



ACROSS THE FENCE

January 29, 2023

Roseanna Stanton did another great session that helped us clarify what we want out of 2023. We need to state our intentions and set up steps to get there. If this kind of thinking appeals, you may want to consider joining the planner group.

Speaking of intentions, this time of year, so many set out to declutter their homes, or not buy anything new. If you find you have drawers full of beautiful things that you no longer wear, bring your jewelry and accessories to our Baubles, Bangles and Bags Exchange on February 7. You can swap your unused things for beautiful things that someone else is no longer using.

Monday, January 30	Tuesday, January 31	Wednesday, February 1	Thursday, February 2	Friday, February 3	Saturday, February 4
12:15 p.m. <u>Pickleball</u> 3:30 p.m. <u>William Yates Fitness</u>	9:30 a.m. <u>Planner Group</u> 3 p.m. <u>Yoga</u>	8:30 a.m. <u>Walking Club</u>			9:30 a.m. <u>Mindful Knitting</u>

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](#).



Wednesday, February 8, 2 p.m. - 4 p.m.

Valentine Making Workshop

You are invited to come to our Valentine-making workshop to make some beautiful valentine cards for our members. No experience is needed and all supplies will be provided. It will be fun to get our creative juices flowing! Please come up to the office upon arrival. 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 eblanton@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.

It's Time to Go Nuts! - by retired dietician Jean Johnson

NUT TRIENTS! Do you remember when the term “nuts” was used in everyday silly language? “He is nuts!” and “I am going nuts?”

Nuts are among the best plant sources of protein relative to their size. Nuts are high in good fats -monounsaturated and polyunsaturated fats, which help to lower cholesterol when used instead of other fats. Several studies suggest that nuts may help reduce “bad” cholesterol. In fact, some studies have reported that people who regularly eat nuts may have a lower risk of heart disease than people who don’t eat nuts. (Mayo Clinic Health Solutions).


Most nuts are seeds, or the dried fruit from trees. Because nuts come from plants they are cholesterol free. Although “plain” nuts are high in calories, they also contain a lot of nutrients such as thiamin, niacin, phosphorus, zinc, and folate, and some are excellent sources of selenium, copper, magnesium, manganese and vitamin E.

So perhaps, the old phrases weren’t so foolish after all!

Iona Resource Guide

Iona has updated their resource guide, which includes information about the programs and services they offer as well as other information for seniors and their families. You can download it [here](#). **We will be getting some hard copies. Please call the office if you would like one: 202-244-3310.**

Free Consumers' Checkbook benefit available to all Village Members!

 Consumers' Checkbook is a nonprofit providing ratings and advice on local service providers. Checkbook needs your insight to become an even more reliable resource for consumers. In return, they will give you access to all of their online ratings, undercover price research, and expert advice.

Village members can receive one year of free online access to [Consumers' Checkbook](#) after submitting just one rating of a local business. This could include any service provider that you’ve used previously, such as a doctor, contractor, or auto repair service provider. If you’d like to take advantage of this new member benefit, please contact the village office at 202-244-3310.

Our Palisades Village referrals will continue to be available to all members. Just log in to our website and look under the Members tab for providers who have been referred to us by other members. If you have had a good experience with a provider, please let us know so that we can add them to our list.



The District of Columbia Telecommunications Relay Service (DC Relay) is a program of the Public Service Commission of the District of Columbia. [Hamilton Relay](#) is the DC Relay provider for the District.

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. For more information about DC Relay, contact Jenny Pearson at jenny.pearson@hamiltonrelay.com or 443-280-4535.

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.

Friday, February 3, 1:30 p.m. Matinee Movie at Miracle Theatre -- Devotion hosted by Waterfront Village

Celebrate the start of Black History Month with a movie about the inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately make them the Navy's most celebrated wingmen. This is a story about perseverance, friendship and bravery. The movie event is open to all DC Villages and hearing-impaired residents. This movie will be played with captions in English. To register for the event, click [Devotion at Miracle Theatre](#).

