



ACROSS THE FENCE

February 26, 2023

| Monday, February 27 | Tuesday, February 28 | Wednesday, March 1 | Thursday, March 2 | Friday, March 3 | Saturday, March 4 |
|---|---|---|----------------------|--|--|
| <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>1:30 p.m. Incorporating Native Plants into Your Garden</p> <p>3 p.m. Yoga</p> | <p>8:30 a.m. Walking Club</p> | | <p>11:00 a.m. Events Committee Listening Session</p> | <p>9:30 a.m. Mindful Knitting</p> <p>6:30 p.m. An Evening with Dana Tai Soon Burgess</p> |

Our happy hour last week at Cafe Vino was so much fun!





This week:



**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](#).

Coming Up:



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](#).



**Tuesday, March 14, 1 p.m. - 2:30 p.m. (in person)
Pi(e) Day**

Members -- sign up for our annual tradition and reserve your slice of pie. Peggy Banks, our master pie maker has not released the choices yet, but we know they will be delicious. We will have slices of pie available to pick up at the Hub (5200 Cathedral Ave NW) or full members can

request delivery. Let us know in the comments which you would prefer. Register [here](#).



**Thursday, March 16, 5 p.m. on Zoom
Meet Ambassador Roya Rahmani**

Please join us to hear about Ambassador Rahmani's experience as the Afghan ambassador to the US. She is a former Afghan diplomat with nearly two decades of experience working with governments, NGOs, and multilateral institutions. Ambassador Rahmani was the first woman to serve as Afghanistan's ambassador to the United States of America 2018-2021 and Indonesia 2016-2018, and as a non-resident

ambassador to several other countries. She was the first accredit Afghan ambassador to Association of South East Asian Nations (ASEAN), and the first Director General for Regional Cooperation at the Ministry of Foreign Affairs of Afghanistan. Prior to her career in foreign service, she worked with non-profit sector in various countries. 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 Janet Tersoff, 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.

We have an ambitious high school student who needs community service hours! He can come over and give your yard a spring cleaning. Please call the office at 202-244-3310 if you would like to take him up on this.

Do you have any experience with therapy dogs? Palisades Village is exploring ideas and would value your input. Please contact Erica at 202-244-3310 or ebanton@palisadesvillage.org.

Come join in the singing!

Second Wind, a small chorus on Capitol Hill, will begin its new season March 7. On tap for the spring: a varied lineup of songs that includes John David's "You Are the New Day" and Robert Schumann's "Zigeunerleben," a 19th-century German lieder. If the challenge and joy of mastering new music and singing with others appeal to you, come join your voice with ours – new singers are always welcome.

Second Wind rehearses at Capitol Hill Arts Workshop (545 7th St. SE) on Tuesday afternoons from 12:30 to 2, and performs twice a year, in June and December, as part of CHAW's showcase of its resident artists and musicians. There are no auditions to join the chorus, and the ability to read music isn't necessary, though it's certainly helpful. Membership fees are assessed on a sliding scale. Singers must wear masks and show proof of vaccination.

Interested? For more information, see the Second Wind website, secondwindchorusdc.com, or contact Shirley Rosenfeld at (202) 630-2176.



FIBER FOOD TO GO! *by Jean Johnson, Retired Dietician*

Eating high-fiber foods daily (the part of plant-based foods that the body does not absorb) can help lower cholesterol and prevent constipation. A high-fiber diet can also protect from colon problems such as diverticulosis and irritable bowel syndrome. Daily fiber intake recommendations are Men-51 and older- 30 grams daily; Women-51 and older-21 grams per day.

HELPFUL HINTS:

Start your day with a high-fiber cereal - 5 or more grams of fiber per serving

Eat more whole grain products-whole grain breads, bran products, brown rice, barley and oats

Eat more legumes (beans), black beans, split & chickpeas, great northern, kidney, pinto, navy, lima beans

Choose high-fiber snacks, such as fresh fruits, raw vegetables, and low-fat popcorn

Eat high-fiber fruits and vegetables-grapes, berries, cherries, oranges, spinach, peas, string beans etc.

***To avoid bloating and gas problems, increase fiber amounts gradually. Drink plenty of water to promote swelling of fiber and bowel regularity.

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.

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

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

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.

Wednesday, March 8, 1 p.m. Coping with Uncertainty with Guest Speaker Courtney Posch of Graceful Transitions, Hosted by Northwest Neighbors Village on Zoom

Courtney Posch with Graceful Transitions will be the speaker. Graceful Transitions provides a comprehensive array of services to coordinate and oversee every aspect of the downsizing and moving process: Coordinating the sale, donation or disposal of unwanted items; Paper sorting, organizing, and daily money management; Shipping; Setting up temporary storage arrangements; Creation of a floor plan if you move to a new residence such as independent or assisted living; Scheduling and coordination of all tasks involved in a move; Handyman/woman services; Estate Clean-out; They are fully bonded and insured. Register [here](#).

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.

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 28th topic is: Intro to One Drive

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.

Tuesday, March 21, 2:30 p.m. - 3:30 p.m. (on Zoom)

Low Vision and the Aging Eye

One in ten people over age 80 have low vision. Low vision is vision loss that is uncorrectable through traditional eyewear, surgeries, or medications. Whether it be from macular degeneration, glaucoma, or diabetic retinopathy, there are ways to modify everyday tasks to be able to still do the things you want to do. Sean Curry, Program Director of the Prevention of Blindness Society of Metropolitan Washington, will share the

resources and services available to people with vision challenges to be able to still do the tasks we like to do. Click [here](#) for more information and registration.

Community Events:

LIFELONG LEARNING COURSES at AMERICAN UNIVERSITY

CLASSES START FEBRUARY 27 – [REGISTRATION](#) OPEN UNTIL MARCH 10!

The **Osher Lifelong Learning Institute (OLLI)** at **AU** offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy and more. Designed for people “50 and better,” nearly 1,600 members are active participants who join for the joy of learning with no tests and no grades. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. OLLI'S Spring Semester runs from February 27 to May 5 and costs \$300 for up to four classes. Registration for the Spring Semester ends on March 10 – register now before classes begin! Additionally, there are free weekly lectures and membership social events. Be a part of a community where curiosity never retires! Go to our website: olli-dc.org or call 202-895-4860 for further information and to register for classes.

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](#).

Sunday, March 5, noon-5 p.m.

Abner Cloud Open House

The Abner Cloud house will be open to the public on **Sunday March 5 from noon to 5pm**. Come learn about farm life on the Potomac in the first decade of the District of Columbia. For example, in March, April and May, Abner Cloud hired workers to haul the seine at his fishing landings during the shad and herring runs. The fish were processed at his fishing houses, and he used the fish to pay bills.

Sunday, March 12, 4 p.m. - 6 p.m. - The Palisades Community Association St. Paddy's Day Street Party sponsored by Rachel Levey, COMPASS; Jennie McDonnell, Long & Foster and Balfour. This free community event is at the intersection of Ashby St and 47th St., next to W Street Park. Live Irish music, s'mores and popcorn. Drinks and food sold by European Market and Hellbender Brewing Co. Fun for all ages!

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 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](#)

Next Week at Palisades Village

March 5 — 11, 2023

Book Club

Mon 03 / 06 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 03 / 06 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 07 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 07 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 08 / 2023 at 8:30 AM

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

[More Information](#)

Eye to Eye Group - In Person

Wed 03 / 08 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Mindful Knitting

Sat 03 / 11 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village