



# ACROSS THE FENCE

April 2, 2023

We have missed many of you this winter but as the weather warms up, we hope that you will join us for one of many outdoor activities. The events committee organized two fabulous in-person activities last week and we had so much fun. These very special events are only open to our members. If you are not yet a member and want to be included, please [join](#) Palisades Village. As an Associate member, you can join all events and support Palisades Village.

All in the community are invited to join us in our upcoming talk on [de-cluttering](#) -- just in time for spring cleaning.

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7	Saturday, April 8
<p>12:15 p.m. <a href="#">Pickleball</a></p> <p>1 p.m. <a href="#">Book Club</a></p> <p>3:30 p.m. <a href="#">William Yates Fitness</a></p>	<p>9:30 a.m. <a href="#">Planner Group</a></p> <p>3 p.m. <a href="#">Yoga</a></p>	<p>8:30 a.m. <a href="#">Walking Club</a></p>	<p>5 p.m. <a href="#">Board Meeting</a></p>		<p>9:30 a.m. <a href="#">Mindful Knitting</a></p>

## This Week:

### Thursday, April 6th, 5 p.m. Palisades Village Board Meeting

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).



The visit to the Renwick Gallery last week was a success by all measures. Christie Davis, Major Gifts Officer of the Smithsonian American Art Museum (who is also a Palisades neighbor), gave a private tour of the special exhibition *This Present Moment: Crafting a Better World* which showcases the dynamic landscape of American craft today.



Members enjoyed a very interesting evening last week with Ambassador William Taylor who spoke on the war in Ukraine. He gave an informative and engaging talk about the situation in Ukraine. It's been a while since our group has held what we call a 'salon'--an opportunity to learn from experts and exchange ideas about some of the most pressing international issues of the day.

## Coming Up:



**Tuesday, April 11, 1 p.m. - 2 p.m. (in person)**

### **Cut the Clutter**

Drowning in clutter but don't know where to begin? Feeling overwhelmed by a home that is out of control? It's time to take back your space, and *Cut the Clutter* can help. Get practical strategies for decluttering and creating a more organized and satisfying space. For details and registration click [here](#).

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**Wednesday, April 12, 10 a.m. - 11 a.m. (in person)**

### **Eye to Eye Group**

Join this local group for those with low-vision and their partners and caregivers hosted by Palisades Village. You will have the opportunity to talk to others; share common concerns, frustrations, and stories; and find solutions to your vision-related challenges. We would like to meet in-person but have the ability to include people via Zoom. The group will be facilitated by Barbara Scott, LCSW. Register [here](#).

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**Thursday, April 13, 10:30 a.m. (in person)**

### **Coffee & Conversation**

Join us for an informal get-together over coffee. We will hopefully be meeting outside on the lawn, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).

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**Wednesday, April 19, 11:00 a.m. - 1:00 p.m. (in person)**  
**Volunteer Orientation**

Volunteers are at the heart of our Village. Studies show that volunteering connects you to others, combats depression, and helps you stay physically healthy. Share your time, make friends, and feel good about helping your neighbors. There are no time commitments. You can work your volunteer service around your schedule. Sign up for this orientation to find out everything you need to know to get on board. Lunch is included! Register [here](#).

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**Friday, April 21, 2:00 p.m. - 4:00 p.m.**  
**Tech Clinic (members only; in person)**

Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond.

Please email [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310** to let me know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).

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*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon thereafter. For events on Zoom, this will include the link. 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](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

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## Need help making your home safer?



This booklet from AARP has detailed ideas for every room of the house. Please call the office at 202-244-3310 if you would like a copy. We have plenty!

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## What is a QR Code?

Have you been seeing these strange-looking squares lately? They are called QR codes. QR codes (**quick response codes**) are just scannable links to take you to a specific web page on your phone (basically a shortcut to a website). When you read an article on your computer or other device, you can click a link. But if you are out and about, you don't want to type a long web address to access information about something you see on a poster. Instead, just open the camera on your smartphone and hover over the QR code. A yellow image with a square will appear. Tap that and it will quickly take you to the website. You don't need to take a photo. Practice with the one above and see if it takes you to the Palisades Village website!