Thursday, February 9, 7 p.m. - 8:30 p.m. - Living with Hearing Loss on Zoom hosted by Greater Brookland Intergenerational Village

What you will learn:

1. Demographics – who has hearing loss?
 2. Some misconceptions about hearing loss
 3. Denial and Avoidance – common, but not a good idea. Why?
 4. Visiting a hearing professional
 - What to expect?
 - Can you skip this step? And should you?
 5. Hearing Aids – what they do (and don't do)
 6. Hearing Assistive Technology and Communication Strategies – dealing with situations that people with hearing loss find especially difficult (e.g. telephone, TV, groups, public venue)
 7. New Over-the-Counter hearing aids - Are they Different? Are they for you?
- Register [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, 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 31st topic is: Digital Literacy – Intro to Online Privacy and Security

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:

GU Learning Community - The Georgetown University Association of Retired Faculty and Staff announces our new courses for the GU Learning Community for Spring 2023. For full descriptions of the courses and information on registration go to: <https://retirees.georgetown.edu/gu-learning-community/>

Wednesday, February 1, 7 p.m. - Meet MacArthur High School Principal Dr. Harold McCray at the upcoming ANC3D Meeting

Please join ANC3D on Wednesday, February 1st at 7pm via Zoom (details [here](#)) to hear from MacArthur High School Principal Dr. Harold McCray. MacArthur High school is the new by-right high school for Hardy Middle School catchment area (including ANC3D elementary schools Key and Mann ES). Come hear Principal McCray talk about his vision and plans for the new school and take questions from the community.

ANC3D will also discuss, among other topics, our budget and oversight priorities for 2023, improving bus services, local zoning matters relating to 5113 Sherier Place and the Palisades Montessori School, and a pending liquor license application for the soon-to-open Claudio's Table restaurant at 5441 MacArthur Blvd. The agenda is attached, and Zoom information is available at <https://www.anc3d.org/>.

Saturday, February 11, 10 a.m. - 2 p.m. Electronics Recycling

Drop off your old devices near the corner of 39th and Newark Streets (near Newark Park). A list of accepted items and January/February collection dates is on [the DoEE website](#).

Tuesday, February 21, 5:30 p.m. - 8:30 p.m. - Palisades Georgetown Lions Club Pancake Dinner and Bake Sale at the Palisades Hub, 5200 Cathedral Ave. NW; Adults

\$10; children 8-14 \$5.00; children under 8 FREE. Tickets are sold at the door; carry out available. For more information, call 202-966-4418.

Tuesday, February 28, 1 p.m. - 3 p.m. - The Ins & Outs of Your Long-Term Care Insurance Policy, Lakewood Country Club, Free Valet Parking, Light Refreshments

Have you ever wondered what to do with your long-term care insurance (LTCI) policy if you or your spouse require more care in the future? We've got you covered! Join the Capital Senior Solutions team as we welcome Tom West, Senior Partner at SEIA, and a panel of professionals to our free senior seminar series. The informative event will help you learn how to make the most of your benefits, with our guests sharing insight on some key considerations such as: Choosing between high premiums or reduced benefits and using LTCI for home care services, assisted living, or other care needs. Register [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 29 — February 4, 2023

Pickleball

Mon 01 / 30 / 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 / 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](#)

Next Week at Palisades Village February 5 — 11, 2023

Book Club

Mon 02 / 06 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 02 / 06 / 2023 at 3:30 PM

[More Information](#)

Potomac River Dolphins: Fact or Fiction?

Mon 02 / 06 / 2023 at 5:00 PM

[More Information](#)

Planner Group

Tue 02 / 07 / 2023 at 9:30 AM

[More Information](#)

Baubles, Bangles and Bags Swap

Tue 02 / 07 / 2023 at 2:00 PM

Where: Palisades Hub - Social Hall, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016

[More Information](#)

Yoga

Tue 02 / 07 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 08 / 2023 at 8:30 AM

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

[More Information](#)

Valentine Making Workshop

Wed 02 / 08 / 2023 at 2:00 PM

Where: Palisades Village Office, 5200 Cathedral Avenue, NW, Washington,

[More Information](#)

Board Meeting

Thu 02 / 09 / 2023 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 02 / 11 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village