



Building an Engaged and Supportive Community of Neighbors

# PALISADES VILLAGE

in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.



## ACROSS THE FENCE

July 24, 2022

Erica is taking some well-deserved time off this week, but rest assured, Anne will be in all week, along with some of our faithful office volunteers, Janet Tersoff and Mary Gaughan. It really does take a Village to keep things running. During this heatwave, being in the office is not a bad place to be! ***Remember to stay hydrated.***

Monday, July 25	Tuesday, July 26	Wednesday, July 27	Thursday, July 28	Friday, July 29	Saturday, July 30
3:30 p.m. <a href="#">William Yates Fitness</a>	3:00 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a> - Georgetown 5:00 p.m. <a href="#">Summer Picnic</a>	1 p.m. <a href="#">Tap Dancing</a> 3 p.m. <a href="#">Virtual Yoga</a>		9:30 a.m. <a href="#">Mindful Knitting</a>

### *This week:*



#### Summer Picnic

Wednesday, July 27th, 5 p.m. - 7 p.m.

We look forward to seeing everyone on the lawn for some great food and even better conversation. For more information and to register click [here](#). The rain date is Friday, July 29.

Volunteers -- You can join in the fun too! We need volunteers to greet, set up, serve, and clean up. Log in and [sign up](#) or contact the office.

## Coming Up:



### Volunteer Potluck

Tuesday, August 9th, 6 p.m. - 8 p.m.  
Sreedhar's Home, 5110 Sherier PI NW

This year the Volunteer Potluck will be a Mexican fiesta! All you faithful volunteers, bring a dish (homemade, takeout, or store-bought) and join other volunteers for a relaxed evening. Y'all come now! PV will provide the beverages (including margaritas!). If you have a ukulele, bring it along!

*It will be un buen tiempo!* Register [here](#).

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue 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 thereafter. 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**.*

**Thank you to all who have filled out the DC Village's Annual Member Survey! The deadline to fill out the survey is July 31st. If you haven't filled it out, we would appreciate you doing it now. *Much appreciated!***

Palisades Village is seeking member feedback and input via a survey. We are committed to hearing from all of our members as we move forward to develop programs, provide volunteer services, and as we work to support you. This survey is part of a city-wide Village survey, so the data that is gathered benefits and informs Palisades Village but also all the DC Villages as a whole. By working with other DC Villages, we can identify trends, and common concerns, and develop best practices. Your answers, of course, remain confidential and are not associated with your name.

**To complete the survey, simply click [here](#). This will not take much time, but the data we can gather from this survey is invaluable to us, so thank you for the feedback!**

If you prefer to be interviewed, you may contact the office and we will arrange for a volunteer to collect your responses through an interview. If you have any questions, please contact the office at 202-244-3310.



### Expiration Date Extension

On Jul 8, 2022, the FDA granted another three-month shelf-life extension for the iHealth COVID-19 Antigen Rapid Test, which extended the shelf-life of all iHealth tests from 6 months to 12 months. Please click [here](#) to use the tool to check the most updated expiration date of your kit.

## Monkeypox Update

Mayor Bowser has released a statement about the current monkeypox outbreak which includes information about how it is spread, who is most at risk and how to register for a monkeypox vaccine if you are in a high-risk category. [Click here to read her statement.](#)  
For more information on Monkeypox from the CDC, click [here](#).



### Do you need a grab bar?

Palisades Village was recently awarded a generous grant from the Palisades Community Fund, the grant-making arm of the Palisades Community Association, for **GRAB BARS** for our members. If you need a grab bar installed in your bathroom, please contact the office at 202-244-3310.



### Recycle your leftover paint!

Do you have old paint sitting around? There are nine sites in the District where households and businesses can recycle unwanted paint, stain and varnish all year round. Find a drop-off location near you: [www.paintcare.org/drop-off-sites](http://www.paintcare.org/drop-off-sites)

## Covid Corner:

**What should you do if you test positive?** Isolate and read this helpful [article](#).

**Need a booster or vaccination?** Head to the [COVID Center](#) for Ward 3 that opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are **invited to the front of the line** at public testing and vaccination sites. No need for an appointment.

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

**Need Tests?** PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

**Palisades Village just got a new supply of rapid antigen tests and N95 masks.** Please contact the office if you need one.

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you.

