



ACROSS THE FENCE

April 16, 2023

April is Volunteer Appreciation month and we would like to take this moment to thank all the dedicated volunteers who make Palisades Village possible, from our Board of Directors to docents for the house tour. You are the heart, soul and life blood of this organization. It is never too late to join this fun group and help your neighbors directly or behind the scenes. You can learn about all the volunteer opportunities at our next orientation on Wednesday, April 19 (see below for details).

Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21	Saturday, April 22
<p>12:15 p.m. Canceled - Pickleball</p> <p>3:30 p.m. William Yates Fitness - in the sanctuary</p>	<p>9:30 a.m. Planner Group</p> <p>3 p.m. Yoga</p>	<p>8:30 a.m. Walking Club</p> <p>11 a.m. Volunteer Orientation</p> <p>2 p.m. Great Decisions Foreign Policy Discussion Group</p>	<p>2 p.m. Tech Clinic</p>		<p>9:30 a.m. Mindful Knitting</p>

[Emancipation Day is April 17.](#)

Palisades Village is open but some city offices may be closed and weekend traffic & parking rules will apply. Trash pickup moves one day later this week.

This Week:



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](#).



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 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](#).

Coming Up:



Thursday, April 27, 5:30 p.m. - 7:30 p.m.

Appetizer Potluck Happy Hour for Members and Volunteers

Bring an appetizer to share to this happy hour hosted by one of our members. It will be so nice to see all of you and celebrate spring together. Register [here](#).

Thursday, May 4, 10 a.m. - 11:00 a.m.

Hands-on-Heart CPR Training (in person) at the Palisades Hub - open to ALL

The Hands-on-Heart Program was established to help bridge the gap between EMS care by local emergency medical

field providers and a quick response by a community member to the average citizen in need. The program consists of Four components: Hands-only CPR; Automated external defibrillator (AED); Pulsepoint App and Narcan training. You do not want to miss this important and life-saving training! Register [here](#).

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**.

Member Highlight - Julia Cancio, Extraordinary Public Servant



Sharing centenarian status with the giant oak tree in her backyard, Julia Cancio has had much to savor in her long life. She grew up in a farming family in rural South Dakota, where, as she says, “there were no towns;” the closest approximation being the village of Huron. They grew corn and wheat and raised cattle and sheep (“I never did like cows,” she acknowledged). Her father also sold crop insurance during “the hard years for farmers: the Great Drought and the Depression.” The penultimate of 8 children, 4 girls

and 4 boys, Julia attended the local 2-room schoolhouse for children from kindergarten to 8th grade, where one teacher taught them all (sometimes with only one child per grade) and educated them according to skill and knowledge level, not at any particular grade. Graduating from the area high school, Julia moved to Mankato, MN, to attend business school. There, she was trained in all aspects of running a business: bookkeeping, accounting, shorthand, personnel, and office management, an education that served her well for the rest of her professional life.

In the early 1940s, an ad in the local Mankato paper advertising government positions in Washington, DC, found her receptive to the call of the booming Capital and prompted her to take the civil service exam. Shortly thereafter, she hopped the train to Washington, and in two days, landed a job in the Federal Housing Administration. She soon moved to an administrative job with the Foreign Service and spent two years in the US Embassy in Copenhagen. As embassies were re-opening throughout post-war Europe, she traveled through most of Western Europe visiting them. It was a difficult time to be a tourist there, but the museums and churches were open, so she was able to experience an introduction to most of the capitals and cultures of Europe.

She loved Copenhagen, but decided the Foreign Service wasn’t for her, so she returned to DC, where she got a job in administration at the World Bank. There, she met her future husband, Leopoldo, a Cuban attorney. His work in South America took them to most of the countries there, as well as to Cuba in the pre-Castro days. Later vacation travels took them back to Western Europe for sight-seeing in more normal times.

While in Copenhagen, Julia made a fortuitous connection with Rep. Henry M. Jackson that turned into a lifetime professional relationship. He was part of a post-WWII congressional delegation seeing some of the Nazi concentration camps in Europe; she worked with him to organize his notes from those visits. In 1951, she began work in his congressional office during his campaign for Senate and then in his Senate office for the

next several decades, most of them as his office manager. There, she was “the organizational center of the Jackson office, setting the standard for how the office was to be run and providing valuable continuity throughout the senator’s long career in office,” according to the Proclamation of the Henry M. Jackson Foundation given to her in 2022, on the occasion of her 100th Birthday: “Recognizing her 60 years of Extraordinary Public Service.” In that role, “not a piece of paper” left the Senator’s office without her sanction, so the technical standard of excellence was hers to set.

