



# ACROSS THE FENCE

## May 22, 2022

Palisades Village is a community of six little neighborhoods that make one large neighborhood. How can we get to know your part of the neighborhood better? Please let us know about any community events that might be of interest. We can put them in this newsletter and share them with all.

Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27	Saturday, May 28
1 p.m. <a href="#">Art Introspection - Hung Liu</a>  3:30 p.m. <a href="#">William Yates Fitness</a> In-person or on Zoom	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Yoga</a>	Walking Club Cancelled	3 p.m. Virtual Yoga Cancelled		9:30 a.m. <a href="#">Mindful Knitting</a>

### ***This week:***



#### **Monday, May 23, 1 p.m - 2 p.m. ART INTROSPECTION - HUNG LIU**

Hung Liu is a Chinese-born American artist known for her painted depictions of historical Chinese photographs. She has painted the lives of refugees, street performers, prisoners, and many more. With her unique canvas shape and layered brushstrokes, she tells the stories of those who have been historically invisible or hidden.

In this online program, we will take a closer look at the extraordinary life of Hung Liu, using her paintings as a guide. Her exhibition *Portraits of Promised Lands* is currently on view at the National Portrait Gallery until May 30, 2022.

Join us on May 23<sup>rd</sup> from 1-2 p.m. for an inter-village discussion on the life of Hung Liu.

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

Register [here](#).

## Coming Up:

The Office will be closed for Memorial Day, May 30th. Please plan ahead.

### Tuesday, May 31, 12 noon - 1 p.m. ART INTROSPECTION - GEORGIA O'KEEFFE



Georgie O'Keeffe is one of America's most prolific modern painters. Known for her paintings of flowers, New York skyscrapers, and New Mexico landscapes, she is often called the *Mother of American Modernism*.

As a hardworking professional, she rejected the gendered interpretations of her work and forged a new path for

herself, using photography, Modernist ideas, and aesthetics of Asian art as her inspiration. She helped to establish a new and significant space for female artists in a realm that has often been dominated by men.

Join us on May 31<sup>st</sup> from 12-1 p.m. for an inter-village discussion on the life of Georgia O'Keeffe, as told through her paintings.

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

Register [here](#).



## **Tap Dancing with Charlee** **Thursdays, 1 - 2 p.m. starting June 2**

Palisades Village is excited to announce a new tap dancing class for all those 50+ (open to members and non-members).

A one-hour tap dancing class will be offered in the social hall of the Palisades Hub from 1-2 p.m. every Thursday starting June 2nd. This class is an introduction to rhythm tap dance. Participants will learn basic movements, as well as talk about the pioneers of the art form and their contributions to the dance. Please join us for a rhythmic challenge and a good time! This class will be offered in-person and on Zoom. \$5.00 per class. Tap shoes are recommended but not mandatory. They can be purchased at [Footlights](#) in Silver Spring, [Target](#), or [Amazon](#).

Register [here](#).



## **LIVING YOUR BEST LIFE AFTER RETIREMENT** **Monday, June 6, 10 a.m. - 11 a.m. (and will continue the first and third Monday of the month)**

Without a plan for life after retirement, many retirees may find themselves feeling restless and craving something more but not knowing where to start or what that something might be. Life coach Roseanna Stanton will introduce you to simple ways to enhance your life, enjoy the present, and move forward with purpose and meaning.

Roseanna Stanton is an experienced life coach who has helped many clients transition into new phases in their lives. This will be time well spent so that you can get the most out of your retirement years. Register [here](#).



**June 3rd is National Donut Day and we are celebrating!**

**Friday, June 3, 10 - 11 a.m.**

Join us from 10 - 11 a.m. on Friday, June 3rd to enjoy a donut and fellowship with your Palisades Village friends (weather permitting). We will be outside in the garden area facing Cathedral Avenue. Register [here](#).

### **Virtual Volunteer Training - Medical Note Taking**

**Friday, June 10, 12 - 2 p.m.**



Please join us for our upcoming training on how to become a Medical Note Taker! Northwest Neighbors Village executive director, Stephanie Chong, will be presenting the Medical Note Taking training. The training is required to volunteer for all medical note taking requests. A medical note taker is a volunteer who accompanies a member to a medical appointment, listens well, takes notes, and provides notes to the member in a timely fashion.

#### **You will learn:**

- Understand why medical notes matter in today's healthcare environment
- Understand the role of the medical note taker
- Understand the differences between medical note taking and medical advocacy
- Understand how confidentiality and HIPAA guidelines are applied

Materials will be sent to all attendees in advance of the training.

*This training is open to all active volunteers at Cleveland & Woodley Park Village, Northwest Neighbors Village, and Palisades Village. Register [here](#).*

**The next Palisades Village Board Meeting is Thursday, June 2nd from 5 - 6 p.m.**

**All are invited to [join](#).**



*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?**

The New York Times publishes a Mini Crossword puzzle every day. Only got a minute of free time? That's all you need to complete it (on a good day). Conveniently pint-sized and easy to solve, these charming minis are too cute for any puzzler to resist. It can be a fun way to start the day! Check one out [here](#).

## **Tech Tip**

Tired of having that stack of old electronic equipment in your home? Bring the items to the next E-waste collection on Saturday, June 4, 10 a.m. - 2 p.m.; 4450 Wisconsin Ave. (near Tenley-Friendship Library). For a complete list of what is accepted, click [here](#).

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 [ebblanton@palisadesvillage.org](mailto:ebblanton@palisadesvillage.org).

