



ACROSS THE FENCE

January 9, 2022

This Week at Palisades Village:

Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14	Saturday, January 15
3:30 p.m. William Yates Fitness - Virtual	1 p.m. Events Committee 3 p.m. Yoga 3 p.m. Storytelling	11 a.m. The Anatomy of Long-term Care Insurance	2 p.m. Art Introspection - Hopper's Nighthawks 3 p.m. Yoga		9:30 a.m. Mindful Knitting

With the unfortunate spike in Covid cases, we are moving our in-person events and activities to virtual-only until mid-January. You can join us on Zoom for fitness and yoga.

MaryAnn Griffin is back on Wednesday, January 12 with the next in her healthcare series, [The Anatomy of Long-Term Care Insurance; What's It Cover, How To Use It?](#) Do you have a long-term care policy? Are you considering getting one? Do you understand what is/will be covered? Please plan to join us for an informative dissection of what long-term policies cover (and don't cover) and how to mobilize the benefits.

The next [Art Introspection](#) is on Thursday, January 13 with Laura Mahon and will discuss Edward Hopper's *Nighthawks*. Join us to share your thoughts and join in some collective art making in response to our discussion. Looking deeper into the painting, beyond its technical features, the discussion will entail a personal reflection on the

emotions that emulate from the painting and the features that resonate the most with you.

Coming Up:

Join us for our upcoming talk with [Fergus Shiel](#) about the **Pandora Papers** on Tuesday, January 18. The [Pandora Papers investigation](#) lays bare the global entanglement of political power and secretive offshore finance.

We are also looking forward to Lynn Nicholas who will be joining us on January 26 to discuss her book [**The Rape of Europa -- The Fate of Europe's Treasures in the Third Reich and the Second World War.**](#)

And don't forget that Monday, January 17 is a holiday and the office will be closed. If you have upcoming requests, please allow adequate time.

*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**.*

Letter from the President:

Dear Palisades Village community,

Happy New Year! We hope you were able to enjoy the Holidays with family and friends. As we begin a new year, I wanted to thank you for your tremendous support during 2021! It was a challenging year but also one that brought us back together through in-person celebrations of our volunteers, our members, and with the community at large. We are certain that 2022 will bring us renewed opportunities to serve you and celebrate our community, whether through exercise and yoga classes, social and cultural events, or regular group activities. We are thrilled to begin the year with our new Executive Director, Erica Blanton at the helm of our organization, supported by an outstanding team of volunteers. Our Board held its annual meeting on December 2, 2021 and a new slate of Officers was elected: Susan Messina as Vice-President, Elaine Bole as Secretary, Ellen Myerberg as Treasurer and myself as President. Other members of our active Board include Bill Iverson, Char Mollison, Arne Paulson, Lydia Benson, Kate Perry, Sharon Hayes, Charlie

Lanman, Job Dittberner, and Wally Hamsher. We look forward to serving and hearing from you as to ways to add to our services and programs. We also look forward to collaborating with other DC Villages and joining forces to increase programming and services, while putting your health and wellness at the forefront of what we do.

Best wishes to all,

Claudia de Colstoun

President of the Board

Special Thank You:

To those volunteers who put on their snow boots and checked in on your neighbors last week. Without phones or electricity or plowed streets, the Village was able to reach our members with your help. The emergency response was incredible with people opening their homes to those who needed heat, delivering food and flashlights. This is what this community is all about.

Snow Shovellers Needed:

Winter is here! We are seeking more volunteers who can be on call to help shovel sidewalks for members who ask for assistance in the event of snow. If you are interested, please [e-mail](#) the Village office and we will put you on our list!



Covid Corner:

Palisades Village is suspending all in-person events and activities until mid-January. We hope to get clear guidance from the health professionals to inform our policy moving forward.

Palisades Village will have a very limited supply of rapid tests this week. You can pick them up for free at the Cleveland Park Library. Supplies are limited but you can check availability before you go at <https://coronavirus.dc.gov/rapidantigen>.

PCR tests are available at the Palisades Library and Rec Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

For at-home, on-demand care, and COVID testing, the DC website lists Ready Responders at [\(202\) 602-0814](tel:2026020814). Ready comes to your home, is open 8 a.m. to 8 p.m., seven days per week, and serves all 8 Wards. Ready is currently offering rapid antigen testing only, with results in 15 minutes. If you require a PCR test, please utilize another testing option.

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: 1-888-793-4357.

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. 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.



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.

Monday, January 10, 4 p.m.

Joy Zinoman Talk -- Joy Zinoman went from child actress to Master of Peking Opera to founder of Washington's Studio Theatre in 1987. She was instrumental in the development of Washington as an important theater city and was significant in the

growth of 14th Street. She went on to develop the Studio Acting Conservatory. [Register here for this zoom talk](#)

Tuesday, January 11, 1 p.m.

[**Arts of the Islamic World**](#)

Live Zoom Reading, January 13, 7:30 pm; Stream on Demand, January 14-16, 2022

The Helpers by Maggie Lou Rader, dir. by Holly Twyford -- Live play reading. Inspired by *The Diary of Anne Frank*, this prize-winning play tells the story of Miep Gies, the immigrant woman who led the effort to preserve the people hiding from the Nazis in "the Secret Annex." More information and registration

here: <https://theaterj.org/specialperformances/thehelpers/>

Tuesday, January 18, 7 p.m.

[**Village Voices with Constance Citro: Does Gerrymandering Threaten Our Democracy**](#)

Thursday, January 20, 1 p.m.

[**Mindfulness: Should we believe the hype?**](#)

Caregiver Support Group -- Join Village Case Manager, Barbara Scott, for a monthly caregivers support group with Calvert-Woodley Park Village. If you're a current or former caregiver, whether that's direct care for another or indirect care (financial manager, coordinator of direct care providers, power of attorney, etc), you're invited to spend an hour with Barbara and other caregivers to get the support that you need in your important role. Members and non-members are welcome and the session will be held on Zoom the first Wednesday of the month from 5-6 p.m. so anyone can participate. Register at <https://clevelandwoodleypark.helpfulvillage.com/events>.

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.

Ongoing Events:

Bereavement Support Groups --Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and	Weekly on Fridays, 1 - 2 p.m. The Art of Looking --By sharing observations, interpretations, questions,
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<p>twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)</p>	<p>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>Mondays, Wednesdays, and Fridays at 12 p.m. 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.</p>	<p>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.</p>
<p>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.</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 ebblanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
January 9 — 15, 2022

William Yates Fitness - Virtual only

Mon 01 / 10 / 2022 at 3:30 PM

[More Information](#)

Virtual Yoga

Tue 01 / 11 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Storytelling

Tue 01 / 11 / 2022 at 3:00 PM

[More Information](#)

The Anatomy of Long-Term Care Insurance; What's It Cover, How to Use it?

Wed 01 / 12 / 2022 at 11:00 AM

[More Information](#)

Art Introspection – Hopper's Nighthawks

Thu 01 / 13 / 2022 at 2:00 PM

[More Information](#)

Virtual Yoga

Thu 01 / 13 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 01 / 15 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
January 16 — 22, 2022

Office Closed - Martin Luther King Jr. Birthday

Mon 01 / 17 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Talk with Fergus Shiel on the Pandora Papers

Tue 01 / 18 / 2022 at 1:30 PM

[More Information](#)

Virtual Yoga

Tue 01 / 18 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 01 / 19 / 2022 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 01 / 20 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 01 / 22 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village