



ACROSS THE FENCE

February 13, 2022



National Village Day Celebrates 20th Anniversary of the Village Movement

To celebrate the 20-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15 will be recognized as National Village Day. From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002 to a thriving network today of more than 300 nonprofit, community-based Villages across the country, the Village model is now established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!

The celebration will reach the halls of the U.S. Congress with a proclamation in the House of Representatives designating February 15 as National Village Day, sponsored by Congressman Stephen Lynch (MA), and recognizing Beacon Hill Village and the Village Movement. Mayor Bowser has proclaimed it [DC Village Day](#).

You are all part of this movement and are invited to celebrate this exciting milestone with Villages across the country and in the Metro area on Tuesday, February 15th:

- From 12 – 1:30 pm, the [Village to Village Network](#) will host an anniversary event with over 300 Villages nationwide. [You can join the online gathering by registering here.](#)
- Later in the day, [The Washington Area Villages Exchange \(WAVE\)](#) will celebrate this milestone with a virtual party from 4 - 5 p.m. Come raise your glass to Villages' progress and future growth. [Click on this link on Tuesday, February 15 at 4:00 pm to join the festivities.](#)

Read below for Janet Bullinger's look at Palisades Village. As a member, volunteer, and former board member, she shares her perspective of where we started, where we are, and where we are going.

This Week at Palisades Village:

Monday, February 14	Tuesday, February 15	Wednesday, February 16	Thursday, February 17	Friday, February 18	Saturday, February 19
3:30 p.m. William Yates Fitness - Virtual	9:30 a.m. Planner Group 3 p.m. Yoga <i>Celebrating</i> 20 YEARS VILLAGE <i>movement</i>	8:30 a.m. Walking Club	3 p.m. Yoga	11 a.m. Art Introspection -- Picasso Through the Lens of His Art	9:30 a.m. Mindful Knitting

This Week:

[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.

Coming Up:

The office will be closed on Monday, February 21 for Presidents Day. Please let us know as soon as possible if there is anything that you will need next 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**



[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 *Tenement Flats*.

*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**.*

My Thoughts About Palisades Village From Beginning to Present Time:

BEGINNINGS: Palisades Village has come a very long way since its beginning. I was fortunate enough to be at the picnic table on Sherier Place, NW for the first organizational meeting. I am a subscriber to the AARP magazine and there was an article (do not recall the year) explaining the organization of a group in Boston called Beacon Hill Village. It was designed for older adults who needed or would need assistance performing chores. It immediately appealed to me because I have lived alone in my own home since 1997 and I thought that this might be something for me to explore. I wrote to Beacon Hill Village and because they had so many inquiries, they could not send me any information at the time. I happened to be in the Palisades Library and came across a folder with information on the Village. There was a sign-up sheet for those who might be interested in forming one in our community and a date was set to meet up on Sherier Place, NW at a picnic table.

A group from the picnic table got together and Articles of Incorporation were drawn up, Tax Exempt documents were filed along with the necessary filings as required by the District of Columbia to do business. We had a temporary president followed by a permanent president. A Board of Directors was created, and we were known as Palisades Village. Our first Executive Director was hired, and we had free space at Sibley Hospital followed by an office on MacArthur Blvd., NW to the current location on Cathedral Ave., NW.

PRESENT: The Palisades Village has progressed in many ways. It is an entity that evolved from its early beginnings to become a principal part of our community. It currently serves the Palisades, Berkley, Spring Valley, Foxhall, Kent, and Wesley Heights.

I use the Village services sparingly but feel very comfortable knowing that it will be there to serve me as I need it. The services undertaken by Palisades Village are much needed for persons living alone or with family and it gives peace of mind to know there are people available to volunteer their services as needed. The volunteers are also paid back by feeling good at having helped another person.

I have also been privileged to serve on the Board of Directors and know that the persons serving on the Board have made sound decisions and that the future of the Palisades Village is in good hands moving forward by discussing the organization on a knowledgeable basis. I have also had the privilege of being involved in the Events Committee and the House Tour Committee.

FUTURE: The Palisades Village is coming along very well and with the help of members to voice their opinions it will be something for people to rely upon in the future. We are always in need of new members and current members could provide public relations output by telling their neighbors about the Village and the fine community services that it performs. I am glad to be a member of such an auspicious organization.

Janet Bullinger -- Member and Volunteer

And the Winner Is....

Ghislaine Dittberner! Her photo of the Little Falls trail captured the judges for its composition, depth, subtle color range, incredible sharpness, and the way that it transported them to this beautiful place.

The judges had a terrible time choosing among the many beautiful entries so we will continue to showcase the other entries here and on our Facebook and Instagram pages.



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: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.

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 16, 1 p.m.

Colbert King remembers Foggy Bottom

Colbert I. "Colby" King is an award-winning journalist for the Washington Post who writes about the history, life, and politics of Washington D.C. In 2003, he won the Pulitzer Prize for Commentary "for his against-the-grain columns that speak to people in power with ferocity and wisdom." Mr. King was born at Columbia Hospital for Women and lived in a house that is now the site of the West End Library. He has written about growing up in the 1940s and 1950s in the predominantly African American Foggy Bottom/West End neighborhood and will share his reminiscences of those times. [Find more info and register here.](#)

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.**

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.

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 13, 12-2 p.m.

Souperbowl Sunday -- Join Palisades Community Church (5200 Cathedral Ave NW) for a socially distanced, masked, outdoor soup sale (soups pre-packaged) to support SOME. They will have a variety of homemade soups and stews, including corn chowder, tomato, vegetable, chicken, split pea, ground beef chili, black bean, and more! Soup ingredients will be labeled for dietary restrictions. Suggested donation per bowl is \$5. This is a cash-only fundraiser, so please bring cash in increments of \$5.

Wednesday, February 16, 4 p.m.

ANC 3D Transportation Committee-- Meet on to discuss both a letter to DDOT recommending transportation priorities for next year and a bike path on Arizona Ave. that DDOT is planning. Relevant documents can be found on the ANC3D.org website

on the home page, left panel. Neighbors are invited to attend the virtual meeting and make comments. Comments are also welcome at www.anc3d.org/contact.

Friday, February 18, 7 p.m.

The Jazz Club | Lionel Lyles Quartet -- Lionel Lyles is one of the most popular and widely respected young saxophonists in the DC-Baltimore area. Palisades Hub (5200 Cathedral Ave., NW) \$15 [online](#) or at the door.

Sunday, February 20 (rescheduled), 10 a.m. - 1 p.m.

Valentines with the PCA -- Neighbors, stop by the Palisades Community Association (PCA) tent at the Farmers Market. All are welcome! They will 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:

<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>

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 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](#)

Next 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](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village