

Across the Fence

Happy New Year!

January 3, 2021

A New Year, A New Board!

Palisades Village is so grateful for the contributions that John Stiner and Char Mollison made during their six years on the Board of Directors. And the best part is that they are still remaining as active volunteers. John will continue to chair the Marketing and Communication committee and Char will continue to serve on the Endowment Campaign. John had served as President and chaired the House Tour and Marketing committees. "We are grateful for his continuing efforts to help Palisades Village maintain and expand its relevance as an important community-building organization in our part of Washington," President Arne Paulson said. Char's leadership was integral in her many roles on the Board including Secretary, Nominating Committee and Endowment Campaign, as well as a guiding light for the Village. As Arne put it, "We are grateful to Char for continuing the efforts of her late husband, Andy Mollison, to assure that the organization remains relevant to the needs of the community, vibrant, and financially secure." Thank you!

We welcome our newly elected Board members: Elaine Bole, Job Dittberner, and Wally Hamsher. Many of you know them since they all are volunteers with our Village. Please check our website to read their bios. Claudia de Colstoun and Susan Messina were elected to serve their second term and Lydia Benson will begin her third term on the Board.

At our December annual meeting we also elected a slate of officers:

President: Arne Paulson

Vice-President: Claudia de Colstoun

Secretary: Elaine Bole Treasurer: Ellen Myerberg We thank you for your service and are looking forward to another successful and productive year. Please feel free to reach out to the Palisades Village staff and Board with any suggestions.

Upcoming Palisades Village Events:

The **Book Club** is meeting tomorrow to discuss *Red Notice* by Bill Brower at 1 p.m. tomorrow.

Time for those New Year's resolutions? Jumpstart your exercise routine with **Strength and Resistance Training** with Mr. William Yates tomorrow at 3 p.m. Register for this Monday's class. **Yoga** resumes on Tuesday, January 5, and Thursday, January 7 at 3 p.m. It is never too late to join. Instructor Jill Minneman puts works with you at your comfort level. Contact Jill at jillminneman@gmail.com or 202-237-0246 if you have any questions or are interested in joining.

Happy Hour is back on Friday at a new time. We will toast the new year at 4:30 p.m. Register to get the Zoom link and bring your beverage of choice.

Do you know the story behind **DC's Chinatown**? We have rescheduled our talk with Mr. Gong, Founder/Director of the <u>1882 Project Foundation</u>, who will speak on issues of gentrification and preservation. 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.

We are kicking off DC Village's **Wellness Wednesdays** on Wednesday, January 13 with <u>Creative Care</u> led by Nephelie Andonyadis. Through the processes of aging, we can be faced with the daily challenge of creating meaning and purpose in our lives, especially in these times of physical isolation. In this engaging session, we'll use some of the tools of creative practice to have fun, and build connections. Using imagination and creative process as a way to share stories, we'll explore our shared circles of community and help to build a culture of creative care. Drawing on creative practices from the disciplines of the visual arts and theater arts, we'll touch on the artistic impulse in each of us, to build an inclusive and joyful space where we can connect.

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

Our new <u>website</u> is now a year old but many members and volunteers are not logging in to access all the information available for events and other things. There is a different menu when you log in. Members can view a Member Directory -- but only if they log in. There is also an agenda with all of the events that you have registered for on a calendar. If you have any questions or are having trouble logging in, please do not hesitate to contact Erica at <u>eblanton@palisadesvillage.org</u> or **202-244-3310**. We continue to work on making it easy and comprehensive.

There is a light at the end of the tunnel but we will be hosting events on **Zoom** for awhile. Before the winter doldrums set in, give the office a call (at 202-244-3310) if you want some help getting started. Around Town DC has a class on Tuesday for Beginning Zoom (but it is held on Zoom). We have volunteers who can help.

COVID Corner:

With two vaccines now approved, frontline medical workers have begun to get vaccinated in the Metro area. DC is following CDC guidelines to employ a phased approach to vaccinate workers and residents. The current phase focuses on frontline workers in acute care settings like hospitals and urgent care, as well as assisted living and nursing home staff and residents. Adults age 65 and over are considered a critical population and will be provided access to the vaccine earlier than the rest of the community. However, in this early stage, the vaccine is not yet available to older adults living in the community. Here's what you need to know to prepare for the vaccine and avoid scammers:

- **Turn to trusted resources** DC Health, your physician, and local medical facilities will provide up-to-date information on vaccine availability.
- **Buyer Beware** No reputable medical facility will charge a fee to "jump the line" to allow you to get the vaccine before others. Nor will the vaccine be available for purchase online or by phone.

- **Protect Your Medical Information** Do not respond to unsolicited requests for your personal medical information. Scammers use this information to commit insurance fraud.
- Report Concerns Report COVID-19 related solicitations to the Office of Attorney General in the Office of Consumer Protection at 202-444-9828.

The District Department on Aging and Community Living (DACL) 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 <u>coronavirus.dc.gov</u>
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 a personal size hand sanitizer.

