



Across the Fence *Special Edition* September 6, 2020

Upcoming Events:

No fitness class this Monday in observance of Labor Day. Put your feet up and relax. Mr. Yates will be back next week.

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

The [storytellers](#) will be back on Tuesday at 3 p.m. Don't you have a story that you would like to share with a fun group?

We have been working with other DC Villages to share programs. Don't forget to look below at what else is offered such as a training session to use the [free transportation options](#) through Yellow Cab of DC.

In addition, to DC Villages, we also give you some options from [Sibley Seniors Association](#) like their upcoming forum on Telemedicine on September 10. [Around Town DC](#) also has a wide variety of programming from fitness to discussion groups to cooking. We highlight a couple of events each week that we think may interest you so keep reading for details.

COVID Corner: Speak Up Palisades!

This COVID-19 information on Hearing Loss and Speaking Clearly is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland, and Woodley Park Village, and Northwest Neighbors.

Did you know that according to the National Institute on Deafness and Other Communication Disorders (NIDCD):

- One in eight people in the United States (13 percent, or 30 million) aged 12 years or older has hearing loss in both ears, based on standard hearing examinations?
- About 2 percent of adults aged 45 to 54 have disabling hearing loss? The rate increases to 8.5 percent for adults aged 55 to 64. Nearly 25 percent of those aged 65 to 74 and 50 percent of those who are 75 and older have disabling hearing loss.

As one in many that have experienced hearing loss and other communication disorders, many of us have a hard enough time hearing people under normal circumstances. Now with the pandemic and the importance of wearing a mask and maintaining an appropriate social distance, we must look at our mask options, be aware of speaking clearly and face the person that we are talking to. Last month, The American Speech-Language-Hearing Association (ASHA) applauded the U.S. Centers for Disease Control and Prevention (CDC) for issuing newly updated COVID-19 mask considerations that include adaptations and alternatives for people with hearing loss and other communication disorders.

In a [June 8 letter](#) to CDC Director Robert Redfield, ASHA asked the agency to emphasize the need for clear face masks and the use of other communication aids to protect people with hearing loss and other communication disorders. ASHA noted that this was a pressing public health issue, given the large segment of the U.S. population that has a communication disorder. Solid face masks and coverings reduce the effectiveness of spoken communication [in numerous ways](#), including dampening and filtering sound, degrading speech intelligibility, and removing visual cues.

In written correspondence to ASHA informing the association of its revised recommendations, Redfield stated, “We appreciate ASHA raising this important issue, and CDC recognizes the unique challenges that individuals with communication disorders encounter when wearing solid face coverings or when interacting with essential workers, such as health care providers, who communicate through solid face coverings.”

In its updated, "[Considerations for Wearing Cloth Face Coverings](#)," the CDC states: "Adaptations and alternatives should be considered whenever possible to increase the feasibility of wearing a cloth face covering or to reduce the risk of COVID-19 spreading if it is not possible to wear one."

The health agency cites specific populations in its revised recommendations, including those with hearing loss: "People who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear cloth face coverings if they rely on lipreading to communicate," the CDC states. "In this situation, consider using a clear face covering. If a clear face covering isn't available, consider whether you can use written communication, use closed captioning, or decrease background noise to make communication possible while wearing a cloth face covering that blocks your lips."

Clear face masks and other flexible communication methods—such as shared computer screens, notepads, whiteboards, voice-to-speech applications, personal sound amplifiers, use of plexiglass barriers, and other related resources—can assist in making communication more effective, most critically for imparting one's medical needs and preferences. For more information, visit www.asha.org.

The Hearing Loss Association of America has a webinar on **Face Masks and Hearing Loss: Practical Tips and Strategies** that you can watch on YOUTUBE and add closed captions and adjust the font size. It shares practical tips and strategies that can make interactions a little easier and help you feel more in control. The video demonstrates various ways to wear masks comfortably with hearing devices and how to avoid losing them when masks are removed. Also discussed are simple techniques for troubleshooting your hearing aids while in-person hearing care in your area may be limited during the pandemic.

<https://www.hearingloss.org/webinars/face-masks-hearing-loss-tips/>

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 and Sibley's Hospital's COVID website,

<https://www.hopkinsmedicine.org/sibley-memorial-hospital/>

Neighbors Helping Neighbors:

In August Palisades Village Members and Volunteers donated 12 heavy double-bags of food and more than \$1,000 to So Others May Eat (SOME) to purchase staples for DC families in need.

