



Across the Fence
Special Edition
August 9, 2020

Happy Sunday! It's been a hot summer and this week is no exception. Keep hydrated and stay cool with lots of activities planned virtually!

Upcoming Events:

Please register for each event each week that you plan on attending so that we will know who to communicate with any last-minute changes and you will have the right Zoom link for that week. Zoom links may differ from week to week.

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

New and Longtime Volunteers - Volunteer Training continues on [Wednesday, August 12 at 4 p.m.](#) and [Thursday, August 20 at 10 a.m.](#) Volunteers only need to attend one session. If you are volunteering to help out in the office, do a special project, or work with our members, we ask that you sign up for this short training program (generally lasts about ½ hour to 45 minutes). We will talk briefly about volunteer services during this pandemic and then train new and longtime volunteers in our new software system that helps match volunteers with members. This training program

will help improve our services and ultimately help us report on vital Village data that helps secure funding opportunities. Volunteers will need a login password to access volunteer opportunities on the website. Please contact Erica at eblanton@palisadesvillage.org to get yours and sign up for the training by clicking on your preferred date above.

As part of our **Armchair Travel** series, we are pleased to have Kathleen McGuinness share a pictorial travelogue of her 500+ mile walk on the **El Camino** in Spain. Join us to hear about her journey of fun and hope on Thursday, August 13 at 3 p.m. on Zoom. For more information and to register, please click [here](#).

Our next **conversation on Race and Racism** will meet on Wednesday, August 19 at 3:30 p.m. to discuss a recent video of a book talk with Chris Myers Asch, co-Author of *Chocolate City: A History of Race and Democracy in the Nation's Capital*. He traces DC's massive transformations -- from a sparsely inhabited plantation society into a diverse metropolis, from a center of the slave trade to the nation's first black-majority city, from "Chocolate City" to "Latte City". For more information, a link to the video and to register, please click [here](#).

Happy Hour continues every Friday at 5:30 p.m. Ready to try something new or pick up an old hobby? Our **Mindful Knitting** (or crocheting) group meets on Saturdays at 10:30 a.m. Please register and join us. You can see our complete calendar at www.palisadesvillage.org.

COVID Corner:

One of the cornerstones of Mayor Bowser's approach has been "Need a Test? Get a Test." Recently, "Then Quarantine" has been added. The official policy is that DC residents, 6 years of age and older, experiencing any COVID-19 symptom (fever, cough, sore throat, shortness of breath or difficulty breathing, congestion, body aches, chills, runny nose) or with known exposure to COVID-19 should get a COVID-19 test. You DO NOT need a doctor's note for any of the walk-in sites. Testing and quarantine go together. While you wait for your results, protect our community by staying home. Staying home until test results are available is an important part of the plan because it further limits potential exposure because even those that are asymptomatic may unknowingly infect others.

At the main DC Coronavirus website (www.coronavirus.dc.gov/testing) free public testing sites, both walk-up and drive-thru, are listed. The closest walk-up being Judiciary Square (F Street between 4th and 5th Streets, NW) is open Monday through Friday from 8 a.m. until noon or the Engine 31 Firehouse (4930 Connecticut Ave) is open on Monday, Tuesday, and Wednesday from 4 to 8 p.m. For those wanting a drive-thru, the UDC Bertie Backus (5171 South Dakota Ave, NE) is open on Tuesdays and Thursdays from 8 a.m. until noon. Finally, no appointment is necessary, but you can save time in line and pre-register at coronovirus.dc.gov/register. For the full list of testing sites, including other private providers that are offering tests, please visit, www.coronavirus.dc.gov/testing Note that at all of these sites, results are provided in 5-7 days following testing and individuals should quarantine (e.g., stay at home and away from others) until results are known.

What if results are needed sooner? That is, what if you are planning to travel with family from elsewhere, have a planned surgery where a COVID-test is required, or family members want to come to visit you and waiting for results with the usual 5 to 7 days in isolation is untenable? There are a few rapid (antigen) testing sites nearby where results are known the same day. Some of those sites include:

- ASquared Primary Care (4125 Albemarle Street, NW) To make an appointment, you can email their office at ASquaredPrimaryCare@gmail.com.
- Medical Access has testing sites in Germantown, MD, Woodbridge, VA, and Alexandria, VA. Visit their website at <https://www.medicalaccessmd.com/coronavirus-covid-19> for complete details.
- MedStar Health centers provide rapid testing for individuals that are symptomatic or for those that require a COVID test prior to surgery. For complete information, visit their [website](#).

