



## Across the Fence *Special Edition* October 25, 2020

### Upcoming Palisades Village Events:

**Tuesday, October 27, 2-5 p.m.**

**[Palisades Village Vaccine Clinic](#)** -- Vaccines for Flu, Pneumonia, and Shingles are available at the Palisades Community Church (5200 Cathedral Ave., NW). Make an appointment today [here](#) or call the office at **202-244-3310**.

**Friday, October 30, 5:30 p.m.**

**[Special Halloween Happy Hour](#)** -- Dress up from the shoulders up and show your beautiful, funny, silly, ugly, or scary face at Happy Hour this week. Costumes are optional but encouraged. Share your favorite candy and Halloween stories!

And have you signed up for [Strength and Resistance fitness training](#) with Mr. William Yates yet?

### COVID Corner:

This COVID-19 information on how to stay healthy during the Coronavirus Pandemic is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village, and Sibley Memorial Hospital. Together we are “Building Engaged and Supportive Communities.”

Dr. Laura Sander, M.D., MPH, Medical Director for Sibley Primary Care and Medical Director for Community Outreach and Population Health at Sibley Memorial Hospital, provided an informative program last week on

how to stay well during the pandemic. Here are a few takeaways from her talk:

- Manage chronic medical conditions through regular check-ups, telemedicine visits, and taking medication as prescribed.
- Preventative screenings like mammograms and colonoscopies are effective tools in providing early detection and treatment. Precautions are in place to keep patients and providers safe during the pandemic.
- Eat a balanced diet, exercise, and get adequate sleep to reap the physical and emotional benefits of a healthy lifestyle and maintain an overall sense of well-being.

Dr. Sander offered practical tips on how to safely navigate in the community during the pandemic and shared a helpful video on understanding and managing pandemic fatigue.

If you weren't able to join this COVID informational series and would like to revisit the program, you're in luck! Click here <https://vimeo.com/470995722/98c457eb23> to watch a recording of "Staying Healthy Isn't Just Staying at Home".

To stay healthy: Don't forget to sign up for our vaccine clinic! Palisades Village has partnered with Giant Foods to offer immunization shots on Tuesday, October 27 from 2 to 5 p.m. at the Palisades Community Church, 5200 Cathedral Ave., NW. **Flu (regular and high-dose), pneumonia, and shingles vaccines** (see below for a description of the vaccines available at this clinic) will be offered. We will schedule appointments in 15-minute increments. The shots will be done **OUTSIDE with masks and social distancing required**. Seats will be provided while you wait for your vaccination. *In the event of inclement weather, the shots will be administered indoors with separate entrances and exits in the Palisades Community Church (the Palisades Hub).* Accommodations are available.

You will be required to bring your Medicare and/or insurance cards and complete a consent form. Appointments will be accepted on a first come, first serve basis for those 50 years old and above, or people living with or caring for those over 60 and above. This will be on first come, first serve basis via reservations but we are making this available to members, family members with whom they live, and caregivers first.

You will need to sign a Giant Vaccine Consent Form (made available online or onsite when you get arrive) and provide your Medicare and/or insurance card. Note that if you are a member of **Kaiser Permanente**, you must get your vaccines through Kaiser so you are **ineligible** for this clinic due to their policies.

Note: To request an appointment, please click on <https://www.signupgenius.com/go/5080A4FAFA92AA4F94-palisades4> and let Palisades Village know which vaccine(s) you would like. We will email you on Monday, October 26 with confirmation of your appointment time, exact location, and further instructions.

Please feel free to share this with those who might be interested in this opportunity.

### **Types of Vaccines Available:**

**Quadrivalent Flu:** Recommended yearly for everyone 4 years and older to protect against Influenza. Influenza is highly contagious and causes fever, sore throat, cough, chills, headache and muscle aches. Each year in the U.S. more than 200,000 people are hospitalized and up to 49,000 may die from influenza-related illness. It is important to protect yourself yearly with this vaccine.

**High-dose Flu:** Recommended yearly for anyone age 65 and older to protect against influenza. As you get older, your immune system may weaken. This vaccine was designed specifically for adults age 65 and older and provides a strong immune response to help protect against the flu.

