



Across the Fence February 7, 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:

Punxsutawney Phil may have predicted a few more weeks of winter but Palisades Village events will keep the winter blahs away.

Jumpstart your body with [Fitness](#) class on Monday at 3 p.m. with Mr. William Yates. **Yoga** on [Tuesdays](#) or [Thursdays](#) may be relaxing and energizing.

Valentine's Day is next week and we wanted to set the mood. We have lined up a virtual docent to explore [Love Among the Artists](#) on Tuesday, February 9 at 11 a.m. Let's explore artistic passions from a new angle. Our docent selected 4 artist couples from among the painters and sculptors whose work is in the Hirshhorn or other D.C. museums. Teaser: Which French couple pioneered Orphism, bringing color to cubism and cubism to abstract art?

Our [Storytelling](#) Group will also meet on Tuesday in the afternoon at 3 p.m. Do you have a story to share with the group?

Join DC Villages for their upcoming Wellness Wednesday on February 10 at 1 p.m. on [Declutter Your Life](#) to get control of your possessions and enjoy a newfound sense of space and freedom! The process and tools you'll learn can be applied in any area from closets to email inboxes and sentimental items.

We want to have fun too. Join us for a [Trivia Game](#) on Thursday, February 11 at 4:30 p.m. Share an hour bonding 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!



For our theater lovers, we are thrilled to have award-winning set and costume designer Nephelie Andonyadis join us to discuss [Designs for the Stage](#) on Friday, February 12 at 2 p.m. She will discuss and share examples of her work and her approach to imagining and creating a visual aesthetic for a theatrical production.

Nephelie was born here in Washington DC and after 30 years studying and working from coast to coast, she recently returned to the district. Last season she received a Helen Hayes award for Outstanding Set Design for the production of Susan Lori Park's play *Topdog/Underdog* with the Avant Bard Theatre. She has worked with many regional theaters across the country and is a long time member of the ensemble of Cornerstone Theater Company based in Los Angeles. She's been a Professor of Theater Arts at the University of Michigan and at the University of Redlands. She is a graduate of the Yale School of Drama and Cornell University School of Architecture and was a TCG/NEA design fellow. Before the pandemic, she'd been getting to know the DC area theater community through her work with Studio Theater, Mosaic Theater, Theatre J, Adventure Theater, and others, including Avant Bard. During this hiatus, while theaters are closed, she is back in graduate school working to build a bridge from the arts into the science of aging and health. *We're thrilled that her father, Avyeris, is a Palisades Village member and artist!*

Want to talk about what you are watching and reading? Please join us at **5 p.m. (Note the new time)** on Fridays for our [Happy Hour](#)! Share your ideas and hear some great suggestions. You're in for an engaging discussion. *Call My Agent* on Netflix was among the recommendations from last week.

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:

We update our website regularly with the latest information that we have on availability for the vaccine and the information is changing quickly. We know what a challenge it has been to get the first vaccine. In addition to the DC Health vaccines made available on Fridays and the appointments through the local hospitals, we have a promising new option for DC residents over 65.

Dupont Circle Village, one of the 13 DC Villages, 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. Last week our members were called and e-mailed with the confirmation, just hours before their same-day appointment. **If interested, please send the information below to asaccoccia@palisadesvillage.org 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.



Palisades Hub:

The sign is up and Palisades Village is on it! Welcome Julie Simonton to our community. She is the Palisades Hub's founding executive director. We look forward to meeting her in person soon!

Volunteer Corner:

Have you signed in and looked at the volunteer portal for member [service requests](#)? Log in and you volunteer to help a member. Want to help and haven't heard from us recently? This is where you can find requests that haven't been filled yet. If there is nothing listed, it is because they have all been filled. Need help logging in or navigating? Contact Erica at ebanton@palisadesvillage.org or **202-244-3310**.

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

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.

Super Bowl:

Some call today a national holiday and if you're from New England and have been a long-time Patriots fan, the magic continues! As we celebrate and reframe aging with our new government leadership and our neighbor and resident COVID expert, it's exciting to see the oldest quarterback enter his 10th Super Bowl! Today as we prepare for the Big Game, grab your favorite snack...chicken wings, buffalo dip, chili, 7 layer dip, spinach and artichoke dip, hot cauliflower dip, or whatever you fancy... You can also take advantage of the Palisades Community Church's Souper Bowl (see below). Let's take a moment and enjoy a game of good sportsmanship. And for the record, Go Tampa Bay Buccaneers!

Here's Ken's new healthy and favorite recipe for Cauliflower Dip:

1/4 C flour

1/4 C water

1 teaspoon garlic powder

1/2 teaspoon of salt and pepper

Cauliflower florets

Coat florets in above mixture.

Line baking dish with parchment paper and single layer florets. Bake at 400 degrees for 20 minutes, turning after 10 minutes.

Place cauliflower in Buffalo mixture: 1/2 C Frank's hot sauce and 2 tablespoons of melted butter.

Bake an additional 20 minutes at 400 degrees.