Julia and Leopoldo had three sons: Lee, the oldest, a surgeon specializing in trauma and burn care, Antonio, a physics professor at Ball State University, and Ramon, a mechanical engineer/senior program manager with defense contractors - and 5 grandchildren. When they were first married, she and Leopoldo bought a house on Cathedral Avenue. When their boys were young, they moved to a lovely home at the end of Arizona Terrace, where the kids attended Key School and where she still lives.

Though as a young adult, she was eager to leave South Dakota and see the world, Julia remains grateful for her upbringing there in the 1930s. She feels the Depression and drought years taught her about endurance and getting on with life beyond its disappointments. She doesn’t let things get her down and she’s learned to overlook things that might otherwise be interpersonal or external stumbling blocks.

Julia heard about the Village from her friend, Jody McPherson, when it was just a sparkle in the collective eye of the founders around our iconic picnic table. Now, she especially enjoys the exercise program with William Yates, our various get-togethers, treats delivered to her door on special days, and soup, especially our soups!

Back to that mighty oak; neighborhood lore dates its existence to before the Civil War (even then, an imposing specimen), when there were no other trees blocking the view from her backyard across the Potomac. Union soldiers were thought to have used that tree for cover to fire across the River at the Confederate soldiers, who could only fire back at random trees. I couldn’t substantiate that tale, but it makes for a good story.



Julia with Senator Jackson



Julia at work

Jude Michaels, Palisades Village Volunteer and Associate Member

Downsizing in E-Waster and Textile Recovery

By Carter Ross

No matter how well loved it is, sometimes there isn't a second life for old clothing or household items. Non-working or out of date electronics, worn or stained clothing, broken furniture and other items, unfortunately, may not be accepted by charities. In these instances, the District's **Zero Waste DC** website can help.

The site outlines **what can be recycled** as part of your weekly recycling pickup, what can be **disposed of as regular trash**, and what must be **disposed of in another manner**. For example, old electronics can leach dangerous materials into the environment if they are landfilled. They also may contain valuable metals that can be reclaimed. In the District, many old electronics can be recycled at city **eCYCLE** events. But they also can be dropped off at the **Benning Road Transfer Station** every Saturday from 7 a.m. to 2 p.m. If you are disposing of items like old phones or computers that likely contain personal information, it is a good idea to factory reset or otherwise wipe data from the device before it is disposed of. In some cases, you may wish to remove computer hard drives and drill through them to ensure the data is not recoverable.

Other materials that cannot be simply thrown away include batteries, old cans of paint and house chemicals, and fluorescent bulbs, including compact fluorescents. All these materials are accepted at the **Fort Totten Transfer Station*** every Saturday from 7 a.m. to 2 p.m.

Material dropped off at the city's transfer stations must come from residential addresses in the District. Commercial materials will not be accepted, and proof of District residency must be provided. **There are additional rules and limitations.**

Clothing that is torn, stained, or otherwise not suitable for donation, along with other textiles, may be able to be repurposed through a store. H+M has a “**close the loop**” program where you drop off old clothing for recycling and get a store coupon in return. Anthropologie and American Eagle have similar programs for **recycling denim fabric**. The online retailer For Days has a “**take back bag**” program. It costs \$20 to get a bag you can fill with old fabrics, but you get a \$20 credit on future purchases once it's returned. The District's **ReThread DC** program has additional ideas about how to keep old textiles out of the waste stream.

While not hazardous, you may still want to be careful about how you dispose of old records. Some records should be retained permanently, but many can be disposed of after a few years. Colorado State University **has an extensive guide** to retaining personal documents, and the IRS also provides **guidelines for retaining tax records**. The best way to dispose of documents that have personal or financial information on them is through shredding. DC residents can have **up to five medium-size boxes** of personal documents shredded for free at the Fort Totten Transfer Station* on the first Saturday of each month from 8 a.m. to 3 p.m. Note: from April - June 2023, the Fort Totten Transfer Station is closed to drop-offs; documents for shredding will be accepted at the Benning Road Transfer Station.

For a LOCAL disposal opportunity, there will be an e-cycle and shredding truck at the Palisades Farmers Market on Sunday, April 23rd from 9 a.m. - 1 p.m.

Full members who need help bringing your shredding or e-cycle items to the market, please call the office at 202-244-3310 or email Anne at aourand@palisadesvillage.org.

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.



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](#).

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](#).

