



ACROSS THE FENCE

November 20, 2022

HELP WANTED: Every week you see a list of all these wonderful fun events. Many of them are thanks to our events committee. Bob Bourdaud'hui and Carol Lynn Halal have co-chaired the committee for many years and they would like to pass the torch on to a new leader(s). Don't worry, they will still be there as mentors. Would you like to throw in your hat for the role of funmaker-in-chief?

Monday, Nov 21	Tuesday, Nov 22	Wednesday, Nov 23	Thursday, Nov 24	Friday, Nov 25	Saturday, Nov 26
1:30 p.m. Incorporating Native Plants Into Your Garden 3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	OFFICE CLOSED	OFFICE CLOSED	9:30 a.m. Mindful Knitting

This Week:

Monday, November 21, 2022, 1:30 - 2:30 p.m. on Zoom
Incorporating Native Plants Into Your Garden



Do you want to know why it is important to incorporate more native plants into your garden? Do you want to learn how to do this in a practical and affordable way? Are there gardening practices that you can include in your fall clean-up routine that will help facilitate a healthy local ecosystem? On Monday the 21st of November at 1:30 pm, Janet Entwistle, a master gardener and World Bank retiree, will give a zoom talk

on the subject. Register [here](#).

The office is closed on Thursday and Friday for Thanksgiving. Wishing you all a wonderful holiday!

Coming Up:

Thursday, December 1, 11 a.m.

With open enrollment ending soon, MaryAnn Griffin agreed to share her program again. If you missed it the first time, need a refresher, or have a burning question, please join us.



COSTLY MEDICARE MISTAKES; WHEN, WHERE AND HOW TO AVOID THEM

Did you decide not to sign up for Part B when you were first eligible because it was too expensive?

Did you know that you might be able to reduce your Part B premium?

Did you forego enrolling in a Medigap plan when you were first eligible thinking you could enroll later if you got sick?

Did you forego enrolling in a drug plan because you do not use prescription drugs, then want to enroll later?

Did you enroll in a Medicare Advantage plan and assume that you can automatically change to a Medigap plan?

Did you opt for COBRA coverage when you left your job, thinking you could enroll in Medicare later?

Thursday, December 1, 5 p.m.

Annual Board Member and Member Meeting

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval. Register [here](#).



Friday, December 2, 12 p.m. - 1 p.m.
Volunteer Training: Dealing with Holiday Grief

The Holidays are a time of joy and, simultaneously, a time of reflection and grief regarding the losses people have experienced. We want to say the right thing, and sometimes that leads to unexpected reactions, additional sadness, or just a sense of disconnection or awkwardness. Although there is no perfect phrase to share with someone grieving during the holiday season, there are many helpful approaches and ways to show that you are there and want to support them. This one-hour session is specifically designed for volunteers supporting older adults and will be led by Janet Carter, MSW and Mary Ann Buckley, L-CSWC, C-ASWCM of Corewood Care. Register [here](#).



Sunday, December 4, 11 a.m.

2nd Annual Holiday Singalong

Here we come a-wassailing! Join us at the Palisades Farmers Market and join us in song.

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

The annual **Harvest Festival** last Thursday was a huge success. It was too cold to eat outside, so members were invited to either pick up their goodies at the Hub or have them delivered. Lee and the wonderful volunteer crew made delicious sausage sandwiches and Margaret Ervin and Peggy Banks made scrumptious cookies.



Happy Thanksgiving from Palisades Village. We are indeed thankful for all of you!



In honor of Thanksgiving, we are sharing a poem written by Susan Lund, Palisades neighbor and Village supporter.

Musings on Gratitude

The knees they creak
The back do ache
I ask myself is this my fate?

