



ACROSS THE FENCE

January 7, 2024

Before looking forward to 2024, we would like to look back and thank all of those who contributed to our end-of-year appeal. Without your generosity, we could not have the type of programming that we feature here each week, and more importantly, we could not be there to support our members who count on our services to age comfortably in their homes.

This week we have two opportunities for any neighbors who are concerned about low vision. We have a speaker coming on Tuesday from the Prevention of Blindness Society to speak about what low vision is and what you can do. We also have our regular Eye to Eye Support Group on Wednesday. As with most of our educational programs, these are both free and open to anyone in the community.

Monday, Jan 8	Tuesday, Jan 9	Wednesday, Jan 10	Thursday, Jan 11	Friday, Jan 12
<p>12:15 p.m. Pickleball</p> <p>1:00 p.m. Book Club</p> <p>3:30 p.m. William Yates Fitness</p>	<p>9:30 a.m. Planner Group</p> <p>11:00 a.m. What is Low Vision? What you can do!</p> <p>3:00 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>10 a.m. Eye to Eye Group</p>	<p>10:30 a.m. Coffee and Conversation</p>	<p>10:00 a.m. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This week:



**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](#).

Wednesday, January 10, 10 a.m. Eye-to-Eye Group

Palisades Village formed 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. The group will be facilitated by Barbara Scott, LCSW.



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. Unless we have unseasonably warm weather, we will be indoors in 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

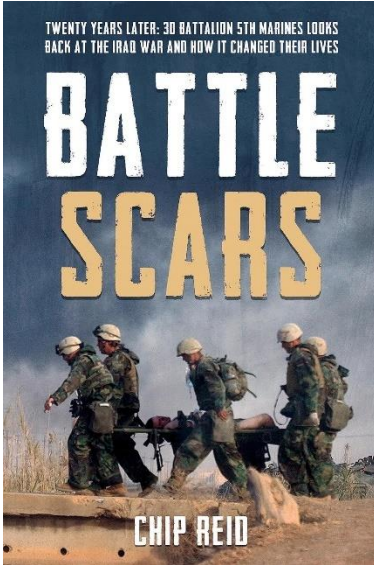
Friday, January 12, 12:00 p.m. - 2:00 p.m. Tech Clinic

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](#).

Coming Up:



Author Talk with Chip Reid Thursday, January 18, 5-7 p.m.

On January 18th, Palisades Village is delighted to host Chip Reid, former NBC correspondent, and now author of "Battle Scars," just published in October 2023. The evening will begin at 5:00, with beverages and hors d'oeuvres.

A souped-up pickup truck covered in Marine Corps stickers roaring past on I-95 North triggered Chip's memory of "the most challenging, gratifying, jaw-dropping, and frightening story" he covered in his 33 years as a journalist. Luckily for us, Chip rejected his first career as a lawyer as too boring, diving into the world of journalism.

Many of us saw Chip not only on the NBC nightly news, but reporting as CBS White House Correspondent during the Obama years. He literally had a chair front and center in the Press Briefing Room, asking probing questions of the person at the podium. However, after 33 years of the journalism "rat-race," Chip tackled his long-contemplated dream of writing a book. And he chose as his subject his six weeks in 2003, embedded in Iraq with the 3rd Battalion, 5th Marine Regiment.

This is a story about real people in real wartime conditions, supported from afar by real families, undergoing real challenges and terrors both during and following their service.

[Register](#) now for this special members-only (Full or Associate) event. Space is limited since it will be held in a member's home on Sherier Place.



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.

Thursday, January 18, 11-12 noon
Talking Transportation 2.0 Training Session with Christopher Grayton with Yellow Cab Co of DC. – Virtual Event

Yellow Cab Company of DC is a family-owned and operated business serving the Washington Metropolitan area since 1931. While many of us know Yellow Cab for the traditional cab services, the organization has expanded to provide a host of transportation options, many focused on serving older adults in Washington, DC. Yellow Cab Co of DC, alongside the Department of For-Hire Vehicles and the Department of Aging and Community Living, have tailored transportation services to ensure that District residents have reliable, accessible, and trustworthy options.

This session will:

- Enhance your awareness of Yellow Cab's services including traditional transportation services, Senior MedExpress, subsidized support, and more!