Free Winterization Kits:

The Public Service Commission (PSC) is offering residents free home winterization kits to help save energy and reduce energy bills this winter. Winterization kits include:

- Door and window weatherstripping (5-10% energy savings)
- 4-pack foam pipe insulation (3-4% annual energy savings)
- Foam switch and outlet gadgets (minimizing air leaks can reduce heating and cooling bills by as much as 20%)
- 3-pack window insulation shrink kit (12.2% energy savings)

Request Your Weatherization Kit by calling **202-626-5120** or by putting in a request online at: https://dcpsc.org/winterreadydc.

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.

Become a Snow Team Hero:

Want to help some of your neighbors who are Palisades Village members with a little shoveling? Contact the office at eblanton@palisadesvillage.org or 202-244-3310 to volunteer.

Volunteering with Serve DC's Snow Team is another wonderful way to help neighbors in need while also keeping sidewalks clear of snow and ice. The DC Volunteer Snow Team program matches volunteers with senior residents and those with access and functional needs for snow removal services in the aftermath of a winter storm. Volunteers are deployed when there are 4 or more inches of snow.

 For anyone interested in helping our Ward 3 seniors and those with mobility needs this winter, please sign up to volunteer here: <u>Serve DC</u>

Creative Corner:

Have done anything creative? Share it with us. We have had art, photography, and writing. Is there something that you have created that others might enjoy? Maybe our Wellness Wednesday on Creative Care will be an inspiration.

Here is a poem share with us by member Frank Staroba:

The Vaccine Before Christmas

By Kevin A. Wilson (with apologies to Clement Clarke Moore)

'Twas some days before Christmas—how many I'm not sure. (The days ran together; everything was a blur). All the houses were locked down from COVID-19, With everyone wishing for the promised vaccine. The children were nestled and sleeping just fine. They were all tuckered out from their classes online. And mamma in her kerchief and I in my cap, Had just sanitized our hands and hung up our masks. The year had been hard. We were due a vacation. But the thing wanted most? Emergency use authorization. Then out on the lawn

there arose such a clatter, I assumed it was another 2020 disaster. I ran to the window and put on my mask. But what would I see? I was too scared to ask. The neighbors were quiet and socially distant Awaiting the time they'd be COVID resistant. But despite travel bans, there then did appear, A miniature sleigh and eight tiny reindeer. But this wasn't Santa. His gut wasn't paunchy. It was the trusted presence of Anthony Fauci. More rapid than eagles, at warp speed they came, And he whistled, and shouted, and called them by name: "Now Pfizer! Now Sanofi! Now Johnson & Johnson! "On Moderna! On BioNTech! On Adaptive and Amgen! To the top of the porch! To the top of the wall! Now vaccinate, vaccinate, vaccinate all!" As a virus expelled by a cough or a sneeze When it meets plexiglass rises up on the breeze; So up to the house-top the pharma all flew, With the sleigh full of hope, and Dr. Fauci, too.

Palisades Village Connect and Learn: On the <u>Connect and Learn</u> page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!





WAVE Washington Area Villages Exchange



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

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 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 (WGS) -- 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 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 by January 13.

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_BlhBuYnETnqgmlerXoD5jw

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 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

Community Events:

Go to <u>Around Town DC</u> to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account it current. Here are some examples (register by clicking on the links.):

Tuesday, January 5, 11 a.m. - 12 noon

<u>Basic Zoom Skills Workshop</u> -- *Topics:* 30,000 foot overview of the platform; navigation; meeting control; how to schedule a meeting – basic steps.

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.

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. DPR opened 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 the main registration portal.

Other Community Events:

<u>Virtual 50+ Expo</u> 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 <u>The Beacon</u>, a local publication for people over 50.

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.

Saturday, January 9, 6 - 7 p.m.

Anderson House, the Home of the Society of the Cincinnati -- Join them for a virtual presentation exploring the beauty, history, and purpose of its headquarters, Anderson House. Emily Schulz Parsons, their deputy director and curator, will debut a video tour of Anderson House followed by a live Q&A. Enjoy sweeping views of the first and second floors of the mansion, as well as highlights of its <u>current exhibition</u>, *America's First Veterans*, and selections from the museum and library <u>collections</u>.

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

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.

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 or call the office at 202-244-3310.

ALL OUR EVENTS ON THE VILLAGE WEBSIT

This Week at Palisades Village January 3 — 9, 2021

Book Club

Mon 01 / 04 / 2021 at 1:00 PM

Where: via Zoom
More Information

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

Where: Via Zoom
More Information

Next Week at Palisades Village January 10 — 16, 2021

William Yates Fitness on Zoom

Mon 01 / 11 / 2021 at 3:00 PM

Where: Via Zoom More Information

Storytelling

Tue 01 / 12 / 2021 at 3:00 PM

Where: Via Zoom More Information

Virtual Yoga

Tue 01 / 12 / 2021 at 3:00 PM

Where: Via Zoom More Information

Talk: DC's Historic Chinatown Tue 01 / 12 / 2021 at 7:00 PM

Where: Via Zoom More Information

Wellness Wednesday - Creative Care

Wed 01 / 13 / 2021 at 1:00 PM

Where: Via Zoom More Information

Virtual Yoga

Thu 01 / 14 / 2021 at 3:00 PM

Where: Via Zoom
More Information
Virtual Happy Hour

Fri 01 / 15 / 2021 at 4:30 PM

Where: Via Zoom

More Information

Mindful Knitting

Sat 01 / 16 / 2021 at 9:30 AM

Where: Via Zoom More Information

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