



Across the Fence February 28, 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:

The [Book Club](#) will be meeting, this Monday, March 1, at 1 p.m. They will be discussing *Eleanor and Hick* by Susan Quinn.

Get ready to stretch those muscles with [Fitness](#) class on Monday, March 1 at 3 p.m. Yoga on [Tuesdays](#) or [Thursdays](#) may be relaxing and energizing.

Join DC Villages for their upcoming Wellness Wednesday on March 3 at 1:00 p.m. on [Gentle Yoga](#). Achieve serenity and a sense of wellness through Gentle Yoga. Modifications will be made throughout the class. Sponsored by Northwest Neighbors Village.

Jennifer Howell will be back to host [Trivia](#) on Thursday, March 4 at 4:30 p.m. Share an hour with friends as you test your general knowledge of trivia! This multiple-choice game will cover subjects such as classic books and TV shows to nautical terms and animal knowledge, and everything in between. Come to keep track of points or just for fun without keeping score!

Please join us on March 4 at 7 p.m. for "[Presidential Leadership](#)," a **conversation with Evan Thomas**. Last April, Evan Thomas, and his wife Oscie's author talk on *First*, the highly praised book about Sandra Day O'Connor, was one of our most popular and highly praised events of the year. Their wealth of knowledge and engaging style was impressive. So,

we are pleased that Evan Thomas has agreed to do another Palisades Village session, this time on the topic of "Presidential Leadership." As a journalist, former Newsweek editor, regular panel member on Inside Washington, and the author of numerous books including several about US presidents, it is hard to imagine a better speaker on this timely subject than Palisades resident Evan Thomas.

Please join us at 5 p.m. on Fridays for our [Happy Hour!](#) Share your ideas and hear some great suggestions on hikes, books, movies. You're in for an engaging discussion!

Join us for [Mindful Knitting](#) at 9:30 am on Saturdays. Don't knit? We can get you started or bring your crochet or needlepoint. If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

Planning ahead? Many of you probably saw and laughed at the meme about cancelling your subscription to 2021 after the free seven-day trial. How are you feeling about the year now that it is March? Is the way you are spending your time feeling meaningful? Or is the year beginning to slip by day-by-day without a sense of direction? What have you done this year to make the most of your one "Wild and Precious Life" as poet Mary Oliver puts it? Are you distracted or in the moment each day?

Join our planner group if you would like to proactively engage with your life this year. We will be using a daily planner to create a focus for what matters to you, whether that is increased health, wellbeing, engagement in cultural activities, or increasing the amount of joy in your life. Together we will use our planners for **attention management** rather than time management. We will use our planners to ensure that we're doing the things that matter and creating the life we want for ourselves.

The planner group is being offered by Georgetown University certified coach Roseanna Stanton. We will kick off with a zoom call and then communicate through an email listserv. Receive weekly inspiration from Roseanna and interact daily support with other members of the group to gain and offer encouragement as you find joy in the journey. The group will be meeting [Monday, March 8](#) at 10 a.m. and again at [Friday, March 12](#) at 1 p.m. Please register for either session by clicking on the link.

Registration is now open for [Pi\(e\) Day](#). We will be celebrating on Monday, 3.15 with home-baked slices of pie. We will be distributing from the Palisades Hub (5200 Cathedral Ave.) at 11 a.m. or you can let us know if you would prefer to have your slice delivered. Our quantity is limited so sign up now to reserve your slice.

You won't have to miss out on touring DC's annual cherry blossoms this year. Instead, join Palisades Village for "hanami", the traditional Japanese custom of "flower viewing." Celebrate from home with a [virtual cherry blossom tour](#) hosted by the National Museum of Asian Art (Freer/Sackler Galleries) on Thursday, March 18 at 3 p.m. We will celebrate the revered "sakura," or cherry blossom, by touring landscapes, figure paintings, and prints by artists from medieval Japan to Katsushika Hokusai and beyond in the Museum's Japanese art collections. Happy spring!

