



ACROSS THE FENCE

January 22, 2023

We want to thank all of you who supported us throughout 2022. We ended on a high note, exceeding our fundraising goals. The funds raised are critical to our ability to deliver on our commitment to providing meaningful services and activities to promote independence, physical and mental health, safety, social engagement, education, and cultural enrichment of our older adult residents. As you read each newsletter this year, note the new programs and services we are offering. These are made possible by your generosity.

Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27	Saturday, January 28
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 11 a.m. Live a Life You Love in 2023 3 p.m. Yoga	8:30 a.m. Walking Club 11 a.m. DC Relay 5: 30 p.m. Happy Hour			9:30 a.m. Mindful Knitting

This Week:



**Monday, January 23, 12:15 p.m. - 2 p.m.
Pickleball at the Palisades Rec Center (inside
in the gym)**

Pickleball is all the rage these days. Sign up to learn the game that everyone is talking about. There will be an instructor who will teach the basics of the game and how to keep score. If you

have pickleball paddles, please bring them. We will have some you can borrow. Try the game out before you invest in buying a set. This session is for members only (limit: 8 people). You will need to sign in to RSVP. If you encounter difficulties, please call the office at 202-244-3310. Register [here](#).



Tuesday, January 24, 11 a.m. on Zoom - this is rescheduled from last week
Live a Life You Love in 2023

How are you feeling about beginning a new calendar year? Are you excited about the possibilities of a

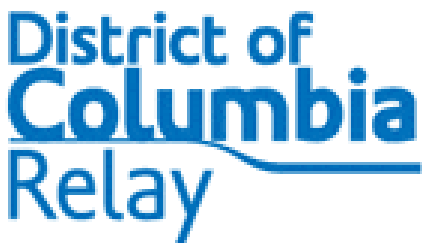
new year, or worried that it will slip away day-by-day without a sense of direction and purpose?

What would you like to do in 2023 to make the most of your one “Wild and Precious Life.”

Join Georgetown University certified coach Roseanna Stanton for this session, which will offer an opportunity to create a vision for the year ahead so you can focus for what matters to you, whether that is increasing health, well-being, engaging in cultural activities, or increasing the amount of joy in your life.

- Discover what makes time feel like it is passing more slowly
- Identify ways to spend your time that feel meaningful
- Gain practical tips for finding joy in your journey

Register [here](#).



Wednesday, January 25, 11 a.m. - 12 noon

DC Relay - via Zoom

Do you have problems hearing people on the phone? Please join Jenny Pearson, DC Relay Outreach Coordinator, on Wednesday, January 25th at 11 a.m. to learn more about

DC Relay. The District of Columbia Telecommunications Relay Service (DC Relay) is a program of the Public Service Commission of the District of Columbia. DC Relay provides a 24-hour communication service that connects people who are deaf, hard of hearing, deaf-blind, or have difficulty speaking that may use specialized telephone equipment to people who use standard telephones and mobile phones. Register [here](#).



**Wednesday, January 25, 5:30 p.m. - 7:30 p.m.
Happy Hour at Cafe Vino, 4885 MacArthur Blvd
NW**

We had so much fun at Cafe Vino back in July that we are doing it again! Palisades Village will provide

nibbles and there will be special prices on drinks. Feel free to bring anyone who might be interested in the Village. Register [here](#).

Coming Up:



**Monday, February 6, 5 p.m. - 6 p.m.
Potomac River Dolphins: Fact or Fiction? - on
Zoom**

Palisades resident Professor Mann has been studying wild dolphins for 34 years in Australia, but it wasn't until recently that she realized they are literally in our backyard. Since 2015, Dr. Janet Mann and others have been studying wild

bottlenose dolphins in the lower Potomac River and the Chesapeake Bay. The research team, based at Georgetown University, identifies and tracks individuals from year to year. Come hear about the dolphins and what the research team has learned. Dr. Mann will update us on her research since she first presented this fascinating topic to an enthusiastic Palisades Village group several years ago soon after her Potomac River discovery. Register [here](#).



**Tuesday, February 7, 2 p.m. - 4 p.m.
Baubles, Bangles and Bags Swap, Palisades
Hub (Social Hall)**

In a world that champions consumption, and in a fashion industry that thrives on overproduction, ***we need to find ways to wear and love the accessories that already***

exist. Here is your chance to refresh your closet and find a new home for items that no longer spark joy in your life. We will be hosting our first-ever ***Baubles, Bangles, and Bags*** swap. It's time to dig in your closet and drawers and pull out jewelry, scarves, totes, purses, and any other accessory you think someone else might like and bring them to the swap. We will have a ball picking out new treasures and trading old ones. Register [here](#).

