



Across the Fence February 14, 2021

Happy Valentine's Day

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 office is closed tomorrow in Observance of Presidents Day. There will be no fitness class. You can ease into the week with Yoga on Tuesday.

This week's DC Villages Wellness Wednesday at 1 p.m. will be on [Living Long and Loving Well](#). Join Kingdom Care Senior Village and guest speaker, Dr. Alka Gupta, to learn how to live long and live well as a healthy lifestyle for senior adults.

Please join us at **5 p.m. (Note the new time)** on Fridays for our [Happy Hour!](#) We want to hear what you have been reading and watching.

For those who missed our [Trivia](#) game last week, our leader Jennifer Howell will be back on Thursday, February 25 at 4:30 p.m. with even more challenging questions. Don't miss out on the fun! (And it was a lot of fun, you'll love our college-aged volunteer!)

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:

Still Holding out for a Vaccination appointment? Join over 100 community members that the Village has helped get appointments!

Good news! After weeks of appointments filling in minutes, DC Health still had appointments hours after they became available on Friday. We are so appreciative of the volunteers who have helped our members get appointments and get to those appointments.

DC Health anticipates that the process will be the same and registration for appointments will be available for all DC residents over the age of 65 next Friday at 9 a.m. If you have internet access, you should register for an appointment through vaccinate.dc.gov. If you do not have internet access, call the District's hotline at **855-363-0333** to register for an appointment.

NEW: The DC Health Department is now setting aside a certain percentage of its weekly appointments for Call-ins! There were several appointments available this past Friday afternoon and some of our members were successful in scheduling their first vaccination! You will receive a follow-up confirmation.

The DC Department of Health is also working to resolve home-bound seniors getting the vaccine as well as explaining what constitutes a "chronic underlying health condition" for a future phase of the vaccine rollout. They are looking into partnering with CVS and Walgreens. Currently, they have partnered with Safeway, Giant, Harris Teeter, and Walmart. (These are accessed through the vaccinate.dc.gov site or the phone number: **855-363-0333**, press option #4)

If you were not successful at getting one of those appointments, Palisades Village is happy to add you to the waiting list for MedStar Lafayette Center. Dupont Circle Village is working with MedSTAR Georgetown at Lafayette to get adults 65+ vaccination appointments for COVID-19. Based on availability, you may be able to receive your first shot at MedSTAR Georgetown at Lafayette Square located at 1120 20th Street NW between L and M Streets, Building 1 South, Level A inside the Orthopedic Clinic.

However, it is short notice. You are alerted only a few hours ahead of an appointment. Community members were called and e-mailed with the confirmation, the night before or just hours before their same-day

appointment. **If interested, please reply to this email with your information and we will pass it along.** All personal information will be kept in the strictest confidence.

Once an appointment becomes available, Palisades Village will call you AND you'll receive an email from Dupont Circle Village confirming your appointment time with instructions.

In order to participate and expedite the process we need the following information from you:

- Last Name, First Name
- DOB
- Email
- Phone
- Address
- Do you have allergies?
- Have you had reactions to flu shots?
- Do you carry an EpiPen?

Someone from Palisades Village and Dupont Circle Village will follow up with a phone call and an email to confirm once your appointment is available.

Volunteer Corner:

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others. - Maya Angelou

**Many thanks to all of our wonderful volunteers
from all of us who benefit from your caring and help.**

Sending Virtual Hugs!

Thanking Our Healthcare Workers:

Ruth Koczela, 99, a long-time Member of the Palisades Village, and all her neighbors in the Palisades, want to express a warm thanks to all healthcare workers, but especially those at Johns Hopkins/Sibley Hospital. With the help of Tricia Duncan, Anne Ourand, Maria Garcia, and others, they plan to make the sign (see photo below) available at the PCA tent at the Palisades Farmers' Market, starting this Sunday, February 14th, **WEATHER PERMITTING, from 9 a.m. -12 p.m.** Neighbors are encouraged to stop by to sign the banner, and leave a note of gratitude. The banner will be delivered to the administration at Sibley to share with staff and hopefully have it hang in a prominent place within the hospital for all staff to see. The banner will be available for signing for a couple of Sundays at the Farmers' Market and perhaps at a few other locations, volunteer time, and weather permitting.



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)
- 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.