Note: This event is open to all (staff, volunteers, and members). Join at <https://us02web.zoom.us/j/81424813621>



BYTE BACK LAPTOP GIVEAWAY AND TRAINING
Byte Back DC Office, 899 North Capitol St., Suite 850
Tuesday, January 23, 11 a.m. - 2 p.m.

This event is for any DC Village member needing a laptop computer. Space is limited. The first 23 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.



Snow is in the forecast and we need more shovellers. 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.



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.

Join Northwest Neighbors Village for any or all of their upcoming virtual speakers:

- Thursday, January 11th, 11 a.m. - [Four Seasons of Creativity for Elders](#) with speaker **David Oldfield**
- Tuesday, January 16th, 11 a.m. - [How to Be a Smart Patient and Get More from Your Doctor's Visit](#) with speaker **Doctor Joan Naidorf**
- Tuesday, January 23rd, 11 a.m. - [Art of the Moon](#) with speaker **Jim O'Leary**

Tuesday, January 16, 7 p.m.

Tuesday Talks - *The Last Politician: Inside the Biden White House* -- Journalist and author Franklin Foer grew up in Washington. He was editor of *The New Republic* and now is a staff writer for *The Atlantic*. His most recent book, *The Last Politician: Inside the Biden White House and the Struggle for America's Future*, is a *New York Times* bestseller. With exclusive access to Biden's inner circle of advisors and more than 300 interviews between November 2020 and February 2023, Frank Foer thoroughly chronicles the first two years of Biden's presidency.

Foer's previous books include *World Without Mind: The Existential Threat of Big Tech*, *How Soccer Explains the World*, *Insurrections of the Mind: 100 Years of Politics and Culture in America*, and with Marc Tracy, *Jewish Jocks: An Unorthodox Hall of Fame*. *The Last Politician* will be available for sale in the library lobby at 6:30, and Frank Foer will be on hand to sign books. Hosted by Cleveland & Woodley Park Village, Cleveland Park Main Street, and the Cleveland Park Library. [Register Here](#)

Wednesday, January 17, 1 p.m. via Zoom

Guardianship in DC -- Join lawyers from the Legal Council for the Elderly discussing guardianships in DC. See the recent Washington Post [article](#) on guardianships. Bring your questions and concerns. Click [here](#) to register for Northwest Neighbors Village's education session.

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!

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](#).

Tuesdays, 4 p.m. on Zoom

Iona Tech Tuesday with Brady - Topics for January not yet posted on the Around Town calendar. More information and registration [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 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:

Wednesday, January 10, 7 p.m.

ANC3D Monthly Meeting- UPDATE on MacArthur Apts -- Agenda and Zoom link will be posted on <https://www.anc3d.org/>.

Friday, January 19, 2024, at noon

The Friday Morning Music Club will perform a FREE, noon chamber concert on Friday, January 19 at 10th & G Streets NW (First Congregational Church, 945 G St. NW), adjacent to the MLK library. The concert will feature works by Gade, Moyse and Janacek. The one-hour concerts continue every third Friday of the month through May.

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
January 7 — 13, 2024

Pickleball

Mon 01 / 08 / 2024 at 12:15 PM

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

Washington, DC 20016

[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 Library, 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](#)

Eye to Eye Group - In Person

Wed 01 / 10 / 2024 at 10:00 AM

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

[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](#)

Next Week at Palisades Village

January 14 — 20, 2024

Death Cafe

Sun 01 / 14 / 2024 at 3:00 PM

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

[More Information](#)

Office Closed

Mon 01 / 15 / 2024 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Pickleball

Mon 01 / 15 / 2024 at 12:15 PM

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

[More Information](#)

William Yates Fitness

Mon 01 / 15 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 16 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 01 / 16 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 01 / 17 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Volunteer Orientation

Wed 01 / 17 / 2024 at 10:30 AM

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

[More Information](#)

Author Talk with Chip Reid

Thu 01 / 18 / 2024 at 5:00 PM

Where: Private Address, please log in to see more

[More Information](#)

Mindful Knitting

Fri 01 / 19 / 2024 at 10:00 AM

[More Information](#)

Live a Life You Love in 2024

Fri 01 / 19 / 2024 at 11:00 AM

[More Information](#)

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

Thank you!

Palisades Village