



ACROSS THE FENCE

May 15, 2022

Older Americans Month is in full swing. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. Palisades Village is here for support in whatever way makes sense for you.

Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20	Saturday, May 21
10 a.m. Living on Purpose 3:30 p.m. William Yates Fitness In-person or on Zoom	9:30 a.m. Planner Group 3 p.m. Yoga	9 a.m. A Trip to the Phillips Collection - Picasso: Painting The Blue Period Walking Club Cancelled	3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This week:



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 early tour led by Donna Jonte, the Phillips Manager of Art and Wellness. This tour was inspired by the Art Introspections led by our art therapist, Laura Mahon and she will be joining us. 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.

Coming Up:

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 23rd 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 or contact your DC Village office.

Register [here](#).

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 31st 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 or contact your DC Village office.

Register [here](#).



Tap Dancing with Charlee
Thursdays, 2 - 3 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](#).

*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**.*



Member Janice Lamb is thrilled with her new grab bar. Seven members received grab bars this past month thanks to a grant from the Washington Home. Based on the success of this pilot program, Palisades Village is applying for additional grant money for this very important safety feature. Grab bars are just a part of our efforts to prevent falls. Our Monday fitness classes work specifically on the muscles needed to help you keep your balance. Keep your eyes out for more programs to keep safe.

Did you know?

Did you know there is a [new law](#) that now bans gas-powered leaf blowers?. Please make sure that any landscapers you hire know that these machines are illegal in DC as of this year. Companies or individuals that use gasoline-powered leaf blowers will be subject to fines of up to \$500 for each offense. Potential violations may be reported by any person who observes a gas-powered leaf blower in use in the District with appropriate evidence being provided to support the claim. If you witness a violation of this law, please submit the complaint online using the [Consumer Complaint Form](#).

Tech Tip

Beware of phone scams – Medicare, IRS, and Social Security **do not** call people. Legitimate organizations do not ask you to make payments with gift cards.

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 ebanton@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:(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.

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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.

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](#).

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: Zoom refresher.

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:

Sunday, May 14, 9 a.m. - 12 p.m. - Key School students are collecting unopened boxes of cereal at the Palisades Farmers Market to benefit students who receive free breakfast over the summer. If you see this message in time, they would appreciate a donation!

Wednesday, May 18, 4 p.m. - 5 p.m.

Surgery After 65: What You Need to Know - Martin Paul, M.D. and Suzanne Dutton, D.N.P.

The Sibley Foundation is hosting a series of webinars designed to give attendees helpful information from Sibley and John Hopkins doctors. Join [here](#).

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.

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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 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.

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.

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.

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 aourand@palisadesvillage.org or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village

May 15 — 21, 2022

Living On Purpose

Mon 05 / 16 / 2022 at 10:00 AM

[More Information](#)

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](#)

Canceled - 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](#)

Next 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](#)

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](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village