



ACROSS THE FENCE

February 5, 2023

We have a little something for everyone over the next couple of weeks. All kinds of fitness from pickleball, strength and balance, yoga to walking are available. For those who want to get the creative juices flowing, come make valentines with us. You can clean out your drawers and make way for the new at our accessories swap on Tuesday. The book club, mindful knitting, planner group and foreign policy discussion group are all meeting. If you have been curious and want to try them out, now is the time.

We are most fortunate to have Janet Mann join us again to discuss the dolphins on the Potomac. We were riveted at her last talk on her book, *Great Thinkers: Inside the Minds of Whales, Dolphins and Porpoises*. With Zoom everyone can join us and take a virtual trip down the river.

Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10	Saturday, February 11
12:15 p.m. <u>Pickleball</u> 1 p.m. <u>Book Club</u> 3:30 p.m. <u>William Yates Fitness</u> 5 p.m. <u>Potomac River Dolphins: Fact or Fiction?</u>	9:30 a.m. <u>Planner Group</u> 2 p.m. <u>Baubles, Bangles and Bags swap</u> 3 p.m. <u>Yoga</u>	8:30 a.m. <u>Walking Club</u> 2 p.m. <u>Valentine-making workshop</u>	5 p.m. <u>Board Meeting</u>		9:30 a.m. <u>Mindful Knitting</u>

This week:



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](#).

Coming Up:



Wednesday, February 15, 2 p.m. - 3 p.m. (in person) Great Decisions Foreign Policy Discussion Group

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. The topic this week is War Crimes and will be led by Chris Simpson. You can find our policy regarding COVID [here](#). Palisades Village has resumed in-person activities including for all who are up to date with their COVID vaccines. We have masks and rapid antigen tests available. Register [here](#).



Thursday, February 23, 5:30 p.m. - 7:30 p.m. Happy Hour at Cafe Vino

We were so sorry to have to cancel the Happy Hour that was scheduled in January due to a burst water pipe. Luckily, Cafe Vino is back in business! 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](#).



Saturday, March 4, 6:30 p.m. An Evening with Dana Tai Soon Burgess

Palisades resident, renowned Korean American modern-dance choreographer Dana Tai Soon Burgess, will share his deeply personal hyphenated world and how his multifaceted background drives his prolific art-making in *Chino and the Dance of the Butterfly*. The memoir traces how his choreographic aesthetic, based on the fluency of dance and the visual arts, was informed by his early years growing up in Santa Fe, New Mexico. This insightful journey delves into an artist's process that is inspired by varying cultural intersections, personal experiences, world travel, and the universal quest to find a place to call home. Candid and intelligent, Burgess gives readers the opportunity to experience up close the passion for art and dance that has informed his life. Burgess will be interviewed about his memoir and answer audience questions. Dancers from his critically

acclaimed company will perform excerpts from his repertoire. His memoir will be available at the event. This event is free and open to the public. 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**.*

Congratulations to Char Mollison, Winner of the Photography Contest



Members and volunteers were invited to share their favorite picture from 2022 and win a 2023 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. We are pleased to announce the winning photo by Char Mollison that features her late cat, Taffy. Honorable Mentions will be featured in future newsletters. Thank you to everyone who participated. Our judges had a very difficult job!

February is Low Vision Awareness Month

Vision impairment — including low vision — affects millions of Americans, among them many older adults. Vision impairment can make it hard to do things like reading, shopping, or cooking. The Prevention of Blindness Society of Metropolitan Washington has many in-person and virtual events and support groups. You can find them at <https://www.youreyes.org/events/>.

Would you be interested in forming a Palisades Village support group for those with low vision? If so please let the office know or email eblanton@palisadesvillage.org.

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 have hard copies at the office. 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.

Partnership with Byte Back Offers Opportunities to Bridge the Digital Divide

We are thrilled to announce a new collaboration between the DC Villages and [Byte Back](#) to create digital equity and close the digital divide for older adults in our community.

With generous support from [The Washington Home Foundation](#), the DC Villages will work with Byte Back to pilot a program to enhance digital literacy for our members. DC Villages has collaborated with Byte Back to develop a comprehensive training model to provide the tools and support to help members navigate technology with confidence.

Digital Skills Training - Village members will have the opportunity to participate in a Computer Foundations class – an intensive training that is specially tailored to our members' reported needs and interests. No computer experience is required.

Digital Navigators Program – Village volunteers will have the opportunity to participate in Byte Back's 360 Digital Navigators training - a program that teaches the fundamentals of adult learning science, effective teaching strategies, and how to work with someone with limited digital skills. Upon completion of this training, volunteers – who don't need specialized computer skills, just a basic fluency with routine technology -- will be equipped with the skills, resources, and knowledge necessary to support Village members with gaining access to the internet and navigating everyday tasks.