Transportation Ride Share Programs: Special feature by our Capitol Hill Village partners in transportation

Prior to COVID, when life was much simpler, the biggest concerns with ride-share programs (e.g., Uber and Lyft) were learning to use the app and ensuring that your driver arrived as scheduled. Now, however, questions arise about the safety of ride-share programs and what you can do as a

rider to ensure your safety. The Centers for Disease Control has provided guidance, and Uber and Lyft have installed safety measures.

CDC Guidance for Ride-share, Taxi, Limo, and Vehicle-for-hire

Passengers:

Wear a mask

- Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Avoid touching surfaces

- Avoid contact with surfaces frequently touched by passengers or drivers, such as the door frame and handles, windows, and other vehicle parts. When such contact is unavoidable, use a hand sanitizer containing at least 62 percent isopropyl alcohol as soon as possible afterward.
- Avoid accepting offers of free water bottles and touching magazines or other items that may be provided free to passengers.
- Use touchless payment when available.

Practice social distancing

- Limit the number of passengers in the vehicle to only those necessary.
- Avoid pooled rides or rides involving multiple passengers who are not in the same household.
- Sit in the back seat in larger vehicles such as vans and buses so you can remain at least six feet away from the driver.

Improve ventilation

- Ask the driver to improve the ventilation in the vehicle if possible—for example, by opening the windows or setting the air ventilation/air conditioning on non-recirculation mode.

Practice hand hygiene

- After leaving the vehicle, use hand sanitizer containing at least 62 percent isopropyl alcohol.
- When you arrive at your destination, wash your hands with soap and water for at least 20 seconds.

Uber Face Covering/Mask Policy: No Mask! No Ride!

Uber has installed a new technology—Go Online Checklist and Mask Verification—to ensure that drivers are wearing a mask at the start of their shift. Before a driver can go online, they will be asked to confirm, via a new Go Online Checklist, that they have taken certain safety measures and are wearing a mask or face cover. This technology will verify if the driver is wearing a mask by asking them to take a selfie. Once this has been verified, the rider will be notified via an in-app message. If a driver shows up without a mask on, the rider can cancel the trip without penalty, and report the issue to Uber via the app. Accountability, however, goes two ways. Before every trip, riders must confirm that they have taken precautions like wearing a face cover and washing or sanitizing their hands. They must also agree to sit in the back seat and open windows for ventilation. Uber is also reducing the maximum suggested number of passengers for an UberX ride to 3. Drivers are encouraged to cancel trips without penalty if they don't feel safe, even if the rider is wearing a face cover.

Sanitizing the Vehicle -- Uber is working to provide drivers with disinfectants to help keep the car clean.

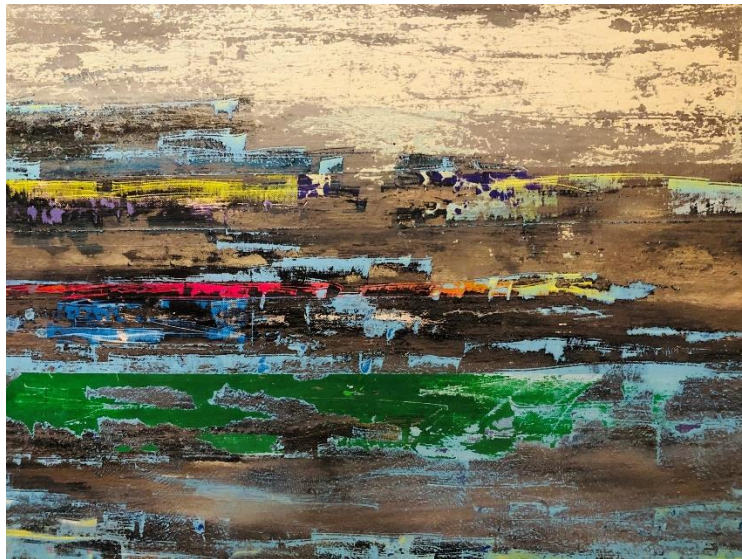
Lyft Working with the CDC, Lyft developed new policies, products, and education to help protect riders and drivers. As of June 10, Lyft requires that all riders and drivers stay home if they're sick, wear face coverings when using Lyft, frequently sanitize hands and car surfaces, leave the front seat empty, and keep windows open when possible.

