



Across the Fence *Special Edition* September 13, 2020

Members: If you would like to take a walk or have an outdoor visit, need technical assistance, require home repair assistance, receive a friendly phone call, need groceries or prescriptions, help with meals, or talk to our case manager, please contact the office at 202-244-3310 or email ebanton@palisadesvillage.org.

Upcoming Events:

Ready to get stronger and steadier on your feet? Mr. William Yates of the YMCA is ready to help you no matter what your level of fitness. [Register](#) for his free **Strength and Resistance** class on Monday at 3 p.m. on Zoom and see why he has so many devoted fans.

The gentle stretch and mindfulness of yoga more your speed? Jill Minneman offers a great **yoga** class for Palisades Village each [Tuesday](#) and [Thursday](#) at 3 p.m.

Or you can explore mindfulness through knitting or crocheting with the [Mindful Knitting](#) Group that meets Saturdays at 10:30 a.m. Interested in knitting but don't know how? We can get you started.

If you missed the presentation on [Transportation Options](#) offered by the District through Yellow Cab. They are offering another session this Tuesday, September 15 at 11:30 a.m. and repeating again on Tuesday, [September 22 at 11:30 a.m.](#)

Our next **conversation on Race and Racism** will meet on Wednesday, September 16 at 3:30 p.m. to discuss a recent video of a book talk with Isabel Wilkerson on *Caste: The Origins of our Discontents*. She is in

conversation with John Dickerson at the New York Public Library. For more information and to register, please click [here](#).

The Palisades Village **Board of Directors** will meet on Thursday, September 17 at 5 p.m. via Zoom. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Palisades Village members who would like attend the Board meeting virtually should contact the Palisades Village office at 202-244-3310 or via email by clicking [here](#).

COVID Corner: DC Transportation Options for Older Adults During COVID-19

This COVID-19 information on DC Transportation Options for Older Adults is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village. Together we are “Building Engaged and Supportive Communities.”

Navigating around the District can be a challenge for many older adults, especially during the pandemic. Christopher Grayton, Sales and Marketing Manager for The Yellow Cab Co. of DC, Inc., recently presented three local government transportation program options that have been expanded to help seniors during COVID-19.

1. **Taxi 2 Rail (T2R)** –The Department Of For-Hire Vehicles (DFHV) and the DC Mayor’s Office have expanded the program parameters for T2R as part of evolving needs in the COVID-19 public emergency. The allowable trips include visits to/from grocery stores, medical appointments, pharmacies, and Metro stations. Trips for essential workers including home aides and food preparation workers are included. Please note that the service is available to anyone regardless of age citywide and the trips are within DC only. Trips to Virginia and Maryland are NOT allowed. Trips are reimbursable up to \$20. The passenger is responsible for fares above \$20. To schedule a ride with T2R, call: 202-727-3827 in advance or an hour before your scheduled appointment. Operating hours are: Monday- Friday, 5:30 a.m. - 10:00 p.m., Saturday, 7:00 a.m. - 10:00 p.m., and Sunday, 8:00 a.m. - 10:00 p.m.

2. **Transport DC-** Transport DC is a premium same-day, cost-effective alternative transportation service for WMATA MetroAccess customers (for eligibility requirements please call 202-962-1100 or e-mail access@wmata.com). Sponsored by The Department of For-Hire Vehicles (DFHV), this service provides unrestricted rides for the first 15 days of the month and rides for employment, groceries, and medical services during the remainder of the month. To book a ride with Transport DC, have your MetroAccess ID available, and call 1-844-322-7732, 24 hours a day. Mention that you are using “Transport DC.” Each one-way ride costs \$5.00. Two additional passengers are allowed to ride with you at no extra cost. You must show your MetroAccess card when your driver arrives.
3. **Senior MedExpress-** Senior MedExpress, offered by the DC Department of Aging and Community Living (DACL), is an essential non-emergency medical transportation for older adults living in the District of Columbia. Residents of the District who are 60-years and older and have a medical condition requiring essential life-sustaining appointments, such as chemotherapy or dialysis or appointments for health-related public benefits are eligible for this free service. Rides are offered in the District, Maryland, and Virginia. Please note that Medicaid clients are not eligible for the program. To enroll, call DACL at 202-724-5626 from 8:30 a.m. to 4:30 p.m. Once enrolled with DACL, call Senior MedExpress at 202-420 7533. Senior MedExpress operates from 6:00 a.m. to 6:00 p.m. Monday to Saturday excluding holidays. There is no service on Sunday.

Have questions or want more information on these programs, please attend the [presentation](#) hosted by Capitol Hill Village this Tuesday, September 15 at 11:30 a.m.

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/>

2020 in Pictures-Starring our Favorite Actress, Lucille Ball:



We love Lucy! Thank you to Hulit Taylor for sharing.

Neighbors Helping Neighbors:

Palisades Village's September drive is on for much-needed underwear and socks for men, women, and children. Can you help? Here are several options for you to help:

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 to Jan Smart at 4408 Greenwich Parkway NW, WDC 20007.