at this ripe age
i wish that I
had the spunk
I had at five

The energy of teens and youth
A set of my one natural tooth

But then I ask, what HAVE I got?
Well — all the things that life has taught

Things good and kind and hard and soft
To which my thoughts do rise aloft

Above the clouds, then down they drift
Like quiet snowflakes spreading thick

Inside my head, where ponder I
o'er my life, spread far and wide

It strikes me then, I realize
My wisdom is my greatest prize

I've earned it hard
And fair and square —

I've earned it in my underwear

I rest my head, then think

it's true

I'm grateful for the things I do
and know and feel and understand

To know exactly where I stand —

On things that matter most to me
Friends and cats and family

And like my life, I'm tough and soft
Like everyone, there's much I've lost

And much I've gained, and so have you

Each dawn we wake and step anew
Into each day and manage through —

The ups and downs — and
Ins and outs
So on this day let's sing and shout

That we have made it to this age
Less hair perhaps, but boy we're sage

And grateful for the life we've led
despite the wounds and tears we've shed

Be gentle with yourself, I say
For you have made it to today

Now let us bask in peace and love
For all we've touched and all we've loved

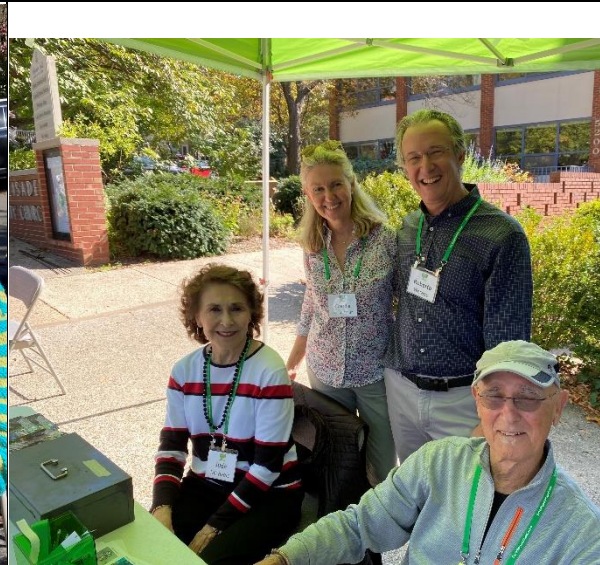
~Susan Lund

Gratitude for all who contributed to the Palisades Village House Tour

This year we grossed over \$37,000 with our Eighth Annual Palisades Village House Tour. That is a lot to be thankful for but it is the people who supported us that we are most grateful for. The planning committee chaired by Carol Lynn Halal made it seem so easy. The core committee of Mary Gaughan, Janet Tersoff, Susanne Albright, Elaine Bole, Janet Bullinger, Ellen Myerberg, and Kate Perry have been working since 2019 when we canceled the last tour. From there a cast of over 100 stepped in. Jude Michaels wrote the guide and hosted a terrific thank-you party to celebrate our success. John Stiner helped to build relations with our special sponsors who make this all possible. Elaine Bole recruited the support of local organizations and businesses to support us with really great ads. I hope that you will show your gratitude to them and support these businesses. Sue Albright brought together seven head docents: Ellen Thrasher, Janet Bullinger, Juli Lester, Jan Schwartz, Carrie Carter, Peggy Banks, and Mary Gaughan. They worked with the homeowners and got prepared the team of 63 docents. Another house tour veteran, Arne Paulsen, brought together a seamless ticket sales team. Assistant Director Anne Ourand managed to keep all of the balls in the air. And there were so many more contributions. We certainly cannot forget the special generosity of the homeowners who opened up their beautiful homes. On behalf of Palisades Village, I want to extend my gratitude to all of you. All the warm, smiling faces on the day of the tour spoke volumes about the Village and who we are. I feel so fortunate to be part of this organization. Thank you!

We are already moving forward with planning for next year. It is not too early to jump on board. Carol Lynn Halal has done such a tremendous job in making the tour better and better each year. She is stepping aside as chair to bring in someone with fresh energy and ideas. She will still be part of the team in an advisory capacity. If you are interested in leading this extraordinary team, please let me know.

--Erica Blanton



Our annual end-of-year giving campaign is launching. We cannot continue to maintain this level of programs and services without your

help. Please consider joining as an associate member or making a tax-deductible donation to Palisades Village.

DONATE NOW
TO OUR END-OF-YEAR APPEAL

**Calling all hardy volunteers to serve as snow shovellers (service hours!!).
If you can help, please call the office at 202-244-3310. Winter is on the way. We need you!**

Covid Corner:

Need a booster or vaccination? Head to the [COVID Center](#) for Ward 3 that opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are invited to the front of the line at public testing and vaccination sites. No need for an appointment. They do not have the high-dose flu shot for seniors.

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

What should you do if you test positive? Isolate and read this helpful [article](#).

Need Tests? PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

Palisades Village has a supply of rapid antigen tests and N95 masks. Please contact the office if you need one. Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you.



WAVE
Washington Area
Villages Exchange



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.