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](#).

COVID Corner:

DC Heath now has an alternating schedule to register for vaccines. Last week, online and telephone appointments started at 9 a.m. on Friday (for us in Ward 3) and this week they are scheduled to open at 6 p.m. on Friday. If you have internet access, you should register for an appointment through vaccinate.dc.gov at that time. If you do not have internet access or wish to speak to a person, call the District's hotline at **855-363-0333**. DC has a [Vaccination Information Guide](#) that walks you through the process of registering. If you need assistance, call the Palisades Village office and we will find a volunteer to help you. *Our goal is to have 100% of our Village vaccinated! We are here to help! *Editor's note: Last week there were many technical difficulties and there should be improvements. In a few weeks there may also be a pre-registration process! Hang in there...we are in this together!*

An increase in eligibility: Those who work in a health care setting; child care workers and teachers and staff working in person in DC; individuals who work in a grocery store setting; outreach workers (including volunteers providing direct services) who work in health, human, and social services; individuals who work in manufacturing; and individuals who work in food

packaging (e.g. persons who work at Food & Friends and other similar facilities). **Palisades Village volunteers are eligible if you work directly with our members!**

Qualifying medical conditions include: Asthma, Chronic Obstructive Pulmonary Disease (COPD), and other Chronic Lung Disease; Bone Marrow and Solid Organ Transplantation; Cancer; Cerebrovascular Disease; Chronic Kidney Disease; Congenital Heart Disease; Diabetes Mellitus; Heart Conditions, such as Heart Failure, Coronary Artery Disease, or Cardiomyopathies; HIV; Hypertension; Immunocompromised State; Inherited Metabolic Disorders; Intellectual and Developmental Disabilities; Liver Disease; Neurologic Conditions; Obesity, BMI \geq 30 kg/m²; Pregnancy; Severe Genetic Disorders; Sickle Cell Disease; and Thalassemia.

If you previously attempted to get an appointment and you did not receive a notification with a confirmation code, date, and location, you must re-register. It's challenging and frustrating but please be patient since residents across all eight wards need to be vaccinated.

What to expect in the event of inclement weather:

In the event vaccination clinics are closed due to inclement weather, DC Health will reach out to individuals with an appointment and make accommodations.

You can also register through medical providers:

Sibley/Johns Hopkins

- Sibley Memorial Hospital is administering the COVID-19 vaccine to patients who are age 65 and older and live in Washington, D.C., per guidance from DC Health. A patient is anyone who has sought care with a Johns Hopkins Medicine provider within the last two years. If you meet the above criteria, you are on Johns Hopkins Medicine's list to be offered a COVID-19 vaccine. Over the next few weeks, individuals who meet these criteria will be contacted via email or phone when it is their turn to schedule a COVID-19 vaccine appointment in [MyChart](#). For privacy reasons, the notification will be titled, "You have an appointment to schedule in MyChart." Please check your MyChart account regularly.

- Appointment Information:
 - Appointments are required for COVID-19 vaccines and can be scheduled in MyChart.
 - No walk-ins are allowed.
 - Based on vaccine supply available to Johns Hopkins Medicine at any given time, they are randomly selecting eligible patients to schedule a vaccination.
- If you would like to get the COVID-19 vaccine, you will need to activate your [MyChart](#) account. MyChart is a secure portal protected by advanced encryption technology. Only you and your designated care partner will be able to access your account via a password.

Veterans Administration

- Veterans will be notified of available appointments directly from the Veterans Administration.

Kaiser Health and One Medical

- Those of you who participate in Kaiser Health or One Medical have probably already received notifications from those practices about their plans to administer vaccines.

George Washington Hospital/GW Medical Faculty Associates

- GW Hospital is scheduling anyone who has a doctor associated with the hospital or The GW Medical Faculty Associations. For more information go to [COVID-19 Update | George Washington University Hospital \(gwhospital.com\)](#) or call **202-677-6333**.

