



ACROSS THE FENCE

May 1, 2022

Do you remember how to do the dance around the maypole? Perhaps you had a different way to mark the warm weather. So many traditions have been interrupted for the past two years but are back better than ever. We look forward to some new and old Palisades Village traditions. We plan on making our Community Happening our newest annual tradition in July. Our oldest tradition will be back for the eighth time. Mark your calendars for the Palisades Village House Tour on Saturday, October 15!

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6	Saturday, May 7
10 a.m. Living on Purpose 1 p.m. Book Club 3:30 p.m. William Yates Fitness In-person or on Zoom	9:30 a.m. Planner Group YOGA CANCELLED	8:30 a.m. Walking Club - Georgetown	YOGA CANCELLED	10 a.m. Vaccination Clinic	9:30 a.m. Mindful Knitting

This week:

Monday, May 2, 10-11 a.m.

Living on Purpose

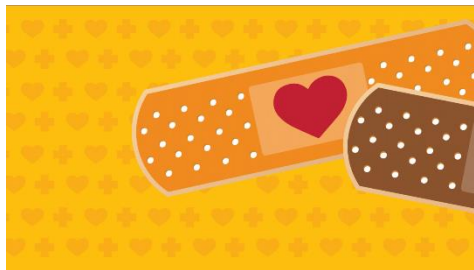


In this session, we are using our strengths and talents to help us craft our individual statements of purpose. Our purpose statement will guide us as we create the life that brings us happiness and fulfillment.

Newcomers welcome! Register [here](#).

Friday, May 6, 10 a.m. to 12 noon

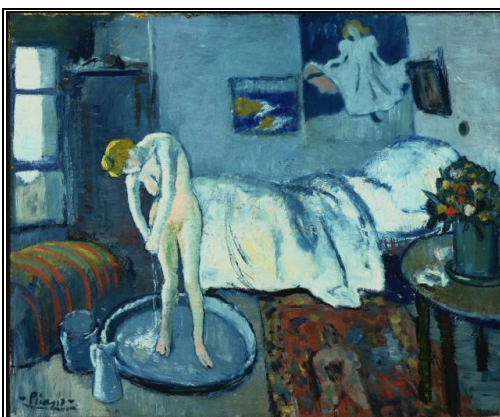
Vaccination Clinic



Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna Covid Booster shots and any other vaccinations you might need. Best of all -- we will be outside.

Please note in the comments which vaccinations you want. You must register in advance [here](#).

Coming Up:



Wednesday, May 18, 9 a.m. - noon

A Trip to the Phillips Collection

Picasso: Painting the Blue Period is a groundbreaking exhibition that provides new insight into the creative process of Pablo Picasso (1881–1973) at the outset of his career. It is the first exhibition in Washington, DC, in 25 years to focus on the early works of this 20th-century icon, just as he was beginning to define himself on the

international stage.

We will have a special tour as a follow-up to the Art Introspections led by our art therapist, Laura Mahon. All members are welcome but if you were able to attend those sessions, it will be a special treat.

Tickets for older adults are \$12 (payable at the door). Free for Phillips members. Register [here](#). We will be meeting at the Palisades Village office at 9 a.m. for our 10 a.m. tour.

Mark your calendars for two Art Introspections in May

Monday, May 23rd: 1 p.m. **Hung Liu**

Tuesday, May 31st: 12 p.m. **Georgia O'Keefe**

More details to follow next week.

*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**.*

Did you know?

Did you know that Palisades Village members can access recommendations for service providers (appliance repair, plumbers, landscapers, etc.) which we have collected from other members and community members? We can walk you through the process for looking them up on our website. *(Or we can send you some suggestions but we want people to try it themselves first.)* If you have recommendations to share, please let us know! You may need some of these referrals as you embark on spring cleaning. And don't forget, if you find any old electronics that you no longer want, the e-cycle event is on May 7th (see information below).

New Inpatient Hospice Center Has Opened at Sibley Memorial Hospital

For the first time at Johns Hopkins' Sibley Memorial Hospital, Inpatient end-of-life care is now available at the new Washington Home Capital Caring Health Inpatient Center. The 10-bed hospice unit was made possible in part by a generous donation from The Washington Home, with medical care and social support provided by Capital Caring Health (CCH). [More information is available on their website.](#)

If you missed ESTATE PLANNING 101 WITH PHILLIP J. KENNY, CFP ATTORNEY, you can watch it [here](#) on YouTube.

