



# ACROSS THE FENCE

December 4, 2022

Fa-la-la-la. What is it about music that brings us such joy? Join us in song this morning at the Palisades Farmers Market at 11 a.m. Bring your friends and neighbors -- last year we had singers of all ages. Lip-syncing is allowed but with so many singing, no one will notice if you are a little off-key.

Monday, Dec 5	Tuesday, Dec 6	Wednesday, Dec 7	Thursday, Dec 8	Friday, Dec 9	Saturday, Dec 10
1 p.m. <a href="#">Book Club</a>  3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>			9:30 a.m. <a href="#">Mindful Knitting</a>

## This Week:



### 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. Hope to see you there!

## Coming Up:



**Thursday, December 15, 1:30 p.m. - 3:30 p.m.**  
**Holiday Tea & Open House**

Palisades Hub's Social Room (below the church at 5200 Cathedral Ave NW)

Join us for a holiday tea and open house as we celebrate the holiday season. It will be great to see you in person!

This event is open to members and volunteers who are up to date with their vaccinations. Please take an antigen test before you come (available at COVID centers and the PV office). Register [here](#).

## Great Decisions Foreign Policy Discussion Group Forming

**Great Decisions** is America's largest discussion program on world affairs. Developed by the Foreign Policy Association, the program model involves reading the Great Decisions Briefing Book and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts.

Palisades Village will host the first meeting on January 18 from 2-3 p.m. in the parlor. The group will meet monthly on the third Wednesday thereafter. We would like to order the briefing books for all who are interested in participating. Please contact the office at 202-244-3310 or email [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) by December 15, 2022. If you would be interested in leading the first discussion, please let us know. Register [here](#).

*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**.*

**Our annual end-of-year giving campaign has launched. Keep an eye on your mail for a special letter. 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 shovelers (service hours!!). If you can help, please call the office at 202-244-3310. Winter is on the way. We need you!**

## The Village Movement in the News

*Villages' for the aging coming to more Black communities*

The movement that began two decades ago in Boston brings services and activities to seniors where they live. The DC Villages have been collaborating to help support these efforts.

<https://www.washingtonpost.com/dc-md-va/2022/11/24/senior-villages-kingdom-care/>

*Who Will Care for "Kinless" Seniors?*

This New York Times article points to the village movement as a support system to help those without family as they age in place.

<https://www.nytimes.com/2022/12/03/health/elderly-living-alone.html>



If you missed Janet Entwistles's fabulous talk, *Incorporating Native Plants into Your Garden*, you can watch it [here](#) on our YouTube channel. She will be back for another talk in late February on native plants and how to prepare your garden.

<https://www.youtube.com/watch?v=h1DxusJsS2o&t=2s>



Palisades Village supporter has one of these poles to give away. She used it in the living room for her mother and says, "It's pretty cool, and I think one of the best kept secrets for elderly people or anyone who has some weakness in the legs. It's not a permanent installation, and we easily took it down." If you would like it, please call the office at 202-244-3310 and we will connect you to the donor.



## DOEE Launches New Website, to help residents meet District's Waste Diversion Goals

The Department of Energy and Environment (DOEE) announces the launch of [Reuse DC](#), a first-of-its-kind website to help District residents get centralized information on how to repair, donate, and shop second-hand items ranging from furniture, clothing and other household items.

Through the website, the public can search an [online map-based directory](#), [explore how to exchange items with neighbors](#), [learn about the importance of food recovery](#), [find an upcoming Fix-It event](#), [discover grant programs](#), and more.

## Covid Corner:

The Palisades Village Board of Directors approved an **updated COVID policy** at the Annual Meeting on December 1. It can be found [here](#).

**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.

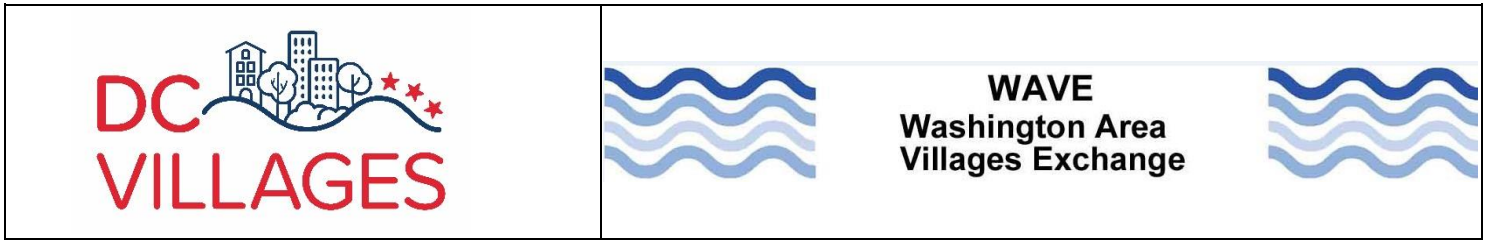
**What should you do if you test positive?** Isolate and read this helpful [article](#).