However, like links in iffy emails and text messages, QR codes can be used by bad actors, so be cautious about deciding to scan them...

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## More Is Here: Nutrition For Your Sparkling Eyes! Part 2

by Retired Dietician Jean Johnson

Vitamin C foods are top recommended foods: Half of a grapefruit, brussel sprouts, ½ cup of strawberries a day are ideal. Papaya, oranges, and green peppers are other good sources.

Vitamin E is contained in seeds, nuts, and wheat germ. Most Vitamin E is obtained through regular foods. Almonds, pecans, and vegetable oils are also good sources of Vitamin E.

Zinc is another helper for eye health. Two oysters or half a turkey sandwich gives you more than enough daily zinc to keep the retina healthy. Other sources include meats, eggs, peanuts, and whole grains.

Omega-3 fatty acids are suspected to protect the eyes by fighting inflammation and helping cells work better. It is recommended to have at least 2 servings of cold-water fish a week. Salmon, sardines, and herring have the most omega-3s. Flounder, halibut, and tuna are also good sources.

Lastly, we have come to the beta carotenes (yellow and orange vegetables and fruits). Beta carotene changes into Vitamin A. A small sweet potato, a carrot, or a bowl of pumpkin soup will contain a daily amount of vitamin A.

Iron-containing foods, Riboflavin foods and water are also extremely important for your SPARKLING, BUSY and HEALTHY EYES!

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## Covid Corner:

Free tests by mail from the government are available. Click [here](#) to order more or go to <https://www.covid.gov/tests>

If you have tests at home with an upcoming expiration date, go to [At-Home OTC COVID-19 Diagnostic Tests | FDA](#) to see if the expiration dates have been extended.

If you have Medicare Part B coverage, you can get up to eight Covid tests per month FREE from participating pharmacies. See details [here](#).

The Palisades Village COVID policy can be found [here](#).

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

For information on prevention actions and what to do if you are exposed, the [CDC](#) has the latest information.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you.

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**WAVE**  
Washington Area  
Villages Exchange



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them. Register by clicking on the link in the title or in the description.

Northwest Neighbors Village has a robust Virtual Speaker Series! You will meet some dynamic and interesting individuals. Stay connected and informed. More details [here](#).

Wednesday, April 12, 7 p.m. to 8 p.m. on Zoom hosted by Greater Brookland Intergenerational Village



**What is an End-of-Life Doula?** - In this Zoom presentation, Laura Lyster-Mensh, who is currently “Death Doula in residence” at Congressional Cemetery in DC, will describe her path to becoming an end-of-life doula, explain what that means, how to find one, and why you might want to have one on your team. Laura is a writer, podcaster, and mental health advocate in her 60s who believes that talking about death won’t kill you, but avoiding the topic may be unhealthy. Register [here](#).

**Friday, April 14, 12 noon - 1:15 p.m. on Zoom hosted by Cleveland & Woodley Park Village**

**Caregiving Discussion with Paula Stone, The Playwright of "Because She's My Mother"** - Caregiving is one of the most difficult experiences many of us will ever have. On Friday, March 31 at noon, CWPV will host a zoom program about the challenges of caregiving based on **Because She's My Mother**, a poignant yet humorous play about an adult daughter's bittersweet journey to care for both her aging mother and herself. The program will be facilitated by the playwright, Paula Stone, who will discuss the issues facing the caregiver as well as the care recipient and how to navigate each of these roles with more wisdom and compassion.

A videorecording of a “Table Read” of the play is available for streaming at no charge as a community service. You are encouraged to view the video at your convenience in advance of the program. You can watch it here: <https://www.youtube.com/watch?v=K47-vzRQ9ZQ> For more information and registration, click [here](#).

