

ACROSS THE FENCE

January 16, 2022

This Week at Palisades Village:

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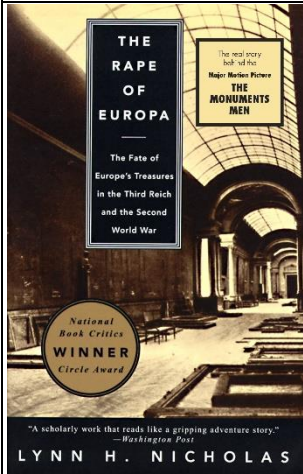
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21	Saturday, January 22
MARTIN LUTHER KING JR. DAY - OFFICE CLOSED	1:30 p.m. Talk with Fergus Shiel on the Pandora Papers 3 p.m. Yoga	8:30 a.m. Walking Club	3 p.m. Yoga		9:30 a.m. Mindful Knitting

Our indoor in-person events and activities are virtual-only until mid-January. You can join us on Zoom for yoga next week. There will not be a fitness class this Monday.



Join us for our upcoming talk with [Fergus Shiel](#) about the **Pandora Papers** this Tuesday, January 18. The [Pandora Papers investigation](#) lays bare the global entanglement of political power and secretive offshore finance. In total, 35 current and former national leaders appear in the leak, alongside 400 public officials from nearly 100 countries and more than 100 billionaires. It was an amazing feat of investigative journalism and the truths revealed sound straight out of a political thriller.

Coming Up:



Perhaps you saw the film *Monuments Men*? The real story is told in Lynn Nicholas' highly acclaimed book [***The Rape of Europa -- The Fate of Europe's Treasures in the Third Reich and the Second World War***](#). She will be joining Palisades Village on Wednesday, January 26 to discuss her book and the fascinating history behind it.



[**Picasso's Family of Saltimbanques**](#): Join our art therapy intern Laura for another Art Introspection, this time looking at one of Picasso's Rose Period paintings. Painted early in his career, this painting portrays several circus performers, often likened to Picasso's development from childhood into adulthood. This painting is rich with possible interpretations and gives us a glance into Picasso's early life. This painting is currently on show at the National Gallery of Art in Washington, D.C.

Join us on January 27th 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.



Ready to take look at how you can make life better in 2022? Discover how to appreciate and embrace each and every day with techniques for living a life you enjoy. Coach Roseanna Stanton will introduce you to simple ways that you can enhance your life, enjoy the present, and move forward with purpose. [Living to the Fullest \(In All Circumstances\)](#) will be offered on Wednesday, February 2 at 10 a.m. In this one-hour session, you will learn how to set yourself up to feel successful in small ways—leading to an overall sense of contentment and accomplishment.

MaryAnn Griffin has been getting rave reviews for her last presentation in her healthcare season. You don't want to miss the next and last) will be on February 11: [Hospital Observation Status; Have I Been Admitted or Am I Just Sitting In a Bed?](#)

*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**.*

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 indoor events and activities until mid-January. We hope to get clear guidance from the health professionals to inform our policy moving forward.

On January 15, 2022, per [Mayor's Order 2021-148](#) (PDF download), the District of Columbia adopted a city-wide vaccination entry requirement that requires COVID-19 vaccination to enter indoor facilities within the city. You can demonstrate proof of

vaccination by showing a physical or digital copy/photo of your CDC Vaccination Card, or via a COVID-19 Verification App like [VaxYes](#) or [CLEAR](#). [Visit DC Health's website to learn more.](#)

Palisades Village has some rapid antigen tests. Please contact the office if you need one. You can also 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>.

Seniors are **invited to the front of the line** at public testing and vaccination sites

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:(202)602-0814). 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.

Open house tours at the Mormon Temple:

For the first time in nearly 50 years, the Washington D.C. Mormon Temple's grounds and interiors will be open to the public from April 28- June 4, excluding Sundays. The [open house](#) is free but tickets will be required for parking and the shuttle from Forest Glen Metro.

Book Review:

I just finished the novel *The Rose Code* by Kate Quinn (published 2021, 624 pages in paperback). It was a very absorbing travelling companion from home

to San Francisco. It is about 3 women who worked at Bletchley Park during WWII and is very descriptive of the roles they played and the work they did. Some of the women are composites of real people that worked at Bletchley Park (BP) and others are based on real characters. There is an excellent author's note about the book at the end, some good photographs and a book club guide as well.

If this subject is of interest, you might also like Code Girls: The Untold Story of the American Women Code Breakers of World War II by Liza Mundy. It is non-fiction first published in 2018 (the paperback is 448 pages) and is set in Washington, DC.

Enjoy!

Ellen Myerberg, PV Treasurer

If you have read a good book or seen a good movie or show, please share! Send short submissions to info@palisadesvillage.org

Weather got you trapped indoors? Maybe today is the day to declutter your computer:

Delete old email messages: Consider searching by sender and deleting in bulk. Start with Palisades Village -- if you ever need an old issue of *Across the Fence*, you can find it on our website. Or, you can delete by starting at a certain year. Put the ones that you want to save in a folder.

