



ACROSS THE FENCE

December 10, 2023

Welcome new Palisades Village board members Luz Benito, Sue Bowers, and Ellen Thrasher! Our annual member meeting last week was bittersweet as we had to bid farewell to three members who have been so instrumental in guiding the village to where it is today. Sharon Hays, Arne Paulson, and Kate Perry completed their third terms -- Arne for the second time (12 years in total). Don't worry, they assure us that they will remain involved in the village in other capacities.

As we talk about all the joyous upcoming activities, some may not be feeling so festive. If you have an extra chair at your holiday table for a member or if you are a member who doesn't want to spend the holidays alone, please let us know.

Monday, Dec 11	Tuesday, Dec 12	Wednesday, Dec 13	Thurs, Dec 14	Friday, Dec 15
<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>3:00 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>10:00 a.m. Eye to Eye Group</p>	<p>10:30 a.m. Coffee & Conversation</p>	<p>9:30 a.m. Mindful Knitting</p> <p>1:30 p.m. Holiday Tea</p>

This Week:



Thursday, December 14, 10:30 a.m. - 11:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. Unless we have unseasonably warm weather and can meet in the garden, we will be inside in the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).



Friday, December 15, 1:30 p.m. - 3:30 p.m.

Holiday Tea & Open House

Join us for a holiday tea and open house. We want to celebrate this festive time of year with our special Palisades Village friends. Please register [here](#).

Coming Up:



Friday, December 22, 12:00 p.m. - 2:00 p.m.

Tech Clinic

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one-on-one.

Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond.

Please email aourand@palisadesvillage.org or call the office at **202-244-3310** to let me know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).



Tuesday, January 9, 11:00 a.m. - 12:00 p.m. at the Palisades Library, 4901 V St NW
What is Low Vision? What You Can Do!

Join us at the Palisades Library for a presentation by Sandy Neuzil, Low Vision Community Outreach and Support Group Facilitator at the Prevention of Blindness Society.

Sandy is a retired research geologist who has coped with legal blindness her whole life. In her second career, she helps others who are experiencing some decline in their vision find ways to stay safe and independent.

Join Sandy as she discusses: what is low vision and how it can impact daily life; new approaches to solve what you think you can't do; resources: local, national, and online; and technology galore that is available to help. Free and open to all. Register [here](#).



Sunday, January 14, 3:00 p.m. - 5:00 p.m.
Death Cafe

Join an intimate group of 10 at the Palisades Hub for a group-directed discussion of death with no agenda, objective, or themes. It is a discussion group rather than a grief support group or counseling session. It will be led by Susan Messina, Palisades Village Board Member. She has facilitated Death Cafes through Iona Senior Services and the Bryn Mawr Club of Washington, and via Zoom during the pandemic. Learn more about the worldwide movement of Death Cafes [here](#). LIMITED TO THE FIRST TEN PEOPLE WHO SIGN UP. There will be cake! 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](tel:202-244-3310).

Full members may request a ride to any PV event with 3 days' notice.

The Palisades Village Singalong -- *always a lot of fun!*



Erica conducting



What a great group



Raquel helping Erica

The annual Palisades Village singalong last Sunday at the Farmers Market was a great way to kick off the holiday season. Village members, Boy Scouts and passersby all joined in the fun!

The Annual Appeal Has Begun!

DONATE NOW
TO OUR
END-OF YEAR
ANNUAL
APPEAL

We need your help to keep doing the work that we do to support older adults in our community. Membership fees cover a portion of our operating costs, but to continue to provide the level of programming and services for which we are known, we need your support. We need to raise \$25,000 by the end of the year. We appreciate your continued support!

"Knowing that you are there calms MINDS and SOULS!"

Appeal for Snow Shovellers Continues



If you or a strong neighbor are available to help one of our members when we get snow, please let us know. We hear that there will be snow this year and we want to be prepared when it gets here. Call or email Anne at 202-244-3310 or aourand@palisadesvillage.org.

Covid Corner:

Free COVID test kits are available from the federal government again! Even if you ordered earlier this year, you can order more now. You can order them [here](#) and they will ship 4 tests per household. You can also pick up free COVID test kits at some DC Public Libraries, including the Palisades and Tenley-Friendship branches.

Do you have COVID test kits and want to check if their expiration dates have been extended? Click [here](#) and scroll down to the section labeled "Authorized At-Home OTC COVID-19 Diagnostic Tests and Expiration Dates." Find your brand of test, click on Extended Expiration Date, and look for the lot number of your kit.

The Palisades Village continues to take precautions. Please do not hesitate to wear a mask at any event. Our COVID policy can be found [here](#).

Can't get out of the house for a vaccination? DC Health will come to you. Call [1-855-363-0333](tel: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.

Members: If you need help getting a vaccination or booster, call the office at [202-244-3310](tel:202-244-3310) and we will help you.

New NIH resource:

It's called Test to Treat (https://www.test2treat.org/s/?language=en_US) and it's a free program for older adults (technically any uninsured or underinsured adult (18+), on

Medicare, Medicaid, in the VA healthcare system, or receive care from the Indian Health Services).

Participants will be

- sent COVID test kits (and they're adding flu);
- if/when they test positive for COVID/flu, they get a free telehealth visit;
- and treatment -- typically a prescription for Paxlovid or Tamiflu, shipped to them or to pick up locally.