**Tuesday, April 18, 2:30 p.m. - 3:30 p.m. on Zoom hosted by Foggy Bottom West End Village**

**Oh My Aching Back** - If you want more long lasting pain relief than Ben Gay can offer, then consider this session with Dr. Sophia Janson. She will provide an overview of common back ailments, cover posture correction and body mechanics. Then Dr. Janson will demonstrate simple stretches and strengthening exercises that can restore mobility, reduce pain, and help keep your back healthy. You'll see that little changes can have a big impact! Have a chair nearby in a cleared space. Register [here](#).

**Mondays and Thursdays, 4 - 5 p.m. on Zoom**

**Capitol Hill Village Chair Yoga** - Fabulous yoga instructor Robin Blum will lead the class in a gentle session of chair yoga. You can register for upcoming classes by going to the Capitol Hill Village [calendar](#) and finding the class you want from there. Once you've registered the first time, you should have the link that will work for all the classes.

## **Around Town Events:**

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the “In-Person Events” under “Upcoming Events” or email [community@iona.org](mailto:community@iona.org) or call 202-459-9634. Sign up for the newsletter while you are there!

**Tuesdays, 6 p.m.**

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic. Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The April 4th topic is: Zoom refresher (update and setting up a meeting). Register [here](#).

### **Tuesdays, 2 p.m. at the Palisades Library**

**Yoga** -- free yoga classes taught by Beth Lawrence. Mats are not required; all poses will be seated or standing. For more information, please see

<https://www.aroundtowndc.org/event/yoga-with-beth-lawrence-at-the-palisades-neighborhood-library-tuesdays-at-2-pm/2022-01-05/>

**Strength, Balance, and Core in-person class with Emma Swain** -- This class combines dynamic and functional strength and balance exercises using seated and standing exercises. This is offered through **Around Town DC**.

Mondays at IONA, 1:30 pm. - 2:30 p.m. Register [here](#).

Tuesdays at St. Albans, 11 a.m. - noon Register [here](#).

Wednesdays at Palisades Rec Center, 2 p.m. - 3 p.m. Register [here](#).

### **Fridays, 11 a.m.**

**Cardio Chair Kickboxing at St. Albans** - Chair Cardio Kickboxing is a low-impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance.

[See a sample of the class here](#). Read more and [register here](#).

### **Fridays, 11 a.m.**

**Tai Chi at Palisades Library with Jerry Simpson** - Palisades Library is delighted to announce that Tai Chi with Jerry Simpson is back in-person. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information, please see: [Tai Chi with Jerry Simpson at Palisades Library on Fridays at 11 am - Around Town DC](#)

## **Sibley Seniors Events:**

**Sibley Seniors Association** (SSA) offers programs and support groups online.

## **Community Events:**

### **Fridays, 2 p.m. - 4:30 p.m.**

**Knit-a-Long at Palisades Library** -- Meet fellow knitters and knit together! Relax, share tips and tricks in this drop-in program. No formal training is needed but please bring your own supplies.

Email [michelle.conn@dc.gov](mailto:michelle.conn@dc.gov) with questions.

### **Now through May 14**

**MADAYIN: Eight Decades of Aboriginal Australian at American University Museum at the Katzen Center** - This exhibition at the American University Museum at the Katzen

Art Center features hand-made paintings on Eucalyptus bark created by Indigenous Australian communities.

There are also special events related to this exhibition:

**March 31, 1 p.m. to 3 p.m.** Flipping the Narrative: Historical Collections as Sites of Cultural Diplomacy at the Phillips Collection

**March 31, 6 p.m.** Yolnu Ceremonial Performance at Katzen Art Center

**April 1, 9 a.m. to 4 p.m.** Matha Nupanmi: A Summit of Yolnu Art and Ideas, at Katzen Art Center

For more information and registration, click [here](#).

