



# ACROSS THE FENCE

January 30, 2022

We are looking forward to getting together again in person. Thinking ahead, we were wondering if there is anything that you would like to do with fellow villagers. A new member is looking for people to play bridge with. Is there something that you miss doing with others? Let us know and we will try to find others who share your interest.

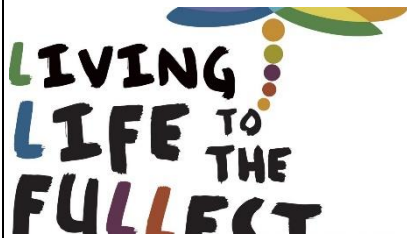
With life moving at a different pace, many have a new appreciation for nature. If you got a good shot of a bird out your window, flower on your walk, or view from a past vacation, submit it to our Palisades Village Nature Photography Contest by February 6 (details below).

If you are sneezing or coughing and would feel better knowing that it is not Covid, Palisades Village has rapid tests available. The *Washington Post* had an informative [article](#) about rapid tests last week. For more information on tests and vaccinations, check out the green Covid Corner below.

## This Week at Palisades Village:

Monday, January 31	Tuesday, February 1	Wednesday, February 2	Thursday, February 3	Friday, February 4	Saturday, February 5
3:30 p.m. <a href="#">William Yates Fitness</a> - <a href="#">Virtual</a>	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>  10 a.m. <a href="#">Living to the Fullest</a>	3 p.m. <a href="#">Yoga</a>  5 p.m. <a href="#">Board Meeting</a>		9:30 a.m. <a href="#">Mindful Knitting</a>

## This Week:



**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.

The Palisades Village Board of Directors is meeting this Thursday, February 3 at 5 p.m. The meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

## Coming Up:



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 at 11 a.m.

*Picture this: you suffer a fall that lands you in the hospital. At the end of your stay, you are discharged to a rehab facility for three weeks of rehabilitation and skilled nursing care. The time you spend in the hospital and at rehab is stressful, but you rest assured knowing that you have Medicare coverage. Weeks later, the bills start pouring in, and you learn that Medicare has covered almost nothing. You now owe both the hospital and the rehab facility several thousand dollars. How did this happen?*



## [Virtual Happy Hour on Friday, February 11 at 4:30 p.m.:](#)

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 Wednesday, February 23 at 1:30 p.m. for an [Author Talk with Bill Halal](#): **Beyond Knowledge - How Technology is Driving an Age of Consciousness**

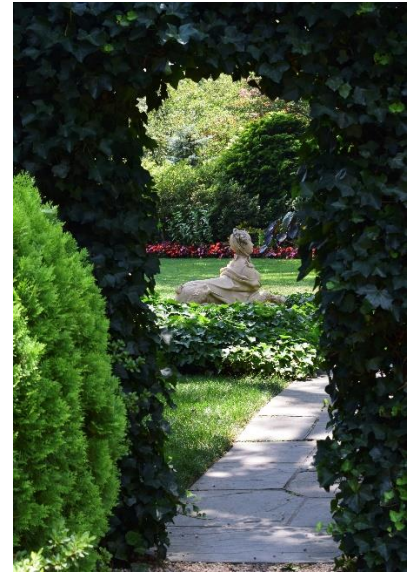
The Knowledge Age of the past two decades is passing today as the digital revolution and artificial intelligence replace knowledge work. Halal's study of social evolution explains how this marks the passage to a new frontier *beyond knowledge* that is poorly understood – an “Age of Consciousness” is here. But more pandemics, climate change, gross inequality, gridlock, and other threats form a “Crisis of Maturity” that is blocking this historic transformation.

This book provides a wealth of evidence and leading examples of an emerging “global consciousness” now driving the world to grow up, resolve this global crisis and develop a sustainable world order – or perish. With foresight and hard work, we could see the triumph of human spirit, once again.

*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](mailto: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.



## Curious about OLLI and its classes? Try one at no charge:

The [Osher Lifelong Learning Institute](#) at American University (OLLI) offers a unique opportunity to continue learning at the university level. Palisades Village is participating in a pilot program geared to non-OLLI members. This will be offered during two sessions: the “[February Shorts](#)” and [spring semester](#)

**Registration for both pilot programs is currently open.** Here is the link to the registration page: [https://www.oli-dc.org/senior\\_living\\_center\\_registration](https://www.oli-dc.org/senior_living_center_registration). Each resident must register individually for the classes they’d like to attend. After clicking the link there will be a place to enter their name, affiliated SLC or Village, email, and class selections.

