



Building an Engaged and Supportive Community of Neighbors

PALISADES VILLAGE

in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.



ACROSS THE FENCE

January 23, 2022

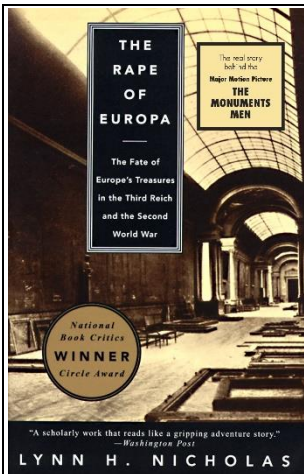
With this weather, staying safe and healthy in your home may not feel so difficult. While the coronavirus numbers are getting better, we are going to wait a while longer before resuming indoor classes and events in person. We do have some reassurance now that tests are widely [available in the District](#). You can [order](#) four to be sent to you free from the federal government. The DC Department of Aging and Community Living has provided the DC Villages with test kits, and we have some available at our office. Members can let us know if you need one delivered. Also, if you know of a neighbor (in Berkley, Foxhall, Kent, Palisades, Spring Valley, or Wesley Heights) who needs a test but cannot get out, please contact our office.

Our events committee has been working to bring us some truly wonderful speakers and creating opportunities to get together. Last week's talk with our Fergus Shiel about the Pandora Papers and investigative journalism was riveting. His talk, and many others, are available on our [Palisades Village YouTube](#) Channel if you missed them. We hope you will join us for some of the upcoming talks and the get-together opportunities from the warmth and comfort of your own home.

This Week at Palisades Village:

Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28	Saturday, January 29
3:30 p.m. William Yates Fitness - Virtual	9:30 a.m. Planner Group 3 p.m. Tales to Talk About 3 p.m. Yoga	8:30 a.m. Walking Club 1:30 p.m. Author Talk with Lynn Nicholas on The Rape of Europa	2 p.m. Art Introspection - Picasso 3 p.m. Yoga		9:30 a.m. Mindful Knitting

This Week:



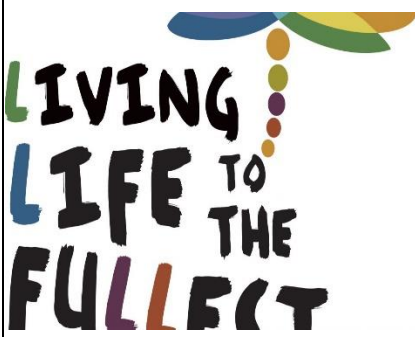
Perhaps you saw the film *Monuments Men*? The real story is told in Lynn Nicholas' highly acclaimed book [**The Rape of Europa - The Fate of Europe's Treasures in the Third Reich and the Second World War**](#). She will be joining Palisades Village on Wednesday, January 26 to discuss her book and the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

Coming Up:



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.



Virtual Happy Hour:

Who is your sweetie? How did you meet? Bring your special sweetie to our virtual Happy Hour hosted by our secret Sweeties. You can share a photo or story. Sweeties take many forms -- human, animal, or otherwise. Who is yours?

Join us on **Friday, February 11** at 4:30 p.m.



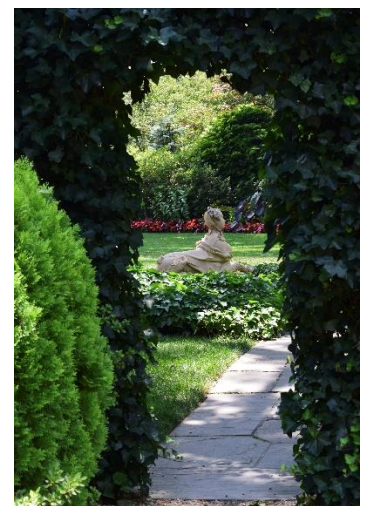
MaryAnn Griffin is back with another in her healthcare series,

[Hospital Observation Status; Have I Been Admitted or Am I Just Sitting In a Bed?](#) on Wednesday, February 9.

