



## Across the Fence January 24, 2021

***The latest information that we have on the COVID vaccinations is in our weekly COVID Corner below or on our [website](#).***

### Upcoming Palisades Village Events:

We are back to a normal week albeit more optimistic with so many signing up to get vaccines. Mr. William Yates is back with his fun **[fitness](#)** class on Monday at 3 p.m. The **[Storytelling](#)** group will meet on Tuesday at 3 p.m. **[Yoga](#)** will meet on **[Tuesday](#)** and **[Thursday](#)** at 3 p.m. Wrap up the week with **[Happy Hour](#)** on Friday at 4:30 p.m. or **[Mindful Knitting](#)** on Saturday at 9:30 a.m. Newcomers are always welcome. Register by clicking on the activity (in bold red) or calling the office at 202-244-3310 and try them out.

The DC Villages are continuing their **Wellness Wednesdays** with one on **[Medication Management for Older Adults](#)** this Wednesday, January 27 at 1 p.m. Managing medications -- dosage and timing -- is particularly important in using therapies to address medical conditions. CaryRX, a DC pharmacy specializing in home prescription delivery, will conduct a session on how to make sure you are taking medications properly. This one is sponsored by Waterfront Village. Click **[here](#)** to see the schedule of upcoming sessions.

The **[Book Club](#)** has a special treat for their meeting on Monday, February 1 at 1 p.m. They are reading ***An Affair with my Mother*** and are so fortunate to have the author **Ms. Caitriona Palmer** as their guest in the discussion. Caitriona Palmer had a happy childhood in Dublin, raised by loving adoptive parents. But when she was in her late twenties, she realized that she had a strong need to know the woman who had given birth to her. She was able to locate her birth mother, Sarah, and they developed a strong attachment. This is the story of her quest for the truth

of why her mother wanted to keep her a secret. Please [register](#) to join them for this special session.

The Palisades Village [Board of Directors](#) will also be meeting that week on Thursday, February 4 at 5 p.m.

Save the date for two special events the following week. We have lined up a virtual docent to explore [Love Among the Artists](#) on Tuesday, February 9 at 11 a.m. in anticipation of Valentine's Day. Attention theaters lovers: we are thrilled to have Nephelie Andonyadis join us to discuss [Designs for the Stage](#) on Friday, February 12 at 2 p.m.

All events are being held on Zoom. You must register to get the link for each event. 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](#).

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### COVID Corner:

I know there has been a lot of frustration associated with the COVID vaccine registration but I wanted to share yet another story of how our Palisades Village community comes together. A relatively new volunteer had some struggles signing up to receive the COVID vaccination but was successful in securing an appointment for himself. Like many others, he traveled across the city to get vaccinated. He realized the challenges that others might be facing and reached out to Palisades Village to offer his services to sign up our members as well as offer to drive them to their appointments.

Last Monday, he logged onto the [vaccinate.dc.gov](#) at 9 a.m. and was able to secure one of the 1,436 available appointments for one of our older members. This past Friday, he was successful in getting yet another Village member, one step closer to receiving the first vaccine.

Tomorrow, thanks to a Palisades Village volunteer, our members will be one step safer and will receive the first dose of the vaccine.

Last Thursday was also a day full of joy and hope as many relieved Village members (at least 18 people) were able to secure a vaccination appointment at Howard University...thanks to a tip from one of our Village

volunteers and members. Thank you! You're a hero! One of our members said it was like winning the lottery!

Palisades Village is a community that cares and thrives. The value of our Village lies in its community. Thank you for offering your support. You have provided hope, peace, and reassurance during the pandemic.

*What about you? Do you need help getting an appointment? Or do you want to try to help a technically challenged member secure an appointment?* Please let us know. Although we can't guarantee that the outcome will be successful during the next go-around of appointments, we are hopeful that the process will be less arduous and you'll be on your way to getting vaccinated!