Face Covering/Mask Policy: Lyft requires that riders and drivers wear masks, which are to be put on before entering the car and left on for the

duration of the ride. Remember to sanitize your hands after putting on, touching, or taking off your face covering. Distance & Ventilation During the ride, Lyft encourages riders to think about small changes to reduce contact throughout the ride such as handling your own luggage, using your own phone charger, and bringing your own water. When possible, open the windows during your ride, or leave them open if that's the way you find them.

For more information or if you have any questions or concerns, contact Tomeka Lee, CHV Transportation Outreach Manager at tlee@capitolhillvillage.org or (202)543-1778 ext. 107.

Creative Corner:



Taos (oil on canvas) by PV member/volunteer John Stiner

We Need Your Help!: Want to make soup or meals for our members?

We are looking for volunteers to make and deliver soup for some of our members. If you are interested, contact Erica at eblanton@palisadesvillage.org.

Hearing Aid Assistance Program:

The 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 who qualifies; 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, AND SUBMISSION OF AN APPLICATION FOR THE PROGRAM BY NO LATER THAN SEPTEMBER 15, 2020.

If you have any questions about HAAP or would like some assistance in completing the program application, please contact this DOH designated HAAP person: Tasha Moses at tmoses@smsllcgroup.com or by phone at **202-617-5919**

There's more good news. A long-standing DC program (DC Funds) that provides very low cost loans for persons with disabilities (including hearing loss) can be used alone or in conjunction with the HAAP program to further ease the financial burden of purchasing hearing aids. Contact Alicia Johns, DC Assistive Technology Program, **202-547-0198**, Ext. 134 (Voice) **202-547-2757** (TTY) or ajohns@uls-dc.org for more Information about DC Fund.

DC Facilities and Commemorative Expressions Working Group

Mayor Bowser created the District of Columbia Facilities and Commemorative Expressions Working Group (DC FACES) to evaluate named public spaces in Washington, D.C., and provide recommended actions, including removing, renaming, and/or contextualizing buildings, public spaces, and monuments.

The working group will review the legacy of namesakes of District assets to determine if the individual, in an individual capacity or as part of a group, participated in the oppression of African Americans and/or other communities of color, or contributed to the nation's history of systemic racism and other biases. The process includes a community engagement survey and outreach to external partners. The Working Group will present formal recommendations to the Mayor before Fall 2020.

Have an idea? [Complete the survey 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!

[U.S. Civil Rights Movement Sites and the World Heritage List - Webinar](#) - July 30th, 2020 -- The inaugural US/ICOMOS Webinar featured current efforts to preserve, restore, and interpret African American heritage sites associated with the Modern Civil Rights Movement of the 1950s and 1960s and the effort to develop a potential serial nomination of U.S. Civil Rights Movement Sites for possible inscription on the World Heritage List. This online seminar featured Brent Leggs, the executive director of the National Trust for Historic Preservation's African American Cultural Heritage Action Fund, and Denise Gilmore, formerly with the Trust and now the Acting Executive Director of the Birmingham Civil Rights Institute, and former Director Robert Stanton, the first African American to head the National Park Service.

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

DC Village Collaboration

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

Monday, August 10, 3:30 – 5 p.m.

New Group Forming for Long-Term Survivors of HIV --Capitol Hill Village is forming a connection group for Long Term HIV/AIDS Survivors (LTS). LTS have lived with HIV for many years. Many acquired the condition when it was, in most cases, a death sentence, and spent many younger years surrounded by death and loss – of loved ones, friends, and futures. As the COVID pandemic continues to shift and disrupt lives, CHV aims to establish a virtual community space for people living with the reality of the HIV/AIDS epidemic in the midst of the COVID-19 pandemic. Like most Capitol Hill Village groups, this group will be primarily peer-supported,

with a social worker to facilitate and offer resources. For the safety of all, this group will be virtual through the video conference app ZOOM. If you do not have video or internet connectivity, you may join by phone. There is no cost to join. Since it is virtual, it is not limited to Capitol Hill Village members. For more information or to reserve your spot, please click the link to take a brief poll: <https://www.surveymonkey.com/r/C8G6RTY>

Tuesday, August 11, 2-3 p.m.

