



Building an Engaged and Supportive Community of Neighbors
PALISADES VILLAGE
in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.



ACROSS THE FENCE

April 10, 2022

We are celebrating spring and poetry month with this wonderful poem by member Cinnamon Dorsife...

Return to Normal

Is it normal yet?

...now?

How can we know?

...tell?

...decide?

I don't know.

But what I do know is that it's spring again.

Nature doesn't know we're deciding -

It's spring!

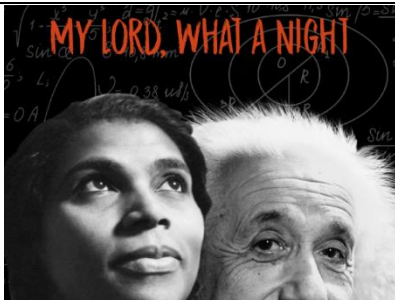
Does spring inspire you to write? We hope that you will share with us.

| Monday, April 11 | Tuesday, April 12 | Wednesday, April 13 | Thursday, April 14 | Friday, April 15 | Saturday, April 16 |
|--|---|---|-------------------------------------|------------------|--|
| 3:30 p.m. William Yates Fitness In-person or on Zoom | 9:30 a.m. Planner Group 3 p.m. Storytelling 3 p.m. In-person Yoga | 8:30 a.m. Walking Club 1:30 p.m. My Lord, What a Night - Talk With Playwright Deborah Brevoort | 3 p.m. Virtual Yoga | | 9:30 a.m. Mindful Knitting |

We had an absolutely wonderful evening seeing you at the Happy Hour at Cafe Vino on Wednesday evening. We are crossing our fingers that this trend will continue because there is nothing quite like getting together in person.



This Week at Palisades Village:



My Lord, What a Night -- Talk with Playwright Deborah Brevoort

Wednesday, April 13, 1:30 - 2:30 p.m.

In 1937, legendary singer Marian Anderson gave a concert in Princeton, NJ and was refused a room at the Nassau Inn because she was black. Albert Einstein invited her to stay at his home beginning an intimate friendship between the two that would last a lifetime. Two years later, Anderson was denied the right to sing at Constitution Hall in Washington DC, which led to her historic concert on the steps of the Lincoln Memorial and the beginning of the civil rights movement. Register [here](#).

If you missed Ann Satterthwaite's author talk on Local Glories: Opera Houses on Main Streets Where Art and Community Meet, you can watch it here on [YouTube](#).

Coming Up:

ART INTROSPECTION - ALMA THOMAS THROUGH THE LENS OF HER ART

Monday, April 18, 2:00 p.m.



Alma Thomas is considered to be one of the greatest painters of the 20th century. Having spent her life as an art teacher, she became a full-time artist in her sixties. Her paintings focused less on realism and instead favored accidental beauty and color abstraction.

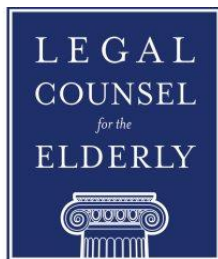
With the world and space as her inspiration, the colors and shapes in her painting symbolize life itself. Her signature abstractions are world renowned, recognized for their simplicity in style and power in symbolism. Join us on April 18th from 2-3pm for a discussion on the life of Alma Thomas and her symbolic, abstract paintings.

If you have any questions, please contact Laura, our art therapy intern at lauramahon@gwmail.gwu.edu or contact your DC Village office.

Zoom link will be posted shortly.

Medicare Complaints, Grievances, and Beneficiary Resources

Thursday, April 21, 11 a.m. - 12 noon



The Legal Counsel for the Elderly/Senior Medicare Patrol is excited to conduct this virtual presentation, and they even promise giveaways! The session will focus on knowing how to file a grievance with a Medicare Advantage or Part D plan, how to file a complaint about a Medicare Advantage or Part D plan, how to file a complaint about the quality of care you receive, and what to do if you suspect a provider is committing Medicare fraud, errors, or abuse. Although we hope we never need this information, it will be good to have it in case we ever do.

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**.

PV Pilot Safety Program:

Do you need grab bars in your bath or shower? According to the CDC, each year about 3 million older adults are treated in emergency departments for a fall injury. PV has grant funding available to help eight members get professionally installed grab bars in one bath area. Do not delay in taking care of this important health & safety issue. Please contact the office for details: **202-244-3310**.

Show Sibley Employees Some Love



Palisades resident Jack Koczela and a few neighbors are organizing a huge effort to provide meals for every staff member at Sibley Hospital. Jack has first-hand knowledge of how dedicated the Sibley workforce is to providing our area with top-notch health care. The pandemic has made their work more essential than ever, and this effort is a way for our community to say THANK YOU SIBLEY while also supporting our local

businesses! If you would like to contribute, you may use this link <https://gofund.me/b5b2f237>



Tech Tip: Get a faster charge

Do you have a low battery, but you're short on time? For a faster way to top up, turn on Airplane Mode. Doing so will temporarily pause your phone's background noise (such as random notifications and GPS roaming), which tends to drain the battery as it charges. The extra juice won't be much, but a little can go a long way.

