



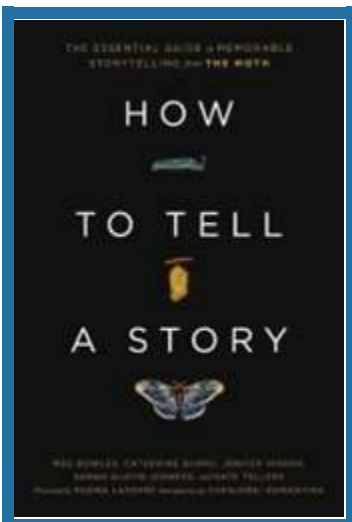
ACROSS THE FENCE

May 8, 2022

Happy Mother's Day to all the mothers and those who played a nurturing role to someone with two or four feet. You all are deserving of recognition for your labor of love.

| Monday, May 9 | Tuesday, May 10 | Wednesday, May 11 | Thursday, May 12 | Friday, May 13 | Saturday, May 14 |
|--|---|---|-------------------------------------|----------------|--|
| 3:30 p.m. William Yates Fitness In-person or on Zoom | 9:30 a.m. Planner Group 3 p.m. Virtual Yoga 3 p.m. Storytelling | 8:30 a.m. Walking Club - Georgetown | 3 p.m. Virtual Yoga | | 9:30 a.m. Mindful Knitting |

This week:



Win a copy of the book *How to Tell a Story: The Essential Guide to Memorable Storytelling from The Moth* if you attend the Storytelling session on Tuesday! Register [here](#).

Your name will be put into a drawing to win this best seller so that you can become a master storyteller. It's the definitive guide to telling an unforgettable story in any setting, drawing on twenty-five years of experience from the storytelling experts at The Moth.

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**.*



We thank the Palisades Village volunteers who delivered a beautiful flowering plant to all of our full members on a dreary, rainy day. We are grateful for our volunteer's many talents--some got to play with dirt and do some arts and crafts.



Our fifth **vaccination clinic** was a success despite the rain. Over 20 people came out and were rewarded with a container of soup from Soupergirl.

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 of looking them up on our website. If you have recommendations to share, please let us know! Stymied by technology, call or email us. You may need some of these referrals as you embark on spring cleaning.

Tech Tip

Is your email In Box clogged with mailings from stores and organizations that are no longer of interest or that you never signed up for? Scroll down to the bottom of an email and find the word "unsubscribe." (It may be very small.) When you click on the "**unsubscribe**" link, it will take you to a website. You might see a message like "You are now unsubscribed" or "We're sorry to see you go." Or you might get the option to receive fewer emails, or only emails on certain topics, instead of all or nothing.

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](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.

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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, 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.

Saturday, May 14, 2 p.m.

It's All In The Family: Five Must-Have Documents and Your Wishes

Discover how to plan and personalize your care. Join Attorney Cheryl Chapman Henderson as she helps us understand the five estate planning documents that everyone's family should have knowledge about in order to have a meaningful conversation with loved ones about personal end-of-life wishes. Registration and more information [here](#).

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.

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 10th topic: social media.

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:

Friday, May 13, 1:30-5 p.m.

Congresswoman Norton's district office team will be on-site at Palisades Public Library, 4901 V Street NW They will be able to assist D.C. residents with federal issues and casework, share information on upcoming events and other community resources. Staff will provide assistance with issues related to Social Security, Passports, USPS, IRS, USCIS, OPM, Bureau of Prisons, and all other federal agencies. Information will be on hand regarding non-federal resources for any issues that fall outside of the congresswoman's jurisdiction. Congresswoman Norton will not be present.

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.

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| 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 | 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 |
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| <p>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>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. 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> |
| <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.</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 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](#)

Next Week at Palisades Village
May 15 — 21, 2022

William Yates Fitness

Mon 05 / 16 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 17 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 05 / 17 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 18 / 2022 at 8:30 AM

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

[More Information](#)

A Trip to the Phillips Collection - Picasso: Painting the Blue Period

Wed 05 / 18 / 2022 at 9:00 AM

Where: The Phillips Collection, 1600 21st St NW, Washington , DC

[More Information](#)

Virtual Yoga

Thu 05 / 19 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 21 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!
Palisades Village