

**Palisades Village Events and Activities Update**

**March 25, 2020**

Our case worker, Barbara Scott, will be hosting a [**chat**](https://palisades.helpfulvillage.com/events/364-chat-with-barbara) **this afternoon at 3 p.m**.  She has been a valuable resource to us over the years and offers practical information as well as a calming ear just to listen.

And tomorrow morning, Thursday, March 26, we are hosting a [**coffee klatch**](https://palisades.helpfulvillage.com/events/367-coffee-klatch)**.**  Chat with your neighbors over the virtual fence.

After all that coffee and a full day, you may need to relax and clear you mind before bed.  Volunteer and trained mindfulness instructor, Roseanna Stanton, is offering the opportunity to do that at 8 p.m. on Thursday, March 26, with a[**meditation session**](https://palisades.helpfulvillage.com/events/366-virtual-meditation-with-roseanna)**.**

Let's wrap up the week with another virtual [**Happy Hour**](https://palisades.helpfulvillage.com/events/363-virtual-happy-hour)**.**  Join us Friday, March 27, at 5:30 p.m.!  Bring a beverage and catch up with everyone.

Community update from Chuck Elkins, Chair, ANC3D:

The Mayor held a town hall for seniors today and a few important items were mentioned that you may not have heard yet:

1) District Property Taxes ARE NOT DELAYED.  If you have a problem paying them, you can ask for special relief.   Income taxes, in contrast,  are delayed to the same date as Federal income taxes.

2) If you know someone who is in need of some conversation because of feelings of extreme isolation, the city is starting a "Call and Talk" program where volunteers and staff will chat with residents on the phone periodically about a variety of topics.  Call 202-724-5626 to arrange it.

3) All city parks and playgrounds are closed.

4) Non-essential businesses are closed.  The list of ESSENTIAL businesses includes food, pharmacy, Walmart, Target, Liquor stores, Dry cleaners, laundrymats, taxis, ride share, bus and rail.  I suspect this list will expand as the city works through exactly what should be closed and what should not, but clearly barbers, hair and nail salons, non-food retail operations are generally deemed  to be NON-essential and are closed.

5) 911 and 311 switchboards are working, as is DPW for trash and recycling.  For a full list of open DC city services, go to <https://coronavirus.dc.gov/page/whats-open>

6) The ANC3D will hold a virtual meeting on April 1st with the emphasis on hearing concerns of citizens during this pandemic.  More details later on how to call in.

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Please remember that if you need anything or are running low on food or paper supplies, call the Village office. Although we are working remotely our thoughts are although we are working remotely our thoughts are focused on helping you.  We will call you back promptly between the hours of 10 a.m. and 4 p.m. weekdays.  If you would like a phone call from a Village member to talk, please let us know and we will match you up with a friendly voice.

For more **information and resources** from Palisades Village, please go to our website at:

<https://palisades.helpfulvillage.com/pages/10021-covid-19-resources>

**Creative Corner:**

Just One

At least there was one firefly

At least there was one thrush warbling

A miraculous wren too, with nesting material

Checking out the luscious red flowers set out not for him

But for hummingbirds

Not one yet.

by Cinnamon Dornsife, Foxhall Village, June 2018

*Cinnamon is a birdwatch and this poem is deciated to the wild world around us, focusing on our local hummingbirds.  A ruby-throated hummingbird was the inspiration behind the poem.  Have you seen this bird around the neighborhood?  Cinnamon has enjoyed watching this gorgeous bird visit the feeder on her back porch.*

How can you support our newsletter? Showcase your talents!  Add a bit of sunshine to this dreary day.  Inspire us with your creations of the beauty around us.  Share a favorite recipe, quote, painting or other creative expression. Please send your creative contributions to asaccoccia@palisadesvillage.org.

**Upcoming Events:**

**Today, March 25, 3-4 p.m.**

[**Chat with Barbara**](https://palisades.helpfulvillage.com/events/364-chat-with-barbara)

<https://zoom.us/j/194625599?pwd=WGQzUmx6eExiM1dBUnI2QmlzWDJmQT09>

Meeting ID: 194 625 599
Password: 756373One tap mobile +16465588656,,194625599# US

**Thursday, March 26, 10:30-11:30 a.m.**

[**Coffee Klatch**](https://palisades.helpfulvillage.com/events/367-coffee-klatch)

<https://zoom.us/j/479275325>

Meeting ID: 479 275 325

One tap mobile: +16465588656,,479275325# US

**Thursday, March 26, 2 p.m.**

[**Virtual Yoga**](https://palisades.helpfulvillage.com/events/359-virtual-yoga)

<https://zoom.us/j/7725246767>

+16465588656,,7725246767#

**Thursday, March 26, 8 p.m.**

[**Virtual Meditation**](https://palisades.helpfulvillage.com/events/366-virtual-meditation-with-roseanna)

https://zoom.us/j/473000551

Meeting ID: 473 000 551

One tap mobile: +16465588656,,473000551# US

**Friday, March 27, 5:30 p.m.**

[**Virtual Happy Hour**](https://palisades.helpfulvillage.com/events/363-virtual-happy-hour)

<https://zoom.us/j/987914843>

Meeting ID: 987 914 843

One tap mobile: +16465588656,,987914843# US

**Zoom:**

Click on the links and you will have all of the login information for that Zoom "meeting".  Each event has unique login information.

Many of our meetings are being held via Zoom.  Some are facing challenges with this technology but it gets easier once you are set up the first time. You can do use Zoom on your computer (if you have a microphone and camera) or on your smartphone or ipad.  There is a free app in the App Store.  Once you download it, you can just click on the meeting and it will take you there.  But it might not, and we are there to help with any technical difficulties.  You can also just do it on your phone and just get the audio part if that is more comfortable.

Here is a tutorial on Zoom from Senior Planet...

<https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf?mc_cid=e7739a6383&mc_eid=eb19dd2fcb>

A member found this slow and simple video that helped her the first time with Zoom:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

If you are comfortable with Zoom and want to help others, please let us know.