




ACROSS THE FENCE

February 20, 2022



When we take care of our hearts as part of our self-care, we set an example for those around us to do the same. We have re-opened for in-person events so, starting February 28th, you have the option to come to the Hub and join Mr. Yates for his fitness class on Mondays at 3:30. The in-person classes are open to the community (if you are fully vaccinated and wear a mask). If you prefer to join us on Zoom, we will continue to share it that way as well. The following week, Jill Minneman will be back with yoga to help reduce stress. We will do whatever it takes to get your heart going and build your strength and balance.

This Week at Palisades Village:

Monday, February 21	Tuesday, February 22	Wednesday, February 23	Thursday, February 24	Friday, February 25	Saturday, February 26
 <p>Closed for Presidents Day</p>	<p>9:30 a.m. Planner Group</p> <p>3 p.m. Yoga</p> <p>3 p.m. Tales to Talk About</p>	<p>8:30 a.m. Walking Club</p> <p>1:30 p.m. Author Talk with Bill Halal</p>	<p><i>Yoga Cancelled</i></p> <p>2 p.m. Art Introspection - Tenement Flats</p>		<p>9:30 a.m. Mindful Knitting</p>

This Week:

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.**

Worried by autocrats and post-factual nonsense? The out-of-control power of social media and automation? Climate doom and other existential threats? [Bill Halal](#) is too, and he thinks he can help.

Bill will draw on studies in social evolution to help understand how the digital revolution is driving this “crisis of global maturity.” I also show how a “global consciousness” is emerging to form a sustainable civilization – and soon.

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 *Tenement Flats*.

Coming Up:

*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**.*



Some of the Honorable Mentions from our Nature Photography Contest:



Book Review -- *The Midnight Library*:

There are some books you start to read – even some highly recommended by friends – and as you start you think – Am I going to like this book and why did my friend recommend it? *The Midnight Library* by Matt Haig (2020, 288 pages – hardcover) is just such a book. For the first 20 or so pages I kept thinking – do I really want to read this – and then I began to understand that the book wasn't just about a 30-something woman who had regrets but, in a way, about myself as well and many of us who have wondered what our life might have been like if we had made a different choice or choices along the way. As I have chatted with friends about the book, we have discovered that each of us made a special choice of direction somewhere during the course of our lives, and that choice shaped the rest of our lives. Or alternately, there were indeed roads not taken that we might have liked to have tried. I am being vague about the book and its meaning because I suspect everyone reading it will have a different take on this – but I hope you will read it and enjoy it. Let me know what you think.

Ellen Myerberg, PV Treasurer, Member & Volunteer

Share with us your take on a book, movie, show, album, or exhibit that intrigued you. Send contributions to ebanton@palisadesvillage.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>.

Mayor Bowser has updated the city's masking and vaccination requirements. See the details (pages 7 and 8) [here](#).

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: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.

This week, DC Health also launched Digital Vaccine Record (DVR), a web-based portal that gives District residents secure, easy, and free access to their official COVID-19 vaccination records. To optimize the user experience, DVR will be replacing MyIR for residents to access their COVID-19 vaccination records. MyIR will no longer be available as of March 1, 2022. [Click here to learn more or to sign up](#).

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.

Tuesday, February 22, 11 a.m.

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.**

Wednesday, February 23, 11 a.m.

[Covid Test Kits and Masks - All Your Questions Answered](#)

Friday, February 25, 4:30 p.m.

[DC's Black Queer Spaces - The Early Days](#)

This event will focus on the role and legacy of Black queer spaces in DC, highlighting the Enikalley Coffeehouse and the Clubhouse.

Thursday, March 3, at 1 p.m.

Art Thursday - Calder-Picasso - a Virtual Tour -- Pablo Picasso, a Spanish artist, is known as one of the most innovative and talented artists of modern times. Alexander Calder, an American, is known as the inventor of mobiles and stabiles, art forms that are ubiquitous today but were avant-garde when first produced. Calder-Picasso, an exhibition at the Museum of Fine Arts, Houston which closed on January 30, explored the commonalities and differences in the works of these two artists. We are fortunate to have Wendy Adler, Educator from the Museum of Fine Arts Houston's Guild Speakers Bureau, in a discussion about these artists, their work, and how this exhibition came to be staged. [Find more info and register here](#).

