



ACROSS THE FENCE

December 31, 2023

It's hard to believe another year is behind us. How does the time fly by so fast? The new year gives us a chance to reflect on the previous year and to explore how we would like the next year to look. We encourage all of you to sign up for Roseanna's Zoom program on January 19th. Roseanna is a certified life coach and will help you create a vision for the year ahead so you can focus on what matters to you, whether that is increasing health and well-being, engaging in cultural activities, or increasing the amount of joy in your life. Register [here](#).

Wishing you all a peaceful, healthy, and happy New Year!

Monday, Jan 1	Tuesday, Jan 2	Wednesday, Jan 3	Thurs, Jan 4	Friday, Jan 5
OFFICE CLOSED	Planner Group canceled Yoga canceled	8:30 a.m. Walking Club		10:00 a.m. Mindful Knitting

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](#).



Thursday, January 11, 10:30 a.m. - 11:30 p.m. at the Palisades Hub

Coffee & Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside on the garden, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).

Tech Clinic



Friday, January 12, 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](#).



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](#).



Wednesday, January 17, 10:30 a.m. - 12:30 p.m.

Volunteer Orientation

Want to get more involved with your community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers can set their own schedule, with the flexibility to do as much or as little as they would like. You will find out about the organization and talk to other volunteers about the rewards of what they

do.

Food will be provided. 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.

Thank you for the holiday greetings. We were touched that you thought of us!



Very Last Chance for The Annual Appeal - We appreciate your support!

**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!

**BYTE BACK LAPTOP GIVEAWAY AND TRAINING FOR FULL
PALISADES VILLAGE MEMBERS**

**Monday, January 22nd, from 11:00 am to 2:00 pm
At St. Paul's Church, 2430 K St NW**

Limited Capacity: 17 spots available.

This event is for any older adult needing a laptop computer. The first 17 people to sign up will receive a free laptop. The give-away session will include basic instruction on how to use the computer and additional training sessions will be offered in February. This event is sponsored by Byte Back through a grant from the Washington Home Foundation.

Click here to register. If the event is full a waitlist will be created and laptops will be given out to waitlisted people on a first-registered basis.



**Appeal for Snow Shovellers
Continues - Response has been
slow. We need you! Thank you to
those who already signed up. We
*appreciate your willingness to help!***

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.



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.

Monday, January 8, 3:00 p.m. on Zoom

Fraud Prevention Program hosted by Bethesda Metro Area Village; Montgomery County Council President Andrew Friedson invites you to an online forum to discuss safety strategies you can use to prevent being a victim of fraud. Montgomery County State's Attorney John McCarthy and Montgomery County Office of Consumer Protection Director Eric Friedman will discuss common fraudulent activities, scams, and other types of financial exploitation that target seniors. Registration is not required. Link to the event is [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.

Iona Senior Services' offices and programs will be closed from **Monday, December 25, 2023, to Monday, January 1, 2024**, in observance of the holidays and to provide a week of respite for staff. Staff will not be checking emails and voicemails Until they reopen on Tuesday, January 2, 2024.

Should you or someone you know need support when Iona is closed, please visit their [Help During the Holidays page](#) for a list of community resources.

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!

Iona Tech Tuesday with Brady - Nothing for January on the Around Town calendar yet.

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 New Year's Day or 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, January 6, 2024, 12:30 p.m. - 2:30 p.m.

Reframing Care: Mindfulness + Art at The Phillips Collection (1600 21st Street NW) offers resources, support, and artful engagement for care partners and their loved ones living with memory loss. This session: Looking + Making.

In our two hours together on Jan. 6, we'll spend time in the gallery with a work of art—sharing ideas and connections in an informal conversation [facilitated by Nephelie and

Donna]. After the gallery experience, we'll move to the studio where artist Leslie Holt will guide us as we create maps that celebrate our lives and imagine our paths in the new year. We'll experiment with a variety of materials and techniques to capture the layers of our journeys. All materials will be provided, and the art-making is open to all participants – caregivers, care receivers, and care partners.

RSVP to Donna Jonte at djonte@phillipscollection.org

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 31, 2023 — January 6, 2024

Office Closed

Mon 01 / 01 / 2024

Canceled: Planner Group

Tue 01 / 02 / 2024 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 01 / 02 / 2024 at 3:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 01 / 03 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 01 / 05 / 2024 at 10:00 AM

[More Information](#)

Next Week at Palisades Village
January 7 — 13, 2024

Pickleball

Mon 01 / 08 / 2024 at 12:15 PM

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

[More Information](#)

Book Club

Mon 01 / 08 / 2024 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 01 / 08 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 09 / 2024 at 9:30 AM

[More Information](#)

What is Low Vision? What You Can Do!

Tue 01 / 09 / 2024 at 11:00 AM

Where: Palisades Village, 4901 V St NW, Washington, DC 20007

[More Information](#)

Yoga

Tue 01 / 09 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 01 / 10 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Coffee & Conversation

Thu 01 / 11 / 2024 at 10:30 AM

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

[More Information](#)

Mindful Knitting

Fri 01 / 12 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 01 / 12 / 2024 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