



Across the Fence *Special Edition* August 30, 2020

Upcoming Events:

Please register for each event each week that you plan on attending so that we if we have any last-minute changes, we can let you know. We want you to have the right Zoom link since Zoom links may differ from week to week.

Move with Mr. William Yates on Mondays at 3 p.m.-- We are continuing our **Strength and Resistance 4 Seniors** fitness workouts virtually via Zoom. Please [register](#) for each class on our website to get the details for Zoom and stay informed of any changes.

Yoga is on Tuesday and Thursday at 3 p.m. Namaste!

This **Wednesday, September 2 at 7 p.m., Neil Flanagan** will discuss Reno City as part of our Author series and our Race and Racism conversations. Neil wrote a piece for the *Washington City Paper* on "[The Battle of Fort Reno](#)", the long and little-known story of how neighbors and developers used a plan for a park to push a thriving African-American community out of Fort Reno. It is a fascinating piece of history right in our backyard.

Words Matter:

Marti Bailey from Sibley Senior Association gave an excellent presentation on Words Matter. She talked about how we want to be addressed and how older adulthood is a normal part of human development. A Yale University study focused on conventional views on aging using the words "lonely" and "wrinkle". The people surveyed actually began to model some of the

negative stereotypical connotations of these images. They walked more slowly and hung their heads. On the other hand, neutral words like "thirsty" and "clean" had no impact. There was a big difference between the words "elder" and "elderly". Wise, sage, veteran, seasoned, and matriarch were associated with "elder," while old, over the hill, retired, and fragile were thought of with "elderly." The presentation also focused on how our children may address us as we age. Some use words like cute and endearments like dear, sweetie, etc. How do you feel when someone uses these words? Words do matter. The preferred term for many is older adult. What do you think? I'd love to know your thoughts.

Having Trouble Getting Your Prescriptions?

If you need help getting your prescriptions, please call the office at 202-244-3310 and we'll be sure to send a volunteer to pick them up. With the postal concerns, we want to make sure that you have the medicine you need! Don't forget to call us if you need help with groceries or technical assistance.

Need a Book to Read?

Missing the Palisades Library? Did you know that the Office has a mini lending library? We have lots of novels and are looking for a volunteer to inventory all of the books. Once inventoried, we'll have the list available so you can request a volunteer to deliver your hand selected book. Let us know if you are interested in this special opportunity!

COVID Corner: Addressing Pandemic Fatigue

If you're growing tired of the seemingly non-stop news on COVID-19 or find yourself taking greater risks, you are not alone. As the pandemic wears on some are finding themselves fatigued by the hypervigilant environment we are living in. An article written by Psychologist Carisa Parrish, M.A., Ph. D of John Hopkins, outlines a number of steps you can take to make sure pandemic fatigue doesn't compromise your health and safety.

- Develop new habits. As the article points out practice leads to change. Consider keeping a clock near your sink to develop the sense of how long 20 seconds of hand washing really takes or create a routine of putting on your mask before you head out the door.

- Keep necessary items handy. Stash a bottle of hand sanitizer in your purse, pocket or on your keychain so you have a way to clean your hands when you are out and about. (Palisades Village received a DC Community of Hope grant and some 2 oz. bottles available.) Create a designated place to store your mask (s).
- As the CDC points out, pandemics can be stressful. The CDC outlines signs of stress, ways to manage stress, and resources to get immediate help in a crisis. Some healthy ways to manage stress include:
 - Take a break from the news! While it may be counterintuitive, a break from the daily barrage of news is a healthy way to de-stress particularly if you find the news upsetting.
 - Practice wellness. Eat healthy, well-balanced meals, get plenty of sleep and exercise.
 - Connect with your community. Palisades Village provides a number of ways to connect with others. Engage in one of our stimulating programs or one of another Village's program or Around Town DC, nurture your mind and body at one of our fitness or yoga classes, talk with a Village companion or speak to Barbara Scott, our case manager. We will be living with the pandemic for a while.