**Pevnar 13:** Recommended for adults age 65 and older to protect against 13 different serotypes of pneumonia.

**Pneumovax 23:** Recommended for adults age 65 and older to protect against 23 different serotypes of pneumonia.

**Shingrix:** Recommended for anyone age 50 and older to protect against Shingles. 99% of people over 50 years of age are living with the virus that causes shingles. 1 in 3 people will get shingles in their lifetime. Shingrix is a two dose vaccine given 2 to 6 months apart that is up to 90% effective at preventing Shingles. This vaccine IS covered by most commercial plans and DC Medicaid but IS NOT covered by Medicare B but may be covered

with a copay under Medicare Part D. If you have Medicare Part D or other insurances and are interested in this vaccine, please call Giant Pharmacist Erin Meerzaman at **571-218-2886** to inquire if you will have a copayment.

For more information on COVID-19, please feel free to view Palisades Village's website,

[https://palisades.helpfulvillage.com/editable\\_pages/10021-covid-19-resources](https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources) and Sibley's Hospital's COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>

***Save the date for the next Sibley/Villages COVID educational series:***

### **Building Resilience in the Wake of a Pandemic**

November 18, 4-5 p.m.

Register: [www.tinyurl.com/villagetalk3](http://www.tinyurl.com/villagetalk3) or 202-244-3310

### **Why Transitions Are Hard on Our Brains**

This morning, as I walk up the hill overlooking a pond at my friend's cabin, I catch the first whiff of Autumn. There is a slight chill in the air, and I'm greeted by the smell of wet leaves and a few specks of yellow in all of the green.

These are nature's subtle signs, yet they mark

the ending of Summer, with its warmth and abundance of light, and the beginning of something new. Although I've lived this transition every year for decades, I feel regret for the inevitability of it, and I sense myself longing for things to stay just as they are. At the same time, there is comfort in the familiarity of it; at least I know what to expect.



I try to imagine what it would feel like if I had never experienced the transition of seasons, had no way of interpreting the subtle changes, sensing a shift that is beyond my control. This sense of confusion and uncertainty is what marks a major life transition, or as Bruce Feiler coins them in his new book *Life is in the transitions: "Lifequakes."* Lifequakes refer to the turmoil and anxiety that is caused by one or more simultaneous events that could be happy (new career, marriage, new baby), or worrisome (loss of a loved one, loss of livelihood, etc.). They touch us at the core of our being and are followed by a transition during which we look for a new way of making meaning of our lives.

*What makes transitions so hard, even if they are for the better?*

First, we are wired to resist change. One key function of the brain is to regulate the body for survival, which is best achieved in a state of homeostasis when the nervous system is in balance. Because of this natural drive for an internal stability, the brain will react to uncertainty and change as a threat. The resulting stress response not only changes our hormonal balance but also affects the way we think and feel. As we transition to a new equilibrium, we need to accept loss and let go of old beliefs and assumptions, which up to now have shaped the way we make meaning.

Second, transitions are not linear processes with the ending of the previous stage, followed by a reorientation period (or neutral zone) and new beginning, although we often imagine them that way. Rather, these stages happen in parallel and we can experience them as iterative processes; for example in the case of a career shift to free time for a new member of the family, we may have accepted to live with a smaller paycheck but continue to struggle with a loss of status, while at the same time beginning to find new meaning as a parent. Living through a process of letting go, reorienting oneself, and planning for a new beginning all at the same time will often activate the fear response in our brain (flight, fight, freeze) which will impact our cognitive thinking (knowing, judging, problem solving) and make us feel stuck.

Third, when faced with the unknown we can get caught up in imagining worst-case scenarios, driven by our desire for stationarity. Our minds seem wired to prefer negative interpretations and tend to look for clues that reinforce and confirm them. We get locked into a pessimistic mindset that pulls us down and zaps the energy and courage we need to cope with change.

*How can we counter our fear around change?*

As Marie Curie put it: “Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

Understanding transition means creating awareness around our emotions (fear, sadness, shame) and normalizing the experience. Rather than rejecting the uncertainty, we can try to recognize it as a familiar emotional reaction to loss or sudden change. Past experience in dealing with

transition can help us to prepare for the hardest parts and remind ourselves of our coping strategies. This involves not only learning or relearning lessons from the past but also, and maybe more importantly, unlearning unhelpful ways of thinking and reacting.

