



ACROSS THE FENCE

December 11, 2022

We are in constant awe of the generosity of our neighbors. We are reliant on not only the financial support that we receive but the time and talents provided by our volunteers. Look at any of our events and think about how many people contributed to its success. Someone shared their home, their cooking, their decorating skills, their logistical skills, and set up and cleaned up. Others in the office arranged rides for members, made name tags and organized supplies. And those fascinating presenters on Zoom -- also volunteers. We welcome and are truly appreciative of your contributions that make Palisades Village so special.

Monday, Dec 12	Tuesday, Dec 13	Wednesday, Dec 14	Thursday, Dec 15	Friday, Dec 16	Saturday, Dec 17
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	1:30 p.m. Holiday Tea & Open House		9:30 a.m. Mindful Knitting

This Week:



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](#).

DONATE NOW
TO OUR
END-OF YEAR
ANNUAL
APPEAL

Our annual end-of-year giving campaign is in full swing. You should have received a special letter by now. 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. A huge thank you to everyone who has contributed already. We appreciate your continued support!

Click [here](#) to donate today!

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 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**.*



Aim for healthy choices!
Food Shopping Again?

Palisades Village volunteer and retired dietician Jean Johnson shares some useful advice.

Seems like you just went to the store yet the fridge looks empty and there are no fruits and vegetables. What to do?

Here are some tips before the trip!

- Do your shopping when you are not hungry.
- Prepare a list and use it. Plan to buy nutrient-dense items like vegetables, fruit, lean meats, seafood, whole grain cereals, and bread. Don't forget eggs, beans, peas, and unsalted nuts. Limit canned soups and lunch meat.
- Be careful not to get tempted by on-sale candy, crackers, chips, cakes, and cookies.
- If you don't feel like cooking, choose canned or frozen products that are low in sodium, saturated and trans fats, cholesterol and added sugars.

Palisades Village's Covid Policy - Updated 11/15/22

Based on the latest COVID statistics and current DC policies, Palisades Village has updated its policies for in-person events, meetings, and Office work.

Palisades Village's Policy Updates

Palisades Village has resumed in-person activities including for all who are up to date with their COVID vaccines [\[1\]](#). We also continue to offer virtual social, educational, and cultural events using Zoom to accommodate our community's comfort level and schedule.

Palisades Village encourages partially or non-vaccinated people to seek vaccination opportunities at any of the District's Covid Centers, **area hospitals, vaccination providers or in-home services.**

Rapid antigen tests are currently available to older adults in the community at the Palisades Village office and can be delivered to members.

We will continue to ask that if you are experiencing symptoms of COVID- or anything else transmissible - or if you know you've been exposed - that you stay home.

Volunteer Services:

If you need a friendly home visit, a ride, or help at home (gardening, technical support, small home repairs, errands run, etc.), we will continue to offer these services to the extent that

volunteers and members receiving the services are up to date with their COVID vaccines **and** wear masks indoors (homes/cars).

Contactless services will still be available to all members.

Palisades Village Office:

The Office is open to visitors, Monday to Friday from 10 a.m. to 4 p.m. by appointment. Masks are recommended but not required at the Palisades Hub where the Palisades Village Office is located.

Palisades Village-sponsored events:

Palisades Village offers a variety of events which occur outdoors, indoors and via Zoom. For outdoor events, masks are not required. For indoor events, if these take place in a private home, the homeowner and Executive Director will determine whether masks and/or same-day rapid antigen testing are required. For events taking place indoors at restaurants or similar public venues which involve eating and drinking, same-day rapid antigen tests will be required. Palisades Village will make those supplies available to anyone who needs them. In the case of indoor exercise or yoga classes or club meetings, Palisades Village strongly encourages people to wear masks, but does not require them.

Additional information:

These standards are subject to change at any time, based on guidance from the CDC, the DC Department of Health, and/or the experience of Palisades Village. We will continue to keep you updated. As always, your safety is of utmost importance to us.

[1] You are up to date with your COVID vaccines if you have completed a COVID-19 vaccine primary series and have received the most recent booster recommended by the CDC

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 but there is rarely a line. 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, 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

Wednesday, December 21, 4 p.m. on Zoom Hosted by Friendship Heights Neighbors Network in collaboration with Little Falls Village

OTC Hearing Aids: Are They Right for You? - Learn more about your many new hearing aid options! As of October 2022, hearing aids are available to purchase without a prescription anywhere health devices are sold. Designed to treat mild to moderate hearing loss in adults, this new affordable option addresses two significant barriers: delaying care due to cost and perceptions that assistive devices are not helpful in treating hearing loss. Dr. Carrie Nieman, associate professor in the Department of Otolaryngology-Head and Neck Surgery at the Johns Hopkins University School of Medicine and co-founder of Access HEARS, is a clinician, researcher, and social entrepreneur committed to providing innovative solutions to address disparities in hearing care. During this session Dr. Nieman will discuss the pros and cons of the options available, the science behind the devices, and how to assess whether over-the-counter assistive devices are right for you.

Registration [here](#).

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 December 13th topic: Podcast? What is it good for?

Wednesdays, 1:30 p.m.

Yoga -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. Please note that masks are currently required while in the library. For more information, please see <https://www.aroundtowndc.org/event/yoga-with-beth-lawrence-at-the-palisades-neighborhood-library-wednesdays-at-130-pm/2022-07-13/>

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:

Community Clothing Drive at the Palisades Rec Center - Support neighbors in need this holiday season by donating new or gently used (clean) clothing for men, women, and children. The donation box will be located inside the center in the lobby. Palisades Recreation Center Clothing Drive is happening now until December 22! Monday -Friday 12 pm-7 pm we are accepting donations.

Tuesday, December 20, 7 p.m.

Palisades Community Association Town Hall - Join the Zoom Town Hall to keep abreast of what is happening in the neighborhood. Join the meeting Zoom [here](#).

Ongoing Events:

Bereavement Support Group

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 \(wpodc.org\)](#)

Mondays, Wednesdays, and Fridays at noon.

[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.

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](#).

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.

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. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

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
December 11 — 17, 2022

William Yates Fitness

Mon 12 / 12 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 13 / 2022 at 9:30 AM

[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: Palisades Hub Social Hall, 5200 Cathedral Ave, NW, Washington, DC 20008

[More Information](#)

Mindful Knitting

Sat 12 / 17 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
December 18 — 24, 2022

William Yates Fitness

Mon 12 / 19 / 2022 at 3:30 PM

[More Information](#)

Canceled: Planner Group

Tue 12 / 20 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 20 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 21 / 2022 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 12 / 24 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village