Our September drive is for much-needed underwear and socks for men, women, and children. SOME makes that easy!

- 1) Shop online and have the items sent directly to SOME at 71 O Street, NW, Washington DC, 20001. Walmart and Costco are cheap and there is a Wish List at Amazon: <https://www.amazon.com/gp/registry/wishlist/10AX1YCWX0OWS>. SOME is not fussy about brand names; they are into quantity over quality.
- 2) Send a check to SOME directly at the above address.
- 3) Ask for a Palisades Village volunteer to pick up underwear or socks, or a check, from your home.

Thanks for keeping the giving flowing to those in need in our fine City.

Department of Aging and Community Living Survey

The Department of Aging and Community Living (DACL) is in the process of collecting ideas from Washington, DC residents for new projects, services, and/or programs to combat social isolation and promote the well-being of our older adults, adults with disabilities, and caregivers during the COVID-19 pandemic/Public Health Emergency. And, possibly beyond for those that prove to be impactful.

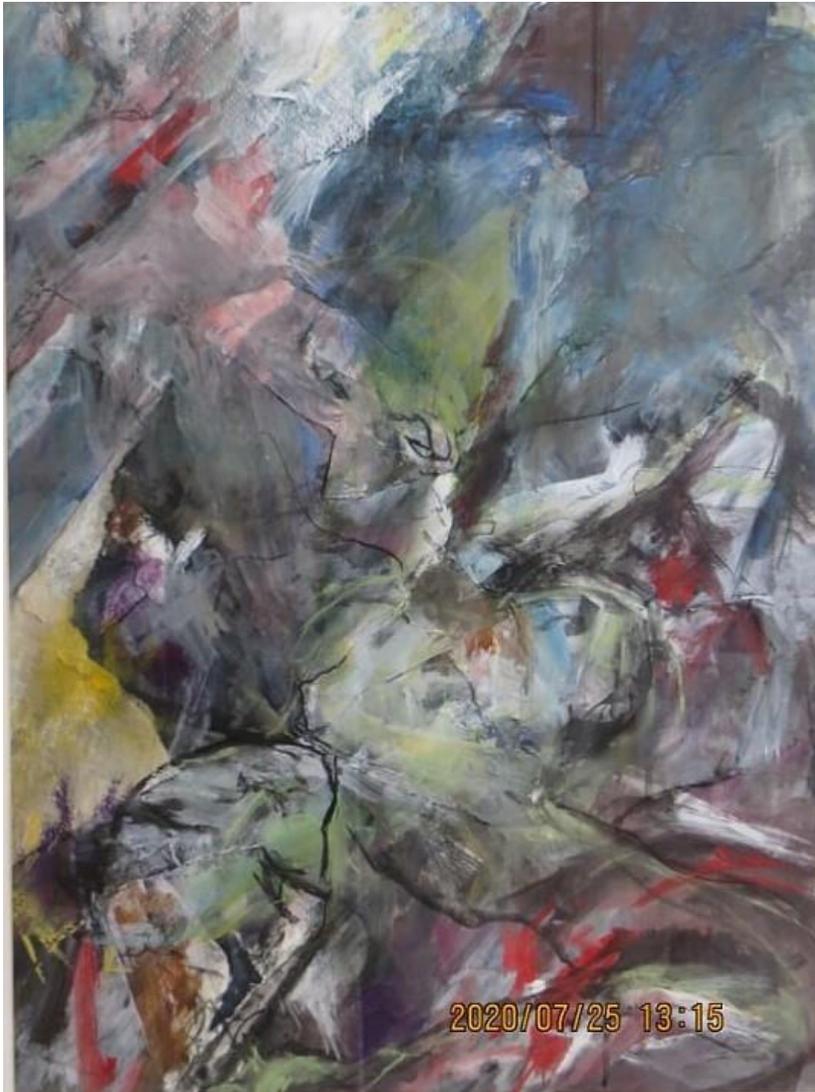
At our monthly meeting last week, the DC Villages' Executive Directors discussed priorities to suggest to DAACL. We agreed that marketing/advertising the existence of Villages in an effort to support membership recruitment (especially of subsidized members) and volunteer recruitment was a strong priority. This marketing effort would also be aimed at increasing awareness of and interest in establishing new villages in currently unserved communities (especially in low-income areas and communities of color).

