



ACROSS THE FENCE

March 6, 2022

Technology can be friend or foe. Our [talk](#) this Thursday is about how you can use it to make life a little easier for you or your family. We have members who use technology to remind them of medication and when their volunteer will arrive. These assistants can even work like an intercom so you can drop in on family and skip the phone. The software company that we use is testing integration with Amazon Echo for reminders of village activities and requests. It is surprising how quickly you lose that self-consciousness of talking to an inanimate device when you get the immediate gratification of an answer (or song or whatever).

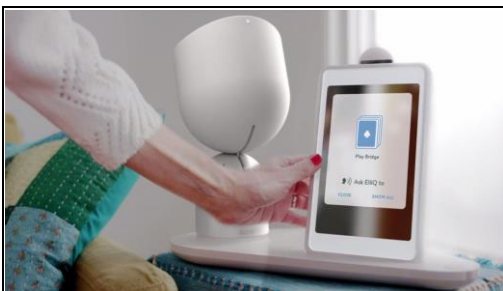
If you want to explore how your phone or computer might help you, our volunteers would be glad to help our members find solutions. There is even help with the passwords on your phone.

Monday, March 7	Tuesday, March 8	Wednesday, March 9	Thursday, March 10	Friday, March 11	Saturday, March 12
1 p.m. Book Club 3:30 p.m. William Yates Fitness In-person or on Zoom	9:30 a.m. Planner Group 3 p.m. In-person Yoga 3 p.m. Storytelling	<i>Walking Club Cancelled</i>	2 p.m. Living (and Aging) Well with Technology 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This Week at Palisades Village:

[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's Book Club: *Lab Girl* by Hope Jahren

[Register here](#) to join the book club discussion this **Monday, March 7, at 1 p.m.**

Coming Up:



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 let us know by Thursday so our bakers can plan accordingly.

Van Gogh Through the Lens of his Art

Monday, March 21, 1 p.m.



In this month's art introspection, we will be looking at the fascinating life of Vincent van Gogh. Exploring the connections between van Gogh's life and art, we will take a dive into the world of van Gogh! Often characterized by his experience of mental illness, van Gogh used his artmaking as a mode of expression and a way to deal with the difficulties he faced in life.

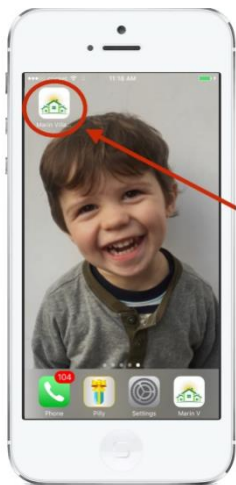
Village members are welcome to create artwork in response to this discussion so are asked to bring along any art materials available to them.

And if you missed the earlier one on Picasso, it will be repeated on [Thursday, March 24](#).


Save the Date: Thursday, April 7, 5 p.m. Board Meeting -- The Board meeting is held via Zoom and is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).


*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**.*

Tech Tip:



Did you know that you can create an icon on your phone to take you directly to a favorite website (like Palisades Village)?

For iPhones and iPads: From the website, tap the "Share" button , then tap Add to Home Screen. (You may have to scroll through the screen of options.)

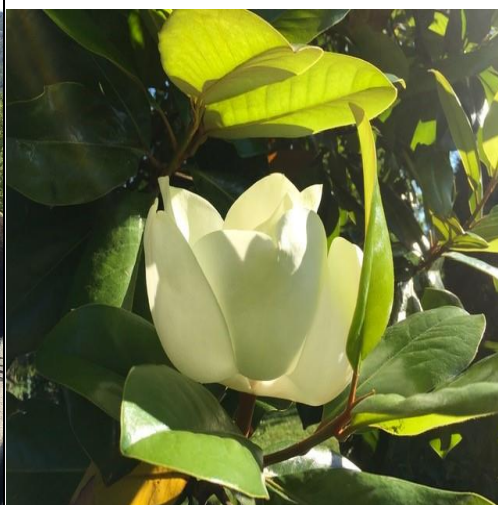
For Android phones: From the website, tap the three vertical dots  in the top-right corner. Then select the "Add To Home Screen" option. Enter in the name that you want the App to be called. Press "Add" when finished. Press "Add Automatically" to finish the process.

Don't throw out your old parking passes!

On March 1, Ward 3 Council Member Mary Cheh [tweeted](#): “Update: the hard copy 2020 Visitor Parking Passes (VPP) have been extended through November 25, 2022.

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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: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, March 8, 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, 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, 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 examples:

Around Town DC's program at St. Alban's Nourse Hall welcomes DC residents 60 and older. Join the (masked and vaccinated) group for coffee at 10-11 a.m., a variety of fitness programs from 11-12 noon, a nutritious lunch from noon-12:45 p.m., and arts programs in the afternoon. Bring your vaccine card and ID and try out any or all of it! See what else this wonderful community has to offer by visiting <https://www.aroundtowndc.org/>. Create an account and take a look at the "In-Person Events" under "Upcoming Events" or email program manager, Frances Bucien Fbucien@iona.org. You are also welcome to call her at **202.656.5488**. Sign up for the Newsletter while you are there!

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.

Technology Tuesdays, 11 a.m.

Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The March 8th topic is Zoom Refresher.

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Other Community Events:

Tuesday, March 15, 7 p.m.

Palisades Community Association Town Hall (via Zoom).

Sunday, March 13, from 4-6 p.m.

St Patty's Street Party -- The Palisades Community Association (PCA) is hosting a St Patty's Street Party! Join us for a neighborhood concert with 40 Thieves, an Irish band that plays in several Irish pubs in the area. They're amazing! This family-friendly, free concert will be held at the intersection of Macomb St & Carolina Pl, next to Carolina Park. District Irish Dance Academy's students will be performing at around 5:00 pm. Café Vino will be selling food and Hellenbender Brewing Co will be selling beer. The PCA has everything needed for S'mores, including fire pits! Feel free to bring your own snacks and beverages. Please keep in mind bathrooms will not be available.

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

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

years or less. Call 202-537-4942 for more information or go to Calendar Widowed Persons Outreach (wpodc.org)	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 noon. 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
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](#)

Next Week at Palisades Village
March 13 — 19, 2022

Pi(e) Day

Mon 03 / 14 / 2022 at 1:00 PM

Where: Palisades Village, 5200 Cathedral Ave., NW, Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 03 / 14 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 15 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 15 / 2022 at 3:00 PM

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

[More Information](#)

Virtual Yoga

Thu 03 / 17 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 19 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village