



# ACROSS THE FENCE

November 14, 2021

## Palisades Village has a new Executive Director!



The search for a new Executive director has been underway for more than two months, and the Search Committee (composed of Claudia de Colstoun, Susan Messina, Char Mollison, Charlie Lanman, and myself) is happy to announce that a selection has been unanimously agreed upon. Our new Executive Director, effective November 8, 2021, is **Erica Blanton**. Of course, Erica is well known to us, having spent more than five years managing the Palisades Village Office, and serving most recently as Assistant Executive Director of the Village.

Erica brings with her a wealth of experience in dealing with our members, with the Board of Directors, and with our supporters generally. And, not insignificantly, she has served the Village well by “keeping the trains running on time” at a very difficult time for the organization. She has been instrumental, for example, in overseeing the organization’s temporary shift from in-person meetings to socially distanced and even virtual events, all of which permitted the Village to fulfill its mission of keeping its members connected, productive, happy and healthy, while at the same time assuring that safety considerations were always of topmost concern. And by organizing events such as vaccination clinics for the broader population, she has expanded our outreach and made Palisades Village an even more important community resource.

Congratulations Erica, and please accept our heartfelt best wishes for the next chapter in Palisades Village’s future!

-- Arne Paulson, President

## This Week at Palisades Village:

Monday, Nov 15	Tuesday, Nov 16	Wednesday, Nov 17	Thursday, Nov 18	Friday, Nov 19	Saturday, Nov 20
3:30 p.m. <a href="#">William Yates Fitness</a>	2 p.m. <a href="#">Harvest Fest</a> 3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>	3 p.m. <a href="#">Virtual Yoga</a> 5 p.m. <a href="#">Chillin' with Chili Happy Hour</a>		9:15 a.m. <a href="#">Mindful Knitting</a>

## This Week:

**PV Members (full and associate):** We will be having a [Harvest Fest](#) like last year on **Tuesday, November 16** from 2-4 p.m. Instead of gathering together at a large table, we will provide a bag with a sausage sandwich and goodies which you can pick up or have it delivered. Sign up today and let us know which you prefer.

**PV members and volunteers:** Brave the cold for a small outdoor happy hour at a member's home on **Thursday, November 18**. We are [Chillin' with Chili](#). Bob Bourdaud'hui will be whipping up the chili and a cocktail to keep us toasty on the inside.

## Coming Up:

The office will be closed for Thanksgiving so please let us know in advance if there is anything that you will need.

[Palisades Village Annual Board & Member Meeting](#) -- The Palisades Village Board of Directors and members will meet at **5 p.m. on Thursday, December 2** via Zoom. The Board meeting is open to the public and visitors may comment and/or ask questions. All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval.

Plans are proceeding for some holiday festivities. Please save the date for a Singalong at the Palisades Farmers Market on Sunday, December 5, and a Zoom Holiday Tradition Gathering on Monday, December 20.

Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue 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**.

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## Covid Corner:

Still need a booster shot: Most local pharmacies are offering Pfizer and/or Moderna boosters. To find a location near you, visit [www.vaccines.gov](http://www.vaccines.gov). Not only are CVS, Giant, and Safeway offering them but local pharmacies like [Rodman's](#) and [Brookeville Pharmacy](#) as well.

DC Health has [daily walk-in sites](#) and if you are homebound, they will come to you. Call **1-855-363-0333** to request a home visit.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you make an appointment and get there.



Roberto Werebe beautifully captured the colors of fall in this painting.

## Would you or a neighbor like a Thanksgiving dinner?

Mark Bucher, the owner of Medium Rare, will be delivering Thanksgiving meals to our seniors again this year. Please send the name, address and phone number of anyone who would like a meal to [ebblanton@palisadesvillage.org](mailto:ebblanton@palisadesvillage.org) by Wednesday, November 17 and we will forward it to the organizer.

## Total Lunacy!

**The full moon will meet a lunar eclipse on Friday.** If you look up to the sky on November 19 from 5 p.m. to 3:58 a.m., you may see the [full Beaver Moon](#), also called the Frosty Moon. An [almost complete lunar eclipse](#) will accompany the full moon, peaking at dawn about 4 a.m.



WAVE  
Washington Area  
Villages Exchange



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.

**Caregivers' Group** -- Foggy Bottom West End Village runs a caregivers' group on the first and third Tuesday of each month at 1 p.m. on Zoom. Phyllis Kramer, the woman who runs the group, is a clinical social worker with over 30 years of experience in counseling. Much of her experience has been helping people address grief, depression, and social isolation. She has run this group for our village for many years. The group has openings right now. If interested, people should contact Phyllis directly at [pfkramer38@gmail.com](mailto:pfkramer38@gmail.com).