We are keenly aware, now more than ever, that Villages play a critical role in helping older adults remain in their homes as long as possible. While "home" is where most of us want to remain, in the midst of this pandemic, it

feels even more urgent that people be able to stay put where they feel most comfortable.

If you also think that would be a good idea, feel free to give it in the survey. Or, put in your own idea. [To access the survey click here](#). The deadline to reply is September 30th.

Creative Corner:



Myth, mixed media by member Elaine Lozier. Take a moment to really look.

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!

Book Lovers Unite:

We have started a new group in our Village Talk on our website (www.palisadesvillage.org). Tell us about the books you have read. Need a book to read? We will be sharing what books are in our Palisades Village library and you can chat with others about what books you have or are looking for. We can help facilitate exchanges of books. This will be a little like our own listserve but just about books and book-related things.

Members: let us know if you want to be part of this group and we will show you how to log in to the website and utilize it. Contact Erica at **202-244-3310** or eblanton@palisadesvillage.org.

Interested in something other than books? We can start a group. We will also be forming groups for Hearing Loss and Vision Loss.

Georgetown University Learning Community Classes:

Registration is open now. The Georgetown University Association of Retired Faculty and Staff (GUARFS) offers non-credit mini-classes. The courses are taught, on a volunteer basis, by retired faculty and others on a wide variety of topics, such as politics, art, literature, and science, that engage the community in the intellectual life of the University. The following courses are open this fall:

- Mary in Biblical and Ecumenical Perspective – *Prof. Anthony J. Tambasco*
- The Road to the White House 2020 – *Prof. Stephen Wayne*
- Understanding the Qur'an. – *Imam Yahya Hendi*
- How we Dehumanize and Degrade: From the Beginnings of the European Slave Trade in 1494 to the Death Camps, Genocide, and Contemporary US White Nationalism – *Prof. Edward J. Ingebretsen*
- Successfully Navigating the Complex Healthcare System – *Maryann Griffin, MSW*

The registration fee is \$30 for a single course or \$50 for multiple courses. Pre-registration is required. For more information, [click here](#).

Need a copy of an old *Across the Fence*:

Members can access prior issues of *Across the Fence* on our website (www.palisadesvillage.org) under the Member Tab. Having trouble logging in? Need a password? Email ebanton@palisadesvillage.org or call 202-244-3310 and we can help.

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 an example:

Explore the Smithsonian's 13 outdoor [HABITAT exhibits](#) in real life. They include nests, trees, monarchs, native landscapes.

Learn from Smithsonian Gardens how to create [Monarch waystations](#) in your garden.

Take a tour behind the scenes at the [Smithsonian greenhouses](#).



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

Tuesday, September 8, 11:30 a.m.

Training to use Free Transportation through Yellow Cab -- DC Villages is committed to ensuring that seniors have up-to-date information regarding transportation options and safety measures being taken by local providers. To learn more about the various programs available through Yellow Cab of DC, including non-emergency medical transit, TransportDC, and Taxi2Rail and what they are doing to keep you safe register for the online training sessions. Q&A Session to follow the presentation. Register [here](#).

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.

Friday, September 11, 1:30-3 p.m.

The Politics Forum: Special guest and AHA member Martin Tolchin will discuss his new book "Politics, Journalism and the Way Things Were." --Tolchin has served as bureau chief for the New York Times, was the founder of The Hill newspaper, and was part of the editorial founding team at Politico. He is an award-winning author of several books on domestic and global politics and on Congressional ethics. This latest offering is more memoir based. The Politics Forum will be moderated by Dr. Helen Desfosses, a retired Public Policy professor from the University at Albany-SUNY and AHA board member. RSVP by Sept. 9 by phone to 703-231-0824 or email to aha@athomeinalexandria.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**.

Monday, September 21, 1 p.m.

Electoral College: What it is and How it Works -- Participants in the Electoral College presentation will hear about the history, how it works and the impacts on the United States presidential election processes. Robert (Bob) Kennedy Rodweller was a professional technologist for more than 30 years and retired from the Federal Reserve Board of Governors. Prior to and after his tenure with the Federal Reserve, he worked as an information technology and management executive across multiple federal agencies and private organizations in and around Washington, DC. Bob was also an active Election Judge in Maryland for 12 years. He and his wife moved to Fayetteville, Arkansas from Maryland in 2012 and Bob has taught classes at the University of Arkansas since 2013. Registration Required. [Please click here to register](#). You will receive the Zoom link prior to the program.