Crossing Borders, A Foreign Correspondent's Experience in

Journalism and Fiction--The speaker for this Friendship Height Village event is Sebastian Rotella, an award-winning journalist, and novelist. For the past ten years, he has covered international security issues as a senior reporter for ProPublica, a newsroom dedicated to investigative journalism in the public interest. His projects have appeared in The New York Times, Washington Post, Frontline PBS, and other media outlets. Previously he was with the Los Angeles Times for 23 years serving as bureau chief in Paris and Buenos Aires and as a correspondent at the Mexican border. He has reported in more than 30 countries and won numerous honors including a Peabody Award, Columbia University's Moors Cabot Prize for Latin American reporting, and the Urbino Press Award of Italy. He has also been a Pulitzer finalist for international reporting. He is the author of four books, including the novels Triple Crossing, which The New York Times' Sunday Book Review named top debut crime novel and action thriller of 2011; The Convert's Song (2014); and Rip Crew, which was named one of the best crime novels of 2018 by Kirkus reviews. RSVP to information.fhnn@gmail.com Please note which lecture you wish to attend in subject heading.

Thursday, August 13, 10-11:30 a.m.

Art Discussion with Docent LeeAnn Lawch: Civil War Art--The Civil War tested and consumed the country for more than four years. Many families were touched by death and artists responded to the era surrounding the conflict in many ways. The advent of photography changed the American outlook of the war, while the Reconstruction era paintings and sculptures give us insight into the nation's new life. Depictions of America during troubled times reflect a changing national identity. Explore art from the Civil War time period with Smithsonian American Art Museum docent LeeAnn Lawch. RSVP to aha@athomeinalexandria.org Please note which lecture you wish to attend in the subject heading

Thursday, August 13, 1 - 2:30 p.m.

5 Key Aspects of Fitness Central to Optimal Aging--Are you 50 years or older? Are you unsure of where you stand physically versus normative data for age-related peers? Have you been putting off exercise or doing the same exercise routine for years? Are you interested in identifying potential early warning signs and addressing issues before they become major health limitations and problems? Are you interested in where to start or how to establish a more targeted exercise program for specific deficits? Please join Andrew Singer, a Physical Therapist, at Sumner Fitness to learn more about the Adult Fitness Independence Test (AFIT) and how it can help you to evaluate the five key aspects of fitness central to optimal aging: posture, flexibility, balance, endurance and strength. Andrew graduated from Bowdoin College with a Bachelor of Art in Biology, Johns Hopkins School of Hygiene and Public Health with a Master of Health Science in Epidemiology, and University of Maryland School of Medicine Department of Physical Therapy with a Doctorate of Physical Therapy. Andrew is a former college lacrosse player who still enjoys being active and trying to keep up with his three boys. RSVP to info@littlefallsvillage.org Please note which lecture you wish to attend in the subject heading.

Tuesday, August 18, 2-3 p.m.

[Bring the Wild Beauty In! How I Came to Photograph Birds from North America to Australia](#)-- Speaker - **David Cohen**, is a writer and photographer whose work has appeared in books, magazines, newspapers, and online, from The Washington Post to Harvard Magazine to foresthillsconnection.com. Look for his wildlife photos at <https://www.instagram.com/davidcohenphotodc/>. Part of Northwest Neighbors Virtual Speaker Series.

Wednesday, August 19, 5:30 p.m.

"Fake News and Real Journalism: Why It's So Complicated" with Bill Plante, former CBS News Journalist and Georgetown Village Board Member -- Bill Plante, former CBS News journalist and correspondent is known for many aspects of his career, most especially his coverage of the civil rights efforts of the 1960s and several tours on the Vietnam War. Bill was asked to provide his thoughts on how journalism is in the process of changing in America and also the crisis situations in which America and journalism find ourselves. This will be a session not to be missed, with a long-time expert on and participant in American life and journalism. To sign

up please contact the GV Office at 202-999-8988 or
Email: lynn@georgetown-village.org

Thursday, August 20, 1 p.m.