Have your bike fixed while supporting Palisades Village:

Have a bike needing repair and don't want to take it to a bike shop? How about having someone come to your home? Contact “Dr. Bike”, he makes house calls. Is your bike sitting in the garage collecting dust and rust? A visit by “Dr. Bike” who would work on your bike in your driveway or in your garage while you're inside. For a fee of \$20, “Dr. Bike” will come to your residence and spend up to one hour and will donate your \$20 to Palisades Village. Contact Charlie @ **(202) 436-5604** or chasblanman@gmail.com to arrange an appointment.

*** Special for the rest of February- pump up tires only for \$10 which will be donated to Palisades Village.

Charlie Lanman, Associate Member & PV Board Member

Mystery in the Palisades: Can You Help Solve It?

In the course of clearing a walking path at the Palisades Recreation Center, Avi Green, former president of the PCA, stumbled across a mystery. Below

the children's playground and next to the parking lot is a large cement surface, approximately 20 X 15" or more, partially covered by undergrowth. Electrical infrastructure and the base of a light post are still present. Avi has been told that an amphitheater once existed on the site, and he'd like to see it restored in some manner one day for small gatherings. He's hoping some longtime resident of the Palisades can help fill in the details of what used to stand there, and better still, have photographs to share. If you have information, please contact Avi at avinoamgreen@gmail.com

Tax Time is Here and DC Tax-Aide is Ready to Help:

AARP Foundation Tax-Aide, free, volunteer-based tax preparation and assistance service, has announced that there will be adjustments to the program in 2021. DC Tax-Aide Help is available 2/12/2021 – 4/15/2021. Here are the options available for DC residents:

DC Tax-Aide Help Desk: Send a text to or leave a message at **202-642-9037** or email the DC Tax-Aide Help Desk at DCTaxAide.Help@gmail.com if you have questions or need help with your federal or DC tax return. One of our counselors will get in touch with you by email or return your call using the number 617-675-4444.

Alternate Tax Preparation (Self-preparation): You do your own taxes, but they are available to answer questions or help you through rough spots! To get started, go to www.aarpfoundation.org/taxaide or contact the DC Tax-Aide Help Desk.

Contact-free: You send your scanned documents to us and we prepare your return! All contact is by video chat or telephone. A copy of your completed return is emailed to you. You sign and we eFile your return. To get started, go to www.aarpfoundation.org/taxaide or contact the DC Tax-Aide Help Desk.

Low-contact BY APPOINTMENT ONLY (Available when pandemic conditions allow): By appointment, you bring your documents to them at a designated site and either (1) they scan and return them or (2) you leave them with them. All further contact is by video chat or telephone. You get a copy of your completed return. You sign and we eFile your return. To get started, contact the DC Tax-Aide Help Desk.

Register for your snow shoveling exemption before February 28:

Residential property owners may be exempt from sidewalk shoveling enforcement if they live in their own homes and are 65 years old and/or a person with a disability. Once approved, residents must apply every other year to the Department of Public Works to continue to receive the exemption. The current two-year exemption runs from January 1, 2021-December 31, 2022. **The deadline to apply is February 28, 2021.**

Residents who received an exemption in 2020 should reapply in 2022 to continue to receive this benefit. To apply for your exemption go to [Sidewalk Shoveling Exemption Form](#).

LGBTQ Village Events:

Capitol Hill Village has a grant to establish more ongoing LGBT* specific and inclusive programs such as---a speaker series, fitness/wellness programs, educational programs, social events, and more! They wish to invite other Villages to join them for Pride month in June and the LGBTQ Intergenerational Symposium in September. If you would like more information, plan and/or support additional LGBT* programs and events, please contact Sophia Ross at sross@capitolhillvillage.org or at 202-543-1778, ext. 204

Some upcoming events you're invited to include:

- LGBTQ Social Hour, February 18th from 6:00 to 7:00 p.m.
- LGBTQ Storytelling: Let's Laugh! Event on February 27th from 4:00 to 5:30 p.m.
- Yappy Hour Event with Georgetown LGBTQ Resource Center, March 4th from 6:00 to 7:00 p.m.
- LGBTQ Social Hour, March 18th from 6:00 to 7:00 p.m.
- Alzheimer's Association partnership, Open Discussion/Panel with LGBTQ individuals with Memory Diseases and Caregivers (exact date in April to be confirmed)

The Dr. Saul and Dorothy Kit Film Noir Festival:

The Dr. Saul and Dorothy Kit Film Noir Festival will be held this year on March 11-21, 2021, virtually and free of charge. The Festival has been endowed by our **Palisades Village member and neighbor Gordon Kit** in honor of his parents and is being sponsored by his alma mater Columbia University. The title of this year's Festival is "Border Incidents: The US-Mexico Border in Film Noir". The films, which will be streamable free of charge, are Anthony Mann's *Border Incident* (1949), John Farrow's *Where Danger Lives* (1950), and Orson Welles's *Touch of Evil* (1958). This virtual festival will culminate with a free roundtable discussion with scholars and activists, including Jonathan Ryan (RAICES), Jonathan Auerbach (University of Maryland), Margarita de Orellana (*Artes de México*), and Homi Bhabha (Harvard University). For more information and ticketing, please see the weblink: <https://arts.columbia.edu/noir>

Creative Corner:

A Happy Valentine's Day to You!

"Funny Valentine" is a song from the 1937 musical *Babes in Arms* by Rodgers and Hart. It's become a standard because it speaks to those of us who may have imperfections.

Funny Valentine
My funny Valentine, sweet comic Valentine
You make me smile with my heart
Your looks are laughable
Unphotographable
Yet you're my favorite work of art
Is your figure less than Greek?
Is your mouth a little weak?
When you open it to speak
Are you smart?
But don't change a hair for me
Not if you care for me
Stay little Valentine, stay
Each day is Valentine's Day

Submitted by member Frank Staroba



Photo from the City of Brotherly Love by Erica Blanton

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!



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.

Wednesday, February 17, 10-11 a.m.

Dating While Gray--After her marriage of 30 years ended, Laura Stassi had questions about finding and navigating love and relationships. She turned to other older single people - divorced, widowed, and never married - and other experts for advice. Laura shares what she learned on her podcast and website Dating While Gray. Laura will share with us her experiences developing her podcast, the dating stories she's heard along

the way, and her tips for online dating. Everything's on the table!

SPONSOR: Arlington Neighborhood Village

ACCESS: <https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIydzJ3ck1rc09NRTYySVNMUT09> Or, dial in at 929-205-6099. Meeting ID: 889 4857 7106 Passcode: 872327

Thursday, February 18, 11 a.m.

[A Virtual Visit to SAAM Featuring Works by African American Artists](#) -

Do you miss being able to visit museums? Artful conversations don't have to stop just because the Smithsonian's wonderful museums are temporarily closed. Join **Melissa Clark**, a docent at the Smithsonian American Art Museum, for a lively hour of close looking and conversation about selected works from SAAM's expansive collection of works by African American artists. Among them will be *Landscape with Rainbow*, the painting Dr. Jill Biden chose as a backdrop for one of the ceremonial events of Inauguration Day.

Thursday, February 18, 2-3 p.m.

Global Needs: Answers for Humanity-- Ursula Mueller, German diplomat, former executive director at the World Bank and until this year the United Nations assistant secretary-general for humanitarian affairs, will share her insights and show slides of her official field missions to some of the 45 countries with humanitarian situations that she visited during the past three years. You'll meet amazing people with dignity in their eyes, striving for solutions, and hear about leaders of armed groups that had displaced an entire village population and how people rebuilt their lives with the assistance of the international community. Co-sponsored by BMAV and Connie Morella Library SPONSOR: Bethesda Metro Area Village

ACCESS: Zoom

login:<https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIydzJ3ck1rc09NRTYySVNMUT09> OR dial: 301-715-8592. Meeting I.D.: 936 5563 3065

Thursday, February 18, 3 - 4:30 p.m.

Racial Wealth Gap with Pamela Queen, Delegate to the Maryland

General Assembly, 14th District -- This session will review the causes and policies underlying the racial wealth gap, including discrimination in the labor market, the disparity in education and skills, high incarceration rates, and low net worth and assets. Speaker: Pamela Queen, Delegate to the Maryland General Assembly representing the 14th Legislative District in

northern Montgomery County. Hosted by Greater Stonegate Village. Register in advance by Feb. 16 on [Greater Stonegate's online form](#).

Thursday, February 18, 3:30 p.m.

Art Thursday - Giving Voice - Bradwell and Hayes -- Myra Bradwell and Roland Hayes lived in two separate worlds in two different centuries, but what they accomplished individually helped to define American culture and society to this day. Bradwell was married to a lawyer in Chicago and went to the U.S. Supreme Court to affirm her qualification to practice law and published an influential legal journal. Hayes was born in Georgia, the son of a formerly enslaved mother, who raised his voice in song and deed to promote racial equality and appreciation of music. They followed different paths over their lifetimes and both ultimately gave voice to those who had not previously been heard or recognized. A Villager, longtime docent, and history maven, Lorna Grenadier will share their remarkable and inspiring stories with some surprises along the way. [Register for the talk here](#)

Sunday, February 21, 2-4 p.m.