Mindfulness techniques and positive thinking (looking for the opportunity in change; or the freedom in uncertainty) can help with strengthening awareness and reframing the experience. They allow us to practice selective attention (as opposed to distraction) which enhances our ability for creative thinking. Other techniques include anything that engages us, keeps our attention, gives us energy and makes us feel alive, be it physical exercise, forest bathing, or playing with our children or grandchildren. These activities can help reduce stress hormone production and release dopamine and other feel-good hormones.

Ultimately, we need to accept that transitions take time and overcoming them involves a real effort to regain the state of stability and balance that we are seeking. And if we feel we get stuck along the way, because we settle on sinking ground, or we get overwhelmed by inertia and move backward, reaching out to friends or others who have coped with similar situations can help us to understand ourselves better and feel emotionally held.

**by Vera Wilhelm, Certified Coach, International Coach Federation, and PV volunteer.** Vera conducted a program recently with Palisades Village on "Managing Self and Others in Times of Crisis." She has offered a free session for those who are working through more permanent life transitions, personal loss, retirement, job loss, etc. You can sign up for her newsletter at [verawilhelm@cor-teacc.com](mailto:verawilhelm@cor-teacc.com) or contact her for a free consultation.

Our case manager, Barbara Scott, is also available if you need to talk to someone about dealing with transitions. She has conducted groups to discuss retirement and coping with COVID. Please contact the PV office at 202-244-3310 and we can get you in touch.

### **DACL Senior Technology Connection Pilot Program: A Free Tablet with Internet Access!**

The Department of Aging and Community Living (DACL) has announced a Senior Technology Connection Pilot Program so that older adults can access the internet and take advantage of the plethora of programs offered

by Villages, AroundtownDC, DACL, etc. as well as communicate with their physicians using Telemedicine, connect with their family and friends and much more. In order to qualify for this FREE program that provides you with a tablet and internet access for a year, you must not have a working computer and be at 80% (\$70,500 is the maximum for a single person household and \$80,600 for a two-person household) or lower of the area median income. Please contact Andrea at [asaccoccia@palisadesvillage.org](mailto:asaccoccia@palisadesvillage.org) to sign up or for more information.

### **Palisades Village Current Member Services:**

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance-zoom training, email assistance via phone, etc.
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

## Palisades Library is Opening November 9:

The Palisades Library branch opens to the public on Monday, Nov. 9. There will be restricted access and limited services.

You will be able to:

Pick up a hold.

Get a library card.

Access remote printing

Return items.

Use a computer for 45 minutes.

Unfortunately, customers will not be allowed to browse the collection and the second floor children's room will not be available. The library will be open from 11 a.m.-7 p.m. Monday-Friday and will close from 2-3 p.m. for cleaning and sanitizing.

Don't forget about the **Palisades Village Lending Library**. To get more information and see what is on the shelves, go to the [website](#).

## Pat McCeney has a birthday on November 4:

In lieu of a party, her family has set up a way to send a video hug greeting. You can leave your message to Pat [here](#).

## moveDC 2021:

The Bowser administration, through the Department of Transportation (DDOT), has launched moveDC 2021, the long-range plan that will set the 25-year vision for the District's multimodal transportation system. Residents from across all eight wards who drive, bike, walk, or take public transportation are being asked to provide input that will shape the plan.

Take a few minutes to complete the survey and make sure that the needs and perspectives of older adults are reflected in the plan.

Over the next several weeks, DDOT will solicit feedback from residents to help:

- Streamline the goals, policies, and strategies that guide transportation investments

- Map priority network for bicycles, transit, and freight to achieve mode shift goals
- Set metrics to track progress and measure success
- Ensure that equity is a key consideration in making transportation decisions
- Develop a plan that reflects current values and meets federal requirements

Residents can participate in moveDC2021 in one of the following ways:

- Take the survey online: <http://metroquestsurvey.com/x3q8k>
- Call DDOT (202-599-7371) during the following Telephone Office Hours: Tuesday, October 27, 2020, 7-8 p.m or Wednesday, October 28, 2020, 10-11 a.m.

For more information about moveDC 2021, visit the plan website [www.wemovedc.org](http://www.wemovedc.org).

### Creative Corner:



*Recent works by Avyeris Andonyadis, PV member*

**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! Here is the newest entry...

[Frank Lloyd Wright's Prairie Style Robie House in Chicago](#) -- This webinar was hosted by US/ICOMOS, which is the US Committee under UNESCO/ICOMOS that works to preserve World Heritage Sites. Completed in 1910, the house Wright designed for Frederick C. Robie is the consummate expression of his Prairie style. The Frank Lloyd Wright Trust recently completed a comprehensive restoration of the building, revealing

Wright's extraordinary original vision. The visit was hosted by the architect who led the work and the architectural historian who served as Scholar-in-Residence in 2003.



