



ACROSS THE FENCE

February 12, 2023



Happy Valentine's Day from your friends at Palisades Village!

| Monday, February 13 | Tuesday, February 14 | Wednesday, February 15 | Thursday, February 16 | Friday, February 17 | Saturday, February 18 |
|---|---|---|--------------------------|------------------------|---|
| <p>12:15 p.m. Pickleball</p> <p>3:30 p.m. William Yates Fitness</p> | <p>9:30 a.m. Planner Group</p> <p>3 p.m. Yoga</p> | <p>8:30 a.m. Walking Club</p> <p>2 p.m. Great Decisions Foreign Policy Discussion Group</p> | | | <p>9:30 a.m. Mindful Knitting</p> |

*The office will be closed on February 20 for Presidents' Day.
Please plan accordingly.*

This week:



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](#).

Coming Up:



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](#).



Tuesday, February 28, 1:30 p.m. - 2:30 p.m. (on Zoom) Incorporating Native Plants into Your Garden Take 2

Have you decided to incorporate more native plants into your garden? Are you wondering which native plants might be best suited to your garden and your interests? Would you like to know how to find out about local native plant sales? Janet Entwistle, a master gardener and World Bank retiree, will give a zoom talk with ideas on which native plants might thrive in your garden and where you can buy them. Janet last spoke to the

Village back in November and it was extremely informative! Register [here](#).



Friday, March 3, 11 a.m. - noon (on Zoom)
Palisade Village Events Committee Listening Session

What kind of events and programs do you want Palisades Village to host? We don't want speculations about events that you think people may like. Instead, we want to know what you want. ***This is your opportunity to let the events committee know.***

The events committee arranges parties, speakers, author talks, and outings to keep you intellectually and socially engaged. They put on a couple of events each month. Is there something that they should consider doing in the future? Register [here](#).



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

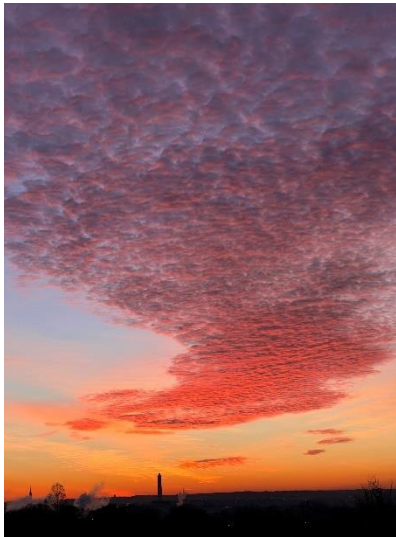
Palisades resident, renowned Korean American modern-dance choreographer Dana Tai Soon Burgess, will share his deeply personal hyphenated world and how his multifaceted background drives his prolific art-making in *Chino and the Dance of the Butterfly*. The memoir traces how his choreographic aesthetic, 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**.*



We had a wonderful time "shopping" for treasures at the recent **Baubles, Bangles and Bags** Swap. No one went home empty-handed!



Shout out to Christopher Wolf, Honorable Mention in the Photography Contest

Members and volunteers were invited to share their favorite pictures from 2022 and win a 2023 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. We will be featuring the Honorable Mentions in the next few newsletters.



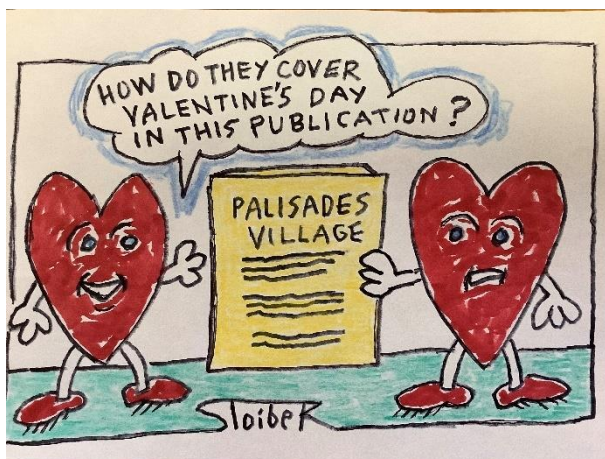
Did you miss our great talk on dolphins? Watch the full program [here](#) on our YouTube channel at [Palisades Village](#). We have a whole library of past presentations.

Our fitness instructor, William Yates also has a YouTube channel so you can work out even if you miss his Monday class.

Go to: <https://www.youtube.com/@WilliamYates>

Do you need a grab bar in your bathroom? If so, please call the office at 202-244-3310. We have grant money from the Palisades Community Fund for this purpose.

Do you have neighbors or friends who may be interested in what the Village has to offer? We'd love to add them to our mailing list. They can sign up here: <http://eepurl.com/gpYiFn>.



Thank you to Palisades Village member Carlton Stoiber for the cartoon!

Free Consumers' Checkbook benefit available to all Village Members!

CONSUMERS' CHECKBOOK 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.

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.



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.

Northwest Neighbors Village has a robust Virtual Speaker Series! You will meet some dynamic and interesting individuals. Stay connected and informed. More details [here](#).

- February 14th, 11 am - [To Tell the Truth: The Life of a Foreign Correspondent](#) with speaker **Lewis M. Simons**
- February 23rd, 1 pm - [Photos from Beirut to the White House: A Father-Daughter Legacy](#) with speaker **Joyce Boghosian**

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 14th topic is: Intro to Internet Browsers (Google Chrome, Firefox Mozilla, Apple Safari)

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/>

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**.

This Week at Palisades Village

February 12 — 18, 2023

Pickleball

Mon 02 / 13 / 2023 at 12:15 PM

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

William Yates Fitness

Mon 02 / 13 / 2023 at 3:30 PM

Planner Group

Tue 02 / 14 / 2023 at 9:30 AM

Yoga

Tue 02 / 14 / 2023 at 3:00 PM

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

Walking Club - Georgetown

Wed 02 / 15 / 2023 at 8:30 AM

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

Great Decisions Foreign Policy Discussion Group

Wed 02 / 15 / 2023 at 2:00 PM

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

Mindful Knitting

Sat 02 / 18 / 2023 at 9:30 AM

Next Week at Palisades Village

February 19 — 25, 2023

Canceled: William Yates Fitness

Mon 02 / 20 / 2023 at 3:30 PM

Planner Group

Tue 02 / 21 / 2023 at 9:30 AM

Yoga

Tue 02 / 21 / 2023 at 3:00 PM

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

Walking Club - Georgetown

Wed 02 / 22 / 2023 at 8:30 AM

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

Happy Hour

Thu 02 / 23 / 2023 at 5:30 PM

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

Mindful Knitting

Sat 02 / 25 / 2023 at 9:30 AM

Thank you!

Palisades Village