FBWE Art Thursday with Dr. Lynn Cates -- This event will feature a photographic presentation by Dr. Lynn Cates. Her photos are inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. More information on that event and how to register can be [found here](#). The full description is below. The event is open to any villager and is free, but will be held over zoom so registration is required.

"Dr. Lynn Cates' photographic presentation is inspired by shinrin-yoku, the Japanese art of forest bathing. It is based on the premise that being immersed in the atmosphere of the forest improves well-being. Forests instill a sense of peace, calm, joy, and wonder. These images were selected because they distill the chaos of the forest down to its essence. These are the kinds of scenes that evoke the feelings you can experience when you take the time to be still and quiet and welcome all that surrounds you in the forest. Dr. Cates will take you through redwood forests in northern California, along DC's Capital Crescent Trail, and will end with a collage of forest scenes from across America."

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.):

Friday, August 14, 2:30-3:30 p.m.

[The Polar Bears of Kaktovik, Alaska](#)--Join Jennie Gosché, wildlife photographer and polar bear advocate, for a virtual trip to the Inupiat village

of Kaktovik, Alaska, which sits on the edge of the Beaufort Sea and the Arctic National Wildlife Refuge. Jennie will share photos and her experiences of photographing the Southern Beaufort Sea polar bears in Kaktovik in 2016 and 2019. She will provide an orientation to polar bears, how they are being affected by climate change, and why Kaktovik is her favorite place in the Arctic to photograph polar bears. Jennie has been a clinical social worker for more than three decades. In 2010, when she visited the Arctic for the first time to photograph polar bears, the trajectory of her life was changed forever. She founded Polar Bear Pals®, an education and advocacy organization, in 2012.

Monday, August 17, 12-1 p.m.

[Let's Make it Meatless! with Darlyn Szczepanik](#) --Learn from Darlyn Szczepanik who will host a Zoom cooking class called "Let's Make it Meatless!" The interactive session features a hearty vegetarian meal made cool and refreshing for hot summer evenings. You are invited to join Darlyn as she prepares a fresh and flavorful Thai-inspired menu from her home. Recipes and nutrition information will be provided. Questions encouraged.

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

Tuesday, August 18, 2-3 p.m.

Speak So Others Will Listen -- When you speak, do others listen? If not, why not? Are people talking over you? Do you barely get a word in? Feel like you're in a constant struggle to make yourself heard or claim your turn? Want to change that? Join national speaker and author, Susan I. Wranik, M.S., M.A., CCCSLP, as she examines the many aspects that contribute to communication - the exchange of information, including speech, body language, and gesture. Learn techniques to strengthen your delivery, make your point, and help others remember what you say. Every move you make says something about who you are and what you feel. Do your actions support what you say - or do they contradict you? Learn how to strengthen your delivery so when you speak, others listen. Susan, a Milwaukee native, is a national speaker, author, linguist, and medical professional passionate about communication, quality of life, and giving voice to other people's voices. Susan began her career as a translator/interpreter for the Italian Ministry of Defense and later moved to clinical work as a speech-

language pathologist. All SSA members will receive the Zoom links via email in an SSA update.

Ongoing Events:

July 20-August 20, 9 a.m.-6 p.m.

Artomatic -- Unjuried arts festival "by artists, for everyone," is migrating to the web for a digital 20th-anniversary celebration. Get to know established, up-an-coming, and amateur artists alike through online "mini-galleries," connect with them virtually, and support them if you can.

<https://www.artomatic.org/>

Weekly on Mondays from 2-3:15 p.m.

Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesdays, 2:30-4 p.m. and Fridays, 2:30-4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program [Click here](#).

COMING UP IN PALISADES VILLAGE

The following below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village

August 9 — 15, 2020

Functional Fitness

Mon 08 / 10 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 10 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 08 / 11 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 08 / 11 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 12 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Volunteer Training

Wed 08 / 12 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 08 / 13 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Walking the El Camino Spain

Thu 08 / 13 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 14 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 15 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
August 16 — 22, 2020

Functional Fitness

Mon 08 / 17 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 08 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 08 / 18 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 08 / 19 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Events Committee

Wed 08 / 19 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Conversation on Race and Racism

Wed 08 / 19 / 2020 at 3:30 PM

Where: Via Zoom

[More Information](#)

Volunteer Training

Thu 08 / 20 / 2020 at 10:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 08 / 20 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 08 / 21 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 22 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village