### **[How to Be an Urban Naturalist: Observing with Citizen Science](#)**

**Saturday, April 8<sup>th</sup> at 2 p.m.**

Stella Tarnay, Co-founder of Capital Nature, will give a presentation on observing the nature in our own backyards and neighborhoods. Stella will focus on tuning in to your senses to sharpen your observation skills, and on citizen science. She'll introduce iNaturalist, a free observation app, that can help you make science-quality findings. Weather permitting, we will go outside during the second half of the program and practice making observations! All ages are welcome. ([Register here](#))

### **Extended hours starting on April 10th at the Palisades Recreation Center**

The Palisades Rec Center will have much longer hours starting on April 10th as follows: Monday - Friday, 9 a.m. - 5 p.m; Saturday 9 a.m. - 5 p.m; Sunday CLOSED.

**The Department of Aging and Community Living is looking for feedback from Ward 3 seniors** on identifying the diverse needs of seniors and how to best connect seniors who are not aware of the DACL. If you are interested in participating, fill out the following survey with your availability and some brief demographic information. Anyone who participates in the workshop will be compensated for their time with a gift card!

If you are interested in joining us for a Ward 3 Zoom workshop, please fill out this form – [Ward 3](#).

We are also looking for feedback from people who are caregivers. If you are someone who provides unpaid care or helps seniors or adults in any capacity, we are looking to hear from you! If you fill out the Caregivers survey, you will receive a gift card to compensate for your time.

If you are an unpaid caregiver and are interested in a gift card, please fill out this form - [Caregivers](#)

**Please note that if you are filling out our interest form and not the caregivers survey, you must also participate in one of our workshops to receive a gift card.**

If you have any questions or need assistance filling out the form please give us a call at (202) 715-7534 or email us at [Futureofaging@dc.gov](mailto:Futureofaging@dc.gov)



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## Ongoing Events:

### Bereavement Support Group

Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and twice a year, a six-week structured bereavement group for persons who have been widowed for two years or less. Call **202-537-4942** for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

### Weekly on Wednesdays at 2:30 p.m.

**Dance for PD --** Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. Learn more about the program by [clicking here](#).

### 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. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](mailto:access@nga.gov).

### Bi-Weekly on Fridays, 1 - 2 p.m.

**[The Art of Looking](#)** --By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.

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## COMING UP IN PALISADES VILLAGE

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

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

This Week at Palisades Village  
April 2 — 8, 2023

### Pickleball

Mon 04 / 03 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

## **Book Club**

Mon 04 / 03 / 2023 at 1:00 PM

[More Information](#)

## **William Yates Fitness**

Mon 04 / 03 / 2023 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 04 / 04 / 2023 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 04 / 04 / 2023 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

## **Walking Club - Georgetown**

Wed 04 / 05 / 2023 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

## **Board Meeting**

Thu 04 / 06 / 2023 at 5:00 PM

[More Information](#)

## **Mindful Knitting**

Sat 04 / 08 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

April 9 — 15, 2023

## **Pickleball**

Mon 04 / 10 / 2023 at 12:15 PM

Where: Palisades Recreation Center - inside the gym, 5200 Sherier Place, NW, Washington, DC 20016

[More Information](#)

## **William Yates Fitness**

Mon 04 / 10 / 2023 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 04 / 11 / 2023 at 9:30 AM

[More Information](#)

## **Cut the Clutter**

Tue 04 / 11 / 2023 at 1:00 PM

Where: Palisades HUB - Sanctuary, 5200 Cathedral Ave NW, Washington,

[More Information](#)

## **Yoga**

Tue 04 / 11 / 2023 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

## **Walking Club - Georgetown**

Wed 04 / 12 / 2023 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

## **Eye to Eye Group - In Person**

Wed 04 / 12 / 2023 at 10:00 AM

Where: Palisades HUB - parlor, 5200 Cathedral Ave NW, Washington,

[More Information](#)

## **Coffee & Conversation**

Thu 04 / 13 / 2023 at 10:30 AM

Where: Palisades HUB, 5200 Cathedral Ave NW, Washington,

[More Information](#)

## **Mindful Knitting**

Sat 04 / 15 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village