**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.





**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.**

**Thursday, December 8, 1 p.m. on Zoom - Hosted by Foggy Bottom West End Village**

**Fire Safety in Your Home for Older Adults** - DC Fire & EMS Department is committed to keeping our senior residents safe. They have created a program, specifically for older adults which addresses fire risk reduction and planning for "what if..". Please join us for this instructive presentation which will include plenty of time for Q&A. Over 1,200 older adults die each year from fire which is the sixth leading cause of death in this population group. As we become older, our fire risk increases. From October 2018 to the present the District has had 31 fire fatalities. Of those, 20 were aged 60+. It's always good to learn new ways to reduce your risk of such a calamity and how to react should a fire in your home occur. Register [here](#).

**Friday, December 9 at 3 p.m. on Zoom - Hosted by Capital Hill Village**

**OVER THE COUNTER HEARING AID INFO SESSION:** CHV is sponsoring a virtual information session on over-the-counter hearing aids. Our speaker will be **Russ Misheloff**, past president of the Hearing Loss Association of America – DC area chapter. Russ keeps current on new technology; the social, professional, health, and psychological implications of hearing loss; and personal strategies that enable persons with this loss to live full and rewarding lives. Russ will be joined in answering questions by members of the **CHV Care Services Team** and **Vira Sisolak**, a longtime CHV member who wore hearing aids for 15 years and now has cochlear implants in both ears. To learn more and register, [click here](#).

**Tuesday, December 13, 5:30 p.m. - 7 p.m. on Zoom Hosted by Greater Brookland Intergenerational Village**

**Wills, Trusts & Estate Planning** - Michele Zavos, a long-time Brookland resident and estate lawyer for over 40 years, will discuss important documents for life planning, including Wills, Health Care Powers of Attorney, Living Wills, HIPAA documents (for the federal law that prohibits disclosure of your personal information without your prior consent), Final Arrangement Designations, and General Powers of Attorney (for finances) as well as general information about elder issues and end-of-life planning. Register [here](#).

**Thursday, December 15, 5:30 p.m. on Zoom Hosted by Georgetown Village Technology Enabled Health Care with Dr. Neal Sikka** - This inaugural program will discuss physician practice interactions including patient portals and how to navigate them, how to best use telehealth visits, accessing your records online, etc. Neal Sikka, MD is a Professor in the Department of Emergency Medicine at George Washington University and a Board-Certified Emergency Physician at the George Washington University Hospital. He is also Chief of the Department's Innovative Practice and Telehealth Section where he leads telehealth efforts like GW Maritime Medical Access, a fellowship in Telemedicine and Digital Health, and conducts research in areas of telehealth, augmented reality, and digital health literacy.

<https://us02web.zoom.us/j/86960714374?pwd=dU9aZW5nT0cwNWZDTnAwSmRTMFF5Zz09> Meeting ID: 869 6071 4374 Passcode: 579322

### **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](mailto: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 December 6th topic: goDigital with DC Public Library: Creative Bug

**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](#).

**Fridays, 11 a.m.**

**Tai Chi at Palisades Library** - Palisades Library is delighted to announce that Tai Chi with Jerry Simpson is back in-person. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information, please see: [Tai Chi with Jerry Simpson at Palisades Library on Fridays at 11 am - Around Town DC](#)

## **Sibley Seniors Events:**

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

## **Community Events:**

**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](#).

**Wednesday, December 7, 7 p.m.**

**Advisory Neighborhood Commission (ANC) 3D Regular Public Meeting Agenda -**

- Join by computer: <https://us06web.zoom.us/j/3245082822>

Join by Telephone: 1-301-715-8592 Meeting # 324 508 2822

**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](http://www.belcantant.com).

<b>Bereavement Support Groups</b> --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 <b>202-537-4942</b> for more information or go to <a href="#">Calendar   Widowed Persons Outreach (wpodc.org)</a>	<b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <a href="#">The Art of Looking</a> --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.
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<p><b>Mondays, Wednesdays, and Fridays at noon.</b>  <a href="#"><u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u></a>--          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.</p>	<p><b>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art --</b>          Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a>. To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m.</b>  <b>Dance for PD --</b> 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 <a href="#"><u>clicking here</u></a>.</p>	

## 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](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village December 4 — 10, 2022

### Holiday Singalong

Sun 12 / 04 / 2022 at 11:00 AM

Where: Palisades Farmers Market

[More Information](#)

### Book Club

Mon 12 / 05 / 2022 at 1:00 PM

[More Information](#)

### William Yates Fitness

Mon 12 / 05 / 2022 at 3:30 PM



[More Information](#)

**Planner Group**

Tue 12 / 06 / 2022 at 9:30 AM

[More Information](#)

**Yoga**

Tue 12 / 06 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 12 / 07 / 2022 at 8:30 AM

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

[More Information](#)

**Mindful Knitting**

Sat 12 / 10 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
December 11 — 17, 2022

**William Yates Fitness**

Mon 12 / 12 / 2022 at 3:30 PM

[More Information](#)

**Yoga**

Tue 12 / 13 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 12 / 14 / 2022 at 8:30 AM

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

[More Information](#)

**Holiday Tea & Open House**

Thu 12 / 15 / 2022 at 1:30 PM

Where: Private Home, please log in to see more

[More Information](#)

## **Mindful Knitting**

Sat 12 / 17 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village

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