United Medical Center

- The appointment line is **202-574-6473**. Hours: 7:30 a.m.- 6:30 p.m.

[Medstar Georgetown Hospital](#)

- Georgetown Hospital is now providing immunizations to all District of Columbia residents age 65 and over. To get an appointment, call **202-444-8168** or **202-295-0669** if you are over 65.

Howard University

- Howard reopened appointments but they are not showing any slots currently available. Howard University Faculty Practice Plan is still focused on serving patients who are 65 years and older, many of whom were canceled due to previous limits on vaccine availability and weather delays.
- To schedule (when available): <https://app.acuityscheduling.com/schedule.php?owner=21700170>

SECOND VACCINE:

If you are having trouble getting an appointment for a second dose, you should email vaccinatedc@dc or call **855-363-0333**. You should get an immediate response with links included.

Information on the vaccine and other COVID-related resources can be found on our [website](#).

Have you met our Village Case Manager? Meet Barbara Scott



As the Case Manager, my role is to provide members with expertise and resources in navigating unanticipated events that can befall us as we age.

Remaining in our homes as we age can be an important and wonderful experience, but we also must be prepared so that our home remains a safe and comfortable environment. In addition, sometimes life throws us a few unanticipated curveballs, and one of my roles for Village members is to help you navigate difficult times whether

a hospital stay, the need for rehab, or the loss of a loved one.

There are several ways in which I can help you. One of the most effective is by arranging a home visit (which I have done with some of you) where I can learn about your current living situation, your general health, and the

types of services that you may require ranging from transportation and meal delivery to identifying resources for legal or financial aid.

I may also first meet you when you have had a significant life-altering experience that ends up with hospitalization. During these times of crisis, I can be an effective resource in helping you navigate the relationship with your health care providers, the hospital social worker, and anticipating and arranging for your needs once you are discharged. Post-discharge can often result in the need to spend time in a rehab facility before returning to your home, and I can help with those arrangements.

I can also work closely with you, your family, and/or friends to make sure that your home environment will be safe upon your return. Should you need additional nursing care, meals, transportation, etc., I can work with you to identify those resources as well.

As your case manager, I am here to make aging in place a positive experience, whether navigating routine day-to-day activities or being a valuable resource in the event of a potentially life-altering event.

Call the Palisades Village office at **202-244-3310** if you would like to speak with Barbara and we will put you in touch.

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! (Ask us how you can access these great books!)
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

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.

Email Scam Alert From Our Friends at Northwest Neighbors Village:

What's does this phishing scam look like? - Three of their members were recent victims of targeted “phishing” attacks. Someone managed to get into her email address book and steal the addresses. They then created an email address very similar to hers and sent an email, similar to the one below, to all of her contacts which sounded very convincing (the names have been changed):

----- Forwarded message -----
From: **Jane Smith** <janehsmith@gmail.com>
Date: Sat, Feb 20, 2021 at 12:56 PM
Subject: Have you gotten your vaccine?
To:

I hope all is well. Have you gotten your vaccine?
I have had shot one and am scheduled for shot two on February 26.
I need a little favor from you tonight or tomorrow.

Sent from my iPhone

Confidentiality Notice: This email message and its attachments are intended only for the individual or entity to which it is addressed. This email may contain information that is proprietary or privileged, confidential and exempt from disclosure under applicable law. If you are not the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you received this email by accident, please notify the sender immediately and destroy this email and all copies of it.

Jane's **REAL** email address is different, but it's very easy to overlook this small change.

Fake gmail accounts - It appears the scammers are creating fake gmail accounts that look eerily similar to the real email address. If you or someone you know is a victim to this scam, please visit the following web site to report fraudulent Gmail accounts - <https://support.google.com/mail/contact/abuse>

Here are a few other tips to steer clear from being scammed, recommended by AARP:

1. If you are ever even slightly suspicious of an email or text you receive from a friend, listen to your intuition and immediately reach out to that person on a known email address or, preferably, a phone number to make sure they really sent you the message.
2. Change your email address passwords every time you turn the clocks back.
3. Use unique passwords for different accounts. If you are using the same password for your email and your Netflix account and your bank account and your DC Water account and then one of those gets hacked... the hackers can then get into ALL of your accounts.
4. Place a post-it over the camera on your computer so if the hackers get in they can't see you on the camera.