"Stark Mad Abolitionist" -- Dr. Robert K. Sutton, the former Chief Historian of the National Park Service, has written, contributed to, and edited over thirty books and articles on American history. Bob will present an entertaining and informative talk of his recent book, "Stark Mad Abolitionists" and will show how John Brown, Reverend Henry Ward Beecher, Sam Houston, and Abraham Lincoln all figure into the story of Lawrence and "Bleeding Kansas." The story of Amos Lawrence's eponymous town is part of a bigger story of people who were willing to risk their lives and their fortunes in the ongoing struggle for freedom and equality. SPONSOR: Burning Tree Village ACCESS: Zoom login: <https://us02web.zoom.us/j/87372607992?pwd=K3U4SDZGVGJUOGI5bjdmOEtFL005dz09> Meeting ID: 873 7260 7992

Sunday, February 21, 3-4 p.m.

Journalism in Today's World: How to Make Sense of It All - with Bill Plante -- Mount Vernon At Home, Arlington Neighborhood Village and At Home in Alexandria are excited to present an afternoon conversation with veteran CBS News journalist, correspondent and anchor, Bill Plante. Plante will provide his thoughts on how better to understand journalism, reporting and the cascade of information washing over us daily. And he will provide a unique, "insiders" perspective on American life over the last 50 years! SPONSOR: Mount Vernon at Home ACCESS: Zoom

login: <https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIydzJ3ck1rc09NRTYySVNMUT09> OR Dial-in: 301 715 8592 Meeting ID: 884 0121 0919

Monday, February 22, 11 a.m. - 12:30 p.m.

Living Healthier and Happier in Retirement - Essential Steps -- Learn how to Live Happier and Healthier in Retirement with Brad Bickford especially in this pandemic time. Key pillars to this entail focusing on one's emotional/psychological, physical, social, relationship, and spiritual components. In addition, learning how to keep our brains healthy is critical. Bickford, BCD, LCSW is an instructor of adult education at the Osher Lifelong Learning Institute (OLLI) at American University, lecturer, and practicing clinician. He will use humor and lead activities along with a PowerPoint presentation on this topic. SPONSOR: Bethesda Metro Area Village [Register Now!](#)

Monday, February 22, 2 - 3 p.m.

Virtual Tour of the George Washington Masonic National Memorial -- In honor of George Washington's birthday, explore the memorial in Alexandria, Va. that honors our first president as a Freemason. Chevy Chase At Home's Volunteer and Membership Program Manager Katharine Kosin, who has been a tour guide at the Memorial for 8 years, will virtually guide participants through the upper floors of the Memorial that are currently closed to the public due to COVID-19. SPONSOR: Chevy Chase at Home [Register Now!](#)

Tuesday, February 23 at 4:00

[Home Modifications for Older Adults](#)--A Certified Aging in Place Specialist (CAPS) is someone who understands the aging-in-place home remodeling market and the technology, tools, and resources that are available for seniors to age in place. We have invited a CAPS specialist to join us for a review of the common home modifications that older adults should consider to lower risk and increase comfort in their homes.

Thursday, February 25, 1 p.m.

Art Thursday – Art at Glenstone -- Glenstone museum in Potomac, MD is a place that seamlessly integrates art, architecture, and nature into a serene and contemplative environment. Guided by the personal vision of its founders, Glenstone assembles post-World War II artworks of the highest quality that trace the greatest historical shifts in the way we experience and

understand the art of the 20th and 21st centuries. Led by guide Amanda Hays and Assistant Manager of Visitor Programs Kerri Huso, this virtual presentation will focus on the physical qualities of art. We will take a closer look at the materials and processes involved in the making of select artworks in Glenstone's collection, including works by artists Tacita Dean, Ruth Asawa, Richard Serra, and others. [Please click here to register](#). You will receive the Zoom link prior to the program.

Thursday, February 25, 5:30 - 6:30 p.m.

[The Current Pandemic and Steps Forward](#) -- Jane Hyatt Thorpe serves as a Professor of Health Policy and Management and a senior member of the management team in the public health school at George Washington University. Also timely, Jane will discuss the current state of the pandemic in which we find ourselves and the steps to move us past this crisis.