As Psychologist Carissa Parrish points out, "adapting to life with the Coronavirus is possible." Fortunately, Villages are here to provide a network of support to keep our members and community connected and engaged.

Not a member yet? Now's your chance to check us out! Don't need volunteer support? Become an Associate member and take advantage of full access to our programming and resources. We're happy to answer your questions about membership. Give us a call at 202-244-3310.

To get the latest COVID-19 news, please refer to Sibley Hospital's website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>

Let's Chat Across the Fence:

We are looking forward to some relief from the heat and enjoying life outdoors. Missing our in-person events? Me too! Do you want to get together, "Across the Fence", under a shaded tree, on the front porch or just socially distanced, and chat with a neighbor/Palisades Village

community member or go for a walk? Wouldn't it be nice to visit and meet face-to-face (above the mask) and talk without a phone or screen? The PV office would be glad to coordinate visits. Call us at **202-244-3310** and let us know.

Creative Corner:



A stunning stained glass of New York City created by Palisades Village President Arne Paulson. We have this beautiful image to remind us of the Big Apple until we can safely return!

Do you have a special photo, painting, craft, poem or recipe to share with our Village community? Please send it to us and your work will be featured in an upcoming Across the Fence issue!

Armchair Travel:

Missing travel experiences? Reminiscing about past adventures? Please share them with our Village! We welcome your experiences, documentaries

and journeying virtually to historical sites and natural beauties and or UNESCO destinations.

Election 2020 Update:

All active voters will get a ballot at their registered address. You will not have to request an absentee ballot. The ballot you receive can be sent or taken to a ballot drop box, early voting center, or your regular polling place on election day. Currently, there is scheduled to be a drop box at the Palisades Library and polls will be open at the Palisades Recreation Center or Horace Mann ES. For the latest information, please check the DCDOE website at <https://www.dcboe.org/home>.

Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

Are you ready to **get away** for a day or two? We have started a list of nearby places to escape and welcome your suggestions. Check out our Learn and Connect page. Please email ebanton@palisadesvillage.org with your favorite places.



The DC Area Villages work closely together to share resources and access to some events.

Wednesday, September 2, 1 p.m.

All You Need to Know About Home Care Resources--Representatives from Corewood Care will discuss the differences of using an agency vs. an independent provider, when should you call to start care, care management, protocols during COVID and lots of resources. Barbara Scott, our case manager, is hosting the event. To register: <https://nwnv.helpfulvillage.com/events/1404-online---coping-with-uncertainty>

Wednesday, September 9, 2 p.m.

Sparkle Comedy -- Hosted by Mark Palchick, Starring Sandra Risser and Featuring Maurice Brown, Amanda Cohen, and Farley. RSVP to this Silver Spring Village event on Zoom to: programs@silverspringvillage.org.

Fridays, Sept. 18-Oct. 23, 12 noon-1 p.m.

Virtual Grief, Loss and Bereavement Support Group -- A death changes those left behind. The grief that follows such a loss is natural and normal, but many of us find our own reactions are unexpected. VITAS® Healthcare invites you to a free six-week series of classes via Zoom, provided in partnership with Capitol Hill Village. This group is for anyone who is grieving the death of a loved one. Come to learn about the symptoms of grief, what you can expect to experience, how to respond to the occasional hurtful statements made by well-meaning people and much more. There is no cost, but space is limited, so please call early to register. For Login Information and to RSVP please contact Jasmine Blue at Jasmine.Blue@vitas.com or **202-414-5424**.

Friday-Saturday, September 25-26

First LGBTQ Inter-Generational Symposium -- Join Capitol Hill Village (CHV) for a two-day virtual symposium September 25-26 centering on the experiences and voices of LGBTQ community members across ages and experiences. Topics to be explored include intersectionality, aging in community, creating and sustaining generational wealth, grief, relationships, and more. This two-day symposium will cultivate dialogue and solutions, ensuring space for joy and movement. [REGISTER HERE](#)

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are two examples (register by clicking on the links.):

Wednesday, September 2, 7 p.m.