3) Ask for a Palisades Village volunteer to pick up underwear or socks, or a check, from your home.

A special thanks to Jan Smart for taking the lead on our second community service project and to you, for your generosity!

Department of Aging and Community Living Survey

If you have any ideas that you would like to share with the Department of Aging and Community Living (DACL), now is the time. They are surveying the community for ideas on how they can:

- help fight senior social isolation;
- promote well being and connectedness;
- incorporate intergenerational and volunteer opportunities;
- include technology or virtual/online considerations for the delivery of service;
- reduce senior social isolation specifically among LGBTQ seniors; and,
- make use of creative arts and fitness (painting, music, dance, etc.).

The 13 DC Villages play a key role in addressing social isolation. We provide essential services and promote social engagement through our volunteers calling and visiting members, offering exciting and stimulating online programs, exercise classes, etc. and other services that help older adults remain safely in their own homes and community. We want other older residents who are unaware of our services, especially those in some of the other wards and sections of the city, to be able to have the same advantages. We hope to reach older adults, their families who are out of the area and caregivers to inform them about our services and opportunities. Collectively the Villages are completing this survey and advocating for marketing support to increase our presence and promote our value in our neighborhoods.

DACL could greatly reduce social isolation among older residents through an awareness campaign aimed at connecting them (or in some cases through their family, friends, or caregivers) to Villages.

[To access the survey click here](#). The deadline to reply is September 30th.

Creative Corner:



leaving for the Village cocktail party
make a pit stop,
check your cash,
put in hearing aids,
wear your name tag

take your cane, just to get
from car to door,
shoulders down, blades together --
wear your name tag,

remember faces and their stories
who did you meet at Mah Jong?
prepare some chitchat,
take the address for GPS

and the smart phone,
turn on lights, alarm, lock up –
where's my name tag?

Poem by Palisades Village member Frank Staroba. Join us for an event on Zoom and you don't have to remember where you left your name tag.

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!

Telemedicine:

If you missed last week's presentation on Telemedicine from Johns Hopkins Medical, you can view it [here](#). You can also find a copy of their [One Stop for Telemedicine](#) in our resources.

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? Thanks to Volunteer Deborah Weinberger, who catalogued and inventoried all of our books in our Little Village Office Library, you can find the perfect read! Want to know what books are in our Palisades Village library? Want to chat with others about what books you have or are looking for? Palisades Village can help facilitate the exchange and/or delivery of books. This is like our own Village listserve but just about books and book-related items.

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.

Beware

If you get a call or email that seems just a little odd, it could be a scam. Before you buy something, send money or get a gift card, call or text the sender at a number that you know to be valid and just double check. Just because the email address or phone number looks right doesn't mean that it is. The scammers are really good.

Georgetown University Learning Community Classes:

Registration is still open. 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](#).

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!



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

Tuesday, September 15, 7 p.m

Virtual Event: Village Voices: Karen Mulhauser--100 Years of Women's Suffrage -- 2020 is the Centennial Anniversary of the 19th Amendment to

the U.S. Constitution--women's suffrage. Karen Mulhauser has worked on gender equity issues since the late 1960s. Each year, the Women's Information Network give a DC-area woman the Karen Mulhauser Award for supporting young women. To get the Zoom link, register with Capitol Hill Village by calling or emailing the office or by [clicking here](#).

Wednesday, September 16, 5:30 p.m.

"Your Next Chapter - A Woman's Guide to Successful Retirement"

with Alex Armstrong, CFP & Mary Donahue, PhD -- After so many years of working, raising a family and more, all women deserve to have the retirement they choose. Join us as these two authors - a psychologist and a financial planner—speak to this topic from personal and professional experience. “*Your Next Chapter*” provides women with the information they will need in order to be successful in navigating this complex time in their lives. To sign up please contact the Georgetown Village Office at 202-999-8988 or Email: lynn@georgetown-village.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.):

Thursday, September 17, 2-3 p.m.

[Medical Aid in Dying: Learn about this DC Law--](#) Learn about the law and how you can access this medical practice — or not. It is a choice and nothing more. Dixcy Bosley, RN, MSN, Iona Nurse Care Manager, will explain the history of the law, describe requirements and address common barriers and misconceptions about DC's Death With Dignity Act.

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>.

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:

September 13-26

Art All Night -- This year, Art All Night is not only going online, it's expanding to two weeks! AAN 2020 begins September 13 and runs through September 26. The annual festival takes place in Tenleytown and neighborhoods across the city, celebrating the arts in all their forms and showcasing the diverse talents of the city's creative community. While the Art All Night experience will be different from prior years, Tenleytown Main Street (TMS) has put together a program for art lovers of all ages to enjoy while safely social distancing. We'll be featuring local creatives with:

- Online dance, cooking, and cocktail making classes and kids' crafts
- Behind the scenes videos featuring local business owners & creative entrepreneurs
- The Tenleytown Art Walk featuring works by area artists displayed in storefront windows – enjoy online or in-person!
- A new online Art Market where you can shop original paintings, jewelry, photography, and more from area artists
- AAN Small Business Specials
- Throwback online performances from past AAN musicians

Bookmark the official TMS Art All Night webpage for the latest information, tenleytownmainstreet.org/event/art-all-night, and follow us on [Facebook](#) and [Instagram](#). The creative fun goes live on Sunday, September 13. Plus, check out www.dcartallnight.org for showcase performances by notable DC artists and themed promotions from across the District.