Tuesday, March 8, at 1 p.m.

[Cherry Blossom Tour with the Freer Gallery](#)

The revered sakura, or cherry blossom, has been celebrated in landscapes, figure paintings, and prints by artists from medieval Japan to Katsushika Hokusai and beyond. Even outside the period when the cherry blossoms fall in Washington, DC, you are invited to embrace hanami, the traditional Japanese custom of "flower viewing," by going cherry blossom viewing in the Smithsonian Museum of Asian Art's Japanese art collections! Hosted by Chevy Chase At Home.

Tuesday, March 8, at 1 p.m.

10 Myths about Aging -- Have you ever wondered if what you've heard about aging is really true? Like the older a person gets, the less sleep they need? Or older adults should take it easy so they don't hurt themselves? Come join us in this presentation from members of the National Institute on Aging (NIA) to learn about common misconceptions related to aging and older adults. Jessica Harper and Yuchabel Sanon work in the Health Communications Branch of the Office of Communications and Public Liaison at NIA. In this session, they will talk about myths of aging and share ways you can help preserve your health and mobility as you age. [Find more info and register here.](#)

Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Here are two examples:

Wednesdays, 10 a.m.

Strength, Balance, and Core at the Palisades Rec Center -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises.

Aging Solo 6-week session at St. Alban's starting Feb. 28, 2022

On some level, all of us are aging solo. Even if you have a partner, are married, or have children, there's no guarantee that any of those individuals will be there to help you as you get older. The "Aging Solo" program, developed by Iona staff members, is divided into 6 sessions to **help you take charge of your aging**. Aging Solo will help you reflect on your priorities, map out your support network, and put plans in place.

The sessions will be held in person, at **St. Alban's Nourse Hall** for **six weeks** beginning on **Monday, February 28 at 12:45 pm**. They will be facilitated by St. Alban's program manager, Frances Bucien and Wellness Coordinator, Deshawn Larrimore. Iona Senior Services social worker, Liza Chapkovsky will also be available during some of the sessions to answer questions. During each session, Frances and Deshawn will show an Aging Solo video and help participants focus on the issues addressed below to make their own plans.

Topics addressed in Aging Solo include:

- Your social network and support network
- Healthcare decision-making and end-of-life choices
- Aging in place
- Making a move
- Your next steps

Please plan to attend all six sessions. This program will be an in-person event. [Read more and register here.](#)

[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 27, 4 - 5:15 p.m.

Lafayette Gilchrist - Brian Settles Duo -- Palisades Hub and Jazz Kitchen Productions present the Sunday Sundown Series with the Lafayette Gilchrist - Brian Settles Duo featuring piano-saxophone duets. The performance is in the sanctuary at the Hub (5200 Cathedral Avenue NW). Tickets are \$15 at the door or in advance at JKproductions.org.

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.
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.	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 .
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 .	

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
February 20 — 26, 2022

Office Closed - Presidents Day

Mon 02 / 21 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Planner Group

Tue 02 / 22 / 2022 at 9:30 AM

[More Information](#)

Tales to Talk About

Tue 02 / 22 / 2022 at 3:00 PM

[More Information](#)

Virtual Yoga

Tue 02 / 22 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 02 / 23 / 2022 at 8:30 AM

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

[More Information](#)

Author Talk with Bill Halal on Beyond Knowledge - How Technology is Driving an Age of Consciousness

Wed 02 / 23 / 2022 at 1:30 PM

[More Information](#)

Art Introspection -- Tenement Flats

Thu 02 / 24 / 2022 at 2:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 02 / 24 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 26 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
February 27 — March 5, 2022

William Yates Fitness

Mon 02 / 28 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 01 / 2022 at 9:30 AM

[More Information](#)

Canceled: Virtual Yoga

Tue 03 / 01 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Walking Club - Georgetown

Wed 03 / 02 / 2022 at 8:30 AM

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

[More Information](#)

Canceled: Virtual Yoga

Thu 03 / 03 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 05 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!
Palisades Village