**Monday, November 15, 3 p.m.**

**[Follow-Up Session on Personal Medical Alert Systems](#)** - On September 23 we had a very well-attended overview session on personal medical alert systems with Dr. Richard Caro. A number of participants at the session requested a follow-up program where Dr. Caro would walk us through the Tech-Enhanced Life website sections designed to help us answer the question: "Which medical alert system is right for me?" The website presents the wide range of features available, discusses the pros and cons of various features, provides senior-tested reviews of many brands, and offers a Selection Tool some might want to use. Anyone who missed the September 23 session should watch the [video of that talk here](#) as background to this presentation. All might benefit from exploring the medical alerts section of the [Tech-Enhanced Life website](#) before the session. [Find more info and register here](#).

Thursday, November 18, 11 a.m.  
[Ageism Unmasked](#) with Tracey Gendron

Wednesday, December 8, 2:30 p.m.  
[Fall Prevention Class](#)

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## Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more.

**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/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q4-2021-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q4-2021-newsletter.pdf)

Tuesday, November 16, 3 p.m.

**Sibley Senior Association Presents: Allyship - The Power to Stamp Out Oppression with Cheri C. Wilson, M.A., M.H.S., C.P.H.Q.**

In the past year and a half, the U.S. has fought the COVID-19 pandemic, witnessed the murder of George Floyd, and simultaneously confronted anti-Asian sentiment and hate crimes against members of minoritized and marginalized communities. We must leave our comfort zones and educate ourselves on what it takes to become an ally. Through allyship, an individual has the power to stamp out oppression in its many forms (racism, sexism, classism, colorism, ageism, ableism, heterosexism, anti-Semitism as well as homophobia, transphobia, xenophobia, Islamophobia, etc.). In this interactive session, you will learn what it means to be an ally and how to leverage allyship to counter and overcome oppression. Cheri C. Wilson, MA, MHS, CPHQ currently serves as Program Director for Diversity, Inclusion, and Health Equity in the Johns Hopkins Medicine Office of Diversity, Inclusion, and Health Equity (JHM ODIHE). Please register for this free event at your earliest convenience at <https://smh.memberclicks.net/allyship---the-power-to-stamp-out-oppression> or email [jsmit470@jhmi.edu](mailto:jsmit470@jhmi.edu) or call 202-364-7602.

## Other Community Events:

The **Palisades History Speakers' series** continues through November 16 at the Palisades Hub. Tickets can be found here: <https://palisadeshistoryorg.ticketleap.com/>

Monday, November 15, 1 p.m.

**AARP Chapter Meeting** --- To register let me know at [bobbyturnbull@comcast.net](mailto:bobbyturnbull@comcast.net) or (301) 320-4154. He will send you the Zoom link.



**Tuesday, November 16, 1-3 p.m.**

**Age-Friendly DC Task Force Meeting** -- [Here is the meeting agenda](#). The meeting is open to the public, so please feel free to invite others who may be interested. Access the Zoom meeting [here](#).

### Ongoing Events:

<p><b>Bereavement Support Groups</b>--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 <b>202-537-4942</b> for more information or go to <a href="#">Calendar   Widowed Persons Outreach (wpodc.org)</a></p>	<p><b>Weekly on Fridays, 1 - 2 p.m.</b> <b><a href="#">The Art of Looking</a></b>--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.</p>
<p><b>Mondays, Wednesdays, and Fridays at 12 p.m.</b> <b><a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a></b>--Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.</p>	<p><b>Weekly on Mondays from 2 - 3:15 p.m.</b> <b>Just Us at the National Gallery of Art</b> - Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a>. To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m.</b> <b>Dance for PD</b> -- 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 <a href="#">clicking here</a>.</p>	

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

**This Week at Palisades Village**  
**November 14 — 20, 2021**

**William Yates Fitness**

Mon 11 / 15 / 2021 at 3:30 PM

[More Information](#)

**Harvest Fest**

Tue 11 / 16 / 2021 at 2:00 PM

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

[More Information](#)

**Yoga**

Tue 11 / 16 / 2021 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 11 / 17 / 2021 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

**Virtual Yoga**

Thu 11 / 18 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Chillin' with Chili Happy Hour**

Thu 11 / 18 / 2021 at 5:00 PM

Where: Private Home, please log in to see more

[More Information](#)

**Mindful Knitting**

Sat 11 / 20 / 2021 at 9:15 AM

[More Information](#)

Next Week at Palisades Village  
November 21 — 27, 2021

**William Yates Fitness**

Mon 11 / 22 / 2021 at 3:30 PM

[More Information](#)

**Tales to Talk About**

Tue 11 / 23 / 2021 at 3:00 PM

[More Information](#)

**Yoga**

Tue 11 / 23 / 2021 at 3:00 PM

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

[More Information](#)

**Office Closed - Thanksgiving**

Thu 11 / 25 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Office Closed**

Fri 11 / 26 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Mindful Knitting**

Sat 11 / 27 / 2021 at 9:15 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village