SPONSOR: Georgetown Village **ACCESS:** Zoom login information will be emailed to registrants the week of the event.

Friday, Feb. 26, 1:30 - 2:30 p.m.

Off the Beaten Path in Montgomery County with Ralph Buglass --

Ralph Buglass will give us tips and suggestions of wonderful places to escape and explore in MoCo during the pandemic. Ralph Buglass, a Montgomery County native and avid history buff, has taught at lifelong learning institutes associated with Johns Hopkins and American universities and Montgomery College. He speaks frequently to community groups, businesses, and other organizations as well as at national conferences. He is also a docent at Montgomery Parks' restored Kingsley schoolhouse in Clarksburg's Little Bennett Park. A graduate of Winston Churchill High School, he has a B.A. in American history from Cornell and an M.A. in journalism from American University. Hosted by Chevy Chase At Home. Please register in advance on [Chevy Chase At Home's online event page](#)

Friday, February 26, 1 - 2 p.m.

17th Century Dutch Art at the National Gallery --The 17th century in the Netherlands was a time of remarkable prosperity and artistic output. It has been estimated that between five and ten million works of art were produced during this period. This tour will give us a chance to step back in time and get a feel for what it was like to live in those days. The works we will see give us insight into Dutch culture and the specialties of the artists in a very competitive art market. Estelle Quain, a National Gallery docent, will

lead this Zoom tour. **SPONSOR:** Silver Spring Village **ACCESS:** Zoom
<https://us02web.zoom.us/j/86358231251?pwd=NjN3UDNLZStTQ0RNdGZlSXZJaldPUT09>

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, February 17, 3:00 p.m.

Alzheimer's Association Workshops -- At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health, keep our brains well and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging. This program is designed for individuals of any age who are looking for information and hands-on tools to help incorporate recommendations into a plan for healthy aging. Sheila Griffith, Program Manager for the Alzheimer's Association National Capital Area Chapter, will be sharing this information with us on February 17 at 3:00 pm. [Read more and Register.](#)

Thursday, February 25, 1-2:15 p.m.

What if ... Films and Conversations -- The Interactivity Foundation are offering a new series called What If...? Films and conversation. Join them to watch some short films and discuss them. [Register here.](#)

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, February 16, at 7:30 p.m.

[Can Local Leaders Address Systemic Racism? --](#) Join Kojo Nnamdi and a panel of guests for a discussion on the ways these local thought-leaders propose we break down entrenched systems of racial inequality in our region. The Black Lives Matter protests this past summer highlighted significant racial injustices across nearly every institution of American life. In response, many local lawmakers are working to address systemic inequality with bold new ideas. A proposal by a legislative leader in Maryland calls for a Black agenda which would include a package of bills aimed specifically at addressing racism. And another local leader is co-founding a new national Black party. [Registration](#) required.

Wednesday, February 17, 12 noon

Normal Aging vs. Dementia--Did you forget where you put your keys? Worried that this is the onset of Alzheimer's or dementia? Learn about the symptoms and progression of dementia compared to the cognitive changes that typically occur with normal aging. Register online at WWW.IRCDC.ORG/EVENTS.

Thursday, February 18, 2-3:30 p.m.

Living with Low Vision: Insider Perspectives -- A panel of adults with low vision will share their experiences of living with loss at different times in their lives. Panelists will share how they coped with their diagnosis and adjusted to life with vision loss. Discussion topics include the steps panelists took to gain acceptance and learn to live independently again. To learn more visit www.aphconnectcenter.org/webinars

Friday, February 19, 8 p.m.

[Living the Dream...Singing the Dream --](#) 33rd Annual Choral Tribute to Dr. Martin Luther King, Jr. co-presented by the Washington Performing Arts, Choral Arts Symphonic Chorus, and the Washington Performing Arts Gospel Choirs. Free with Registration.

Sunday, February 21, 2 p.m.

American Cochlear Implant Alliance (ACI Alliance) -- Program featuring the Executive Director and the Government Affairs Manager of the

American Cochlear Implant Alliance (ACI Alliance). This is a great chance to learn more about and get questions about cochlear implantation answered. Please note that they are requesting RSVPs, which should be emailed to hladcchapter@gmail.com.

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!

Wednesday, February 24, 6:30 – 7:30 p.m.

