



ACROSS THE FENCE

February 6, 2022

The Village movement will be celebrating its twentieth anniversary this month. In Washington DC, we have 13 active villages that have been working to build caring neighborhoods where older residents thrive. The villages are reflective of the unique neighborhoods they serve but we also collaborate on programs and initiatives that benefit all of us in the District.

Last year the collective DC Villages tracked our impact across the city. The findings are impressive and can be found in the FY [2021 Impact Report](#) (pdf). 2,326 older adults benefitted from membership in a Village in Washington DC. 517 volunteers performed 17,512 hours of service. The value of that time is estimated at \$852,301. The services vary by village and include transportation to medical and non-medical appointments, deliveries of groceries, prescriptions, and other basic needs, tech and handyman help in addition to visits and phone calls.



In this weekly calendar, you see the events that are offered by Palisades Village in addition to other villages in the area. The DC Villages held 3,329 events last year with over 20,290 attendees last year. With programming offered on Zoom, we can share events with others in the city. We have all benefitted from so many talented neighbors who have shared with our community in the past year. Our events committee has a great lineup planned for this coming year -- just look at this month...

This Week at Palisades Village:

Monday, February 7	Tuesday, February 8	Wednesday, February 9	Thursday, February 10	Friday, February 11	Saturday, February 12
1 p.m. Book Club	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club 11 a.m. Hospital Observation	3 p.m Yoga Cancelled	4:30 p.m. Sweetie Happy Hour	9:30 a.m. Mindful Knitting

3:30 p.m. William Yates Fitness - Virtual	3 p.m. Storytelling	Status; Have I Been Admitted or Am I Just Sitting In a Bed?			
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This Week:

	<p>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.</p> <p><i>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?</i></p>
	<p>Who is your sweetie? How did you meet?</p> <p>Virtual Happy Hour on Friday, February 11 at 4:30 p.m.</p> <p>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?</p> <p>And we will announce the winner of the nature photography contest!</p>

Coming Up:

Art Introspection -- Picasso Through the Lens of His Art

Join our art therapy intern Laura Mahon for another Art Introspection.

As a painter, sculptor, ceramicist, stage designer, and lithographer, Pablo Ruiz Picasso is considered to be one of the greatest artists of the 20th century, if not of all time. With his career spanning almost 80 years, Picasso used art as an outlet to explore and heal from many of life's obstacles put in his way. Facing the loss of friends, heartbreak, financial difficulties, and mental illness, Picasso channeled his emotions and feelings through his art.

In this online program, we will take a deep dive into the life of Picasso, using the different stages of his art as markers of major life events. Join us on **Friday, February 18th from 11 a.m. to 12 p.m.** for an inter-village discussion on the power of art in healing through the perspective of Picasso's life.



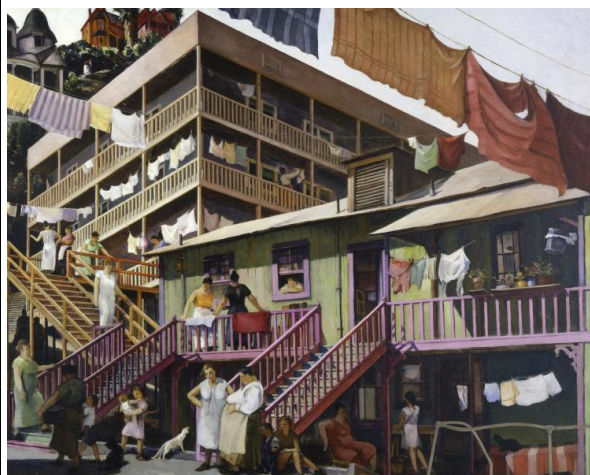


Join us on Wednesday, February 23 at 1:30 p.m. for an [Author Talk with Bill Halal](#): **Beyond Knowledge - How Technology is Driving an Age of Consciousness**

[Bill Halal](#) not only hosts wonderful PV parties in his beautiful garden but he has written a book that a reviewer said is the "Best since Alvin Toffler's *Future Shock*."

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.

[Beyond Knowledge](#) 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.



[Art Introspection -- Tenement Flats](#)

We have a second opportunity this month for art introspection with Laura, our art therapy intern. We will be looking at *Tenement Flats*, an oil painting by Millard Owen Sheets. Set in Bunker Hill in Los Angeles, Sheets portrays a startling contrast between the looming Victorian houses and tenement flats during The Great Depression Era.