Anyone eligible can sign up at any time; or if they sign up when they've already tested positive, they'll get the telehealth visit and prescription but no test kits. There is a phone-only option but folks have to have an email address. The program was recently expanded from a 3-state pilot. It's a nice option for anyone who wants the ability to test and get treated without leaving home and/or without making a co-payment.

Wednesday, December 13, 10-2 p.m.

MAYOR'S 25th ANNUAL SENIOR HOLIDAY CELEBRATION

Mayor Muriel Bowser invites you to the 25th Annual Senior Holiday Celebration at the DC Armory. The invite is a special gathering of hundreds of District residents aged 60 and over. This year, the 13 DC Villages would like to encourage our members to attend since it is a good way to meet other DC neighbors, share your experience with residents who either do not know about the Villages or who are not currently served by one, and interact with District and Federal representatives from agencies which serve older adults. You can gather information that may even save your life someday.

Attending the event is also a good way to show our appreciation for the support that the Villages have received from the Department of Aging and Community Living, the DC Council and the Mayor. The event starts at 10:00, and free lunch will be provided. To get more information and to register for the event, click **Mayor's Holiday Party**

A Call to Action on the Direct Care Workforce Crisis

LeadingAge DC, DC Appleseed and the DC Coalition for Long Term Care invite you to join Age Friendly DC Villages from across the District for a Special Senior Village Town Hall.

Today, many DC seniors and people with disabilities are going without needed care and assistance due to a severe shortage of trained and qualified direct care workers. Without caregivers, older adults and people with disabilities cannot age with dignity in their own homes or get quality care if they need in-patient rehabilitation or need to go to assisted living.

Join us, on December 18, 2023, at 12 noon to 1 p.m. via ZOOM for a special [Senior Village Town Hall](#)

- ◆ Get the facts.
- ◆ Learn about root causes and effective solutions.
- ◆ Support the Direct Care Worker Amendment Act!
- ◆ Be an agent for change!

Together, we can make DC Truly Age Friendly!

Senior Village Town Hall Zoom Meeting:

<https://us02web.zoom.us/j/86849393063>

Meeting ID: 868 4939 3063

Iona Needs Help!

Iona is closing for a week to give staff a respite between Christmas and New Year's, and they would like to hire contractors to work at the dining sites on two short afternoons to pass out boxed lunches to the dining site residents.

If you want to work for a few hours at the end of December, [read the full job description here](#).

Questions to:

Chris Brentin, MS, LDN, CNS

Senior Manager of Nutrition Programs

cbrentin@iona.org | Office: 202.895.9407





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, December 14, 1:00 p.m. - 2:00 p.m on Zoom

Reinventing Yourself in Retirement with Dian Seidel - Hosted by Chevy Chase at Home

Join Chevy Chase At Home and Dian Seidel for a conversation about retirement, working abroad as an older adult, Thailand, volunteering, staying active, writing, and related topics. Speaker Dian Seidel used to be a climate scientist at NOAA. Now, in retirement, she teaches yoga at local gyms, teaches English to immigrants to the DC area, and writes. Register [here](#).

Tuesday, December 19, 6:00 p.m. - 7:15 p.m. on Zoom

LGBTQ Social Hour hosted by Capitol Hill Village; Join us to connect with LGBTQ folks of different ages. Participants will come together to connect, combat isolation, and foster relationships. Register [here](#).

If you need durable equipment (wheelchairs, walkers, etc) to borrow and IONA doesn't have what you need, try Georgetown Village at 202-999-8988.

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](tel:202-459-9634). Sign up for the newsletter while you are there!

December 5, 4-5 p.m.

Iona Tech Tuesday with Brady -- Click [here](#) to sign up or to see future topics.

Tuesdays, 2 p.m. at the Palisades Library

Yoga -- Free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, click [here](#).

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 Tenley-Friendship Library, 1:30 pm. - 2:30 p.m. Register [here](#). **NOTE: No class on Xmas, New Year's Day, MLK Day.**

Tuesdays at St. Albans, 11 a.m. - noon. Register [here](#).

Thursdays Palisades Rec Center, 10 a.m. - 11 a.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 - Join Diane Harris in studying the art of Tai Chi. Diane is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information and registration, click [here](#)

Sibley Seniors Events:

Sibley Seniors Association (SSA) offers programs and support groups online.

Community Events:

Saturday, December 16, 9:30 a.m. - 1130 a.m.

Holiday Breakfast & Cookie Exchange - Join the Palisades Community Association for this annual event at the Palisades Hub (downstairs in the social room). Bring your favorite holiday cookies to share with your neighbors and take a bag to enjoy at home. Fun for all ages! Free for PCA members; \$10 suggested donation for non-members.

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](tel: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
December 10 — 16, 2023

Pickleball

Mon 12 / 11 / 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 12 / 11 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 12 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 12 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 13 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Eye to Eye Group - In Person

Wed 12 / 13 / 2023 at 10:00 AM

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

[More Information](#)

Coffee & Conversation

Thu 12 / 14 / 2023 at 10:30 AM

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

[More Information](#)

Mindful Knitting

Fri 12 / 15 / 2023 at 9:30 AM

[More Information](#)

Holiday Tea

Fri 12 / 15 / 2023 at 1:30 PM

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

[More Information](#)

Next Week at Palisades Village
December 17 — 23, 2023

Pickleball

Mon 12 / 18 / 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 12 / 18 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 19 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 19 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 20 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 12 / 22 / 2023 at 9:30 AM

[More Information](#)

Tech Clinic

Fri 12 / 22 / 2023 at 12:00 PM

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

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village