



ACROSS THE FENCE

April 24, 2022

Friday was such a spectacular day to celebrate the Earth. Spring in Washington is truly magnificent. The bright pinks and greens are a feast for the eyes and with the sweet birdsongs as accompaniment. Masks minimize the pollen, so there is no reason to complain about either. Enjoy! If you dread the thought of going inside to get your booster, we will be outdoors once again (unless it is pouring) for a vaccination clinic. Mark your calendars for Friday, May 6 from 10-12 noon. You do need to sign up for the clinic to let the pharmacists know what to bring.

| Monday, April 25 | Tuesday, April 26 | Wednesday, April 27 | Thursday, April 28 | Friday, April 29 | Saturday, April 30 |
|--|---|---|---|------------------|--|
| 3:30 p.m. William Yates Fitness In-person or on Zoom | 9:30 a.m. Planner Group YOGA CANCELLED 3 p.m. Tales to Talk About | 8:30 a.m. Walking Club - Georgetown | 12 noon Art Introspection - Alice Neel Through the Lens of Her Art 1:30 p.m. Estate Planning 101 YOGA CANCELLED | | 9:30 a.m. Mindful Knitting |

This week:



Art Introspection - Alice Neel Through the Lens of Her Art

Thursday, April 28, 12 noon - 1 p.m.

Alice Neel was a rebel in a time of Abstract Expressionism, favoring expressive portrait painting in the 1900s. As an American portrait painter, the subjects of her work reflected the New York scene around her, focusing on her family, friends, and neighbors. Observing each subject with a fresh eye, she looked beyond their gender, age and social status and instead painted each person with empathy, reflecting the whole person.

In this online program, we will take a closer look at the life of Alice Neel, as told through her portrait paintings. When all eyes were focused on the Abstract Masters, Alice Neel paved her own path by bringing the people around her to life in her paintings. Register [here](#).

Estate Planning 101

Thursday April 28, 1:30 p.m. - 2:30 p.m.



You will learn:

- Why a new law means more families will want to file estate tax returns even though they don't have to
- Why a revocable living trust may (or may not) make good sense for you
- How to ensure that your child's inheritance is safe and avoid common pitfalls

Phillip Kenny's passion in life is explaining to people what they need to know about wills, trusts, taxes, probate, powers of attorney—all that confusing stuff lumped under the heading "estate planning." A better

description would be how to keep your money in your family, both while you're alive and after you're gone. Been meaning to update that old will of yours (or promising your spouse you're going to get to it soon)? Kenny will give you the know-how and

the confidence to get the job done faster and better than you've ever thought possible. And he'll do it in plain English.

Phillip J. Kenny, CFP, is an attorney and a member of the Trusts and Estates sections of the Maryland, Virginia and District of Columbia Bar Associations. He is a frequent guest host of Mike Collins' radio program on WMAL, and is admitted to the bar associations of Maryland, Virginia and the District of Columbia. **Register [here](#).**

Coming Up:

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](#).

*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**.*

Is it allergies or is it Covid?

AARP offers a [helpful article](#) on how to determine the difference between allergies and COVID-19. In the article Panagis Galiatsatos, M.D., a physician in the Division of Pulmonary and Critical Care Medicine at Johns Hopkins Medicine states, "If you have a fever and chills, that can indicate an infection, so you should definitely get a coronavirus test. The same goes if you lose your sense of taste or smell." Dr. Galiatsatos adds, "Most people with seasonal allergies know their symptoms. If it's what you feel every year, it's probably not COVID." Call your doctor if you aren't sure if your symptoms are related to allergies or something more serious.

Not sure? The Palisades Village office has rapid tests available. See below in our Covid Corner for other test options.

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.

Monday, April 25, 12 noon
Get to Know Fallon Williams

You're invited to learn about the Mayor's Office of Veterans Affairs, Fallon William's role as the new LGBTQ Veteran Community Outreach and Relations Specialist, and have the chance for Q and A. Register [here](#).

Thursday, April 28, 1 p.m.

Four Wars, Five Presidents with Terence Smith -- In his new riveting and fun memoir, Smith recounts his adventures as a globe-trotting correspondent for the New York Times and on-air with CBS and PBS, covering national and international issues including four wars, many presidents, and media issues. Register [here](#).

Thursday, April 28, 7:30 p.m.

Unleashing Your Hidden Powers to Enhance Your Home Safety -- Nationally-recognized aging-in-place expert Louis Tenenbaum will share his expertise on home modifications that make seniors safer as they age and will speak about proposed federal legislation that makes it easier for seniors to pay for these needed changes to our homes, and on already existing state and county programs that offer tax credits for these changes. Mr. Tenenbaum will also guide listeners in how to implement these home modifications in a cost-efficient, smart, and effective way. Register [here](#).

Friday, April 29, 1 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. Register [here](#).

Saturday, April 30, 4 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](#).

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](#).

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 April 26th topic: Social media workshop – Instagram.

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:

Wednesday, April 27, 7 p.m. - 8 p.m.

HEALTH DISPARITIES: How People of Color May Advocate for Excellent Care

Sponsored by the New Morning Star Baptist Church and Sibley Senior Association
Did you know that health disparities can contribute to decreased quality of care? Explore factors that contribute to disparities in health, and health care use and outcomes. Learn how you can best advocate to receive high-quality care for yourself and your family. We seek to identify practices that promote health equity and reduce disparities. There will be time for questions and answers. Register [smh.memberclicks.net/04-27-2022---discussing-the-facts---health-disparities]here before April 25 or by emailing jsmit470@jhmi.edu or calling 202-364-7602.

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

Other Community Events:

Sunday, April 24, 5 p.m.

Community Jazz with Janelle Gill & Amadou Kouyate: Piano & Kora Duets

- Come and enjoy a lively concert at the Palisades Hub, 5200 Cathedral Ave.

Click [here](#) for tickets.

Friday, April 29, 7 p.m. - 9 p.m.

The Tnek Jazz Quintet at the Palisades Hub, 5200 Cathedral Ave. Click [here](#) for tickets.

Saturday, April 30, 10 a.m. - 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.

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, 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

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 \(wpodc.org\)](#)

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

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.

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

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| levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection. | to https://www.nga.gov/calendar/guided-tours/just-us.html . To register, please email access@nga.gov . |
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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
 April 24 — May 30, 2022

William Yates Fitness

Mon 04 / 25 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 26 / 2022 at 9:30 AM

[More Information](#)

Canceled - Yoga

Tue 04 / 26 / 2022 at 3:00 PM

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

[More Information](#)

Tales to Talk About

Tue 04 / 26 / 2022 at 3:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 04 / 27 / 2022 at 8:30 AM

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

[More Information](#)

Art Introspection - Alice Neel Through the Lens of her Art

Thu 04 / 28 / 2022 at 12:00 PM

[More Information](#)

ESTATE PLANNING 101 with Phillip J. Kenny, CFP Attorney, The Collins Firm

Thu 04 / 28 / 2022 at 1:30 PM

[More Information](#)

Canceled - Virtual Yoga

Thu 04 / 28 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 30 / 2022 at 9:30 AM

[More Information](#)

Next 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](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village