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

Covid Corner:

The Centers for Disease Control (CDC) is now recommending a second booster dose for individuals 50 and older, as well as certain individuals who are immunocompromised and at higher risk for severe COVID-19. Eligible individuals who received their initial booster dose of either the Pfizer and Moderna vaccines on or before November 30, 2021, can now receive a second booster of either vaccine. Adults who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine on or before November 30, 2021 may now receive a second booster dose using an mRNA (Pfizer and Moderna) COVID-19 vaccine.

Need a booster? We hear positive reviews of the new [COVID Center](#) for Ward 3 that 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, April 12, 2:30 p.m.

Dr. Janson is back! -- Dr. Janson will cover nutrition and demonstrate specific exercises that prevent age-related muscle mass loss in arms and legs. The session will use therabands and/or light weights. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. **[Find more information and register here](#)**

Friday, April 29, 1:00 p.m.

MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD -- In this one-hour Zoom talk, Dr. Kogan will review the most important aspects of the use of medical cannabis for a variety of medical conditions associated with aging as well as provide practical details on how to obtain the best

products as well as some of the side effects and pitfalls of working with dispensaries. **[Find more info and register here.](#)**

Saturday, April 30, 4:00 p.m.

FREE Latin Jazz Concert on The Maret Lawn -- Enjoy Afro-Caribbean, Brazilian, and American Jazz classics performed by Imani. Latin and Caribbean food will be available for purchase. Seats are limited. Reserve now! This event is free and open to the public. Register [here](#).

Community Events:

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

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

Other Community Events:

Tuesday, April 12, 12 p.m. - 2 p.m.

Coffee with a Cop - Cathedral Commons Starbucks, 3416 Wisconsin Ave NW (outdoors)

Come and join your neighbors and the Second District officers for great conversation over a cup of coffee and pastries.

Saturday, April 30, 10 a.m. to 2 p.m.

National Prescription Drug Take-Back -- Drive up to Sibley Hospital and drop off your unused or expired prescription medications. On-site staff will dispose of them for you safely and securely. No questions asked. Drive to the circle at Building A. Please

remember the entrance to Sibley Memorial Hospital is on Dalecarlia Parkway. Contact the Palisades Village office if you would like a ride.

Saturday, May 7, 10 a.m. -2 p.m.

eCycle Collection Event - Properly recycling electronics conserves natural resources, ensures appropriate handling of toxic materials, provides a more sustainable source of precious metals, and protects human health and the environment. Start cleaning out those closets and drawers now! Only "Covered Electronic Equipment" is accepted. For a complete list, [click here](#).

5200 Sherier Place NW, (near Palisades Recreation Center) between Edmunds PI NW & Dana PI NW

Ongoing Events:

Tuesdays, 11 a.m.

Technology Tuesday -- 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 April 12th topic: Intro to Google Sheets and Microsoft Excel.

Wednesdays, 10 a.m.

Strength, Balance, and Core in person 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.

Wednesdays, 1:30 p.m.

Yoga at Palisades Library -- Specifically geared towards older adults. Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

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| Bereavement Support Groups --Widowed Persons Outreach (WPO) offers both a | Bi-Weekly on Fridays, 1 - 2 p.m. |
|--|---|

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| <p>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><u>The Art of Looking</u>--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 noon.</p> <p><u>Smithsonian National Museum of Asian Art's free 30-minute online meditations-</u></p> <p>- 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 -</p> <p>- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <u>https://www.nga.gov/calendar/guided-tours/just-us.html</u>. To register, please email <u>access@nga.gov</u>.</p> |
| <p>Weekly on Wednesdays at 2:30 p.m.</p> <p>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 <u>clicking here.</u></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 aourand@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village
April 10 — 16, 2022

William Yates Fitness

Mon 04 / 11 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 12 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 12 / 2022 at 3:00 PM

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

[More Information](#)

Storytelling

Tue 04 / 12 / 2022 at 3:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 04 / 13 / 2022 at 8:30 AM

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

[More Information](#)

My Lord, What a Night - Talk with Playwright Deborah Brevoort

Wed 04 / 13 / 2022 at 1:30 PM

[More Information](#)

Virtual Yoga

Thu 04 / 14 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 16 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

April 17 — 23, 2022

Living On Purpose

Mon 04 / 18 / 2022 at 9:45 AM

[More Information](#)

Art Introspection - Alma Thomas Through the Lens of her Art

Mon 04 / 18 / 2022 at 2:00 PM

Where: via Zoom

[More Information](#)

William Yates Fitness

Mon 04 / 18 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 19 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 19 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 20 / 2022 at 8:30 AM

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

[More Information](#)

Medicare Complaints, Grievances and Beneficiary Resources

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Where: Via Zoom

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Mindful Knitting

Sat 04 / 23 / 2022 at 9:30 AM

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Thank you!

Palisades Village