



## Across the Fence *Special Edition* December 27, 2020

### Happy New Year!

#### Upcoming Palisades Village Events:

Too many Christmas cookies? Need to burn them off? Let William Yates guide you through some **Strength and Resistance Training** tomorrow at 3 p.m. [Register](#) for this Monday's class.

The Village office will be closed on Thursday, December 31, and Friday, January 1. If you anticipate needing anything, please let us know early in the week.

Coming up in the new year, we have rescheduled our talk with Mr. Gong, Founder/Director of the [1882 Project Foundation](#), who will speak on issues of gentrification and preservation in **DC's Chinatown**. He will discuss the inspiration for the Foundation's creation, and its reference to the only Federal statute to specifically and totally exclude immigrants of a particular ethnic/cultural heritage--the Chinese. He will address the history of DC's Chinatown and its continuing evolution via the "Chinatown Off H Street Project," and a related project at DC's Congressional Cemetery. Please [register](#) for our talk on Tuesday, January 12 at 7 p.m.

Save the date for an **Evening with Dana Tai Soon Burgess** on Thursday, January 21 at 7 p.m.

---

## COVID Corner:

Happy New Year! Please continue to be cautious and safe during this week as we bid farewell to 2020 and prepare for 2021. [Mayor Bowser's latest order](#) includes Phase Two Adjustments that continue through January 15, 2021 and extends DC's Public Health Emergency through 3/31/2020. Mayor Bowser issued a situational update on December 21, 2020, [yesterday's DC Coronavirus Situational Update](#).

The District Department on Aging and Community Living (DAAL) is working closely with DC Health on information about its approach to distributing the vaccine. They will keep you posted as they receive any updates, please see the link below.

<https://www.cdc.gov/vaccines/covid-19/hcp/answering-questions.html>

For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit [coronavirus.dc.gov](https://coronavirus.dc.gov)

Please continue to wear your mask, practice social distancing and wash your hands.

Palisades Village is here to help! Call us if you need groceries or need to pick up a prescription. Do you need someone to go to the post office or run an errand? Want a phone buddy or walking partner? Count on the volunteers at Palisades Village to be there for you!

Please call the office if you need a mask or some hand sanitizer. Together we are strong!

---

## Wellness Wednesdays with the DC Villages:



DC is home to 13 Villages. The Villages have a shared commitment to improve the health and well-being of its members and have come together to offer expanded wellness programming.

Beginning January 13<sup>th</sup>, the DC Villages will host a Wellness Wednesday series for Village members citywide. The first week features our very own Nephalie Andonyadis! Stay tuned! The programs will address physical and emotional wellness through a variety of topics including, fitness, healthcare, nutrition, and self-care.

Start the new year on a healthy note! Join your fellow Village members on Wednesdays at 1 p.m.

---

### Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

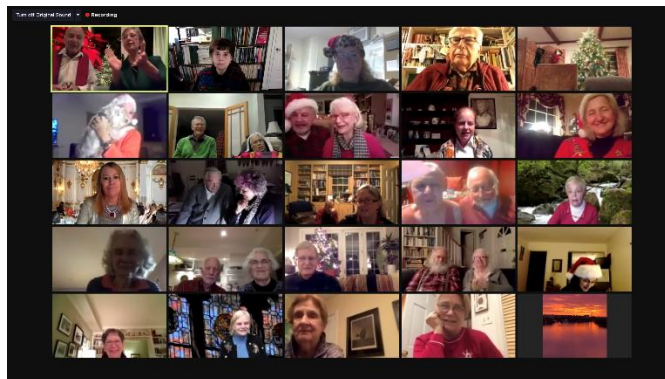
- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc.
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- **Access to our in-house library inventory and free delivery to your door!**
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability)
- Holiday help.

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

---

## Holiday Helpers:



Santa's sleigh may have resembled a Prius but our elves were out in force delivering holiday treats. Thank you to all of those who baked, bought, planned, assembled, distributed, or delivered the goodie bags. Those that shared their talents with us in our virtual gathering deserve a standing ovation with their VidHug recordings, songs, traditions, poems and stories. And a very special thanks to Santa's elves who led our holiday party: Bill and Carol Lynn Halal!