**Mark your calendars:** The latest information that we have is that **each Friday** morning at **9:00 a.m.**, the Department of Health opens up the vaccine registration for all DC residents 65 years and older. To register for the vaccine, log on to **vaccinate.dc.gov** or call **1-855-363-0333**. Please note that demand exceeds supplies and in the past, appointments were filled in just 15 minutes. Once you are successfully registered, you should receive a notification with a confirmation code, date and location.

### **Updates to the Vaccinate.dc.gov website**

DC Health has recently updated its website with useful information. Visit [vaccinate.dc.gov](https://vaccinate.dc.gov) to learn more about the following:

- **Frequently Asked Questions** - Get answers to a variety of questions regarding vaccine registration.
- [Step-by-Step Vaccination Appointment Guide](#) – Review or print DC Health's guide on how to sign up for a vaccine appointment using its online portal.
- **Vaccine Update Alerts** – If you haven't already done so, we highly recommend signing up to receive alerts regarding the vaccine. You can choose to be informed via text or email as to when the next round of vaccine registrations will be open, when all appointments have been accounted for, and other helpful information. [Click here to sign up.](#)

## **Hospital Patients**

Additionally, the website outlines a number of healthcare settings that are offering the vaccine. **Please note: healthcare settings consider you a patient if you have been treated there in the last two years.**

District hospitals have started outreach to schedule their patient population of DC residents 65 years and older. Please visit the hospital website where you are a patient (seen by the hospital in an outpatient clinic within the last two years) for instructions on how to register for an available appointment. Like the District's COVID-19 vaccination scheduling portal, hospital appointments are limited.

### **Schedule a Hospital Appointment**

- Howard University Hospital (you do not need to be a patient, but as of press time, there are no appointments available for the first dose-this may change in February)  
<https://app.acuityscheduling.com/schedule.php?owner=21700170>
- [MedStar Georgetown University Hospital](#)
- [MedStar Washington Hospital Center](#)
- [Sibley Memorial Hospital](#)
- [United Medical Center](#)
- Kaiser Permanente members should visit [KP.org/DCvaccine](https://kp.org/DCvaccine) for the latest information on COVID vaccines.

### **Schedule a Health Center Appointment**

District Health centers are also scheduling their patient population of DC residents 65 years and older. If you are a patient at one of the following health centers, please contact them to see if there is any schedule availability for appointments. Of note, allocations of vaccine are very limited.

- [Mary's Center](#) please call 844-796-2797
- [Community of Hope \(Marie Reed\)](#) please call 202-540-9857
- [Community of Hope \(Conway\)](#) please call 202-540-9857
- [Unity \(Upper Cardoza\)](#) please visit eCW portal, website, or call 202-469-4699

- [Unity \(Brentwood\)](#) please visit eCW portal, website, or call 202-469-4699
- [Bread for the City](#) please call 202-386-7020
- [La Clinica del Pueblo](#) please visit website
- [Elaine Ellis](#) please call 202-803-2340
- [Providence Health System](#) please visit website

**Be Safe! Be Well! Stay healthy!** Even if you have received the vaccine, please continue to wear a mask in public, wash your hands frequently and thoroughly and practice social distancing.

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### Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc. -- including help with registration for COVID vaccinations
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the "front porch," outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- Access to our in-house library inventory and free delivery to your door!
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability)
- Holiday help.



Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

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### Creative Corner:



Member and volunteer John Stiner did this painting soon after returning from a trip out west seeing golden Aspen trees, lakes, red cliffs, etc.

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### Armchair Traveler:

Please enjoy this presentation by a Foggy Bottom West End Villager who traveled cross-country several times taking memorable pictures along the way.

<https://www.youtube.com/watch?v=LeBHyAtXuAA&feature=youtu.be>

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## A Life in Dance:

Neighbor Dana Tai Soon Burgess was a huge hit with those who attended his talk about his life in dance and his artistic process in choreography. If you missed it, you can view it on [YouTube](#). We are so thankful to him for sharing his story with us and cannot wait to see his productions in person.