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

**Wednesday, October 28, 1:00-2:30 p.m.**

**How to Age with Vitality, Dignity, and Humor with Chris Palmer --**

Educator, speaker, author, and environmental/wildlife film producer Chris Palmer is a frequent speaker at conferences and film festivals. He also gives workshops on how to live a fulfilling life, how to raise money, how to give effective presentations, how to network effectively, and how to triple one's productivity. He is a stand-up comedian and performs every Saturday night at the Bethesda Hyatt in Bethesda, MD. He has jumped out of helicopters, worked on an Israeli kibbutz, and was a high school boxing champion. He joined American University in August 2004, establishing the Center for Environmental Filmmaking at the School of Communication. Palmer will give an entertaining and interactive workshop on how to get the most out of life and live with more joy, success, and fulfillment. The workshop is about actively designing our lives rather than simply drifting forward reacting to what happens to us, and how to behave in ways that are true to our most honorable, generous, and best selves. This event is in Partnership with LFV and the Little Falls Library of Montgomery County Public Libraries. Registration Link: [www.littlefallsvillage.org/Vitality](http://www.littlefallsvillage.org/Vitality)

**Wednesday, October 28, 5:30 p.m.**

**Climate and COVID: Tackling the Greatest Challenges" with Sherri**

**Goodman --**Join Georgetown Village as Sherri Goodman, Senior Fellow at the Wilson Center, provides a thought-provoking session on climate change and COVID, two of the greatest challenges of our time. Climate change remains an existential threat to our globe at the same time the greatest pandemic since 1918 is upon us. Our guest speaker is uniquely positioned to discuss these twin crises and how they relate to one another. Sherri is credited with educating U.S. military and government officials over

the last generation about the nexus between climate change and national security. RSVP to [lynn@georgetownvillage.org](mailto:lynn@georgetownvillage.org).

**Wednesday, October 28, 2-3 p.m.**

**[Healthy Eating on a Budget - Information on Sodium and Cooking Demo](#)**--

This series of online webinars is designed to provide participants with an increased understanding of healthy approaches to eating.

Participants will work with the instructor to find solutions to barriers that prevent healthy eating and share best practices for planning and preparing healthy foods in an economical way. Input from participants is encouraged to shape topics and share recipes that best interest the audience. Each session includes a cooking demonstration. Recipes will be distributed in advance, which will give attendees an opportunity to gather ingredients to cook along with the instructor. The goal of this webinar is to encourage participants to act as Nutrition Ambassadors: spreading the idea of eating healthy on a budget in their community.

**Thursday, November 5, 11 a.m.-12 noon**

**[Separation of Church and State with Rachel Laser](#)** - Rachel will discuss our country's longstanding relationship between religious freedom and racism, religious freedom's misuse to advance a white Christian nationalist agenda, and what we can do to stop the abuse of an ideal that should make us all more, and not less, free. Part of NNV (Northwest Neighbors Village) Virtual Speaker Series.

**Monday, November 9, 11 a.m.-12 noon**

**[Peering into the Future: A Post-Election Analysis with John Lawrence](#)**

- Speaker **John Lawrence** will discuss the outcomes of both the presidential and congressional elections. If we know enough, John will also talk about the state legislative level since much reapportionment activity will happen there. [Part of NNV Virtual Speaker Series.](#)

**Tuesday, November 10, 12 - 1 p.m.**

**ONLINE DATING 101** -- Online dating has lots of advantages — it's convenient, it allows you to connect to people with similar interests or those you wouldn't otherwise meet, plus it's a great way to talk with people during the pandemic!

But, we know that it can also be overwhelming and confusing. You might be wondering...

- How do I get started?

- What should I include in my profile? How do I tell my story?
- Which sites should I try, and which ones cater more towards older adults?
- When should I message someone and what should I say when I do?
- What's the protocol for suggesting a meet up?

Online Dating 101 will answer these questions and more to help you navigate the world of online dating with confidence. This workshop will be led by Margot Starbuck, author of *The Grown Woman's Guide to Online Dating*. Margot is an award-winning, New York Times bestselling author, writing teacher, and speaker. Here's the [link to register](#).

