



ACROSS THE FENCE

February 19, 2023

We won't be meeting for pickleball this Monday due to Presidents' Day, but we will be back at it on Monday, February 27th. Beginners are welcome for our classes. In the meantime, enjoy this [article](#) from National Geographic shared by PV member and volunteer, Janet Bullinger. From celebrities to septuagenarians, everyone seems to be picking up a paddle.

Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24	Saturday, February 25
Office closed	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	5:30 p.m. Happy Hour at Cafe Vino		9:30 a.m. Mindful Knitting

This week:



**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](#).

Coming Up:



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. (in person)
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](#).



Wednesday, March 8, 10 a.m. - 11 a.m. (in person)

Eye to Eye - Low Vision Support Group

Palisades Village is forming a local group for those with low-vision and their partners and caregivers. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. We would like to meet in-

person but have the ability to include people via Zoom. The group will be facilitated by Barbara Scott, LCSW. 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**.*



Shout out to Ghislaine Dittberner, 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.

Do you have a therapy dog or have experience with a **therapy dog**? We would like to discuss your experience. Please contact Erica at eblanton@palisadesvillage.org or 202-244-3310.

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.



Sleep Time Sleep Stories from Jean Johnson, Retired Dietician

Getting a good seven to eight hours of sleep is one of the greatest good influences on your brain and heart, and according to Drs. Roizen and Oz in their book (THE OWNER'S MANUAL), "sleep makes you three years younger!"

Below are some of the foods that may help to assist in this mission.

Tryptophan foods (high protein) - Amino acid foods play a role in good healthy sleep. In the body, they can be converted into hydroxytryptophan which is used to make melatonin and serotonin. These are chemicals necessary for good sleep and are found primarily in high-protein foods such as meat, fish, poultry, cheese, eggs, and milk.

Valerian root is an herbal supplement. It is found in a capsule in powder form or in special tea. It may help with falling asleep faster and better quality sleep. *{Please consult your doctor before taking supplements.}*

Melatonin can be consumed through food. Good sources are eggs, fish, wholewheat products, barley, oats, tart cherries, grapes, pistachios, soybeans, tomatoes and papayas.

Magnesium - approximately ½ Americans are deficient in this mineral. Good food sources are nuts, spinach, tofu, avocados, seeds, dark chocolate, bananas and almonds. Best before bedtime.

Certain brain neurotransmitters have been shown to support sleep quality. They are contained in dietary supplements or food sources. Sources are whole grains (oats, wheat, barley), buckwheat, tomatoes, broccoli, beans, mushrooms and sweet potatoes.



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.



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, February 21, 6 p.m. Managing Money: A Caregiver's Guide to Finances, Hosted by Cleveland & Woodley Park Village (Webinar) If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning. Register [here](#).

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 23rd, 1 pm - [Photos from Beirut to the White House: A Father-Daughter Legacy](#) with speaker **Joyce Boghosian**
- March 14th, 11 am - [The Aftermath: The End of the Baby Boom's Effect on Politics and the Economy](#) with speaker **Philip Bump**. He will discuss his new book, *Aftermath, The Last Days of the Baby Boom and the Future of Power in America*. He will do a Q&A afterward.

Monday, February 27, noon, Responding to Dementia Related Behavior, Hosted by Capitol Hill Village

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease. To register, call 202-543-1778.

Sunday, March 12, 3 p.m., Lincoln Theater

Join for the Gay Men's Chorus of Washington performance celebrating beloved pop and R&B icon, Whitney Houston!

Cleveland Woodley Park Village has some discounted (\$20) tickets. The special rate tickets are in accessible seats located in the balcony. More details [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 February 20th topic is: Intro to Adobe Acrobat.

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.

Wednesday, February 22, 7 p.m. - 8 p.m. on Zoom

Diabetes, Obesity, and Health Equity – Discussing the Facts

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

<https://smh.memberclicks.net/02-22-2023-discussing-the-facts> , email hprecou1@jhmi.edu or call 202-364-7602 before February 20.

Friday, February 24, 4 p.m. - 6:30 p.m. on Zoom

Sexual Health Equity and the LGBTQ+ Community - Presentation and Panel Discussion

Sexual and gender minorities often face discrimination and barriers to appropriate health care. While these barriers can impact many aspects of health, they are particularly evident when addressing issues related to sexuality and gender expression. Dr. Kate

Thomas will examine the issues and challenges that face the LGBTQ+ community. What are the barriers inherent in our health care system? What are the historical underpinnings of these barriers, and how does stigma lead to poorer quality of health? Dr. Thomas will highlight examples of where stigma has led to less-than-optimal outcomes and focus on strategies to improve the education, cultural competence and the comfort in dealing with those who are among the sexual and gender minorities with the goal of advocating for evidence-based and humane sexual health care to the LGBTQ+ community. Register at <https://smh.memberclicks.net/02-24-2023---lgbtq--sexual-health-equity> , email hprecou1@jhmi.edu or call 202-364-7602 before February 22.

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/>

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.

Thursday, February 23, 5:30-7:30 pm at American University, Kerwin Hall Room 301

[The Metropolitan Policy Center] [Barry Farms: Community, Land, and Justice in Washington, D.C. Film Screening](#)

The documentary film will be followed by a panel featuring co-directors Sabiyha Prince, Sam George, and Michael Fisher, Jr., who is finishing a book on the development of Barry Farm. The panel will be moderated by Derek Hyra. This documentary film tells a story of a journey for community, land, and for justice. It is a story of Barry Farm, but it is also a story of Washington, DC. And, in the cycles of place and displacement, it is a story of the United States of America. [RSVP to the screening and discussion here.](#)

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 19 — 25, 2023

Canceled: Pickleball

Mon 02 / 20 / 2023 at 12:15 PM

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

[More Information](#)

Canceled: William Yates Fitness

Mon 02 / 20 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 21 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 21 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 22 / 2023 at 8:30 AM

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

[More Information](#)

Happy Hour

Thu 02 / 23 / 2023 at 5:30 PM

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

[More Information](#)

Mindful Knitting

Sat 02 / 25 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
February 26 — March 4, 2023

Pickleball

Mon 02 / 27 / 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 02 / 27 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 28 / 2023 at 9:30 AM

[More Information](#)

Incorporating Native Plants into Your Garden Take 2

Tue 02 / 28 / 2023 at 1:30 PM

[More Information](#)

Yoga

Tue 02 / 28 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 01 / 2023 at 8:30 AM

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

[More Information](#)

Events Committee Listening Session

Fri 03 / 03 / 2023 at 11:00 AM

[More Information](#)

Mindful Knitting

Sat 03 / 04 / 2023 at 9:30 AM

[More Information](#)

An evening with Dana Tai Soon Burgess

Sat 03 / 04 / 2023 at 6:30 PM

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

[More Information](#)

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

Thank you!

Palisades Village