



ACROSS THE FENCE

August 7, 2022

This summer heat has been drawing our attention to how we as a village can tackle global warming. You may have noticed fewer plastic water bottles and compostable products at our events. We are continuing to look for ways to make our activities more environmentally friendly. We are trying to invest in the future without breaking the bank. Some ideas are just not feasible for us right now but keep the suggestions coming. And please bring your water bottle to events -- we will give you free refills and a label with your name on it.

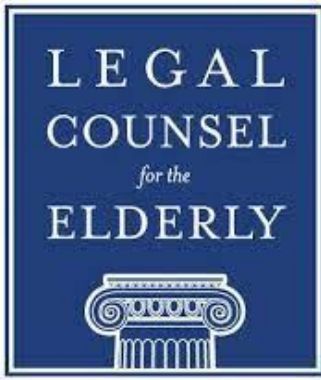
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12	Saturday, August 13
3:30 p.m. William Yates Fitness	Yoga - Cancelled 6:00 p.m. Volunteer Potluck	Walking Club - Cancelled 11:00 a.m. Traditional Medicare vs. Medicare Advantage	Tap Dancing Cancelled 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This week:



Tuesday, August 9th, 6 p.m. - 8 p.m.
Volunteer Potluck

This year the Volunteer Potluck will be a Mexican fiesta! All you faithful volunteers, bring a dish (homemade, takeout, or storebought) and join other volunteers for a relaxed evening. PV will provide the beverages (including margaritas!). If you have a ukulele, bring it along! *It will be un buen tiempo!* Register [here](#).



Wednesday, August 10, 11 a.m. - 12 noon Traditional Medicare vs Advantage Plans

There is much confusion about Medicare Advantage plans and the Legal Counsel for the Elderly will be joining us to help you decide what is right for you. Mark your calendars for this important talk that will focus on understanding the basics of Original Medicare, the basics of Medicare Advantage, knowing what to consider when choosing between Original Medicare and Medicare Advantage, and knowing how to protect yourself from marketing violations as you compare plans. Register [here](#).

Coming Up:

Friday, August 19, 1 p.m. - 2 p.m. ART INTROSPECTION - MAX ERNST



Max Ernst painted "A Moment of Calm" in 1939. Max Ernst was a prolific, pioneering, German-born surrealist artist and influencer of Dadaism. Sireen recently saw "A Moment of Calm" at the National Gallery of Art's East Wing, and they were instantly magnetized and captivated by the piece. It spans almost an entire wall

and certainly has a grand presence. The intensity and warmth of its colors, combined with its high textural quality, layers of symbolism, and allusions to natural life and wildness, contrasted with darkness and ominousness suggesting impending danger or thrill, will evoke something different for each viewer. What does the painting bring up for you? What do you see here? And what questions might be arising for you? Register [here](#) for this program hosted by FBWE Village.

Wednesday, August 31st, 3 p.m. - 6 p.m. Community Happening

Mark your calendar for this free event!

There is a lot going on at this year's Community Happening!

Paper Shredding Truck
Blood Pressure and Glucose Screening
Ice Cream
Fitness Class Demo

WEDNESDAY, AUGUST 31st • 3:00-6:00 PM • PALISADES HUB • 5200 CATHEDRAL AVE NW



We are a caring neighborhood organization for older adults who enjoy educational, cultural, and social activities and want support for living independently at home. We offer inter-generational opportunities to socialize, learn, exercise, volunteer, and enjoy life while building a strong community in the Berkeley, Crofton, Kent, Palisades, Spring Valley, and Wesley Heights neighborhoods of Washington, DC.

Tap Dance Demo
Games
Live Music
Raffle & More

Rain Date will be Thursday, September 1.

Please spread the word to your friends and neighbors!

The next **Palisades Village Board Meeting** is Thursday, September 8, 2022 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. 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**.*



People experiencing a mental health crisis have a new way to reach out for help in the U.S. They can simply call or text the numbers **9-8-8**.

Modeled after 911, the new three-digit [988 Suicide & Crisis Lifeline](#) is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

The primary goal of the new number is to make it easier for people to call for help. Lawmakers and mental health advocates also see this launch as an opportunity to transform the mental health care system and make care easily accessible everywhere in the United States.

In the District, get help 24/7 with a mental health crisis: For children and youth (6-21 years), call **202-481-1440**. For adults, call **202-673-6495**. Mobile crisis teams can respond. If anyone is in immediate danger, call 911.

Do you like to sing? Are you 55+?



Encore Creativity for Older Adults is the nation's largest chorale organization for adults 55 and older. Encore has 18 chorales and 5 rock & roll choruses all led by experienced professional conductors. Encore's newest program, Sentimental Journey Singers (SJS), connects individuals with early-stage Alzheimer's or other memory impairment with their caregivers through song. Their next sessions start in early September. For more information and to sign up for one of their programs near you, visit encorecreativity.org or email info@encorecreativity.org today.