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**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, July 26, 1:30 - 2:30 p.m. - Artist to Artist In the 20th Century:** Artists are often one another's first and most important audience. This presentation will focus on the current exhibit at the Smithsonian American Art Museum (SAAM), featuring eight pairings of artists from SAAM's extensive 20th-century holdings, e.g., Yayoi Kusama & Joseph Cornell, Thomas Hart Benton & Jackson Pollock. Each pairing represents two artists whose lives intersected at a creatively critical moment, whether as student and teacher, professional allies, or close friends. A SAAM docent will lead the discussion. To register, please email [park21217@aol.com](mailto:park21217@aol.com).

**Thursday, September 8, 11 a.m. - 12 p.m. - Creative Wellbeing in Later Life** - People over the age of sixty-five now outnumber those under the age of five for the first time in human history. Nevertheless, more older adults suffer from feelings of loneliness, boredom, and helplessness. However, older adults who maintain or adopt an art- or music-making practice often experience greater satisfaction in their lives. In this presentation, folklorist Jon Kay shares observations from more than twenty-five years of documenting the expressive lives of elders. Register [here](#).

**The DC Village Movement was recently spotlighted in The Sourcebook, the leading resource for senior housing, aging in place, and professional resources. Read the complete article [here](#).**

## **Around Town Events:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

**Tuesdays, 11 a.m.**

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The July 26 topic: How Can We Fight Back Against Fake News

**Fridays, 10 a.m.**

**Strength, Balance, and Core in person, now at Iona** -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**. Please sign up through them [here](#).

**Fridays, 11 a.m.**

**Tai Chi** -- Join Jerry Simpson at the Palisades Library in studying the art of Tai Chi. Jerry is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. Please note that masks are required in the library. This is offered through **Around Town DC**. Please sign up through them [here](#).

**Fridays, 11 a.m.**

**Cardio Chair Kickboxing at St. Albans** - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

## Sibley Seniors Events:

**Sibley Seniors Association** (SSA) offers programs and support groups online.

## Community Events:

**Thursday - Saturday, July 28 - 30, 5:30 p.m. - 8:30 p.m. (performance begins at 7 p.m.)** - Energetic new sounds and movement animate **Hillwood's** gardens when SOLE Defined, Washington's leading dance company specializing in tap, stepping, and other percussive dance, presents an immersive experience that explores themes inspired by the special exhibition Grace of Monaco: Princess in Dior, like self-fashioning, visual communication, and glamour. Spend a summer evening at Hillwood, strolling the gardens, exploring the special exhibition, browsing in the museum shop, and enjoying dinner from Merriweather To Go, before watching the dance performance. Register [here](#).

**Thursday, July 28, 6 p.m.** -- Join DC Attorney General Karl Racine and DC AARP State Director Louis Davis Jr. for a conversation about how the Office of the Attorney General helps protect older District residents from financial abuse and scams and how the office has become a national leader in stopping elder abuse so our older neighbors can live their golden years with dignity and security. Register [here](#).

## Ongoing Events:

**Wednesdays, 1:30 p.m.**

**Yoga at Palisades Library** -- FREE! Specifically geared towards older adults. Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

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**Bereavement Support Groups**--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and 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 \(wpodc.org\)](#)

**Bi-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.

	NGA educators will facilitate the conversation to create an environment for shared learning.
<b>Mondays, Wednesdays, and Fridays at noon.</b> <a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a> -- 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.	<b>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art -</b> - Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a> . To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a> .
<b>Weekly on Wednesdays at 2:30 p.m.</b> <b>Dance for PD --</b> Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by <a href="#">clicking here</a> .	

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

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

This Week at Palisades Village  
 July 24 — 30, 2022

**William Yates Fitness**

Mon 07 / 25 / 2022 at 3:30 PM

[More Information](#)

## **Yoga**

Tue 07 / 26 / 2022 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 07 / 27 / 2022 at 8:30 AM

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

[More Information](#)

## **Summer Picnic**

Wed 07 / 27 / 2022 at 5:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, WASHINGTON, DC 20016-0403

[More Information](#)

## **Tap Dancing**

Thu 07 / 28 / 2022 at 1:00 PM

[More Information](#)

## **Virtual Yoga**

Thu 07 / 28 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 07 / 30 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
July 31 — August 6, 2022

## **Book Club**

Mon 08 / 01 / 2022 at 1:00 PM

[More Information](#)

## **William Yates Fitness**

Mon 08 / 01 / 2022 at 3:30 PM

[More Information](#)

**Yoga**

Tue 08 / 02 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 08 / 03 / 2022 at 8:30 AM

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

[More Information](#)

**Virtual Yoga**

Thu 08 / 04 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 08 / 06 / 2022 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village