---

### Creative Corner:

*Frank Staroba based a 2020 Holiday Greeting on "Try to Remember" from The Fantastiks and he and Arden performed it at our Holiday Gathering.*

Try to remember the kind of September  
when life was slow and oh, so mellow.  
Try to remember the kind of September  
when grass was green and grain was yellow.

Try to remember when life was so tender  
that no one wept except the willow.  
Try to remember when life was so tender  
that dreams were kept beside your pillow.

Deep in December, it's nice to remember,  
although you know the snow will follow.  
Deep in December, it's nice to remember,  
without a hurt the heart is hollow.

Deep in December, it's nice to remember,  
the fire of September that made us mellow.  
Deep in December, our hearts should remember  
and follow.

May you have enough fulfillment to keep you happy.

Enough trials to keep you strong.

Enough sorrow to keep you human.  
Enough hope to keep you thoughtful.

Enough failure to keep you humble.  
Enough success to keep you eager.

Enough friends to give you comfort.  
Enough wealth to meet your needs.

Enough strength to make each tomorrow better than yesterday.

---

**Palisades Village Connect and Learn:** On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

---



**The DC Area Villages work closely together to share resources and access to some events.**

**Wednesday, December 30, 4:00 p.m.**

**America the Beautiful by Lynn Cates** -- FBWEV member Lynn Cates started taking photographs several years ago but only became serious about her photography in 2015 when she started combining her interest in photography with her love of cross-country road trips. She thoroughly enjoys exploring and photographing the beauty she finds all across this country. For her presentation "America the Beautiful," Lynn will share her images of grand and intimate landscapes, including national parks, coastlines, forests, mountains, and tiny natural jewels she has encountered along the way. [Register for the tour here](#)

**Thursday, January 7, 1 p.m.**

**Art Thursday – Virtual Tour of National Gallery of Art's Campus** -- Join the National Gallery of Art's Chief Architect, Susan Wertheim, on a virtual tour of the Gallery's campus. The Gallery's buildings are considered some of the finest works of museum architecture and design. We will focus on the most recent renovations within the Gallery's East Building, designed by

renowned architect I.M. Pei, and will also explore John Russell Pope's neoclassical West Building, and the Gallery's Sculpture Garden, designed by landscape architect Laurie D. Olin. Susan Wertheim leads the National Gallery of Art's Office of Architecture and Engineering and is in charge of the Gallery's Master Facilities Plan, a major capital renewal program. [Find more info and register here](#)

**Monday, January 11, 10-11:30 a.m.**

**Art Talk with Lee Ann Lawch: Through the Garden Gate** -- What better escape from January's cold days than a stroll through some beautiful gardens? This month, docent Lee Ann Lawch takes us on a casual stroll through a hand-picked variety of garden-related images and objects from SAAM's (Smithsonian American Art Museum's) collection. **Register** to the AHA office at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or **703-231-0824**.

**Monday, January 11, 11 a.m.**

**Art Projects to Soothe the Soul - Rangolis** -- Graduate students from GWU will lead Village members in a series of three programs, designed to allow anyone to express themselves and find some serenity in the midst of a chaotic time. Artistic talent or experience is definitely not needed! Our first program will be focused on creating rangolis, simple or intricate patterns made with colored sand and flour on any flat surface. According to Indian philosophy and support by Western clinical findings, focusing on repeating patterns brings calm and quiets the mind. Registered participants will receive packets of colored sand in advance of the program. Non-FBWE members or their village are responsible for the cost and delivery of the sand packets. [Find more info and register here](#)

**Wednesday, January 13, 1-3:30 p.m.**

**Regional Public Art Projects by the Washington Glass Studio** -- Our guest is Erwin Timmers, Co-founder of the Washington Glass Studio and Co-founder/Director of the Washington Glass School, Mt. Rainier, MD. Established in 2001, the Washington Glass Studio has designed, fabricated, and installed site-specific public art projects throughout the Washington area, including cast glass doors for the U.S. Library of Congress Adams Building, an award-winning project for EPA headquarters, artwork for a Safeway supermarket in Bethesda, MD, outdoor sculpture for the Prince Georges County circuit court, and the Green Community Gateway, Washington, DC. Mr. Timmers will talk about these and other public art projects, WGS use of glass as a sculptural element, and

community involvement in several public art commissions. Register to the AHA office at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or **703-231-0824**.