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## Georgetown University Learning Community Courses:

The Georgetown University Learning Community offers "mini-courses," organized by the Georgetown University Association of Retired Faculty and Staff, that are open to neighbors who are "55 and better." Please note that preregistration is required as class sizes will be limited. Registration fees are \$30 for a single course and \$50 for multiple courses. All courses will be taught online via Zoom. Spring 2021 courses include:

- Gabriel García Márquez and Magical Realism
- Herman Melville and Flannery O'Connor
- Contemporary Challenges to Democratic Governance focusing Primarily on Presidential Systems
- Controversies in Global Business
- LGBTQ+ Memorials: Definitions and Case Studies
- Indigenous Peoples and Environment: Engaging Cultural Wisdom for Ecological Challenges

To register, click [here](#).

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**Palisades Village Connect and Learn:** On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

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The DC Area Villages work closely together to share resources and access to some events.

Register by clicking on the link in the title.

**Monday, January 25, 3:30-5 p.m.**

**[Live & Learn: Blue Zones: Thriving into Old Age](#)** -- What does it take to live a long and vital life? In our January program, you'll learn about the lifestyles of people living in the Blue Zones, five areas around the world where residents have been found to live exceptionally long and healthy lives.

**Tuesday, January 26, 11 a.m.**

**[Israel, Jordan and the Palestinians](#)** -- Israeli Prime Minister Benjamin Netanyahu recently vowed to annex part of the West Bank to apply Israeli sovereignty to the Jordan Valley and the northern Dead Sea. What is the significance of the timing of this announcement and what are the implications of such a move, if implemented, for Israel, the Palestinians, and Jordan? **Michael Sharnoff** will highlight Israel's relationship with Jordan and the Palestinians in a historical context from independence to the present. It will explore the key players and their attitudes and perceptions of the West Bank. It will explain and describe the role of the United States and prospects and requirements for moving towards a political solution.

**Tuesday, January 26, 1-2 p.m.**

**Spies & Spymasters** -- Seduction, deception, daring - these are only some of the traits that describe spies and spymasters. Join Chevy Chase At Home and the International Spy Museum as we explore the stories of spies whose lives are even more thrilling than James Bond's. Please register in advance on the event page [on their website](#).

**Wednesday, January 27, 1-2:30 p.m.**

**"Protocol, The Power of Diplomacy and How to Make it Work for You" with Ambassador Capricia Marshall** -- A discussion with author Capricia Penavic Marshall. In her roles as chief of protocol for President Obama and social secretary to President Clinton and First Lady Hillary Clinton, Capricia Penavic Marshall guided the critical work of building diplomatic bridging, using the tools of protocol to tilt the playing field in the direction of her principals. From staging a room to have an intended effect on the participants to knowing which cultural gestures earn trust, her behind-the-scenes preparations and hidden influencers set the stage for successful diplomacy between heads of state around the world. What over two



decades of working at the highest levels of government taught Marshall: There's power in detail and nuance. Micro-moves affect the macro shifts. Sharing unvarnished examples from her time in office — harrowing near-misses, exhilarating triumphs, heart-warming personal stories — Marshall will bring a master class on soft power, unveiling the complexity of human interactions and making the case that etiquette, cultural IQ, and a flexible mindset matter—now more than ever. This program is brought to you by a partnership between Little Falls Village & the Little Falls Library of Montgomery County Public Libraries. Please register in advance on [the Little Falls Village website](#)

**Wednesday, January 27, 3-4 p.m.**

**History of Rock and Roll**--A special opportunity to learn about the history of rock and roll from local radio expert, David McAlary, a veteran of 56 years in radio broadcasting, including several years as a disc jockey. He'll talk about rock's roots, Golden Age, hits, and even some forgotten records and fascinating facts, illustrated with visuals and soundtracks. McAlary retired from a 32-year news career with the Voice of America in 2007 and, as a student of 20th century American popular music, returned to his deejay roots to host a 1950s-'60s oldies show called Mickey Bo's Rock 'n' Roll Revue on the Internet at mickeybo.com. Co-sponsored by Connie Morella Library and BMAV. **ACCESS:** Zoom access

<https://zoom.us/j/95916605633?pwd=Zk9RK2VyaFhweURibIBYU054ODBzUT09> or dial in: 301-715-8592; meeting ID: 959 1660 5633. For security reasons, the library will lock the program 10 minutes after it begins, so be sure to sign in on time.

