



## **Across the Fence** ***Special Edition*** **May 24, 2020**

Memorial Day weekend traditionally marks the unofficial beginning of the summer. However, with the Mayor's stay-at-home order extended through June 8, to ensure your safety and a safe and sustainable reopening of the District, please:

- Continue to stay home. Get fresh air, but do so close to home and avoid crowded areas.
- Get in the habit of wearing a mask. Masks will now be required in all essential businesses, rideshares, and on public transportation. Public health experts tell us that the use of masks and face coverings can help stop the spread of the virus. That means that wearing masks can save lives, move us closer to reopening, and, once we do reopen, masks will help us stay open.
- Continue to practice social distancing and continue to wash your hands frequently. Remember: wearing a mask is not a substitute for social distancing.
- If you feel sick, call your doctor or the [COVID-19 testing hotline](#).
- If you have tested positive for COVID-19, isolate yourself properly, including from other people in your home. If you cannot properly isolate at home and need a safe place to stay, call the DC government at 1-888-349-8323.

Many of the traditional Memorial Day events have been moved online. The National Memorial Day Concert will go on and will be televised on WETA at 8 p.m. on Sunday. On Sunday, Palisades Village can join Waterfront Village for their [day-long celebration](#) on Zoom, including an

observance, sing-along, costume contest including your pet and beach blanket bingo. Here is a [link](#) to other online events.



### Upcoming Events:

Georgetown Village is delighted to announce that former Secretary of State and New York Times bestselling author **Madeleine Albright** has agreed to a Zoom meeting with Villagers throughout the DC, Maryland and Virginia metropolitan area. She will talk on Thursday, May 28 at 5:30 p.m. about her latest book *Hell and Other Destinations*. **Georgetown Village is graciously donating \$25 to our Village for those that register and identify that are affiliated with Palisades Village.**

In her inspiring memoir, Madeleine Albright reflects on the final stages of her career with candor and wit. When leaving office as America's first female secretary of state in 2001, she was asked how she wished to be remembered. "I don't want to be remembered," she answered. "I am still here and have much more I intend to do." As a neighbor and supporter of the Village movement, she understands and will speak to our important mission--neighbors helping neighbors stay engaged and thrive as we grow older. Bill Plante, renowned former CBS news correspondent, and Georgetown Village board member, will moderate the conversation and you will have an opportunity to ask your question using the Zoom chat function. A contribution of \$100.00 will include participation in the program and a copy of *Hell and Other Destinations* with an autographed bookplate **and \$25 of your fee with go to our Village!**

[Click here to register.](#) Once you have registered and made your donation, you will be sent information on how to join the conversation on Zoom. If you

have questions, please contact the GV office at 202-999-8988 or e-mail Lynn Golub-Rofrano at [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org).

See our Palisades Village [events calendar](#) below to register for Palisades Village's **Fitness, Meditation, [Chat with Barbara](#), [Happy Hour](#)**, or [Mindful Knitting](#). The summer session of [yoga](#) starts on Tuesday. Our [storytellers](#) will gather on Tuesday to share stories of adolescence. Newcomers are welcomed.

**Some of the new additions to our [PV Connect and Learn](#) page:**

[The incredible rooms and floorplans of Buckingham Palace revealed](#)

New York City Ballet DIGITAL SEASON PERFORMANCES - Every Tuesday and Friday at 8 PM EDT, catch works from the NYCB repertory for 72 hours on [NYCB's YouTube channel](#), [Facebook page](#), and homepage at [nycballet.com](http://nycballet.com).

### **Armchair travel:**

Want to sit on the back porch of a lodge in Namibia and watch the animals that come up to the watering hole? This is a live cam of what is happening right now, so you may see rhinos, elephants, giraffes, zebras, or maybe just big bugs. Take a virtual safari at <https://www.ipcamlive.com/margocam>.

### **Creative Corner:**



*Artwork by: Avyeris Andonyadis, PV member*

### **Zoom Update:**

As you know, we are hosting our meetings and presentations on Zoom. Zoom allows you to join by phone or video (on your phone, tablet, or computer). To use it on your phone, you just dial a local phone number

and enter the meeting number (and sometimes password) that we provide. With the video, you have to load it on the device that you will be using (that has video and a microphone). Zoom has just updated the security features so the next time you log in, you may be asked to upgrade to Zoom 5.0. All users will have to upgrade before May 30.

If you need any help with this upgrade or using Zoom in general, please let us know. Iona offers some great classes on Zoom through AroundTown DC as well. The Washington Post recently reviewed [different video chat platforms](#) and Zoom came out on top.

### **Sibley's COVID-19 Virtual Community Drive:**

Sibley Memorial Hospital, in partnership with the Palisades Citizens Association, Palisades Village, and American University, encourages you to support our COVID-19 Virtual Community Drive, running May 25 through June 1.

While the coronavirus pandemic is having an impact all over the world, in the United States a disproportionate number of people of color – particularly African Americans – are experiencing more serious illness and death due to COVID-19 than other demographics. To help address this emerging statistic, the community drive will focus on providing aid to communities of color across the District.

Please visit the drive's [Amazon wish list](#), comprising specific items ranging from cloth masks to essential household items that are in great demand in the District's underserved neighborhoods. Items purchased from the wish list will be delivered to Sibley and distributed to various community partners who will, in turn, ensure that the much-needed items are received promptly by under-resourced residents and families. Make sure you select "Sibley Memorial Hospital Community Drive" during the check-out process to have the items delivered directly to the hospital.

