



# ACROSS THE FENCE

January 2, 2022

**Happy New Year!**

## This Week at Palisades Village:

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Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7	Saturday, January 8
1:30 <a href="#">Book Club</a> 3:30 p.m. <a href="#">William Yates Fitness</a>	3 p.m. <a href="#">Yoga</a>				9:30 a.m. <a href="#">Mindful Knitting</a>

With the unfortunate spike in Covid cases, we are moving our in-person events and activities to virtual-only until mid-January. You can join us on Zoom for fitness and yoga.

The [Book Club](#) will be meeting tomorrow to discuss *The Beekeeper of Aleppo* by Christine Lafferti.

## Coming Up:

MaryAnn Griffin is back on Wednesday, January 12 with the next in her healthcare series, [The Anatomy of Long-Term Care Insurance; What's It Cover, How To Use It?](#)

This month's [Art Introspection](#) on January 13 with Laura Mahon will discuss Edward Hopper's *Nighthawks*.

Palisades Village is so excited for our upcoming talk with [Fergus Shiel](#) about the **Pandora Papers** on Tuesday, January 18.

*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**.*

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## Volunteer of 2021 -- Janet Tersoff

There is a Palisades Village tradition that got lost over the years and we have reinstated it. We used to annually honor one special volunteer. The lengths that our volunteers went to this year were extraordinary and we felt these efforts should be recognized.

There are those who helped people get vaccinated and got them to their appointments, or got them groceries, or arranged and executed events, or helped in the office, and then there is the one who did all of those things in addition to moving our provider directory online, providing online tutorials, working on the newsletter and getting copies out to those without email. And she calls members before she heads to the store to see if they need anything or want to tag along. That person is Janet Tersoff. Her generosity of spirit has touched so many this year and we have honored her with Volunteer of the Year.



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# Meet the Village Case manager

## Barbara Scott:

As the Case Manager for Palisades Village, my role is to provide members with expertise and resources in navigating unanticipated events that can befall us as we age.

Remaining in our homes as we age can be an important and wonderful experience, but we also must be prepared so that our home remains a safe and comfortable environment. In addition, sometimes life throws us a few unanticipated curveballs, and one of my roles for Village members is to help you navigate difficult times whether a hospital stay, the need for rehab, or the loss of a loved one.

### **There are several ways in which I can help you.**

- One of the most effective is by arranging a home visit (which I have done with some of you) where I can learn about your current living situation, your general health, and the types of services that you may require ranging from transportation and meal delivery to identifying resources for legal or financial aid.
- I may first meet you when you have had a significant life-altering experience that ends up with hospitalization.
- During these times of crisis, I can be an effective resource in helping you navigate the relationship with your health care providers, the hospital social worker, and anticipating and arranging for your needs once you are discharged.
- Post-discharge can often result in the need to spend time in a rehab facility before returning to your home, and I can help with those arrangements.
- I can also work closely with you, your family, and/or friends to make sure that your home environment will be safe upon your return.
- Should you need additional nursing care, meals, transportation, etc., I can work with you to identify those resources as well.

As your case manager, I am here to make aging in place a positive experience, whether navigating routine day-to-day



activities or being a valuable resource in the event of a potentially life-altering event.

*Contact the office if you think that Barbara might be of help to you.*

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## Covid Corner:

Palisades Village is suspending all in-person events and activities until mid-January. We hope to get clear guidance from the health professionals to inform our policy moving forward.

Get a booster and wear a mask is the word from the experts. 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). Not only are CVS, Giant, and Safeway offering them but local pharmacies like [Rodman's](#) and [Brookeville Pharmacy](#) as well.

Free Uber Rides for Vaccinations: Iona Senior Services is offering free round trip rides through Uber to older adults in order to get vaccinations (including booster shots) through the end of December. [Click here for more information.](#)

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.

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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 7, 2022, 1:00 p.m.**

**[Navigating Life's Journey: Independent Living Options](#)**

**Monday, January 10, 4 p.m.**

**Joy Zinoman Talk** -- Joy Zinoman went from child actress to Master of Peking Opera to founder of Washington's Studio Theatre in 1987. She was instrumental in the development of Washington as an important theater city and was significant in the growth of 14th Street. She went on to develop the Studio Acting Conservatory. [Register here for this zoom talk](#)

**Tuesday, January 11, 1:00 p.m.**

**[Arts of the Islamic World](#)**

**Caregivers' Group** -- Foggy Bottom West End Village runs a caregivers' group on the first and third Tuesday of each month at 1 p.m. on Zoom. Phyllis Kramer, the woman who runs the group, is a clinical social worker with over 30 years of experience in counseling. Much of her experience has been helping people address grief, depression, and social isolation. She has run this group for our village for many years. The group has openings right now. If interested, people should contact Phyllis directly at [pfkramer38@gmail.com](mailto:pfkramer38@gmail.com).

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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 latest newsletter and calendar are available at [https://www.hopkinsmedicine.org/about/community\\_health/sibley-memorial-hospital/senior-wellness/\\_docs/sibley-senior-q4-2021-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/_docs/sibley-senior-q4-2021-newsletter.pdf)

### Other Community Events:

**Tuesday, December 21, 7 p.m.**

**PCA Town Hall** -- Join Zoom Meeting

<https://us02web.zoom.us/j/81630393890?pwd=Y3lMWTdhL3RsWDdDSkFScjdTQVpvQT09>

### Ongoing Events:

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**Bereavement Support Groups**--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-

**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.

<p>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>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 2 — 8, 2022

#### **Book Club**

Mon 01 / 03 / 2022 at 1:00 PM

[More Information](#)

#### **William Yates Fitness - Virtual only**

Mon 01 / 03 / 2022 at 3:30 PM

[More Information](#)

#### **Virtual Yoga**

Tue 01 / 04 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

#### **Virtual Yoga**

Thu 01 / 06 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

#### **Mindful Knitting**

Sat 01 / 08 / 2022 at 9:30 AM

[More Information](#)

### Next Week at Palisades Village January 9 — 15, 2022

#### **William Yates Fitness - Virtual only**

Mon 01 / 10 / 2022 at 3:30 PM

[More Information](#)

## **Virtual Yoga**

Tue 01 / 11 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Storytelling**

Tue 01 / 11 / 2022 at 3:00 PM

[More Information](#)

## **The Anatomy of Long-Term Care Insurance; What's It Cover, How to Use it?**

Wed 01 / 12 / 2022 at 11:00 AM

[More Information](#)

## **Art Introspection – Hopper's Nighthawks**

Thu 01 / 13 / 2022 at 2:00 PM

[More Information](#)

## **Virtual Yoga**

Thu 01 / 13 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 01 / 15 / 2022 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village