NNV has investigated and has helpful information:

1. Three of our members have been victims of a phishing attack this week. They all had Verizon email addresses. We are not sure if this is purely coincidence or a Verizon issue but something we think is worthwhile to point out.
2. The members impacted by the phishing scam have had bogus emails sent to all of their contacts, not just NNV contacts.
3. We have checked with our database company and have been reassured Northwest Neighbors Village's data has not been compromised. However, to be on the safe side we have removed members' email addresses from the online Member Directory. Rest assured our Member Directory is not available to the public, it is only available to members with a log-in.
4. As a precautionary measure, it may be worthwhile to change the password on your email accounts and/or set up 2-step verification. Click on the highlighted sections below to follow the steps to make changes to your account. We've included some of the popular accounts below, but you may need to check with your provider for more setup options.

Unfortunately, a simple internet search did not yield helpful instructions on changing your Verizon password or setting up 2-step verification. If you have a Verizon account, please contact Verizon directly for assistance.

*Remember, if you change your password, make sure you don't use the same password elsewhere.

- [Google - How to change your password](#)
- [Google - How to set up 2-step verification](#)
- [Microsoft Outlook - How to change your password](#)
- [Microsoft Outlook - How to set up 2-step verification](#)
- [Aol - How to change your password](#)
- [Aol - How to set up 2-step verification](#)
- [Yahoo - How to change your password](#)
- [Yahoo - How to set up 2-step verification](#)

If you have a "techy" person in your life, we recommend talking to them about these recent phishing scams and discuss the right strategies for you.

Our friends at Waterfront Village have invited us to join them at two programs related to internet scams:

Monday, March 1 - Part 1: AARP Senior Planet Seminar - Protecting Your Personal Information Online

1:30-2:45 [Register Here](#)

Wednesday, March 3 - Part 2: Village Follow-up to AARP's protecting Your Personal Information Online

3:00-4:00 [Register Here](#)

Participate in a LeadingAge DC Study:

LeadingAge DC is helping LeadingAge National conduct focus group research for an initiative designed to change public attitudes about aging services and help the organization understand how people view providers of aging services. They are looking for individuals who are interested in joining a 90-minute online focus group conducted by an independent research company, 3W Insights. Would you like to share your insights and perspective?

The researchers need a mix of all different kinds of people – so the first step will be to have a fast chat so they understand more about you. Then they will put together a final list of participants. Should you be selected, all information is confidential. And everyone who participates in the 90-minute session will receive a \$50 gift card as a thank you.

If you are interested in being considered, please let me know (asaccoccia@palisadesvillage.org) – and I will share your name and email and Jodi from 3W Insights will reach out to you (You'll see an email from Strauss.jodi329@gmail.com). She'll ask you a couple quick questions – and then will let you know if you've been selected to participate on March 1 at 5:30 p.m.

Creative Corner: We need some of your talents to fill this space!

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!

DC Village Collaboration



DC Villages



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

Register by clicking on the link in the title or in the description.

Tuesday, March 2, 1:00 - 2:30 p.m.

[Escape Junk News: Your Media Literacy Toolkit \(Interactive Class\)](#)--In this session by educators from the Freedom Forum, participants will explore the problem of fake news in today's media landscape. Consider: What qualifies as "fake" news? Why should you care what's real and what's not? How can the motivations behind news stories shape the content? Zoom login information will be emailed to registrants the day before the event.

Tuesday, March 2, 4:00 - 5:00 p.m.

