



ACROSS THE FENCE

January 21, 2024

This week marks a milestone for Palisades Village as well as DC Villages. On January 25, 2009, Palisades Village announced its inaugural executive director and that it was commencing volunteer services to members. Palisades Village became a legal entity in 2007 but the reality of neighbors helping neighbors was fifteen years ago this week. You will hear much more about this anniversary and a special event is in the works. Scroll below for photos of the launch meeting in 2009. You will see some familiar faces. Please thank them for their vision and for creating this vibrant community.

The DC Village Collaborative has just announced our first executive director. Aging-in-place expert Dr. Katrina Polk will focus on building and expanding city-wide collaborative efforts among the 13 DC Villages to benefit all older adults in the District. The efforts of our neighbors have been taken to another level for all older adults across the city.

Monday, Jan 22	Tuesday, Jan 23	Wednesday, Jan 24	Thurs, Jan 25	Friday, Jan 26
<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. Mindful Knitting</p> <p>12 noon Tech Clinic</p>

This week:



Friday, January 26, 12 noon - 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. Register [here](#).

Coming Up:

Thursday, February 1, 6:00 p.m.

Palisades Village Board Meeting - Palisades Library upstairs meeting room

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).



Friday, February 9, 1-2 p.m.

Fall Prevention Presentation -- With all this snow and ice, you may be worried about falls. Martin Jones will be joining us to discuss what you can do to prepare for and prevent falls. This will be held in the upstairs conference

room at the Palisades Library. Please 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.

3rd Annual Palisades Village Photography Contest



Submissions are rolling in. Don't miss your opportunity to share your favorite picture from 2023 and win a 2024 membership to the Hillwood Estate, Museum & Gardens, compliments of a PV Member. PV members and volunteers -- please submit your photograph (limit 1) by February 1st. If you have a digital version, please email it to ebanton@palisadesvillage.org or we can scan a hard copy for you. Photos may be published in the newsletter, website, or on our Facebook or Instagram accounts. Enjoy the journey of looking through your special photographs. The winning picture from last year (above) was taken by Palisades Village Board member Char Mollison.

The Launch of Palisades Village - January 25, 2009





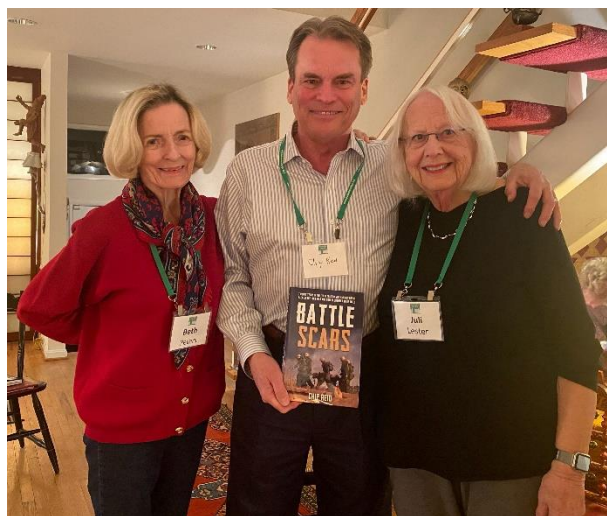
Photo Credit: Art Watson

DC Villages Names Dr. Polk as Inaugural Executive Director

The DC Villages Collaborative has selected Dr. Katrina Polk to serve as its inaugural executive director. This appointment will help launch an innovative structure that leverages the strengths of 13 neighborhood-based, non-profit organizations dedicated to supporting older adults across DC. Dr. Katt, as she is known, has spent the past two decades working on issues at the heart of aging in the community. She earned her doctorate in public policy and administration from Walden University and holds multiple certificates and credentials in project management, aging and wellness, and gerontology. In her new role, Dr. Katt will lead collaborative efforts among the 13 DC Villages, working closely with leaders of existing Villages and exploring the expansion of the Village concept into underserved areas of the city.