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 9, 3-4 p.m.

[**Planning for Incapacity: Advance Directives & Other Strategies with Niel Rosen**](#) -- Join Niel Rosen for his presentation on how decisions about your medical care can be made when you are unable to decide for yourself. He will begin with important general information to provide a framework for understanding advance care planning. In particular, Niel will discuss the trajectories associated with common terminal conditions, distinctions among medical interventions, and protocols that guide the decisions made by others when patients cannot make their own decisions. He will then take up ways of planning for incapacity, including powers of attorney for healthcare, living wills, and medical orders using the POLST paradigm. Niel will conclude by emphasizing the role of education in advance care planning. On the one hand, clinicians educate patients and proxies/agents about medical conditions and how the condition is likely to unfold (diagnosis and prognosis). On the other hand, patients educate clinicians as well as proxies/agents about what matters most to them, including their hopes, fears, and values. There will, of course, be ample time for questions.

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>.

Thursday, September 10, 2-3:30 p.m.

Tune in for Telemedicine: An Expert's Guide to a Seamless

Experience -- While telemedicine is not a new health care delivery platform, 2020 has seen a drastic increase in utilization. Telemedicine brings a number of benefits to the user and provider experience, in addition to added safety during a global pandemic. During this forum, the virtual visit will be broken down by expert panelists from Johns Hopkins Medicine, Sibley Memorial Hospital, and Suburban Hospital to ease your fears about quality, security, privacy and – what might be the greatest question on our mind – is telemedicine here to stay?

The panel of expert speakers includes:

Rebecca Canino, Administrative Director, Office of Telemedicine, Johns Hopkins Medicine

Dr. Brian Hasselfeld, Medical Director, Office of Telemedicine, Johns Hopkins Medicine

Dr. Edward Healy, Chief of Cardiology, Suburban Hospital

Dr. Helen Hughes, Assistant Medical Director, Office of Telemedicine, Johns Hopkins Medicine

Dr. Laura Sander, Medical Director, Primary Care, Sibley Memorial Hospital

To register for this free event, please visit:

<https://tinyurl.com/Telemedicine910>

Wednesdays, 1-2 p.m.

Sibley/Johns Hopkins Medicine Stroke Survivor Support Group -- The group is free and open to stroke survivors and their caregivers. Survivors need not be treated at Sibley/JHM to participate - we welcome all! We

have guest speakers or visit among ourselves at the weekly meetings. Those interested can contact me at achew6@jh.edu or 202-333-4257 for information and the zoom link.

Other Community Events:

Wednesday, September 9, 6 p.m.

Celebrating Suffragettes in Washington, DC with Rebecca Boggs Roberts -- Join DC Public Library in hosting local author Rebecca Boggs Roberts and celebrate the 100th anniversary of the ratification of the 19th Amendment. Roberts will be discussing her book, [*Suffragists in Washington, D.C.: The 1913 Parade and the Fight for the Vote*](#), and the important role our city played in the fight for suffrage. DCPL will stream the discussion to its [Facebook](#) and [Youtube](#) pages.

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.

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:

The National Building Museum is putting on an outdoor exhibit called "[Murals that Matter: Activism Through Public Art](#)." It features DC Street Art responding to the social justice protests this summer. Location: The National Building Museum's West Lawn on 5th Street between F and G.

Montgomery Parks' [Picnic in the Parks](#) program brings your favorite food to you while you are out enjoying the parks listed on their website. "Each park comes with a designated delivery zone, along with multiple picnic circles that are physically distanced to make sure you can enjoy your meal safely."

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
September 6 — 12, 2020

Labor Day - Office Closed

Mon 09 / 07 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

Getting Smarter About Transportation Options

Tue 09 / 08 / 2020 at 11:30 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 09 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 09 / 08 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 09 / 10 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 11 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 09 / 12 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
September 13 — 19, 2020

William Yates Fitness on Zoom

Mon 09 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Events Committee

Tue 09 / 15 / 2020 at 1:30 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 09 / 15 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 09 / 17 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 09 / 17 / 2020 at 5:00 PM

Where: Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 18 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 09 / 19 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village