**Thursday, January 28, 5-7 p.m.**

**[A Positive Way Forward for Families](#)**--Carolyn Parr and Sig Cohen, family mediators, and authors of *Love's Way; Living Peacefully with your Family as Your Parents Age*, will help you discover what you need to know as responsible (and responsive) family members facing difficult questions like, "How can I get Mom to...?". Using true stories, the speakers offer hope and practical tips for walking the path of changing family dynamics with wisdom and compassion for everyone. This discussion is directed to a multi-generational audience and open to all. **SPONSOR:** Cheverly Village **REGISTRATION:** Required, by January 27 **ACCESS:** Zoom login information will be included in an email confirming registration. Access to the Zoom meeting will close 10 minutes after the event starts.

**Thursday, January 28, 5:30-6:30 p.m.**

**"Rediscovering the United States" with Peter** -- A multiple Emmy-winning investigative reporter and producer, Peter Greenberg is America's most recognized, honored and respected front-line travel news journalist. Known in the travel industry as "The Travel Detective," he is the Travel Editor for CBS News, appearing on CBS This Morning. To register please email [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org) or contact the Georgetown Village office at **202-999-8988**.

**Saturday, January 30, 2-3:30 p.m.**

**[The Aging Drama: A Legal and Practical Guide to Reducing the Drama of Aging](#)**--Join local Attorney Julie Schejbal for an informative discussion about legal issues surrounding retirement and aging. The session will include time for questions. **SPONSOR:** Helping Hands University Park & Hyattsville Aging in Place **REGISTRATION:** Required, by January 28 **ACCESS:** Zoom link will be emailed to registrants ahead of the event.

**Monday, February 1, 4-5 p.m.**

**[It's the Village Show - with the One and Only Scott Simon](#)**--Join Scott as he reflects on the passing scene, gives commentary on cultural trends, social behavior, and contemplates what future societies will think when they uncover artifacts from our own civilization. Scott Simon is one of America's most admired writers and broadcasters. He is the host of Weekend Edition Saturday and is one of the hosts of NPR's morning news podcast Up First. He has reported from all fifty states, five continents, and ten wars, from El Salvador to Sarajevo to Afghanistan and Iraq. His books have chronicled character and characters, in war and peace, sports and art, tragedy and comedy. **SPONSOR:** Foggy Bottom West End Village **ACCESS:** Zoom link will be provided to registrants 24 hours in advance of the event.

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### **Community Events:**

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

**Monday, January 25, 12 noon - 1 p.m.**

**[Conversations with the Department of Aging and Community Living \(DACL\)](#)**--Learn about the services the DC Department of Aging and

Community Living has to offer you in a series of seminars featuring different aspects of their programs.

**Friday, January 29, 2-3 p.m.**

**“Our Search for Belonging” with Howard Ross** -- Join Howard Ross as he talks about the search for belonging and his many years of work in the diversity field.

**Sibley Seniors Association (SSA)** offers programs and support groups online. Their latest newsletter and calendar are available at [sibley-senior-Q1-2021-newsletter.pdf \(hopkinsmedicine.org\)](#)

**Tuesday, January 26, 12 noon-1:30 p.m.**

**Make Happiness a Habit** -- There are 10 top traits that happy people have. Join Ann Turner to learn what that means for us, including the science and psychology behind why these traits help with happiness. Dr. Turner will show us how to come up with our own Personal Happiness Plan. She will talk about the importance of habit formation and follow-through to maintain our personal happiness throughout the year and in the future. In addition, she will give tips on how to apply these concepts and habit changes to cope with the uncertainty of the pandemic. Register by calling **202-364-7602**, or by emailing: [hprecou1@jh.edu](mailto:hprecou1@jh.edu)

