



ACROSS THE FENCE

February 27, 2022

Welcome Anne



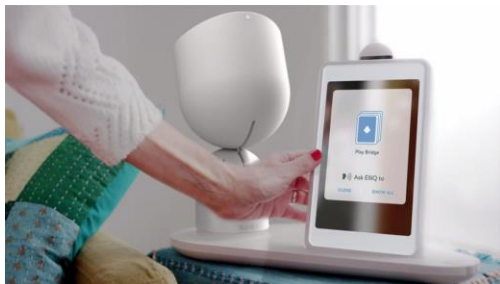
A 22-year resident of The Palisades, Anne Ourand recently started working with Erica at the Village as the Assistant Director. Born and raised in Cleveland, Anne graduated from Xavier University before starting a career in social service work that included a stint with the Jesuit Volunteer Corps, running the Emergency Services Department for a large non-profit in Great Falls, Montana and managing a child support agency in Cleveland. Anne moved to D.C. three decades ago to marry a seventh-generation Washingtonian. She almost immediately started working for SOME (So Others Might Eat) coordinating the Donations Department. After five years, Anne and her husband moved to London, where Anne took a job as the assistant director of the Hackney Volunteer Bureau. Anne returned to DC four years later to start a family and take up her old job at SOME. She also agreed to join the Palisades Community Association as its administrator, which is why her name might sound familiar to some. She raised

three children: a son who graduated from Gonzaga High School and Temple University; a daughter who graduated from Georgetown Visitation and attends the College of Holy Cross; and another daughter who attends Visitation. She has been married to John, a sports journalist, for 27 years. Anne has been intimately involved in the Palisades neighborhood since moving here in 1999. She is eager to meet everyone and looks forward to supporting the Village and all its members.

This Week at Palisades Village:

Monday, February 28	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4	Saturday, March 5
3:30 p.m. William Yates Fitness In-person or on Zoom	9:30 a.m. Planner Group <i>Yoga Cancelled</i>	8:30 a.m. Walking Club	<i>Yoga Cancelled</i>		9:30 a.m. Mindful Knitting

Coming Up:



[Living \(and Aging\) Well With Technology](#)

Technology can be so frustrating and even more so if you have physical or cognitive limitations. This session will review the many ways you can help yourself and your family use existing everyday technologies - with much less frustration - to improve the quality of life. Intelligent assistants such as the Amazon Echo and Apple's Siri can help keep you connected with simple voice commands. TechMoxie will discuss how we have used these devices with great success to help clients with physical limitations such as Parkinson's or cognitive impairment. Voice commands are often much easier (and less frustrating) than navigating the

many layers of a smartphone app or computer. Learn ways to use intelligent assistants to use their voice to send text messages, make phone calls, turn lights on/off, unlock doors, listen to the radio and even play audiobooks. The Amazon Echo can also allow family members to place calls directly into their family member's Echo - a great way to check up on a loved one who may not always answer the phone. And the devices can even be controlled from distant locations (imagine a family member adding photos to a device sitting on your kitchen counter). We will also discuss privacy considerations that may impact you and your family. **Join us Thursday, March 10 at 2 p.m.**



March 14 = Pie Day

Members: [Sign up to reserve](#) your slice of pie. You can either pick it up at the office from 1-3 p.m., or we would be glad to deliver to our full members.

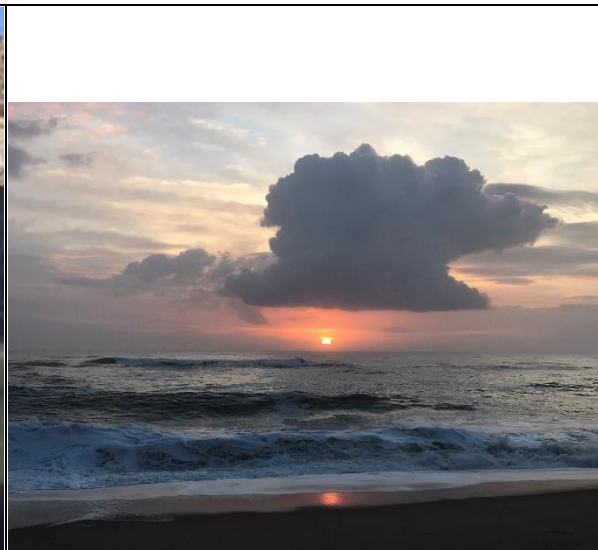
*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. 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**.*

Foxhall Village Restoration of Police and Fire Call Boxes:

The committee to restore historic police and fire call boxes was presented with a prestigious award from the DC Preservation League for Outreach and Education. Here is a video they prepared to explain the project. It features Palisades Village members Sara Paulson, Hulit Taylor, Ann Haas, and Bob Siciliano. Congratulations to the committee on this wonderful contribution to the community.

[Here is the link to download the Preservation Awards video.](#)

Some of the Honorable Mentions from our Nature Photography Contest:



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

Chess Players:

Would you be interested in a Chess Club or an opportunity to play with young kids? Email ebanton@palisadesvillage.org.

Covid Corner:

The Palisades Village [Reopening Policy](#) has been updated to include in-person events for masked and fully vaccinated participants.

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:(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.

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, March 1, 11 a.m.

[Race Against Time](#) with Jerry Mitchell

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](#).

Thursday, March 10, at 11 a.m.

Cokie, A Life Well Lived -- Renowned journalist Steve Roberts will share excerpts from his book about his wife, journalist Cokie Roberts, *Cokie, A Life Well Lived*, and how growing up in the Washington area shaped both her life and her outlook.

[Find more info and register here](#). Registration required by March 9. Limited to 100 attendees.

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.

Other Community Events:

Sunday, February 27, 4 p.m.

[Sunday Sundown with Lafayette Gilcrest & Brian Settles](#) -- Piano and saxophone duets by two of the region's most popular jazz musicians. Palisades Hub (5200 Cathedral Ave, NW) Tickets: \$15

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:

<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. 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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Next Week at Palisades Village
March 6 — 12, 2022

Book Club

Mon 03 / 07 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 03 / 07 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 08 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 08 / 2022 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Storytelling

Tue 03 / 08 / 2022 at 3:00 PM

[More Information](#)

Living (and Aging) Well With Technology

Thu 03 / 10 / 2022 at 2:00 PM

[More Information](#)

Virtual Yoga

Thu 03 / 10 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 12 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!
Palisades Village