Share with us your take on a book, movie, show, album, or exhibit that intrigued you. Traveling somewhere cool? We'd love to post some pictures. Send contributions to eblanton@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? Come to our [PV Vaccination Clinic](#) on Friday, May 6 from 10-12. We also 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](#). 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, May 3, 11 a.m.

Gulliver's Troubles: America, Ukraine, and the Road Ahead -- Aaron David Miller, a CNN Global Affairs Analyst and the author of 5 books, discusses US leadership in the world is strewn with major challenges, including a dysfunctional and fiercely polarized political system at home and the emergence of powers large and small that challenge U.S. influence and threaten its interests abroad. Register [here](#).

Wednesday, May 11, 2 p.m.

Life In Retirement: Choosing to Live with Vitality, Purpose and Humor

Now that we're retired, what's next? This presentation will be an entertaining and upbeat reminder that our lives are still ahead of us. Chris Palmer, wildlife film producer, professor and author, helps identify tools for planning and prioritizing a life of learning, achieving, enjoying, and reconnecting, as well as focusing on family and community. Similarly, David Brooks, New York Times columnist, says he plans to climb a "second mountain" to focus not on himself but on others. Let's see if we can emulate Brooks in separating our "resume virtues" from "eulogy virtues." To register, email park21217@aol.com. A Zoom link will be sent after registering.

Around Town 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 community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there!

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 May 3rd topic: online calendars (yahoo, gmail, outlook).

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. This is offered through [Around Town DC](#). Please sign up through them.

Sibley Seniors Events:

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

Other Community Events:

Tuesday, May 3, 7 p.m.

Ward Three City Council Candidates Forum via Zoom

The event is jointly organized by the Palisades Community Association and Chevy Chase Citizens. The event is scheduled to wrap up at 8:30 pm. All nine Democratic Party Candidates have agreed to participate. Register [here](#).

Friday, May 6, 10 a.m. - 6 p.m., and Saturday, May 7, 10 a.m. - 5 p.m.

After a two-year absence, the Flower Mart returns to the grounds of the National Cathedral. You can find detailed information [here](#).

Saturday, May 7, 2 p.m.

Author Talk at Georgetown Library: 3260 R St NW

Vinod Busjeet, author of *Silent Winds, Dry Seas*, interviewed by John Wasowicz. A sweeping debut novel that explores the intimate struggle for independence and success of a young descendant of Indian indentured laborers in Mauritius, a small multiracial island in the Indian Ocean.

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. *Here is a list of acceptable items: Cable/Satellite Receivers, Computers,*

Computer Speakers, Desktop Printers, DVD Players/Recorders, E-Readers, Gaming Consoles, Keyboards, Mice, Mobile phones, Monitors, Portable Music Players, Scanners, Servers (Small Scale), Signal Converter Boxes, Tablets, Televisions, VCRs.

Saturday, May 7, 2 - 4 p.m.

Author Chat at the Georgetown Library -- Featuring Vinod Busjeet, author of *Silent Winds, Dry Seas* interviewed by John Wasowicz. ONE OF NPR'S BEST BOOKS OF THE YEAR • A sweeping debut novel that explores the intimate struggle for independence and success of a young descendant of Indian indentured laborers in Mauritius, a small multiracial island in the Indian Ocean. 3260 R Street NW

Tuesday, May 31, 11 a.m. - noon

Fiona Hill on "Finding Opportunity in the 21st Century" -- Hill will discuss her book, in which she shares lessons learned, and explains that only by expanding opportunity can we save our democracy. Register [here](#).

Ongoing Events:

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.

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)	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.
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<p>Mondays, Wednesdays, and Fridays at noon.</p> <p>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.</p> <p>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 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.</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 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 aourand@palisadesvillage.org or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village
May 1 — 7, 2022

Living On Purpose

Mon 05 / 02 / 2022 at 10:00 AM

[More Information](#)

Book Club

Mon 05 / 02 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 05 / 02 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 03 / 2022 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 05 / 03 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 04 / 2022 at 8:30 AM

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

[More Information](#)

Canceled: Virtual Yoga

Thu 05 / 05 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Vaccination Clinic

Fri 05 / 06 / 2022 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Sat 05 / 07 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

May 8 — 14, 2022

William Yates Fitness

Mon 05 / 09 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 10 / 2022 at 9:30 AM

[More Information](#)

Virtual Yoga

Tue 05 / 10 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 05 / 10 / 2022 at 3:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 05 / 11 / 2022 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 05 / 12 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 14 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!
Palisades Village