**DPR** -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

**Other Community Events:**

**Tuesday, January 26, 2021, 1 p.m.**

**Ford's Theatre After the Assassination** -- After President Lincoln was assassinated at Ford's Theatre on April 14, 1865, an angry public threatened to burn the building to the ground. But Ford's Theatre still stands over 150 years later. Ford's Education explores what happened to the building after the assassination, who occupied it, and how it came to be a working theatre once more. In this interactive program, participants will

look at historic images of Ford's Theatre and the Petersen House from the 1860s through today.

**Tuesday, January 26, 2 p.m.**

**HLAA Webinar on Person-Centered Hearing Care --** Speaker: Bert Meijers, Ida Institute. Person-centered care is about making yourself heard. The Ida Institute is an independent, nonprofit organization working to build a community that embraces person-centered care. Together with clinicians, academics and people with hearing loss around the world, the Ida Institute helps people develop the knowledge, skills and confidence they need to better manage hearing loss. Bert Meijers, digital innovation and learning manager at the Ida Institute will discuss this and more as he presents his webinar, "We're All Ears: Person-Centered Hearing Care." [REGISTER](#)

**Wednesday, January 27, 6-7 p.m.**

**OLIVER SACKS: HIS OWN LIFE, [Special Screening and Talkback](#) --** From filmmaker Ric Burns comes this extraordinary documentary revealing the story of legendary neurologist Oliver Sacks, a fearless explorer of unknown cognitive worlds who helped redefine our understanding of the brain and mind despite his own personal battles with drug addiction, homophobia, and a recalcitrant medical establishment that would only come to accept his work decades after the fact. Included are exclusive interviews with Sacks conducted just weeks after he received a terminal diagnosis and nearly two dozen deeply revealing and personal interviews with family members, colleagues, patients, and close friends.

**Wednesday, January 27, 7:30 p.m.**

**[Shakespeare Theatre Company](#) Shakespeare Hour LIVE!: Hamlet --** There are all of Shakespeare's plays, and then there is *Hamlet*, the "poem unlimited," a work of "infinite jest, of most excellent fancy," a work that "holds the mirror up to nature." It is the single most quoted and most performed of Shakespeare's works, provider of its most iconic scene (the Prince holding Yorick's skull), and also subject of the most frenzied speculation.

**Saturday, January 30, 1-3 p.m.**

**[Mental Health and Self Care, Estate Planning, Nutrition, and Resources](#) --** The Federal City and Washington DC Alumnae Chapters of Delta Sigma Theta Sorority, Inc. are hosting this free virtual webinar available for seniors and their caregivers in the DC community.

## Ongoing Events:

### **Mondays, Wednesdays and Fridays at 12 p.m**

#### **[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.

Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](mailto:access@nga.gov).

### **Tuesday, Thursday, and Friday from 2:30 - 4 p.m.**

**Dance for PD** -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

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## **COMING UP IN PALISADES VILLAGE**

The following 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 [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village

January 24 — 30, 2021

### **William Yates Fitness on Zoom**

Mon 01 / 25 / 2021 at 3:00 PM



Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 01 / 26 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 01 / 26 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Wellness Wednesday - Medication Management for Older Adults**

Wed 01 / 27 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Thu 01 / 28 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Happy Hour**

Fri 01 / 29 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

### **Mindful Knitting**

Sat 01 / 30 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
January 31 — February 6, 2021

### **Book Club**

Mon 02 / 01 / 2021 at 1:00 PM

Where: via Zoom

[More Information](#)

**William Yates Fitness on Zoom**

Mon 02 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 02 / 02 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Wellness Wednesday - TBD**

Wed 02 / 03 / 2021 at 1:00 PM

Where: No address or address is not accurate

[More Information](#)

**Virtual Yoga**

Thu 02 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 02 / 04 / 2021 at 5:00 PM

Where: via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 02 / 05 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 02 / 06 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village

