



ACROSS THE FENCE

December 17, 2023

It is hard to believe that we are already promoting events in 2024. We are still in holiday mode but really excited about the new year. The board of directors has been hard at work developing a new strategic plan that we will be implementing in 2024. We are laying out a roadmap for the next three years. It has been rewarding to look back at what we have accomplished and think of where we should be going. If you want to do the same kind of thing in your life, Roseanna Stanton will be leading a session on January 19 on *Living a Life You Love*.

Monday, Dec 18	Tuesday, Dec 19	Wednesday, Dec 20	Thurs, Dec 21	Friday, Dec 22
12:15 p.m. Pickleball	9:30 a.m. Planner Group	8:30 a.m. Walking Club		10:00 a.m. Mindful Knitting
3:30 p.m. William Yates Fitness	3:00 p.m. Yoga			12:00 p.m. Tech Clinic

The office will be closed on December 25th and 26th. Please plan accordingly.

This Week:



**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](#).

Coming Up:



**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](#).



**Friday, January 19, 11:00 a.m. - 12:00 p.m. on
Zoom**

Live a Life You Love

How are you feeling about beginning a new calendar year? Are you excited about the

possibilities of a new year, or worried that it will slip away day-by-day without a sense of direction and purpose?

What would you like to do in 2024 to make the most of your one “Wild and Precious Life.”

Join Georgetown University certified coach Roseanna Stanton for this session, which will offer an opportunity to create a vision for the year ahead so you can focus for what matters to you, whether that is increasing health, well-being, engaging in cultural activities, or increasing the amount of joy in your life.

- Discover what makes time feel like it is passing more slowly
- Identify ways to spend your time that feel meaningful
- Gain practical tips for finding joy in your journey

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.

Celebrating the Season with Palisades Village Friends



Peggy, Kate and Ellen



Lots of yummy treats to eat



Angelique entertaining the crowd

What better way to celebrate the holiday season than with your Palisades Village friends? We had a lovely time at the Holiday Tea on Friday afternoon catching up with old friends and meeting new ones.

The Annual Appeal Continues!



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!

Member recommended Driving Course - AAA on-line RoadWise Driver for Seniors Course

Are you feeling less confident behind the wheel? AAA's RoadWise™, a senior defensive driving program, is an online course designed to positively affect driving behavior and help you learn about and adjust to age-related physical changes.

The course covers topics like:

- Extending Your Safe Driving Career
- Distractions, Drowsiness, Aggressive Driving & Road Rage
- Managing Visibility, Time & Space
- Alcohol & Medications
- Comfort & Safety Tips

Some of the benefits related to taking AAA's RoadWise Driver™ improvement course are:

- Potential discount on insurance premiums.
- Getting up to speed on the latest in-vehicle technology, such as adaptive cruise control and lane-departure warning systems. Learn the proper use of these and other safety systems available in vehicles today.

For more information, click [here](#).

One of our members just completed the course and found it very useful, although she did say it took 5-6 hours to complete. In the end, she said it was time well spent and very interesting.



Appeal for Snow Shovellers Continues - Response has been slow. We need you!

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.

Looking for a cool stocking stuffer for someone who uses a cane? A cane light is under \$15 and spreads light on the ground and slightly ahead of you so you can see where you are going. You can find it on Amazon.

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.

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



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, 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 19, 4-5 p.m.

Iona Tech Tuesday with Brady -- This week's topic: Photo sharing and editing applications. 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:

The Palisades Community Association Town Hall is Tuesday, December 19th at 7:00pm on Zoom. Please join to hear neighborhood updates and words from our guest speaker, Commander Tatjana Savoy from the Metropolitan Police Department. Join here:

<https://us02web.zoom.us/j/82909118670?pwd=TWJtK2IrSnFmQ0RUQVBueGVsQjAvdz09>

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](tel:202-244-3310).

All our events on the village website

This 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 10:00 AM

[More Information](#)

Tech Clinic

Fri 12 / 22 / 2023 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
December 24 — 30, 2023

Office Closed

Mon 12 / 25 / 2023 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 12 / 26 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 26 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 27 / 2023 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 12 / 29 / 2023 at 10:00 AM

[More Information](#)

All our events on the village website

Thank you!

Palisades Village