[Older Drivers: What We Know that Can Save Lives](#)-- Waterfront Village Volunteer Tara Kelley-Baker works as a researcher for the AAA Foundation for Traffic Safety, a research organization focused on understanding driving risks and promoting traffic safety. Her research has included a number of studies involving older drivers and road safety. She will share what she has learned and help separate the facts from the myths about older drivers. She also will provide tips on mitigating risks associated with older drivers. If you still get behind the wheel, this is one presentation you should consider attending. A link to the meeting will be sent after registration.

Wednesday, March 3, 2:00 - 3:00 p.m.

[One Minute to Midnight: Kennedy, Khrushchev, and Castro on the Brink of Nuclear War](#) -- In October 1962, at the height of the Cold War, the United States and the Soviet Union came to the brink of nuclear conflict over the deployment of Soviet missiles to Cuba. Author Michael Dobbs has pored over previously untapped American, Soviet and Cuban sources to provide the most authoritative book yet on the Cuban missile crisis. In this

NYT bestselling book, Dobbs takes us inside the White House and the Kremlin as Kennedy and Khrushchev--rational, intelligent men separated by an ocean of ideological suspicion--agonize over the possibility of war.

Thursday, March 4, 7:00 - 8:30 p.m.

[Clinical Hypnosis – What It Is and What It Isn't](#) -- Have you ever been intrigued with the practice of clinical hypnosis and wondered what it can do and what it cannot do? If your answer is yes to either or both of these questions, here is an opportunity to learn more about that area of medical practice which has been used as an efficacious intervention in medical, dental, and behavioral health care for many years. You will meet Dr. G. Lane Wagaman, EdD, Licensed Psychologist and Approved Consultant, American Society of Clinical Hypnosis, and his Co-Presenter, Maggie Dickens, Licensed Professional Counselor and Licensed Chemical Dependency Counselor who will discuss the many uses and benefits of clinical hypnosis. Please join us for what promises to be an interesting and fascinating evening. Dr. Wagaman and Ms. Dickens will welcome questions throughout the program so this will be the opportunity for you to ask questions related to clinical hypnosis.

Tuesday, March 9, 1:00 - 2:00 p.m

[Scams, Fraud, and Cons: How to Keep Your Money Safe](#) -- Did you know Americans lose over \$2.5 billion every year from financial exploitation? Sydney Palinkas from ElderSAFE Center will lead an interactive discussion on the most common scams right now, red flags, how to protect yourself, and information on reporting. [Please email here to register.](#) Zoom information will be emailed to registrants 24 hours in advance of the event.

Tuesday, March 9, 2:00 - 3:00 p.m.

[The Constitutional Convention - The ULTIMATE Mission Creep](#) -- There was general agreement in 1787 that the Articles of Confederation that governed relations between the 13 newly independent nations of North America were not working well. The solution was to hold a convention to revise the articles so that they would be adequate to the purpose. Once in session, however, the delegates revised their mission and chose instead to create a constitution for a new, united nation without mentioning this vast new goal to their state governments or asking for permission to do so. Join Kentlands resident, Barney Gorin, as he shares the story of the Constitution's creation and the men who achieved it during that long, hot

summer. Zoom information will be emailed to registrants in advance of the event.

Wednesday, March 10, 11:00 a.m. - 12:30 p.m.

[My 5-Year-Old Could Do That - A Conversation about Modern Art](#) --

Nancy Hirshbein, a docent at the Hirshhorn Museum and Sculpture Garden (and Village member), will lead a virtual tour and discussion. We'll take a look at art that is often challenging to museum visitors, delving into works by Jackson Pollock (abstract expressionism), Donald Judd (minimalism), and Marcel Duchamp, the granddaddy of them all. The conversation will be interactive, with lots of time for questions and discussion. Please register by March 9. Zoom -

<http://%20https://us02web.zoom.us/j/86170606208?pwd=R0RWZ1NpNnhxaFh6NlltQ0hFM1E5dz09>

Wednesday, March 10, 2:00 - 3:00 p.m.