Tuesday, November 29, 1 p.m. - 2 p.m. on Zoom - Hosted by Bethesda Metro Area Village

Notre Dame: Restoring an Icon - The devastating fire that engulfed Notre Dame Cathedral in April 2019 destroyed beloved parts of that iconic structure, including the timber roof framework and crossing spire. But other crucial elements—notably the 13th-century stone vaults and flying- buttress support system—survived miraculously intact. Restoration is proving to be a long and complicated – and contentious – process as French officials, preservation specialists, structural engineers, and art and architectural historians decide how to rebuild. Join art historian Judy Scott Feldman, PhD, for a discussion on hard questions of historic preservation and what constitutes a proper reconstruction of this iconic cathedral. Email director@bmavillage.org by November 28 to receive the Zoom link.

Mondays and Thursdays, 4 - 5 p.m. on Zoom

Capitol Hill Village Chair Yoga - Fabulous yoga instructor Robin Blum will lead the class in a gentle session of chair yoga. You can register for upcoming classes by going to the Capitol Hill Village [calendar](#) and finding the class you want from there. Once you've registered the first time, you should have the link that will work for all the classes.

Around Town Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the “In-Person Events” under “Upcoming Events” or email community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there!

Tuesdays, 11 a.m.

Technology Tuesday -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The November 22nd topic: Schedule a meeting using Google, Yahoo, Outlook, and Apple calendar.

Strength, Balance, and Core in-person class with Emma Swain -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at IONA, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon Register [here](#).

Wednesdays at Palisades Rec Center, 2 p.m. - 3 p.m. Register [here](#).

Fridays, 11 a.m.

Cardio Chair Kickboxing at St. Albans - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

Sibley Seniors Events:

Sibley Seniors Association (SSA) offers programs and support groups online.

Community Events:

Saturday, December 3, 9:30 - 11:30 a.m.

Holiday Breakfast & Cookie Exchange at the Palisades Hub - Bring your favorite cookies to share with your neighbors and members of Palisades Village. There will also be crafts, a slide, music and a visit from Santa. Fun for all ages!

Sunday, December 4, noon - 5 p.m.

Abner Cloud Open House at Fletcher's Boathouse- The home will be open to the public for tours. Hear interesting details of the home 1812 inventory. Learn about Thomas Main, the location of the house, and the life of his remarkable student, Joseph Moore.

Tuesday, December 6, 10 a.m. - 2 p.m.

Mayor Muriel Bowser's 24th Annual Senior Holiday Celebration -- Join Mayor Muriel Bowser and the Department of Aging and Community Living for the Mayor's 24th Annual Senior Holiday Celebration at DC Armory, 2001 East Capitol Street SE! Register [here](#).

Saturday, December 10, 2 p.m.

Amahl and the Night Visitors at Our Lady of Victory - Bel Cantani Opera presents a Christmas story about a poor boy Amahl meeting the Three Kings on their way to Bethlehem on the first Christmas Eve. Tickets \$40, \$25 online and at the doors, 202-230-7372, www.belcantant.com.

Bereavement Support Groups --Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)	Bi-Weekly on Fridays, 1 - 2 p.m. The Art of Looking --By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.
Mondays, Wednesdays, and Fridays at noon.	Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art --

Smithsonian National Museum of Asian Art's free 30-minute online meditations--

Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Weekly on Wednesdays at 2:30 p.m.

Dance for PD -- Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by [clicking here](#).

COMING UP IN PALISADES VILLAGE

Listed 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 aourand@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village
November 19 — 25, 2022

Mindful Knitting

Sat 11 / 19 / 2022 at 9:30 AM

[More Information](#)

Incorporating Native Plants into your Garden

Mon 11 / 21 / 2022 at 1:30 PM

[More Information](#)

William Yates Fitness

Mon 11 / 21 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 22 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 22 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Walking Club - Georgetown

Wed 11 / 23 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

Office Closed

Thu 11 / 24 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Office Closed

Fri 11 / 25 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Next Week at Palisades Village
November 26 — December 2, 2022

Mindful Knitting

Sat 11 / 26 / 2022 at 9:30 AM

[More Information](#)

William Yates Fitness

Mon 11 / 28 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 29 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 29 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Walking Club - Georgetown

Wed 11 / 30 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

Costly Medicare Mistakes: When, Where and How to Avoid Them

Thu 12 / 01 / 2022 at 11:00 AM

[More Information](#)

Annual Board & Member Meeting

Thu 12 / 01 / 2022 at 5:00 PM

[More Information](#)

Volunteer Training: Dealing with Holiday Grief

Fri 12 / 02 / 2022 at 12:00 PM

[More Information](#)

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

Thank you!

Palisades Village