## **Covid Corner:**

**What should you do if you test positive?** Isolate and read this helpful [article](#).

**Need a booster or vaccination?** Head to the [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. No need for an appointment.

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.

**Need Tests?** PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 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>.

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.



**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 24, 4 p.m.**

**[Silvernest Information Session](#)** - Join us for this informational Zoom presentation by Jennifer Hammer about Silvernest! Silvernest is a home-sharing matching service that pairs aging homeowners with roommates and tools for long-term home-sharing. Silvernest is putting a fresh new spin on sharing space and enjoying life with roommates. One that's clear-cut, hassle-free, and built around each person's unique wants and needs. All are welcome to attend. The event is hosted by Cleveland & Woodley Park Village.

**Wednesday, May 25 at 3 p.m.**

**Info Session: DC Grandparents Against COVID-19**

Join DC Villages to learn about a new campaign by HelpAge USA, the US affiliate of an international organization dedicated to lifting the voices of older adults. You don't have to be a grandparent -- anyone over 60 who is willing to speak to family, friends, or neighbors about vaccines is welcome. The program provides the tools you need to have those conversations. Register [here](#).

**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](#).

**Wednesday, June 1, 2 p.m.**

**Slavery in the President's Neighborhood** - Many people think of the White House as a symbol of democracy, but it also embodies America's complicated past and the paradoxical relationship between slavery and freedom in the nation's capital. The White House Historical Association's Slavery in the President's Neighborhood initiative explores this history and shares the lives of the enslaved workers who built, lived, and worked at the White House. Join White House Historian Sarah Fling as she shares this research and highlights a few of these fascinating individuals. Register [here](#).

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## 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](mailto: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 24th topic: Introduction to Google Drive.

**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.

**Wednesday, May 25, 3 p.m. - 4 p.m.**

**Cooking with Danielle Cook**

Join presenter Danielle Cook as she prepares two flavorful, innovative, and easy dishes sure to liven up your kitchen repertoire. There will be lots to discuss about the great nutrition in these tender crops, as well as sharing ideas on ingredient substitutions. On the menu for the day is an Orzo Salad with Asparagus, Spinach, Feta and Pine Nuts followed by a Strawberry-Rhubarb Compote with Vanilla and Cardamom. [Read more and register here.](#)

## Sibley Seniors Events:

**Sibley Seniors Association** (SSA) offers programs and support groups online.

## Other Community Events:

**Wednesday, June 1, 7 p.m.**

**Ward 3 City Council Candidate Virtual Forum hosted by Iona- Topic: Aging/Older Adults**

The candidates will be asked about their priorities impacting older adults (specifically in Ward 3 and if time allows, citywide). The remaining questions will address the specific topics of transportation, housing, isolation, health/food, and economic security. Join the Zoom meeting [here](#). Meeting ID: 868 4139 0840 Passcode: 677431

**June 9 through July 3**

***Fires in the Mirror*** -- Theater J presents Anna Deveare Smith's groundbreaking documentary play. Performed more than 30 years after the life-changing riots in Crown Heights, Brooklyn, this theatrical event offers a tour-de-force solo performance and a story that touches upon every American today, regardless of race, color, or beliefs. 15% *VILLAGE DISCOUNT* (code *VILLAGES*). Tickets and more information [here](#) or at Box Office (202-777-3210)

**Tuesday, June 21**

**Primary Election Day**-- All active registered voters will be sent a mail-in ballot at their registered address. You can return your completed mail-in ballot to any Mail Ballot Drop Box, USPS location, or at any Early Vote Center or Election Day Vote Center. There are various accommodations for those who want to vote in person. For more information, click [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.

<b>Bereavement Support Groups</b> --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 <b>202-537-4942</b> for more information or go to	<b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <b>The Art of Looking</b> --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
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<a href="http://wpodc.org">Calendar   Widowed Persons Outreach (wpodc.org)</a>	educators will facilitate the conversation to create an environment for shared learning.
<p><b>Mondays, Wednesdays, and Fridays at noon.</b>  <a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a> -</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><b>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art --</b> Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a>. To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m. Dance for PD --</b> 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 <a href="#">clicking here</a>.</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](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
May 22 — 28, 2022

**Art Introspection - Hung Liu**

Mon 05 / 23 / 2022 at 1:00 PM

[More Information](#)

**William Yates Fitness**

Mon 05 / 23 / 2022 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 05 / 24 / 2022 at 9:30 AM

[More Information](#)

**Yoga**

Tue 05 / 24 / 2022 at 3:00 PM

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

[More Information](#)

**Canceled: Walking Club - Georgetown**

Wed 05 / 25 / 2022 at 8:30 AM

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

[More Information](#)

**Canceled: Virtual Yoga**

Thu 05 / 26 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 05 / 28 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
May 29 — June 4, 2022

**Memorial Day - Office Closed**

Mon 05 / 30 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Canceled: William Yates Fitness**

Mon 05 / 30 / 2022 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 05 / 31 / 2022 at 9:30 AM

[More Information](#)

**Art Introspection - Georgia O'Keeffe**

Tue 05 / 31 / 2022 at 12:00 PM

[More Information](#)

**Yoga**

Tue 05 / 31 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 06 / 01 / 2022 at 8:30 AM

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

[More Information](#)

**Tap Dancing**

Thu 06 / 02 / 2022 at 1:00 PM

[More Information](#)

**Virtual Yoga**

Thu 06 / 02 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 06 / 02 / 2022 at 5:00 PM

[More Information](#)

**National Donut Day**

Fri 06 / 03 / 2022 at 10:00 AM

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

[More Information](#)

## **Mindful Knitting**

Sat 06 / 04 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village