**Wednesday, January 13, 2:30 p.m.**

**Exercises Supporting Fall Prevention** --Thanks to zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in-home health care which includes home safety assessments and fall prevention instruction. [Find more info and register here](#)

**Thursday, January 14, 1-2:30 p.m.**

**Innovative Diagnostic and Treatment Options for Non-Surgical Orthopedic Conditions with Dr. Marc Gruner, DO, MBA, RMSK** -- Dr. Gruner has trained with the leading experts in ultrasound and regenerative medicine at Mayo Clinic, acquiring expertise in cutting edge ultrasound-guided surgeries. Dr. Gruner will explore exciting and novel therapies in the areas of musculoskeletal, sports and regenerative medicine. The topics will include the use of ultrasound for diagnosing common orthopedic conditions in the office, tackling care from an integrative approach, and innovative treatments for common orthopedic injuries. Common conditions that will be addressed include Knee Osteoarthritis, Carpal Tunnel, Tennis Elbow, and Adhesive Capsulitis (Frozen Shoulder). Some of his procedures include minimally invasive ultrasound-guided carpal tunnel release, percutaneous tenotomy (Tenex procedures), tendon scraping, neural releases, ultrasound-guided fasciotomy for compartment syndrome, regenerative medicine injections (BMAC), Lipogems, Prolotherapy, and Platelet Rich Plasma (PRP). Registration Link: [www.littlefallsvillage.org/Ortho](http://www.littlefallsvillage.org/Ortho) by the prior day.

**Thursday, January 14, 4 p.m.**

**A Conversation with Christina Puchalski, MD, Director of the George Washington University Institute for Spirituality and Health** -- Christina Puchalski, MD, MS, FACP, FAAHPM, is a pioneer and international leader

in the movement to integrate spirituality into healthcare in clinical settings and medical education. As founder and director of the George Washington Institute for Spirituality and Health (GWish) and Professor of Medicine at The George Washington University in Washington, DC, she continues to break new ground in the understanding and integration of spiritual care in healthcare settings. These programs and activities have encouraged the development of a patient-centered perspective. GWish is fostering alliances globally to further this integration. She developed the FICA spiritual history tool which is widely used in clinical settings. She is board certified in Palliative Care and Internal Medicine, directs an interdisciplinary outpatient supportive and palliative clinic, and is a Medical Hospice Director in Washington, DC. Registration:

[https://us02web.zoom.us/webinar/register/WN\\_BlhBuYnETnqgmIerXoD5jw](https://us02web.zoom.us/webinar/register/WN_BlhBuYnETnqgmIerXoD5jw)

**Thursday, January 14, 5:30 p.m.**

**“Exploring Planet Word: Where Language Comes to Life” with Rebecca Roberts, Curator of Programming, Planet Word** -- Please join Georgetown Village for an exciting online tour of Planet Word, an immersive language experience located at the historic Franklin School in Washington, DC. It is the world's first voice-activated museum bringing words and language to life. Through the magic of online programming, we will tour the museum and be able to ask questions of our guide for the session. Rebecca Roberts, Curator of Programming, will serve as our docent for the evening. She is also a nationally recognized author and former program Coordinator for Smithsonian Associates. To sign up please contact the GV Office at **202-999-8988** or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org) and identify yourself as a PV member.

**Friday, January 15, 12 noon**

**Politics and the Theater with Molly Smith, Arena Stage Artistic Director** -- Molly has served as Arena's Artistic Director since 1998 and has more than 30 directing credits at Arena, including *Carousel*, *Oklahoma*, *A Moon for the Misbegotten*, and *Fiddler on the Roof*. She also recently directed *Our Town* at Canada's Shaw Festival and her directorial work has been seen in numerous other cities including London, Montreal, Berkeley, Toronto and at Juneau, Alaska's Perseverance Theater which she founded and ran from 1979-1998. She led the re-invention of Arena Stage, focusing on the architecture and creation of the Mead Center for American Theater and positioning Arena Stage as a national center for American artists.