The Cabinet: Washington and the Creation of an American Institution -- Join the American Revolution Institute for a talk with Lindsay M. Chervinsky about *The Cabinet: Washington and the Creation of an American Institution*, an examination of the extralegal creation of the president's advisory body in response to the threats facing George Washington and the first administration. The book also demonstrates the importance of Washington's military experience to the formation of the presidency and the federal government. Registration Required.

Thursday, February 25, 1–3 p.m.

Harnessing the Power of Grief -- This conference is intended for anyone experiencing grief, especially from the loss of a loved one, and for those who would like to help bereaved individuals. Julie Potter points out that grief, the process by which we adjust to the losses in our lives, is often one of the most devastating and life-changing experiences in our lives. As the author of a book titled "Harnessing the Power of Grief," she will introduce us to ways that we can understand and start the process. She uses practices developed over the many years she worked in hospital-based wellness programs including Sibley Senior Association, as well as Widowed Persons Outreach. Registration: Contact Ken Gordon by email, kengordon@alum.mit.edu to receive the link to the Zoom webinar. Cost: There is no required fee. However, a donation of \$15 or more would help cover the expenses of the conference. Please donate via the donate button at www.wpodc.org, or mail to WPO c/o Sibley Senior Assoc. 5255 Loughboro Road NW, Washington, DC 20016.

Friday, February 26, 7-7:45 p.m.

Chinese New Year's Lantern Festival -- It's been around since the Han Dynasty, but the Spring Lantern Festival may be a tradition less familiar to some. Learn about the craft of paper lanterns, see fascinating scenes of Hong Kong artisans, and share memories of the holiday. Special guests offer different perspectives about how the holiday shapes childhood memories from Hong Kong to Washington, DC. This program is co-presented by the Chinese American Museum DC and the Hong Kong Economic and Trade Office, with support provided by the Chinese American Museum of Chicago. Online Event - [Free Registration](#)

Ongoing Events:

Through February 28

UNITY | PEACE | FORWARD -- Featuring video projections and three installations positioned across the grounds of the REACH, the Kennedy Center's UNITY | PEACE | FORWARD exhibit offers a glimpse into the minds of creatives including Barbra Streisand, George C. Wolfe, Renée Fleming, Debbie Allen, and others. Explore how they harness the healing power of art in a world transformed. Patrons can experience UNITY | PEACE | FORWARD on the REACH campus from 7 a.m.–9 p.m., seven days a week. Video projections will be on exhibition Fri. and Sat. from 4:30–8:30 p.m. For the most up-to-date information regarding our response to COVID-19, please visit [our website](#)

2021 Brain Summit -- A Conference on Alzheimer's and Dementia

Session 3: Friday, February 19, 12-1:30 pm

Session 4: Friday, February 26, 12:30-2:00 pm

This conference, hosted by Alzheimer's Association chapters in Virginia, DC, and Maryland, is comprised of four sessions in February 2021 that will address timely issues related to Alzheimer's and other dementias. Whether you are a family caregiver, a professional caregiver, a person with a diagnosis of dementia, or an interested member of the general public, you will learn from experts throughout our region regarding such topics as the latest research advancements, diagnosis, and caregiving during times of COVID restrictions.

This conference is free and open to the public, but registration is required. The four sessions will be presented via Zoom. Register individually for each session you want to attend; log-on links will be provided via email following registration. If you have difficulty registering

online, please call 800.272.3900 for assistance. Time indicated for each session is Eastern time. Click here for details: https://www.alz.org/getattachment/seva/Events/Virtual-Brain-Summit-2021/BrainSummit2021_SEVA.pdf

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

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

This Week at Palisades Village
February 14 — 20, 2021

Office Closed - Presidents Day

Mon 02 / 15 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Yoga

Tue 02 / 16 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: LIVING LONG & LOVING WELL

Wed 02 / 17 / 2021 at 1:00 PM

Where: Kingdom Care Village

[More Information](#)

Virtual Yoga

Thu 02 / 18 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 19 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 20 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
February 21 — 27, 2021

William Yates Fitness on Zoom

Mon 02 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Washington Canoe Club with Author Chris Brown - To be rescheduled

Tue 02 / 23 / 2021 at 1:30 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 02 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 02 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: EATING FOR HEART HEALTH

Wed 02 / 24 / 2021 at 11:30 AM

Where: Northwest Neighbors Village

[More Information](#)

Tea and Tunes

Wed 02 / 24 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 02 / 25 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 02 / 25 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 26 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 27 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village