*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**.*

Palisades Village Nature Photography Contest:

Members and volunteers are invited to share their favorite nature photograph and win a 2022 membership to the [Hillwood Estate, Museum & Gardens](#). Please submit your photograph (limit 1) by February 6. We will announce the winner at our Sweetie Happy Hour on Friday, February 11. If you have a digital version, please email it to ebanton@palisadesvillage.org or we can scan a hard copy for you. Photos may be published in the newsletter, website,



or on our Facebook or Instagram accounts. Enjoy the journey in looking through your special photographs.	
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Covid Corner:

Palisades Village has updated its [guidelines](#) and we are continuing to suspend all in-person indoor events and activities until mid-February.

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 many 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](#). 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.

Digital Decluttering Week 2 ~ Tackle

Your Desktop/Laptop:

Can't find anything on your home screen anymore?

Get Organized: Look at every single item on your home screen. This is the only safe way to ensure you keep what you need. Send everything else to the recycling bin.

Uninstall: Have you seen an icon and have no idea what it's for? Why is it still there when you haven't opened it in years? Consider uninstalling programs that are not part of your desktop's core operating system.

Empty the Trash: Time to take out the trash -- things will be easier to find and your system might just work a little faster.

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.

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](#)

Monday, January 31, 7-8 p.m.

District Dialogues; Conversations about Race and Justice in our City -- For several months we have been learning about issues of food equity. This month we will hear how two well-established community organizations, Food & Friends and Martha's Table, are working toward advancing a more equitable DC. Katrina Mathis, Director of Volunteer Services at Food and Friends, will tell us about Food and Friends: The Food is Medicine movement. This D.C. non-profit prepares and delivers medically tailored meals, and provides nutrition counseling to clients battling life-challenging illnesses, in the DMV. Mathew Miller, Community Activator, will tell us how Martha's Table supports strong children, strong families, and strong communities by increasing access to quality education, health and wellness, and family resources. Register at <https://capitolhill.helpfulvillage.com/events/8694>

Wednesday, February 9, 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.

Other Community Events:

Sunday, February 6 at 2 p.m.

Auditory Rehabilitation (AR) for Adults with Hearing Loss: What Is It? Why Should You Seek It Out? And Where Do You Look? -- AR is sometimes (but not always) provided to new adult recipients of cochlear implants, but generally not to others experiencing hearing loss. The implicit assumption is that use of properly functioning technology – mainly hearing aids and other hearing assistive devices -- are all that's needed to address communication difficulties arising because of hearing loss, thus enabling those experiencing it to maintain their quality of life, relationships with family, friends, and significant others, and avoid adverse psychosocial consequences. But, as we all know, that assumption is flawed. Our presenter, **Beth Humphrey**, an associate professor at the University of Tennessee and chair of the special interest group on auditory rehabilitation for the American Speech-Language-Hearing Association (ASHA), will discuss these issues and answer questions you may have. RSVP by Tuesday, February 1. To do so, please click on this link: <https://www.surveymonkey.com/r/3N3WF2M> and follow the instructions.

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.</p>	<p>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art -</p>

<p><u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u>-- 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>- 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 23 — 29, 2022

William Yates Fitness - Virtual Only

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](#)

Next Week at Palisades Village
January 30 — February 5, 2022

William Yates Fitness - Virtual Only

Mon 01 / 31 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 01 / 2022 at 9:30 AM

[More Information](#)

Virtual Yoga

Tue 02 / 01 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 02 / 02 / 2022 at 8:30 AM

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

[More Information](#)

Living to the Fullest (In All Circumstances)

Wed 02 / 02 / 2022 at 10:00 AM

[More Information](#)

Virtual Yoga

Thu 02 / 03 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 02 / 03 / 2022 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 02 / 05 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!
Palisades Village