**Registration:**

[https://fbwevillage.org/content.aspx?page\\_id=4002&club\\_id=471107&item\\_id=1332064](https://fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1332064)

---

## Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

### **Friday, January 1, 2 - 3 p.m.**

[Virtual Tai Chi](#) -- 'If you practice Tai chi, you will have the vitality of a lumberjack, the suppleness of a baby, and the tranquility of a sage.' Find out why this art is considered a cultural treasure, and what makes it such a unique form of health maintenance. You will learn basic training, breathing, and fundamental movements, to increase your strength, flexibility, balance, coordination, concentration, and ability to remain 'calm under tension'. The class may be done standing or sitting, and the movements are adaptable.

### **Wednesday, January 13, 2 - 3 p.m.**

[Salt Wars: an interview with Michael F. Jacobson, Ph.D.](#) -- Learn about the staggering--and deadly--salt content in America's processed and restaurant food as Michael F. Jacobson, Ph.D., author of Salt Wars is interviewed by Iona nutritionist, Chris Brentin.

**Sibley Seniors Association** (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at [https://www.hopkinsmedicine.org/about/community\\_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf).

[DPR](#) -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. Actual programs began on a rolling basis on Tuesday, October, 13. DPR will also open a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit our [main registration portal](#).

## Other Community Events:

[Virtual 50+ Expo](#) is open and goes through Jan. 31, 2021. Tune in for activities, classes, and information sessions on health, history, senior living, and more. The expo is sponsored by [The Beacon](#), a local publication for people over 50.

**Sunday, December 27, 7 p.m.**

**["Once I Was You" with Emmy Award-Winning Journalist Maria](#)**

**[Hinojosa](#)** -- Join Emmy Award-Winning Journalist Maria Hinojosa and Managing Editor of NBC Latino Sandra Lilley for a conversation about Hinojosa's new title [Once I Was You: A Memoir of Love and Hate in a Torn America](#).

**Tuesday, January 5, 12 noon**

**[American Sign Language: Beginning Level](#)** -- Join DCPL for our ever-popular series' of American Sign Language (ASL) classes on Tuesdays and Thursdays from 12 - 1 p.m. This will be a chance for Beginning Level signers to meet and practice conversing and learn some basic signing skills, up to 100 vocabulary words, and rules of grammar. Although the focus is on beginners, everyone is welcome to join the class, regardless of skill level.

**Wednesday, January 12, 3-4 p.m.**

**Intro to Advance Care Planning: Voice Your Choice!** -- You can have a say in your care if you are unable to speak for yourself. This webinar provides a step-by-step process to support you in identifying a healthcare agent and completing a plan to make your wishes known in advance of a health care crisis. In this introductory program, you will learn what advance care planning is, why it's important, what a health care agent is, and how to select one. **Registration link:** <https://washington-metro.oasiseverywhere.org/?ixwpss=275>

### **Ongoing Events:**

#### **Wellness Wednesdays**

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top thought leaders and authors on a wide range of topics to help you "live your best life longer." They are hosted by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here: [www.myzinglife.com/wellness-wednesdays](http://www.myzinglife.com/wellness-wednesdays)

**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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](mailto:access@nga.gov).

**Tuesdays, 2:30 - 4 p.m., Wednesdays, 10 - 11:30 a.m., and Fridays, 2:30 - 4 p.m.**

**Dance for PD --** Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program [Click here](#).

---

### **COMING UP IN PALISADES VILLAGE**

The following 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 [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
December 27, 2020 — January 2, 2021

#### **William Yates Fitness on Zoom**

Mon 12 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

#### **Virtual Yoga**

Tue 12 / 29 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Office Closed**

Thu 12 / 31 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

**Office Closed**

Fri 01 / 01 / 2021 at 12:00 AM

Where: n/a

[More Information](#)

**Mindful Knitting**

Sat 01 / 02 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
January 3 — 9, 2021

**William Yates Fitness on Zoom**

Mon 01 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 01 / 05 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 01 / 07 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 01 / 08 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 01 / 09 / 2021 at 9:30 AM