**Wednesday, November 11, 1-2 p.m.**

**[Coping with Uncertainty: Travel](#)** -- NNV Member and travel agent, Benita Lupic would like to talk about the future of travel and how the pandemic has affected the travel industry. The current state of the world has made us more aware of the way we travel, and the destinations we visit. She will review health and safety travel procedures, policies, and regulations. She will discuss best practices for being a safer and smarter traveler so that seniors are prepared when they are able to travel again.

**Thursday, November 12, 5:30 p.m.**

**What You Should Know About Medicare** -- Georgetown Village Board Members Diana Dennett and Carol Kelly provide an overview of the Medicare program, what the program means to you, and how to change private plan options during open enrollment. Together, Diana and Carol have more than 50 years' experience. They will also discuss the history and parts of Medicare, key questions most often asked, with answers. To sign up please contact the GV Office at 202-999-8988 or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

**Thursday, November 17, 1-2 p.m.**

**Holiday Cooking Tips for the COVID era with Mariel Smith** -- Are your usual Holiday plans being scrambled due to the pandemic? Are you trying to figure out how to celebrate in style with fewer people? Join Chevy Chase At Home as Mariel Smith, an educator and food blogger ([CookingIsMessy.Com](http://CookingIsMessy.Com)), shares recipe suggestions and tips for adapting your menu for a smaller crowd and preparing a meal that will still make your holidays feel special. [Please Register Here](#), or RSVP to [info@chevychaseathome.org](mailto:info@chevychaseathome.org) with the program name in the subject line.

**Thursday, November 19, 11-12 p.m.**

**Hurricanes: Past, Present and Future** -- Speaker **Dr. D. James Baker**, the longest-serving administrator of the National Oceanic and Atmospheric Administration (NOAA) (1993-2001), will recap the 2020 hurricane season and use examples of notable hurricanes from the past to explain what we know and don't know now about predicting their path and strength. He will conclude with a discussion of what we can expect in the future as climate change provides a more energetic context for these disastrous events. Part of NNV Virtual Speaker Series.

**Thursday, November 19, 5:30 p.m.**

**Grandparents Who Inspired Us** -- Panel session which will explore the ways in which grandparents interact with and more directly support the young generation with children, than in past generations. The panel features one author, Merry Adler, "Grandparents Who Inspired Us Across the World," Pam Godwin, Georgetown Village Member & Board Vice President, and Nancy, a Georgetown Village Advisory Board member who actively support their own families. To sign up please contact the GV Office at 202-999-8988 or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

### 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.):



**Thursday, October 29, 1-2 p.m.**

**Hospice: Living into our dying** -- Learn how hospice can prolong life and enhance care after medical treatment ends from former hospice nurse, Dixcy Bosley.

**Wednesday, November 18, 2:30 p.m.**

**Harnessing the Power of Grief** -- Julie Potter will talk about her new book, *Harnessing the Power of Grief*. [Read more and register here.](#)

**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/downloads/sibley-senior-association-quarter-4-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf).

**5th Annual Journey to Hope D.C. Virtual Conference for Alzheimer's Family Care Partners** -- A FREE conference to get updated on Alzheimer's disease, care, and research. All programs will be held on Tuesdays, from 4 to 5 p.m. via Zoom webinar. Registration is required by phoning 202-364-7602.

Oct. 27 – Recognizing and Transforming the Experience of Grief -- Kelsang Varahi, M.D., M.A., M.S., a Buddhist nun and retired physician.

Nov. 10 – Meet with other care partners, using Zoom breakout rooms, to discuss specific topics in providing care such as: When your loved one is changing, Managing care during the pandemic When family won't step up

Nov. 17 – The Power of Storytelling

**DPR** -- Starting Thursday, October 1, 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. Actual programs will begin on a rolling basis starting on Tuesday, October, 13. DPR will also open 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 our [main registration portal](#).

### **Other Community Events:**

The Fall Catalog for **Live & Learn Bethesda** is available from their [Website](#) or clicking the [Fall Catalog](#). They have ongoing classes and interesting one time speakers on current events, art, history, etc.

### **Monday, October 26 - Saturday, October 31**

**"Dear Maple"** -- Written and performed by Psalmayene 24, this is a production of the Mosaic Theater Company. It will premiere at 7:30 pm on October 26 and be available for viewing through October 31. Tickets are FREE and available now by clicking [here](#). Ticket holders can watch it any time during this time frame.