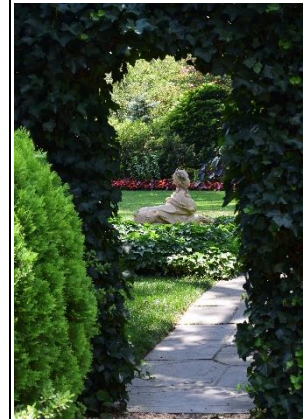
Join us on **February 24th from 2-3 p.m.** on Zoom to share your thoughts and ideas about this painting and the historical context around it. Looking deeper into the painting,

	beyond its technical features, the discussion will entail a personal reflection on the emotions that emulate from the painting and the historical setting of <i>Tenement Flats</i> .
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*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**.*

Last day to submit photos for the 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) today February 6. We will announce the winner at our Sweetie Happy Hour on this Friday, February 11. If you have a digital version, please email it to eblanton@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. 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.**

Grief is Like a River Running Through Our Life:

2022 Grief and Loss Conference

Organized by the Widowed Persons Outreach of Sibley Hospital

Thursday, Feb. 17th from 1:00 to 3:30 pm.

Our grief is like a river; ever-present, but our relationship to it changes over time. Once we have experienced a major loss, we can apply the skills and insights we have developed to other losses throughout our lives. This workshop will focus on how the currents of this river can shape our lives as we move forward. This workshop should be helpful to all who grieve the loss of a loved one.

The presenter/moderator will be Kelsang Varahi, M.D. She is a retired physician who spent many years meeting the medical and counseling needs of her patients. Over the past several years she has worked as a bereavement counselor and chaplain for a local hospice and has led support groups and workshops in the Washington Metropolitan Area.

Registration can be accomplished in any of three ways- by email at <https://tinyurl.com/Grief217WPO>, or email jsmit470@jhmi.edu, or call 202-364-7602. Registration can be made up to the day before the conference- emails

with the Zoom link will be sent to registrants that day. There is no charge for participating, but donations of \$10 or more are welcomed to help cover costs. Please make checks out to WPO and mail them to Janet Bullinger at 2813 North Glade St. NW Washington, DC 20016-3422. If you prefer to use PayPal or your credit card, use the Donate button at www.wpodc.org.

Covid Corner:

The new [COVID Center](#) for Ward 3 has opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are **invited to the front of the line** at public testing and vaccination sites.

PCR tests are also 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.

Palisades Village has some rapid antigen tests and N95 masks. 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>.

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.](#)

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

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**.

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.

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 10, 10:00 a.m.

Community Feedback Session -- All are invited to learn about the DC Villages, the LGBT inclusion best practices tool, and provide your feedback. The best practices were created for Villages to work on being actively inclusive, welcoming, and affirming of LGBTQ individuals. Register at info@capitolhillvillage.org or call 202-543-1778.

Thursday, February 10, 3:00 p.m.

Declutter and Reorganize Your House! --To register, RSVP your full name and name of event to park21217@aol.com. Registration required by Feb 8.

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

[Arts of the Islamic World](#)

Tuesday, February 22nd, at 11:00am

Scandalous Washington: History Behind the Headlines with Dr. Cindy Gueli--

Glover Park Village's first in a series of virtual lectures with Dr. Cindy Gueli. Dr. Gueli is a historian focusing on US cultural, political, and women's history. She is the author of *Lipstick Brigade: The Untold True Story of Washington's World War II Government Girls*. She will be hosting a series of lectures about the underlying causes and contexts of infamous scandals involving presidents, politicians, and other notable DC residents to reveal the truth behind the headlines. **To RSVP, please email events@gloverparkvillage.org.**

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.

Sunday, February 13. 10 a.m. - 1 p.m.

Valentines with the PCA -- Neighbors, stop by the Palisades Community Association (PCA) tent at the Farmers Market for some Valentine love. All are welcome! We'll have coffee, hot chocolate, and colorful cookie decorating for kids young and old to enjoy. Stop by and have some fun!

Tuesday, March 1, 5:50 p.m.

Palisades Lions Club Pancake Dinner and Bake Sale--Celebrate Fat Tuesday at the Palisades HUB, 5200 Cathedral Avenue. Tickets sold at the door (Adults \$10, Children 8-14 \$5, under 8 eat for free). Carryout is available. For information call 202-966-4418.

Ongoing Events:

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)	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>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 eblanton@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Canceled: 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](#)

Next Week at Palisades Village

February 13 — 19, 2022

William Yates Fitness - Virtual Only

Mon 02 / 14 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 15 / 2022 at 9:30 AM

[More Information](#)

National Village Day

Tue 02 / 15 / 2022 at 11:30 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Yoga

Tue 02 / 15 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 02 / 16 / 2022 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 02 / 17 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Art Introspection -- Picasso Through the Lens of His Art

Fri 02 / 18 / 2022 at 11:00 AM

[More Information](#)

Mindful Knitting

Sat 02 / 19 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village