Unsubscribe: Did you see lots of unread emails from particular companies when you were deleting messages? One of the biggest sources of inbox clutter is subscriptions and advertisements that come from signing up to attend an event or whenever you make a purchase. Unsubscribe from mailing lists that you no longer benefit from.

Have a system: Creating a system to manage your incoming messages will be essential to keeping your inbox clutter-free. Can you use labels and tags or folders to keep things organized? Figure out what works for you to start the new year fresh.

Members: If you need help, let us know and a volunteer can help you get started.



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.

Tuesday, January 18, 2-3 p.m.

"In America" by Suzanne Brennan Firstenberg -- Suzanne Brennan Firstenberg is a visual artist who has demonstrated the power of art to touch lives. In the Fall of 2020, images of Firstenberg's "In America: How Could This Happen" appeared in over 600 news articles on six continents, making visible the pandemic's cost in American lives. In September 2021, she recreated this art installation on the National Mall. For 17 days, over 650,000 white flags fluttered near the Washington Monument. Join in to view photos of her art and learn from her how she became an artist and is inspired. Hosted by Bethesda Metro Area Village and by Connie Morella library. No registration required, access on Zoom [here](#). Or Dial In: 301 715 8592; Meeting ID: 839 6650 2920.

Tuesday, January 18, 7 p.m.

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

Wednesday, January 19, 1-2 p.m.

You've Got Style: Artists, Identity and Self-Expression -- Have you ever thought about the idea that how we dress reflects a choice about how we want to appear to other people? Join Smithsonian American Art Museum docent Melissa Clark for a look at artworks exploring that theme. We'll talk about issues of appearance and identity as seen by artists from SAAM's collections, ranging from the mid-1800's to the present. Register in advance on [Chevy Chase At Home's event page](#).

Thursday, January 20, 1 p.m.

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

Friday, January 28, 1 to 2 p.m.

Peter Ross Range, Author of "The Unfathomable Ascent: How Hitler Came to Power" -- Peter Ross Range will speak on his book, "The Unfathomable Ascent: How Hitler Came to Power." Range is a journalist who has covered war, politics, and international affairs. A specialist in Germany, he has written for Time, the New York Times, National Geographic, the London Sunday Times Magazine, Playboy, and U.S.

News & World Report, where he was a White House correspondent. He has also been an Institute of Politics Fellow at Harvard's Kennedy School of Government, a Guest Scholar at the Woodrow Wilson International Center, and a Distinguished International Visiting Fellow at the University of North Carolina Journalism School. Register in advance on [CC@H's Event Page](#)

Wednesday, February 2, 6:00 p.m.

[CelebSalon: Fiona Hill, Author, Foreign Policy Expert, former National Security Council](#)

Join Dupont Circle Village for a conversation with Dr. Fiona Hill, celebrated foreign policy expert and former director at the National Security Council. Dr. Hill startled the nation during her testimony as a key witness in the impeachment trial of President Donald Trump about Russia's interference in the 2016 election. She has also served President George W. Bush and President Obama at the National Intelligence Council.

Thursday, February 17, 1:00 p.m.

[Arts of the Islamic World](#)

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/988> for February 2.

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 **Annual Sex and Aging Conference** will be held via Zoom on Saturday, February 26th from 12:30 to 4 p.m.

Research informs us that older adults are having sex into their 60s and 70s, they're enjoying sex, and that sex is good for their health. So, who are we to be in denial about older adult sexuality? In this fast-paced and exciting webinar, Keynote Speaker Jane Fleishman Ph.D., M.Ed., M.S. describes the current research in the field of sexuality and aging, provides tips, and answers questions about sex for older adults. Expert panel discussion will address clinical aspects of sex and aging. At least one physician

will join toward the end of the presentation to answer clinical questions with Dr. Fleishman. There will be plenty of time to ask the experts questions throughout the conference. To register, click <https://smh.memberclicks.net/sex---aging> or email jsmit470@jhmi.edu or call the Sibley Senior Association 202-364-7602 at least two weeks in advance.

Ongoing Events:

<p>Bereavement Support Groups--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 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)</p>	<p>Bi-Weekly on Fridays, 1 - 2 p.m. The Art of Looking--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>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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Planner Group

Tue 01 / 18 / 2022 at 9:30 AM

[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](#)

Next Week at Palisades Village
January 23 — 29, 2022

William Yates Fitness

Mon 01 / 24 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 01 / 25 / 2022 at 9:30 AM

[More Information](#)

Tales to Talk About

Tue 01 / 25 / 2022 at 3:00 PM

[More Information](#)

Virtual Yoga

Tue 01 / 25 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 01 / 26 / 2022 at 8:30 AM

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

[More Information](#)

Author Talk with Lynn Nicholas on The Rape of Europa

Wed 01 / 26 / 2022 at 1:30 PM

[More Information](#)

Art Introspection -- Picasso

Thu 01 / 27 / 2022 at 2:00 PM

[More Information](#)

Virtual Yoga

Thu 01 / 27 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 01 / 29 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village