[Armchair Travel: Vietnam](#) -- Laurie Welch, longtime Village of Takoma Park member and former Co-President of the Board, will share her adventures to Vietnam. Laurie traveled to Vietnam in early 2019, learning about the legacy of the Vietnam war as well as seeing UNESCO World Heritage Sites, visiting Hanoi, Hue, the DMV area of the Vietnam war, Hoi An and Halong Bay. Using photos, she will describe her journey, looking at the beauty of the country and some of the legacy of the war. Please register by March 8. Zoom link will be emailed to registrants prior to the event.

Wednesday, March 10, 2:00 - 4:00 p.m.

[SPARKLE - Senior Women in the Arts](#) -- Join us for our monthly SPARKLE: Senior Women in the Arts, featuring dollmaker Camila Bryce-LaPorte, mixed media artist Jamie Downs, poet JoAnne Gowney, and artists Leslie Anne Hansley, Marjorie Hirano and Cynthia Farrell Johnson. Hosted by artist and poet Neha Misra, this panel of creative women will explore what inspires them, what defines them, and how their creative expression and perspective have changed over time. Please register by March 9. Zoom -

<https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHERTWRqaWpoUT09>

Wednesday, March 10, 2:30 - 3:30 p.m.

[Falls Prevention](#) -- Thanks to Zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. Zoom information will be emailed to registrants 24 hours in advance of the event.

Wednesday, March 10, 5:30 - 6:30 p.m.

[Fight House: Rivalries in the White House from Truman to Trump](#) --

Tevi Troy currently serves as the CEO of the American Health Policy Institute and has also served as a senior staff person at the White House during the Presidency of George W. Bush as well as Deputy Secretary of the Department of Health and Human Services during that Administration. During this fascinating session, he will present to us his book about rivalries in various Administrations, including the most recent one of President Trump, a book recently designated as a "must-read" by the Wall Street Journal. Zoom login information will be emailed to registrants the week of the scheduled event.

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.):

Wednesday, March 3, 3 p.m.

[Pursuing the Horizon: Stories of Justice by Russell F. Canan](#)-- Russell F. Canan will talk about his new book: Pursuing the Horizon, which offers a collection of essays and courtroom stories from an activist, death penalty lawyer, and Washington, D.C., judge struggling to seek justice in the courtroom, in the fields where migrant farmworkers toil, and in the rice paddies of Vietnam.

Friday, March 5, 3 p.m.

[How African-American Artist William H. Johnson \(1901-1970\) Found His Voice](#)--

In this conversation, Ruth Greenstein, a docent at the Smithsonian American Art Museum (SAAM), will explore how artist William H. Johnson's style evolved, in only two decades, from realism, to expressionism, and finally, to "neo-primitivism" (his term). Ruth will ask participants to take a close look at one of his later works and then discuss the gradual development of his eventual highly personal style, as he moved from the Deep South, to New York, to Europe, and finally back to the New York of the Harlem Renaissance.

Tuesday, March 9, 12 p.m.

[Improve Your Brain Health- Learn How to Play Online Games](#)--

Improve your brain health and have fun! Studies show that online games can improve your brain health. Have you been hearing about online games and wondering what it is all about? Join us to learn how to play chess so that you can play with friends or relatives or new friends.

Wednesday, March 10, 3 p.m.

[Understanding and Responding to Dementia-related Behaviors: talk by the Alzheimer's Association](#)--

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use verbal language is lost. This session helps us learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene during some of the most common behavioral challenges of Alzheimer's disease. Sheila Griffith, Program Manager for the Alzheimer's Association National Capital Area Chapter, will be sharing this information.

Weekly on Fridays, 5 p.m.

[DISDance Party](#)-- Get the weekend started by dancing using the DC Public Library's [Freegal](#) music collection. We'll DISdance along to a variety of playlists. We will review how to use this wonderful resource at 5:00 p.m. and start dancing at 5:30-6:00 pm. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library.