5 Tips to Help Pets Beat Summer's Heat

#1 Think twice before leaving pets in a car. Temperatures can reach as high as 120-140 degrees in minutes.

#2 Know the signs of heatstroke (warm dry skin, rapid heartbeat, vomiting, high fever and collapse).

#3 Help your pet cool down. A short haircut can help. Ensure your pet has access to shade or air conditioning.

#4 Keep pets away from hot places. If the pavement is too hot for your hand, it's too hot for your pet's paws. Schedule walks at cooler times of the day.

#5 Hydrate, hydrate, hydrate!

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 has a 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.

Thursday, August 11, 4 p.m. - 5 p.m.

Tooth or Consequences: Be True to Your Teeth or They'll Be False to You! We've all been brushing our teeth since we were children but have we been doing it correctly? In this presentation, Dr. Sal Selvaggio will discuss the importance of proper brushing and flossing and the implications for our general health when the oral bacteria population "goes bad". He will also provide information about caring for dentures and helpful tips for communicating with your dentist. Register [here](#).

Tuesday, August 23, 2 p.m. - 3:30 p.m.

Supporting LGBT Grandchildren Part 2 - Join us on Zoom for "Supporting LGBT Grandchildren: Part Two". This event is intended to bring together anyone who is or may become a grandparent of an LGBT grandchild or is a grandparent figure. We will dive into LGBT language, the history of LGBT rights in the US and the current state of LGBT legislation, ways to support LGBT grandchildren, and more! **This event is open to all.** Questions or concerns should be direct to Sophia Ross at sross@capitolhillvillage.org or call **202-543-1778 x204**.

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](#).

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 or call 202-459-9634. Sign up for the newsletter while you are there!

Thursday, August 11, 10-11:30 a.m.

Toiletries for People Experiencing Homelessness at Friendship Place -- Come help compile toiletries for [Friendship Place](#). They will provide the materials but also welcome donations of unopened travel-sized items. Meet at Iona's building in Tenleytown. This is a great opportunity to help others and meet some new friends! [Read more and register here.](#)

***If you are not able to participate on the 11th, but want to donate items, there will be plastic bins in Satterlee Hall at St. Albans and in the foyer at Iona Tenleytown to collect your donations between Monday, August 8 through Friday, August 19.*

Thursday, August 25, 3 p.m.

Effective Communication Strategies for People with Alzheimer's -- Join Sheila Griffith of the Alzheimer's Association to learn about Effective Communication Strategies to use with people who have Alzheimer's or dementia. Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner. [Read more and register here.](#)

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 August 9th topic: Computer **Fundamentals**

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](#). Beginning September 12, Emma will be back at the Palisades Rec Center on Mondays from 1:30 p.m. to 2:30 p.m. You can register for that session [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:

Tuesday, August 9, 12 noon

DAR Museum - Curator of Education Kevin Lukacs will be looking at objects from the DAR Museum that reveal as much about the lives of the people who owned the objects as about the lives of the enslaved people who used and cared for the objects. Register [here](#) on zoom.

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	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
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<p>been widowed for two years or less. Call 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)</p>	<p>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.</p>
<p>Mondays, Wednesdays, and Fridays at noon. 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.</p>	<p>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. For more information go to https://www.nga.gov/calendar/guided-tours/just-us.html. To register, please email access@nga.gov.</p>
<p>Weekly on Wednesdays at 2:30 p.m. Dance for PD -- 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 clicking here.</p>	

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 or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village
 August 7 — 13, 2022

William Yates Fitness

Mon 08 / 08 / 2022 at 3:30 PM

[More Information](#)

Canceled: Yoga

Tue 08 / 09 / 2022 at 3:00 PM

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

[More Information](#)

Volunteer Potluck

Tue 08 / 09 / 2022 at 6:00 PM

Where: Private Home, please log in to see more

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 08 / 10 / 2022 at 8:30 AM

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

[More Information](#)

Traditional Medicare Vs. Medicare Advantage Plans

Wed 08 / 10 / 2022 at 11:00 AM

[More Information](#)

Canceled: Tap Dancing

Thu 08 / 11 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 08 / 11 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 13 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 14 — 20, 2022

William Yates Fitness

Mon 08 / 15 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 16 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 17 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 08 / 18 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 08 / 18 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

ART INTROSPECTION - MAX ERNST

Fri 08 / 19 / 2022 at 1:00 PM

Where: No address or address is not accurate

[More Information](#)

Mindful Knitting

Sat 08 / 20 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village