“Dr. Katt brings an amazing level of professional, academic, and lived experience to the District’s Village movement. She understands the critical role Villages play in the network of services for older adults in Washington, D.C. We are looking forward to her leading our collaborative efforts to strengthen and expand Village services,” said Morgan Gopnik, chair of the DC Villages Collaborative Council.

Author Talk with Chip Reid



Chip Reid thoroughly entertained us with the story of his life and the twists and turns that come with doing what you love. He talked about his start in Delaware (working for a certain senator) to his life living in the Palisades as an author. Most of us know him from his time as a correspondent on the television news covering the White House and his wonderful human interest stories. His book *Battle Scars* talks about his time embedded with the Marines in Iraq and he talks to them twenty years later.

Our host Kathy Sreedhar always makes everyone feel at home and the lively banter throughout was proof. And three Vassar graduates were united (see photo).

Advocate for Issues Affecting DC Village Members

DC Villages Collaborative formed an Advocacy Committee. That Committee has been meeting for the past two months to develop a policy agenda that would be relevant to all 13 DC Villages and to prepare for the annual Performance and Budget Hearings with the DC Council.

Are you interested in participating? Are you interested in joining the committee? Or would you be willing to speak on behalf of pedestrian safety, village funding, or the healthcare workforce?

If you are new to advocacy, you’re not alone. They will be sharing talking points, templates for emails and testimony as well as scripts for phone calls. They also need people “behind the scenes” scheduling meetings, developing materials, planning events

Contact the office at info@palisadesvillage.org and we will put you in touch with the right person.

Did you see this in *The Washington Post* this week:

[At 93, he's as fit as a 40-year-old. His body offers lessons on aging.](#)

"The human body maintains the ability to adapt to exercise at any age, showing that it's never too late to start a fitness program."

[Broken ribs, bloody faces and a push to make D.C. sidewalks safer.](#)

"A survey asked people in a D.C. neighborhood how many had fallen on sidewalks in the last few years. Their responses, and other data, have people talking." - This article includes coverage of Capitol Hill Village. **The DC Villages Advocacy Committee is looking for people interested in this issue.**



The snow is here 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.

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

- Tuesday, January 23rd, 11 a.m. - [Art of the Moon](#) with speaker **Jim O'Leary**

[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 - Topic for January 23: YouTube. We will learn how to use YouTube and how to upload videos. More information and registration [here](#). **NOTE** - According to a friend of the Village, Brady has left and they might not have a replacement yet. No mention of this on the website.

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.

Mondays at Tenley-Friendship Library, 1:30 pm. - 2:30 p.m. Register [here](#).

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.

Wednesday, January 31, 7-8 p.m. on Zoom

Discussing The Facts: Oncology And Health Equity - Early and appropriate treatment of cancer can make a big difference in cancer outcomes. Please join us to hear Dr. Gabriel Ivey talk about different types of cancer, early screenings, and how health equity impacts survivability. An interactive Q&A session will enable participants to be engaged and informed. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before January 30.

Community Events:

Saturday, January 27, 8-10 p.m.

Parthenon Huxley and Prabir Trio - Palisades Hub Cap Center

Wednesday, January 31, 9-10 a.m.

Improv for All -- Have you ever wanted to do Improv? Do you want to have fun and make people(and yourself) laugh about everything from robotic monkeys to flying lawyers? Here's your chance! Starting November 29, Washington Improv Theatre Company will be hosting a monthly series of workshops. Palisades Library

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 21 — 27, 2024

Pickleball

Mon 01 / 22 / 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 / 22 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 23 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 01 / 23 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 01 / 24 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 01 / 26 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 01 / 26 / 2024 at 12:00 PM

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

[More Information](#)

Next Week at Palisades Village
January 28 — February 3, 2024

Pickleball

Mon 01 / 29 / 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 / 29 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 30 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 01 / 30 / 2024 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 01 / 31 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Board Meeting

Thu 02 / 01 / 2024 at 6:00 PM

Where: Palisades Library - upstairs meeting room, 4901 V Street NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 02 / 02 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 02 / 02 / 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