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

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, March 2, 7 p.m.

[Theater J Reading of Israel Zangwill's, The Melting Pot](#) -- Come together on Zoom for a reading of Israel Zangwill's 1908 hit *The Melting Pot*, a retelling of *Romeo and Juliet* that also examines immigrants' essential role – and dilemmas -- in the U.S. Sign up to read a part – no acting experience required – or just watch and listen to a theater classic that still speaks to us today.

Wednesday, March 3, 6 p.m.

[Discussion with Bandy X Lee, Forensic Psychiatrist](#)--Bandy Xenobia Lee is a forensic psychiatrist with Yale University and a specialist in violence prevention. In 2017, Dr. Lee attracted attention for organizing a conference at Yale on professional ethics surrounding the mental health of Donald Trump and the dangers—for our country—of his mental instability. In a 2021 article, entitled *The 'Shared Psychosis' of Donald Trump and His Loyalists*, *Scientific American* asked Lee to comment not only on how Trump has been able to create a cult of followers but also on what drives his seemingly cult-like followers. Her March 3 discussion with DCV is an opportunity to better understand our history from the perspective of a professional with a deep understanding of violence and violence prevention.

Wednesday, March 3, 7 p.m.

ANC 3 D Meeting -- Join by computer: <https://zoom.us/j/3245082822> or by phone at 1-301-715-8592 Meeting # 324 508 2822

Sunday, March 7, 2 p.m

TDI – Working to Assure Deaf & Hard of Hearing People Have Access to Telecommunications, Media & Info Technology-- Join Eric Kaika, TDI's Chief Executive Officer, to learn about wire, radio, optical, and other

electromagnetic telecommunication systems to be able to communicate with anyone, public broadcasts, announcements, and other communications in order to be fully aware and navigate through their environment, including emergency alerts, closed captioning, & text to 911, and types of technology to be able to have a good quality of life. Please RSVP by March 2 so that we can send out guidance in advance on how to access this program on Zoom. RSVPs can be sent by return email to hladcchapter@gmail.com.

Wednesday, March 17, 6 p.m. [From Page to Stage: Celeb Salon with Theater Artists Adam Immerwahr and Jojo Ruf](#)-- How does a play – the script, actors, sets, and all the other theatrical elements -- get to the stage? What's involved? Who's involved? Whether it's Broadway or community theater, the answers are almost as dramatic and, sometimes, as comic as the plays themselves. Join Theater J's Artistic Director, Adam Immerwahr, and Managing Director, Jojo Ruf, for a behind-the-scenes-look at how theater is made that will deepen your understanding and sense of wonder when you return to live performances.

Tuesday, February 23, 2 - 3 p.m.

[Culinary Explorations](#) --February's Culinary Explorations are filled with "Oh-So-Good" recipes, from savory to sweet. Join Charles E Smith Life Communities for this month's installment of the Zoom culinary series as our chef takes you step-by-step through delicious recipes you'll love!

Ongoing Events:

Weekly on Fridays, 1:00-2:00 pm

[The Art of Looking](#)--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding about a single work of art in each meeting. Each session lasts one hour and is completely interactive. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout

rooms for this program. Please contact looking@nga.gov to request access or for more information.

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.

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](#).

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

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

This Week at Palisades Village
February 28 — March 6, 2021

Book Club

Mon 03 / 01 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 03 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 03 / 02 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday-Gentle Yoga

Wed 03 / 03 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 03 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 03 / 04 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Evan Thomas on Presidential Leadership

Thu 03 / 04 / 2021 at 7:00 PM

Where: via Zoom

[More Information](#)

Virtual Happy Hour

Fri 03 / 05 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 06 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
March 7 — 13, 2021

Planner Group

Mon 03 / 08 / 2021 at 10:00 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 03 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 03 / 09 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 03 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 03 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 03 / 11 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Planner Group

Fri 03 / 12 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 03 / 12 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 13 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village