Members, we need your help! In order to tailor the Computer Foundations class, we need feedback on your technology support needs and interests. [Click here to take a brief survey and tell us how we can best support your technology needs.](#) Please complete the survey by February 24, 2023.

What's next? This pilot program will be carried out throughout the year. Classes will be held in various locations around the city to ensure members and volunteers from all Villages can participate in or near their community. We will keep you posted on training opportunities in our area when they are made available.

We are looking forward to offering this exciting program to our Village community.

Better Memory Through Better Eating, by Jean Johnson, Retired Dietician

You have heard that improving your diet by eating more fruits and vegetables will protect you from many health problems. This is true!

But have you heard about Flavonols? They are health-boosting phytochemicals found in plant pigments. They can help to protect one from molecules that cause tissue damage and contribute to problems such as dementia, cardiovascular disease, cancer and other serious health conditions.

In a recent study reported in the Neurology Journal, researchers found that people who eat the most favonol-packed foods enjoy more years of optimal memory and cognition. The study was observational, yet the finding underscored previous research that has supported this idea.

Foods containing some or all of these flavonols include beans, tea, spinach, broccoli, tomatoes, tomato sauce, apples, kale, oranges, pears, olive oil and wine.

So, the next time you go shopping REMEMBER to include some flavonol foods.

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.

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!

Thursday, February 16, 3 p.m.

Hattie Sewell and the Peirce Mill Teahouse: A Virtual Conversation for Black History Month on Zoom

In 1920, Rock Creek Park awarded a contract to run the teahouse at Peirce Mill to an African American woman named Hattie Sewell. But a prominent neighbor's racist complaints forced Sewell to leave Peirce Mill in the fall of 1921. A century later, the Friends of Peirce Mill worked with student interns from Howard University to learn more about Hattie Sewell, and to produce a short film about her life and times. But because of the pandemic, they were unable to access crucial records in the National Archives—until now. **On T**, in honor of Black History Month, Angela Kramer from the Friends of Peirce Mill will discuss fascinating new information recently uncovered in the National Archives, including the original letter Hattie Sewell wrote to Rock Creek Park in November 1919!

[Read more and register here.](#)

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 February 7th topic is: goDigital with DC Public Library – Freegal (music)

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.

Saturday, February 25, 12:30 p.m. to 4:30 p.m. on Zoom - Sex and Aging Conference

Healthy sex has many benefits including physical, psychological and emotional health. In addition to boosting our immune system, improving our heart health and strengthening our pelvic floor, research indicates that sex can also strengthen our relationships, promote self-esteem and improve our sense of identity at later stages of life. Register [here](#), email jsmit470@jhmi.edu or call 202-364-7602 at least two weeks in advance. The first 20 registrants will receive Dr. Burnett's book. More information [here](#).

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 8, 12 noon - Iona/St. Albans will be hosting the Mayor's Senior Budget Engagement Forum. We'll be joined by interested seniors from the local Village network to watch as the Forum is broadcast live from the Washington Senior Wellness Center. Representatives from the Dept. of Aging and Community Living and the Mayor's office will be on hand to take your questions, comments, and concerns back to the Mayor. RSVP requested, but not required to psilicki@iona.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](#).

Sunday, February 12, SouperBowl Sunday, 11:30 a.m. - 2 p.m. at the Palisades Hub

There will have a variety of home-made soups and stews, including corn chowder, chili, lentil, broccoli, chicken noodle, split pea, and more! Soup ingredients will be labeled for dietary restrictions. Suggested donation per bowl is \$5. This is a cash-only fundraiser, so please bring cash in increments of \$5. All proceeds will go to SOME (So Others Might Eat).

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.

Wednesday, February 22, 7 p.m. - 8 p.m. - Discussing the Facts -Diabetes, Obesity and Health Equity on Zoom

Overweight and obesity are risk factors for the development of type 2 diabetes. These conditions disproportionately affect minority populations in the United States. This discussion will focus on the recognition, prevention and management of obesity in the context of diabetes mellitus. There will be plenty of time for questions and answers. Register at [here](#), email hprecou1@jhmi.edu or call 202-364-7602 by Feb. 20.

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
February 5 — 11, 2023

Pickleball

Mon 02 / 06 / 2023 at 12:15 PM

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

Washington, DC 20016

[More Information](#)

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](#)

Next Week at Palisades Village
February 12 — 18, 2023

William Yates Fitness

Mon 02 / 13 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 14 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 14 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 15 / 2023 at 8:30 AM

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

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 02 / 15 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016-0403

[More Information](#)

Mindful Knitting

Sat 02 / 18 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!
Palisades Village