[ANC 3D Meeting](#)-- Join your ANC commissioners and neighbors for the monthly meeting. For more information on the agenda and how to watch virtually, please go to www.ANC3D.org.

Wednesdays, October 14, 21, 28, and November 4, 11, and 18, 4-6 p.m.
Aging Solo in the Covid Era -- Aging Solo, an online six-session workshop series, provides tools, strategies, and support for older adults to age successfully even when they do not have a family member or close friend who could take on the role of caregiver or health care decision-maker tailored to the current situation. Where: Via Zoom link (it will be sent out each week to participants) Cost: The cost for the series is \$60.00, which includes links to all the webinars and a printed resource/discussion guide mailed to your home. Registration: Space is limited! You must register by September 30, 2020. You can register by emailing Lena Frumin at community@iona.org or [here](#).

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at <https://www.hopkinsmedicine.org/sibley-memorial-hospital/documents/community-health/sibley-senior-association-q3-newsletter.pdf>.

Other Community Events:

Monday, August 31, 3 p.m.

Author talk with Loretta Ann Woodward Veney, *Being My Mom's Mom*
-- *Being My Mom's Mom* invites readers on her personal journey before and after the onset of her Mom's dementia. Personal vignettes highlight the heartache and humor in this life-changing disease. The author offers strategies from real experience for building the best care team for loved ones, increasing one's capacity for patience, and making the most of every day. She confirms the difficulty of acknowledging when it's time to become the "parent of a parent". And she also offers hope that loving relationships with dementia sufferers can continue, even in the realization that the past is forgotten, and the future is the present. [REGISTER HERE](#)

Wednesday, August 26-September 9, 6 p.m.

American University's Women & Politics Institute's "Women on Wednesdays" -- Presents dynamic and thought-provoking women leaders, authors, scholars, journalists, and activists. Each Wednesday at 6 p.m., they gather online to discuss timely topics about empowering women in the political arena. This month, the Women & Politics Institute celebrates the Women's Suffrage Centennial with a series of virtual events (see

below) that commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote.

August 26

Dr. Stacie Taranto and Dr. Leandra Zarnow, [*Suffrage at 100: Women in American Politics Since 1920*](#)

[Register online](#)

September 2

Dr. Martha S. Jones, [*Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All*](#)

[Register online](#)

September 9

Lynn Sherr and Ellen Goodman, [*She Votes! Our Battle for the Ballot*](#)

[Register online](#)

Sunday, September 13, 2 p.m.

Cochlear Implants: Becoming a Cyborg -- Michael Chorost became a cyborg on October 1, 2001, the day his new cochlear implant was booted up. Born hard of hearing in 1964, he went completely deaf in his thirties. Rather than live in silence, he chose to have a computer surgically embedded in his skull to artificially restore his hearing. In a witty, poignant and illuminating memoir, his book *Rebuilt: How Becoming Part Computer Made Me More Human* tells the story of how he went from deafness to hearing, from human to cyborg, and how it transformed him and actually enhanced his creative potential as a human being. Please RSVP to this Zoom event to hladcchapter@gmail.com by September 8.

Wednesday, September 30, 10:30 - 11:30 a.m.

A Discussion with author Michelle Brafman -- Join Michelle Brafman, local author, to lead a virtual discussion about her novels, *Washing the Dead* and *Bertrand Court* via Zoom. Brafman will discuss the motivation for her writing and her journey to becoming an author. For more information and registration click [here](#).

Ongoing Events:

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.

Tuesdays, 2:30-4 p.m. and Fridays, 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 [Click here](#).

COMING UP IN PALISADES VILLAGE

The following 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
August 30 — September 5, 2020

Book Club

Mon 08 / 31 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 31 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

The Battle of Fort Reno

Wed 09 / 02 / 2020 at 7:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 04 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
September 6 — 12, 2020

Labor Day - Office Closed

Mon 09 / 07 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Virtual Happy Hour

Fri 09 / 11 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village