Each class will take place over Zoom. Residents will be e-mailed a Zoom link each morning that their class(es) meet. The Zoom link for each class is recurring, meaning that it will be the same link each time. If you would like to receive the class link(s) to disperse to your residents yourself, your residents would not need to register. In this case, you would need to register for the class(es) yourself, and then when you receive the Zoom link, forward it to your residents.

The deadline to register for **February courses is 8:00 a.m. on Friday, February 4.** The deadline to register for **spring courses is 8:00 a.m. on Friday, March 4.**

## Soup Makers:

The stock of soup in our freezer is running low. Next time you make a pot, make a little extra for our members and drop it off at the office.

Your soup has been such a comfort to those dealing with grief, illness, or recuperation. We got this note from a grieving family member *"Thank You for the soup last week -- you are right -- soup is magic. I sat and ate by myself in his apartment, and made yummy-noises, and felt more calm for it after."*

## 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](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](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.

## Digital Decluttering Week 3~~Your Phone And Other Electronics/Mobile Devices

**About Those Apps:** It is not uncommon to have several apps that no longer serve you. Find and delete them to clear up some visual space and virtual memory.

**About Those Photos & Screenshots:** Have you ever opened the photo album on your phone and cringed at the number of images in there? Time to select, delete, and let go. And don't forget to organize your remaining folders in albums and back them up on cloud storage. *Any good nature shots? Enter them in our nature photography contest now.*

**Keep Things Minimal:** Keep home screens minimal and clutter-free by creating 4-8 folders to organize and house your most frequently used apps.

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

## One Wordle a Day Not Enough?

Can't get enough of [Wordle](#), the once-a-day word puzzle game? With [this archive](#) you can go back and play the 200 or so puzzles you may have missed! Click on the "First" button to begin with the very first Wordle.



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 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>

**Thursday, February 3, 11 a.m.**

**Virtual Speaker Series: [The Past is Never Dead: What We Learn from Civil Rights Cold Cases](#)** with speaker **Hank Klibanoff**

Hank Klibanoff will discuss the Georgia Civil Rights Cold Cases Project, which he teaches and directs at Emory University, and the podcast [Buried Truths](#), which has drawn more than two million listeners in three seasons.

**Wednesday, February 9, 11 a.m.**

**Everything You Want to Know About Test Kits,**

Join us for this presentation on how to correctly use at home rapid test kits and get information on the various types of test kits, the limits of the tests, and when to use them. There will be plenty of time for Q&A so have your questions ready. Dr. Laura Blinkhorn is a board-certified family physician and geriatrician who attended the University of Chicago Pritzker School of Medicine and completed her family medicine residency and geriatrics fellowship at Swedish Hospital in Seattle. Dr. Blinkhorn currently works at Mary's Center, where she sees patients of all ages and runs a geriatrics clinic. Prior to her present position she worked for several years at a community health center in Seattle. [Find more information and register here.](#)

**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.

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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 **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](mailto: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><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>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <a href="#">The Art of Looking</a>--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> <a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a>-- 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**.

### ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Next Week at Palisades Village  
February 6 — 12, 2022

### **Book Club**

Mon 02 / 07 / 2022 at 1:00 PM

[More Information](#)

### **William Yates Fitness - Virtual Only**

Mon 02 / 07 / 2022 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 02 / 08 / 2022 at 9:30 AM

[More Information](#)

### **Virtual Yoga**

Tue 02 / 08 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 02 / 08 / 2022 at 3:00 PM

[More Information](#)

**Walking Club - Georgetown**

Wed 02 / 09 / 2022 at 8:30 AM

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

[More Information](#)

**Hospital Observation Status; Have I Been Admitted or Am I Just Sitting in a Bed?**

Wed 02 / 09 / 2022 at 11:00 AM

[More Information](#)

**Virtual Yoga**

Thu 02 / 10 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Sweetie Happy Hour**

Fri 02 / 11 / 2022 at 4:30 PM

[More Information](#)

**Mindful Knitting**

Sat 02 / 12 / 2022 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village