or call **202-543-1778**.

Tuesday, September 28, 11 a.m.

[**Adventures of a Young Reporter Covering Cold War Russia in Early Days of TV News – Any Relevance for Today?**](#) with **Marvin Kalb**

Tuesday, September 28, 2:30 p.m.

The Ever-Changing Past Why History Changes with James M. Banner, Jr. -- Does history change? How do we interpret the past or even the present? Why does history matter? James Banner, an experienced, multi-faceted historian, will discuss what historians do, why they do it, and how those efforts impact both individuals and nations. At a time when we as individuals and a country are revisiting issues from both the near and distant past, understanding the history of history and the impact of personal perspectives and experiences can help provide context for both the present and the future. An independent historian, co-founder of the National History Center, and a visiting scholar in the history department of George Washington University, James M. Banner, Jr. has written about becoming and being a historian, as well as presidential misconduct and revisionist history. He is currently developing a play, "Good and Faithful Servants," adapted from the correspondence between John and Abigail Adams and Thomas Jefferson. VIA ZOOM - note that this event has been moved online. [Register for the talk here](#)

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/ 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](#).

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

Thursday, September 23, 12 - 1 p.m.

Let's Talk Gardens! Getting the Most out of Small Space/Urban Gardens -- Using examples from D.C.-area gardens, Kathy Jentz, editor and publisher of Washington Gardener magazine, will illustrate basic design principles for maximizing garden space. Kathy will address common small-space challenges such as creating privacy and adding light to shady areas. She'll offer innovative low-or-no-budget solutions as well. Kathy Jentz is editor and publisher of Washington Gardener magazine and hosts the popular GardenDC Podcast. She is also the editor of the Water Garden Journal (IWGS), The Azalean (ASA), and Fanfare, for the local daylily society. Hosted by Smithsonian Gardens. Register in advance [using this form](#).

Thursday, September 23

Community Meeting with the Metropolitan Police Department 6 - 7:30 p.m. - At Palisades Public Library, 4901 V Street NW. Topic: Addressing crime in the area: facts, actions, plans, recommendations

Friday, September 24 and Saturday, September 25

Art all Night -- The DC Art All Night festival will take place in sixteen (16) neighborhoods with different activations on each night, bringing visual and performing arts, including painting, photography, sculpture, crafts, fashion, music, dance, theater, film and poetry, to indoor and outdoor public and private spaces, including local businesses and restaurants. (Copied from [DC Art All Night | Washington DC](#))

Locations near PV:

[Art All Night – Glover Park Main Street](#)

[ART ALL NIGHT 2021 - Van Ness Main Street](#)

[Art All Night 2021 | Tenleytown Main Street](#)

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

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Virtual Yoga

Thu 09 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[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](#)

Next Week at Palisades Village
September 26 — October 2, 2021

William Yates Fitness

Mon 09 / 27 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 28 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 09 / 28 / 2021 at 3:00 PM

[More Information](#)

Yoga

Tue 09 / 28 / 2021 at 3:00 PM

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

[More Information](#)

Virtual Yoga

Thu 09 / 30 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village