### **DC Hearing Aid Assistance Program:**

DC Department of Health (DOH) Hearing Aid Assistance Program (HAAP) is now "live" and accepting applications at this website address: <https://dchealth.dc.gov/service/hearing-aid-assistance-program>

The website includes detailed information on how to qualify; how to apply, what documents are required, deadlines, and FAQs.

Qualifications include, among others: DC resident; Less than \$100,000/year household income; Purchased hearing aid June 1, 2018 - September 1, 2020.

If you have any questions, please contact this DOH designated HAAP person: Tasha Moses at [tmoses@smsllcgroup.com](mailto:tmoses@smsllcgroup.com) or phone **202-617-5919**.

## DC Village Collaboration



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

**Monday, May 25, 10 a.m.-3 p.m.**

**Memorial Day Celebration** -- Waterfront Village has invited us to join their Village's Day-long Event on Zoom.

10:00 a.m. - Memorial Day Observance Service

11:00 a.m. - Yankee Doodle Sing-a-long

1:30 p.m. - Costume Contest (Human and Pet)

2:00 p.m. - Beach Blanket Bingo

Via Zoom at:

<https://zoom.us/j/6731567942?pwd=VmNUUStjbEJKR3ZQZmlpWTJRTEpOZz09>

Meeting ID: 673 156 7942, Password: 20024

Dial in by phone or with phone audio: +1 301 715 8592

Meeting ID: 673 156 7942, Password: 20024

For more information about the **NNV Virtual Speaker Series**, click [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, May 27, 11 a.m. - 12 p.m.**

**[Understanding and Responding to Dementia-Related Behavior](#)** --

Learn how to understand and respond to dementia-related behavior.

Register [here](#).

**Friday, June 5, 2:30 - 3:30 p.m.**

**[Sheep to Scarf Workshop](#)** - Laureen Branting, fiber arts artist, will take us through the steps in a virtual "Sheep to Scarf" workshop. Register [here](#).

**Sibley Seniors Association:**

**Friday, May 29, 3 p.m.**

**Sibley Senior Association Aging on Your Terms Conference Session**

**3 Topic: What is Care Management and why do I need it?** How care managers can help people discover support and services available – preparing for tomorrow's needs today. Speaker: Susy Elder Murphy, BA, CMC, Owner, Debra Levy Eldercare Associates

Due to COVID-19, the Sibley Senior Association is offering our Aging on Your Terms conference virtually this year. You are invited to join our live Zoom webinars on line or over the phone, or you may listen to the recordings after the event. You are welcome to provide your question(s) in advance, or submit them to the live chat option during the session. In Zoom webinars, you are muted on entry, and may enter questions in the Q&A box. You will see the presenters on your screen, but not yourself, or any of the other participants. Please join us by visiting this link on at 3 p.m. on May 29:

<https://jhjhm.zoom.us/j/93831901833?pwd=c21DNDRDa1gxTGpISExBRnExQWpjZz09> Password: 274067 Or call 301-715-8592 (enter meeting ID: 938 3190 1833 and Password: 274067) to listen to the presentation over the phone.

**Other community events:**

**Tuesday, May 26, 7 p.m.**

**Is the World Just? Notions of Deservingness and Public Policy** -- We each regularly judge the deservingness of others – Who deserves health care? Who deserves a stimulus check? Who deserves to go to college? These notions of deservingness are reflected in our beliefs about justice and influence the design and implementation of social policies in fundamental ways. Discussion is encouraged during the webinar about how

your own beliefs about justice shape your attitudes toward public policy.  
Host: Vicky Wilkins, Dean of the School of Public Affairs, American  
University Registration deadline for this event is 12 p.m., Tuesday, May 26.  
[Guest Registration](#).

**Wednesday, June 3, 2 -4 p.m.**

[Diabetes A-Z --](#) Good diabetes care takes a team. A multi-disciplinary team from Suburban Hospital will discuss all the basics for effective diabetes self-management. This is an interactive class taught by a registered dietitian, clinical pharmacist, and certified diabetes educators. If you need a refresher course or you have being recently diagnosed, this class is for you! Suburban Free Webinar Series *Registration is required at [events.suburbanhospital.org](http://events.suburbanhospital.org)*

## COMING UP IN PALISADES VILLAGE

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  
May 24 — 30, 2020

**Memorial Day - Office closed**

Mon 05 / 25 / 2020 at 12:30 AM

Where: No address or address is not accurate

[More Information](#)

**Meditation with Roseanna**

Tue 05 / 26 / 2020 at 10:00 AM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 05 / 26 / 2020 at 2:00 PM



Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 05 / 26 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Functional Fitness**

Wed 05 / 27 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

### **Full Body Strength Conditioning and Interval Class**

Wed 05 / 27 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

### **Chat with Barbara**

Wed 05 / 27 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

### **Virtual Yoga**

Thu 05 / 28 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

### **Hon. Madeline Albright DC Village Fundraiser**

Thu 05 / 28 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

### **Virtual Happy Hour**

Fri 05 / 29 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

### **Mindful Knitting**

Sat 05 / 30 / 2020 at 10:30 AM



Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

May 31 — June 6, 2020

**Book Club**

Mon 06 / 01 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

**Virtual Yoga**

Tue 06 / 02 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 06 / 04 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 06 / 04 / 2020 at 6:00 PM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village