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.

Sunday, September 13 & Sunday, September 20, 7-10 p.m.

2020 Takoma Park Alternative Folk Festival-- Six hours of programming that will be shown online. The Festival will be a mix of six new performances recorded at Takoma Park's own Tonal Park studio this summer, along with archival Festival footage - courtesy of Takoma TV - celebrating more than 40 years of this community event. The theme is "Voices Heard," which reflects the determination to have a celebration, support for the inclusion of the many voices in our community, and the collective striving for social justice. The six performances include Soul trio Big Little Band headed by Takoma's own Marc Evans; North American traditional music from Lisa Null; Americana from Naked Blue; remarkable guitarist Yasmin Williams; the gypsy jazz of Orchester Praževica; and folk-funk-rockers Most Savage Gentlemen. This alternative event will also highlight links to community organizations working for social justice, as well as popular crafts artisans featuring their work. More info and how to participate at TPFF.org.

Tuesday, September 15, 1:00 p.m.

UNORTHODOX, between Brooklyn and Berlin: A Conversation with Author Deborah Feldman and Director Maria Schrader-- Moderated by AU's Michael Brenner. Ahead of the 2020 Emmys on Sept. 20, join us for a special conversation with author Deborah Feldman and UNORTHODOX director Maria Schrader. Moderated by Michael Brenner, Director of American University's Center for Israel Studies, the event—which will include an interactive Q&A—is hosted by JxJ and the German Embassy Washington. Loosely based on Deborah Feldman's 2012 bestselling autobiography "Unorthodox: The Scandalous Rejection of My Hasidic Roots", UNORTHODOX explores complex historical, cultural and emotional terrain. In moving between richly detailed worlds, religious and secular, on both sides of the Atlantic, its central story revolves around a universal theme: the right to discover your true self and to have your own voice [RSVP](#) for the Conversation

September 15, 6 p.m.

PBS FRONTLINE Presents: Plastic Wars -- Live panel discussion with the producers of Plastic Wars, a FRONTLINE and NPR investigation, co-

produced with the Investigative Reporting Workshop at AU's School of Communication. The film asks: Did the plastic industry use recycling to sell more plastic? With the industry expanding like never before and the crisis of ocean pollution growing, the film examines the fight over the future of plastics. Executive Director of SOC's Center for Environmental Filmmaking Maggie Burnette Stogner will moderate. The event co-sponsored by: Investigative Reporting Workshop, Office of Sustainability, Center for Environmental Filmmaking and the School of Communication. RSVP via Eventbrite, <https://plastic-wars.eventbrite.com>

Wednesday, September 16, 7:30-8:30 p.m.

[Jim Crow Came to Chevy Chase DC: Broad Branch Rd. Black](#)

[Community Evicted](#) -- Join Historic Chevy Chase DC in a Zoom Webinar featuring Historic Chevy Chase DC's James Fisher and Tim Hannapel as they talk about the fascinating story of the little-known history of racism that forced Black landowners from the property they had owned for generations along Broad Branch Road in Chevy Chase DC. Their 1928 eviction enabled the building of the then-whites-only Lafayette Elementary School and Park. Recent research has traced the descendants of those landowners to the Fisher family. James will discuss how the unfurling of this history revealed a direct link the family has to a freed slave named George Pointer whose 18th-century life was exemplary. They also talk about what it means for this history to be recognized today with the HCCDC effort to have the park renamed Lafayette Pointer Park and Recreation Center.

Tuesday, September 22, 11 a.m.

Mayor Bowser's 9th Annual Virtual Senior Symposium: *Engage At Home. Stay Safe At Home* -- Hosted by Shawn Perry of the Senior Zone. Special remarks provided by Mayor Bowser and Director Laura Newland plus live cooking demo with Food Network's Chef Tregaye Fraser, and much more.

Three Ways to Join:

Tune in to DCTV Channel 16 (*check your local listings if channel is different*)

Watch Live Online <http://video.oct.dc.gov/DCN>

Dial In: 844-881-1314

[Register TODAY!!](#)

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 13 — 19, 2020

William Yates Fitness on Zoom

Mon 09 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Getting Smarter About Transportation Options

Tue 09 / 15 / 2020 at 11:30 AM

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](#)

Conversation on Race and Racism

Wed 09 / 16 / 2020 at 3:30 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](#)

Next Week at Palisades Village
September 20 — 26, 2020

William Yates Fitness on Zoom

Mon 09 / 21 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Getting Smarter About Transportation Options

Tue 09 / 22 / 2020 at 11:30 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 09 / 22 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 09 / 22 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 09 / 24 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 25 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 09 / 26 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village