### **Thursday, October 29, 1:30-2:30 p.m.**

**Insurance Virtual Forum** -- Please join the Department of Insurance, Securities and Banking, and Berniece Fonteneau Senior Wellness Center

for a virtual Elder Insurance Forum. Learn about consumer services, Medicare, legal resources, property and rental insurance through speakers from: Dept. of Insurance, Securities and Banking, AARP Legal Counsel for the Elderly, George Washington Law School and DC Dept. of Aging and Community Living. Participants can call in or click the link on the day of the event. There is no preregistration. Participants can also use login information below. JOIN BY PHONE: 1-650-479-3208 Access Code: 157 457 6790 or JOIN BY COMPUTER: [bit.ly/33pSPZP](https://bit.ly/33pSPZP) Contact: Idriys J. Abdullah, Consumer Protection Advocate at 202-442-7832.

**Thursday, October 29, 7:30 p.m.**

**An Evening with James Beard Award-winning chef Pati Jinich** -- Join Charles E. Smith Communities via Zoom meeting for an engaging presentation by Pati Jinich, host of the two-time James Beard Award-winning and three-time Emmy nominated PBS television series "Pati's Mexican Table" now going on its ninth season. The series is widely distributed in the US through PBS and streamed worldwide on Amazon Prime. Register [here](#). And get one of her recipes [here](#).

**Sunday, November 15, 2 p.m.**

**HLAA's Public Policy Information and Advocacy Activities During Covid-19** -- HLAA are all well aware of the fact that Covid-19 has created new communication challenges for those of us with hearing loss. And so HLAA has taken on several new guidance and advocacy activities. Topics include, but are not limited to:

- Promoting free access to automatic captioning technology
- Providing guidance & clarifying obligations under the ADA & other EEO legislation
- Supporting telehealth accessibility for those of us with hearing loss
- Fostering effective communications while wearing face masks
- Informing telecommunication relay service users about Covid-19 changes
- Advising on effective communications for those working from home.

Lise Hamlin, HLAA's Director of Public Policy, will describe these & other initiatives, answer your questions, & seek your views about other ways HLAA can be helpful. Real-time captions will be provided for this program. All are welcome. Please RSVP by November 12 so that they can send out guidance in advance on how to access this program on Zoom.

## Ongoing Events:

**Tuesdays & Thursdays, 10 a.m.- 12 noon**

### **"Improvisation for Social Change": An Intergenerational Relationship Building Project with Georgetown University Theater --**

Georgetown University Department of Performing Arts is looking for older adult participants in a project seeking to create dialogue between older adults and GU undergraduate students. This project is designed in connection with the GU Theater course "Improvisation for Social Change" where students learn various approaches for using theater practices to advance social change, civic engagement, and community building. A particular area of focus is creating dialogue through interviews, deep listening, and storytelling. The project aims to connect GU students from the course with older adults in interviews and encounters over the semester using storytelling to create an environment for intergenerational relationship building.

Looking for older adult participants interested in engaging with Georgetown undergraduate students in dialogue, interviews, and storytelling. The project will also look to create opportunities for older adults and GU undergraduates to engage together in some theater & improvisation exercises. The hope is to have an initial encounter between participants in late October/early November. If interested in participating in this project email GU Professor Rob Jansen: [rj407@georgetown.edu](mailto:rj407@georgetown.edu).

**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).

**Tuesdays, 2:30-4 p.m., Wednesdays, 10-11:30 a.m. (new) 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](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village October 25 — November 31, 2020

### **William Yates Fitness on Zoom**

Mon 10 / 26 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Vaccine Clinic**

Tue 10 / 27 / 2020 at 2:00 PM

Where: Palisades Community Church, 5200 Cathedral Ave NW,  
Washington, DC 20016

[More Information](#)

### **Virtual Yoga**

Tue 10 / 27 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 10 / 27 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Thu 10 / 29 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Halloween Happy Hour**

Fri 10 / 30 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 10 / 31 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
November 1 — 7, 2020

## **Book Club**

Mon 11 / 02 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

## **William Yates Fitness on Zoom**

Mon 11 / 02 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Yoga**

Tue 11 / 03 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Yoga**

Thu 11 / 05 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Board Meeting**

Thu 11 / 05 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

## **Artist Talk & Happy Hour**

Fri 11 / 06 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 11 / 07 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village