And presto, it's ready for your Super Bowl party...dip the veggies in ranch or blue cheese dressing.

Today, Sunday, February 7, 12-2 p.m.

Souper Bowl at the Palisades Community Church (5200 Cathedral Ave NW) for a socially distanced, masked, outdoor soup sale (soups pre-packaged) to support SOME. They will have a variety of home-made soups and stews, including corn chowder, chili, lentil, broccoli, chicken noodle, split pea, and more! Soup ingredients will be labeled for dietary restrictions. The suggested donation per bowl is \$5. At the Soup Sale, PCC will also collect **canned or packaged foods** to donate.

Here is what Erica is making (with modifications for the crowd of 3):

MEXICAN STREET CORN ELOTE DIP

8 ounces cream cheese, softened to room temperature

1/4 cup sour cream

3 tablespoons mayo

1 teaspoon ground cumin

1/2 teaspoon chili powder (plus extra for garnish)

Salt and black pepper

2 tablespoons unsalted butter

3 cups corn kernels either cut from the cob or thawed frozen [Trader Joe's has frozen roasted corn]

1 jalapeno pepper seeds and stem removed, finely chopped

2 tablespoons fresh cilantro chopped (plus extra for garnish)

2 tablespoons sliced green onions (plus extra for garnish)

1/4 cup cotija cheese (plus extra for garnish)

Blue Corn Tortilla Chips for serving

To a large mixing bowl, add the cream cheese, sour cream, mayo, cumin, chili powder, and a dash of salt and black pepper to taste. Mix until smooth and creamy. Set aside.

Add the butter to a large skillet and melt over medium heat. Add the corn kernels and jalapeno. Cook for 7-8 minutes. Remove from heat and transfer to the bowl with cream cheese mixture. To the bowl, also add the cilantro, green onions, and cotija cheese. Mix thoroughly.

Pour the dip into a serving bowl and garnish with additional chili powder, cilantro, green onions, and cotija cheese. Enjoy immediately.

DC Exemption for Snow Shoveling

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](#).

Creative Corner:



Painting by a Palisade Village member.

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.

Monday, February 8, 2 p.m.

OPERATION DEEP FREEZE, the History of the Antarctic with Dian Olson Belanger -- For those who have ventured onto Antarctic ice and those who dream of it, historian Dian Olson Belanger will tell the story of the pioneers who established Antarctica as a continent dedicated to peace and the pursuit of science. In 1957 during the height of the Cold War, scientists from the United States and eleven other countries convened the International Geophysical Year (IGY) to gather scientific observations of the south-polar ice and atmosphere. Their success over eighteen months inspired the Antarctic Treaty of 1959, which formalized their peaceful pursuit of scientific knowledge. In *Deep Freeze*, Belanger recounts her adventures on the ice drawn from interviews, diaries, memoirs, and official records to weave together the first thorough study of the dawn of Antarctica's scientific age. Her other books include *Enabling American Innovation* and *Managing American Wildlife*. [Click Here to Register](#)

Monday, February 8, 7-8 p.m.

“The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth” -- A virtual presentation with Karen Branam. If you have any questions please contact 202-543-1778 or email info@capitolhillvillage.org. Join Zoom meeting: <https://us02web.zoom.us/j/87468745029?pwd=N0F4dkx3c29aVXpZbEJPblY4RjdVZz09>

Tuesday, February 9, 1-2 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. Hosted by Chevy Chase At Home.

Wednesday, February 10, 1-2 pm.

[Smithsonian American Art Museum Virtual Tour: Women Artists](#) -- Melissa Clark, a docent at the Smithsonian American Art Museum, will present 6-8 artworks by women, ranging from the 19th century to contemporary times. SPONSOR: Chevy Chase at Home.

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

Second Exercises Supporting Falls Prevention Class -- 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. The majority of her clinical experience is in-home health care which includes home safety assessments and fall prevention instruction. She is an adjunct professor in the department of physical therapy at Marymount University. Free to Village members. Registration required. [Click here to register.](#)

Wednesday, February 10, 5:30 p.m.

“With a Truncated Transition, How Can President-elect Biden Catch Up?” -- Please join them for a timely presentation by Martha Joynt Kumar, Director, of the White House Transition Project. Begun in 1999, the organization provides information to new White House staff to expedite the transition from one Administration to the next. She has a long history of studying these transitions and publishing scholarly works about them. In the current environment, her comments will be fascinating. To sign up

please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Thursday, February 11, 11 a.m.-12 noon

Connect, Create, and Heal with the Written Word--Join local author Carol Solomon as she uses her upcoming collection of short stories to explore the power of reading and writing during this time of COVID. The presentation will include readings from her new book, "Love, Loss, & Ghosts." Solomon's stories reveal individuals who have lost love and found a substitute--sometimes another person, a self-destructive behavior, or a ghost. SPONSOR: Silver Spring Village ACCESS: Zoom Login: <https://us02web.zoom.us/j/88550120150?pwd=aGtFbDYyT2hyeDZPRHRlQUk3bk1LUT09> (Meeting ID: 885 5012 0150) (Passcode: 147256)

Thursday, February 11, 1-2:30 p.m.

