

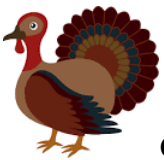


# ACROSS THE FENCE

November 21, 2021



## This Week at Palisades Village:

Monday, Nov 22	Tuesday, Nov 23	Wednesday, Nov 24	Thursday, Nov 25	Friday, Nov 26	Saturday, Nov 27
3:30 p.m. <a href="#">William Yates Fitness</a>	3 p.m. <a href="#">Yoga</a> 3 p.m. <a href="#">Tales to Talk About</a>	8:30 a.m. <a href="#">Walking Club</a>	 OFFICE CLOSED	OFFICE CLOSED	

## This Week:

The office will be closed on Thursday and Friday for Thanksgiving so please let us know as soon as possible if there is anything that you will need.

## Coming Up:

**[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.

The pitch pipe beckons -- Join us for a holiday [singalong](#) at the Palisades Farmer's Market at **11 a.m. on Sunday, December 5.**

We will be gathering on Zoom to share our [Holiday Traditions](#) on Monday, December 20 at 4:30 p.m. Please contact the office if you would like to share a story, or a short performance.

*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**.*

## 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)[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.

## Chillin with Chili:

Members and volunteers braved the almost 70-degree temperatures for Happy Hour. The weather may not have been seasonal but Bob Bourdaudui's menu of Chili and hot punch certainly was. In response to the many requests, here is his secret recipe:

- 2 lb chuck steak, cut into 1/4 in cubes.
- 1 tsp cayenne, 1 tsp dried Ancho chills, 1 tsp New Mex chills, and 1 tsp chipotle chiles You can just use cayenne 4 tsp but better flavor with a mix. Make sure it's all ground fine
- 1 fresh jalapeno and 1 fresh habanero, chopped fine
- 2 tsp Spanish paprika (Pimenton de la Vera) mild
- 2 tablespoons cumin - best if you toast the seeds then grind but store-bought ground is OK

- 1 star anise (not essential but adds something)
- 1 lb onions
- 2 garlic cloves, coarsely chopped
- 1/2 tsp dried oregano
- 8 oz can tomato sauce Hunts is OK
- 1 tsp tomato puree in tube or paste in a can
- 2 cups stock - Use Swansons chicken stock or Better Than Bouillon Beef or Veg Stock
- Bourbon just a splash like two tablespoons. Flambe first if you want.
- Add canned kidney beans at the end of cooking just 1/2 a can. I used Cannellini beans from Rancho Gordo



Method:

- Salt the meat lightly. Add 3 tablespoons of veg oil to skillet and heat 'til smoking hot. Brown the cubed meat in a skillet in small batches (do not crowd the pan) on very high heat and do not touch it for 5 minutes. It will develop a dark brown crust and smell like hamburger. Turn the cubes gently brown the other side for 5 minutes. This is critical! Don't worry too much about getting each side browned. What you don't want is for the meat to boil.
- Once browned remove the meat, put aside and add all of your chopped onions to the pan and brown them on medium heat for about 10 min.
- Add the garlic to the skillet to soften
- Add all of the dry spices inc oregano and fry for two or three minutes until fragrant.
- Add tomato paste
- Add all stock and tomato sauce
- Add bourbon
- Cover and cook on very low heat for 2 to 2.5 hours You may want to transfer everything to a sauce pan.
- Adjust salt pepper and cayenne if you want hotter.
- Stir in the beans gently at the end and allow to warm through.

## Virtual Volunteer Training - Reducing Social Isolation Among Older Adults on Sunday, December 5, 4-5 p.m.

Do you want to learn more about the signs of social Isolation and what to do to address it? It is with generous support from All Souls Episcopal Church in Woodley Park, Cleveland & Woodley Park Village is hosting this training session on increasing the knowledge and skills of those serving older adults in our community.

Christine Bitzer, LICSW from Seabury Resources for Aging will explore:

- Signs of social isolation and loneliness among older adults.
- Strategies and tips to have more meaningful and effective engagement with older adults.

Register for this Virtual Training at <https://clevelandwoodleypark.helpfulvillage.com/events/904>  
For more information, contact Frank Finamore, Executive Director of Cleveland & Woodley Park Village, at [frank@CWPV.org](mailto:frank@CWPV.org) or call 202.655-1258.

## Help Wanted:

Do you know of someone who would be great as the next Assistant Director for Palisades Village? Erica was recruited by one of our members when she came to Palisades Village. Please share the job description at [Work with Us - Palisades Village \(helpfulvillage.com\)](https://palisadesvillage.helpfulvillage.com/work-with-us).

## Calling all Bakers:

We are collecting homemade baked goods for our holiday deliveries on December 20. Would you like to whip up a couple dozen cookies or sweets? Drop them by the office starting December 6. We are open Monday through Friday 10-4 p.m.

## Office Holiday Schedule:

The Palisades Village office will be closed on December 24<sup>th</sup> and will re-open on January 3<sup>rd</sup>. Members: please check your calendars now so that we can get you to your appointments. It is never too early to submit requests.



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.

Friday, December 3, 2021, 1:00 p.m.

[Navigating Life's Journey: Financial and Legal Planning for Future Healthcare Needs](#)

Wednesday, December 8, 2:30 p.m.

### Fall Prevention Class

**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).

## 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)

### Other Community Events:

**Friday, December 3, 6 p.m. food, 8 p.m. music**

**The Nighthawks** -- Rock & Roll at the Hub Cap Centre (5200 Cathedral Ave, NW)

### Ongoing Events:

<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>	<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 impression 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.
<b>Mondays, Wednesdays, and Fridays at 12 p.m.</b>	<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

**Smithsonian National Museum of Asian Art's free 30-minute online meditations**--

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.

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](mailto:access@nga.gov).

**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](#).

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**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 [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**  
**November 21 — 27, 2021**

**William Yates Fitness**

Mon 11 / 22 / 2021 at 3:30 PM

[More Information](#)

### **Canceled: Planner Group**

Tue 11 / 23 / 2021 at 9:30 AM

[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](#)

### **Walking Club - Georgetown**

Wed 11 / 24 / 2021 at 8:30 AM

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

[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](#)

### **Canceled: Mindful Knitting**

Sat 11 / 27 / 2021 at 9:30 AM

[More Information](#)



Next Week at Palisades Village  
November 28 — December 4, 2021

**William Yates Fitness**

Mon 11 / 29 / 2021 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 11 / 30 / 2021 at 9:30 AM

[More Information](#)

**Yoga**

Tue 11 / 30 / 2021 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 12 / 01 / 2021 at 8:30 AM

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

[More Information](#)

**Annual Board & Member Meeting**

Thu 12 / 02 / 2021 at 5:00 PM

[More Information](#)

**Mindful Knitting**

Sat 12 / 04 / 2021 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village