The next Palisades Village Board Meeting is Thursday, February 9 at 5 p.m. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. 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**.*

2nd Annual Palisades Village Photography Contest



Members and volunteers are invited to share their favorite picture from 2022 and win a 2023 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. Please submit your photograph (limit 1) by February 1st. If you have a digital version, please email it to ebanton@palisadesvillage.org or we can scan a hard copy for you. Photos may be published in the newsletter, website, or on our Facebook or Instagram accounts. Enjoy the journey of looking through your special photographs. The picture above was taken at Hillwood by Erica last June.

The Importance of Vitamin D - by retired dietician Jean Johnson

Vitamin D is not like other vitamins, because the body can synthesize it, with the help of sunlight. Vitamin D acts like a hormone, and the best vitamin D target organs are the intestines, the kidneys and the bones. They all respond to vitamin D by making calcium available for bone growth.

Only a few foods, including egg yolks, liver, fatty fish, butter, fortified margarine, and fortified milk, supply a significant amount of vitamin D. Most of the world's population relies on natural exposure to sunlight for adequate vitamin D nutrition.

A deficiency of vitamin D is especially common in older adults because they typically drink little or no milk, their exposure to sunlight is limited in the winter months, and the skin and kidneys lose their ability to make and activate vitamin D with advancing age.

Vitamin D can be synthesized in the body with the help of sunlight obtained from animal foods and through a Vitamin D supplement when needed. Talk to your doctor to see if you are getting enough.

Covid Corner:

Free tests by mail from the government are available again! Click [here](#) to order more or go to <https://www.covid.gov/tests>

If you have tests at home with a 2022 expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.

If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).

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.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

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.

Wednesday, January 25, 12 p.m. - 4 p.m. Wine Tasting Tour hosted by Northwest Neighbors Village

Windridge Vineyard Private Guided Group Tasting - A 25-minute guided tasting experience with one of their wine experts will take place in an enclosed setting with views of the vineyard. You will be taken through five of their signature wines. The current tasting includes 5 estate wines: Albarino, Portrayal, Rosé, Chambourcin, and Seneca. Tips are included in the cost of the trip but additional glasses or bottles will be available for purchase at the vineyard. Transportation provided. Cost: \$30. Call 202-935-6060 with any questions. Register [here](#).

Wednesday, January 25, 1 p.m. - 2 p.m. - Guest Speaker Series: Senator Birch Bayh: Making a Difference with Robert Blaemire Hosted by Chevy Chase at Home on Zoom

After Birch Bayh's 1980 defeat, Robert Blaemire founded a political action committee, The Committee for American Principles, an organization seeking to combat the growing role and influence of the New Right in political campaigns. During the three plus decades Bob worked in this area of politics, his clients included the Dukakis for President Campaign, both Clinton-Gore campaigns, Gore-Lieberman, Kerry-Edwards and dozens of Governor, Senate, Congressional, Mayoral and local campaigns and state Democratic Parties in 26 states. In 1991, Bob created Blaemire Communications, a political computer services firm serving Democratic campaigns, progressive organizations and political consultants. During that time, Blaemire Communications managed more Democratic state party voter file projects than any other vendor. Bob's first book *Birch Bayh: Making a Difference*, was published in 2019, a biography of his former boss, Senator Birch Bayh. This event is open to the community. Register in advance to get the Zoom link at info@chevyCHASEathome.org

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, 6 p.m. (note new later time)

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 January 17th topic is: Intro to Google Docs

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:

Osher Lifelong Learning Institute (OLLI) February shorts and spring registration is now open! The Osher Lifelong Learning Institute (OLLI) at American University is an association of, by, and for the people in the Washington, DC area who wish to continue to study and learn. OLLI at AU is dedicated to the proposition that learning is a lifelong process and that curiosity never retires. View a digital copy of the catalog [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 \(wpodc.org\)](#)

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](#).

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.

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.

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

January 22 — 28, 2023

Pickleball

Mon 01 / 23 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 01 / 23 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 24 / 2023 at 9:30 AM

[More Information](#)

Live a Life You Love in 2023

Tue 01 / 24 / 2023 at 11:00 AM

[More Information](#)

Yoga

Tue 01 / 24 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 01 / 25 / 2023 at 8:30 AM

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

[More Information](#)

DC Relay

Wed 01 / 25 / 2023 at 11:00 AM

[More Information](#)

Happy Hour

Wed 01 / 25 / 2023 at 5:30 PM

Where: Cafe Vino, 4885 MacArthur Blvd NW, Washington , DC 20007

[More Information](#)

Mindful Knitting

Sat 01 / 28 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
January 29 — February 4, 2023

William Yates Fitness

Mon 01 / 30 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 31 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 01 / 31 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 01 / 2023 at 8:30 AM

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

[More Information](#)

Mindful Knitting

Sat 02 / 04 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village