"Combatting Domestic Terrorism and Armed Para-Militaries" -- With Mary McCord, Legal Director at the Institute for Constitutional Advocacy and Protection (ICAP) and Visiting Professor of Law at Georgetown University. At ICAP, McCord leads a team that brings constitutional impact litigation at all levels of the federal and state courts across a wide variety of areas including First Amendment rights, immigration, criminal justice reform, and combating the rise of private paramilitaries. She will discuss how unlawful armed para-military organizations are continuing to threaten constitutional rights and what can be done about them. [Register here](#)

Thursday, February 11, 2 p.m.

[Exploring Planet Word: Where Language Comes to Life](#) - Please join them for an online tour of [Planet Word](#), Washington's newest museum, located at the historic Franklin School in Washington, DC. Rebecca will be our docent for a tour of the museum and will answer our questions about the world's first voice-activated museum where language comes to life. Speaker: **Rebecca Roberts**, Curator of Programming, Planet Word is a nationally recognized author and former program Coordinator for Smithsonian Associates

Thursday, February 11, 3-4 p.m.

[Addressing and Combatting Ageism](#)--While always around, ageism, prejudice, or discrimination based on a person's age - has become even more heightened during the Covid-19 pandemic. No matter who we are (or our age), ageism can limit our view and ignore the potential contribution of

the individual, especially those in the post-retirement group. Join the ElderSAFE Center for an interactive presentation on ageism, its prevalence, and effects from a societal level down to the individual level. This discussion will help attendees identify their own biases, as well as encourage constructive ways to combat ageism and encourage individuals to thrive within society. SPONSOR: North Bethesda Village
REGISTRATION: Required, by Feb. 10

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=NWVPMGlydzJ3ck1rc09NRTYySVNMUT09> 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, 3:30 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, 1:00 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.

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 10, 2 p.m.

Healthy Eating on a Budget -- Dr. Amy Schweitzer, a registered dietician with the University of the District of Columbia, will cook with us a delicious and healthy meal to fit your budget. [Read more and register here.](#)

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.](#)

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

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

Black History Month Book Discussion with Michael Eric Dyson --

University Professor of African American and Diaspora Studies, College of Arts & Science, and Distinguished University Professor of Ethics and Society, The Divinity School, and NEH Centennial Professor at Vanderbilt University, Michael Eric Dyson is one of America's premier public intellectuals and author of more than 20 books, including seven New York Times bestsellers. They will discuss his book, *Tears We Cannot Stop* - Ms. Sellers believes this is a book that all Americans who care about the current and long-burning crisis in race relations will want to read. There will be time for Q&A during the event. Registration is required. Please call the Sibley Senior Association office at 202-364-7602 or email hprecou1@jhmi.edu before February 8 to register for this event. We will provide the zoom link to all participants in early February.

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 9, 12 noon

Where Do We Belong Now? -- Deciding whether or not to move out of your home is challenging. Is it too soon? What are the pros and cons? This provocative presentation will help you answer questions about both the pragmatic and emotional challenges of moving as we age, and also offer tips so older adults and their family members can have meaningful conversations together to make the decision. Register online at WWW.IRCDC.ORG/EVENTS.

Wednesday, February 10, 12 noon

2021 Senior Budget Engagement Forum -- Join to share your values, priorities, and ideas with the Bowser Administration as the FY2022 budget is developed. The event will be streamed live on Channel 16, Twitter, Facebook, and the Mayor's live event page at mayor.dc.gov/live. To register, please visit bit.ly/SeniorBEF2021. To join, seniors can dial **844-881-1314**.

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.

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.

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.

Ongoing Events:

Encore Creativity for Older Adults, the nation's largest choral organization for adults over 55, is offering an online winter/spring semester through its Encore University, a 15-week virtual program of choral singing plus courses in vocal technique, theory, music history, and much more. The session culminates in a virtual choral concert in May entitled Songs of Hope & Change. No prior music experience is necessary. Sessions began on January 25, but enrollment is still open. For more details or to register, see [their website](#).

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

Session 1: Wednesday, February 10, 12-1:30 pm

Session 2: Friday, February 12, 12-1:30 pm

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

Theatre J Classes Prepare for your return to live theater by learning with award-winning artists in the company of fellow theater lovers. New Winter/Spring classes and the same Village discount (code VILLAGES).

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 7 — 13, 2021

William Yates Fitness on Zoom

Mon 02 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Romance Among the Artists

Tue 02 / 09 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 02 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 02 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Declutter Your Life

Wed 02 / 10 / 2021 at 1:00 PM

Where: Brookland Village

[More Information](#)

Virtual Yoga

Thu 02 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 02 / 11 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Designs for the Stage - Talk with Nephelie Andonyadis

Fri 02 / 12 / 2021 at 2:00 PM

Where: via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 12 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 13 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next 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 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 20 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village