Wednesday, April 19, 5:30 p.m. on Zoom hosted by Georgetown Village

Protecting and Maximizing Your Retirement Income with Certified Financial

Planner David Hurwitz - Join us as David Hurwitz discusses how to set up a retirement-income stream consistent with your retirement goals, how to plan for inflation, economic challenges, and a long retirement. He will also discuss how to utilize various investment vehicles. There will be time for questions following his presentation. Register [here](#).

Wednesday, April 26, 5:30 p.m. on Zoom hosted by Georgetown Village

Hospital at Home Movement with Dr. Haile Mariam - Learn more about this

movement to provide medical care to patients in their homes. There have been studies

done that show the economic as well as psychological and physical benefits to patients who are discharged early from hospitals or treated at home. 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 or call 202-459-9634. Sign up for the newsletter while you are there!

Tuesdays, 6 p.m.

Technology Tuesday (it's actually on a Monday this week)-- 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. April 10 (note this is Monday) Zoom refresher (breakout rooms, whiteboard). 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.

Monday, April 10 and April 24, 1 to 2 p.m.

Arthritis Support Group -- Registration: <https://smh.memberclicks.net/2023-arthritis-support-group>

Monday, April 17, noon-1 p.m.

Living Alone discussion group -- Please email kenfgordon@gmail.com or call 202-364-7602 if you'd like to attend this discussion group.

Wednesday, April 26, 7-8 p.m.

Discussing the Facts webinar: Prostate Health and Health Equity -
- Registration: <https://smh.memberclicks.net/april2023discussingfacts>

Thursday, April 27, 4-5 p.m.

Parkinson's Disease Care Partner Support Group -- Please call 202-364-7602 if you'd like to attend this support group.

Saturday, May 13

Journey to Hope - DC Conference for Alzheimer's Family Care Partners with Dr. Sevil Yasar, MD. Ph.D., Jane Marks, R.N., M.S., and Marti Brown Bailey, B.S., C.S.A., C.A.D.D.C.T., C.D.P., from noon to 5 p.m. via Zoom. For more information and to register: <https://smh.memberclicks.net/2023journeytohopeconference>

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 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.

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 Osher Lifelong Learning Institute (OLLI) at AU offers highly affordable courses throughout the academic year on subjects ranging from politics to poetry including music, art, science, history, literature, philosophy, and more. Spring and fall semester classes, which meet once a week, are in-person and online, and there are shorter sessions in February, June, and July. June Minis run from June 5–30 with classes held once a week for four weeks. July Shorts run from July 10–14 with classes held two to five times during the one week. The cost for June Minis and July Shorts is \$100/session for up to four classes each session. View and select classes starting April 21. Additionally, there are free weekly lectures during the month of May and membership social events. Be a part of a community where curiosity never retires! Go to our website: olli-dc.org or call 202-895-4860 for further information and to register for classes.

Friday, April 21, 1 p.m. - 3 p.m. on Zoom

Conference on Grief and Loss - The shock of loss and finding your footing is often very difficult after losing a loved one. Then there is the difficulty of change and figuring out your next steps. Join Rev. Drs. McNeil-Lee and Ridley, Sibley and Suburban Hospital chaplaincy services directors, to hear how to process and move through grief. To register for this event, please send an e-mail to Ken Gordon at kengordon@alum.mit.edu.

Saturday, April 22, 11 a.m. - 4 p.m.

Do the Loop - Discover the art loop of NW Washington, DC! The Kreeger Museum, American University Museum at the Katzen Arts Center, Dumbarton Oaks, Jackson Arts Center, and galleries on Georgetown's Book Hill collaborate for Do The Loop, a free day of indoor and outdoor art programming, complete with shuttle service provided between locations. The Kreeger Museum will be hosting a free outdoor jazz performance by Lena Seikaly at 2:00pm and will have food trucks for lunch on-site from 12:00pm - 4:00pm. For more information click [here](#).

Sunday, April 23, 9 a.m. - 1 p.m.

E-cycle Waste Collection and Shredding at the Palisades Farmers Market on the corner of MacArthur Blvd NW and 48th PI NW -- Safely recycle unwanted electronics: computers, TVs, speakers, tablets, printers, mobile phones, etc. Visit www.rev-log.com/dcecycling to learn more. A paper shredder truck will also be there compliments of Brendon Mills of the Erich Cabe Team at Compass. Members: Contact the PV office if you need help delivering small electronics to the event.

Sunday, June 4th - Mark your calendar for the **Lions Club Flea Market** at the Wells Fargo parking lot. More details to follow.

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 \(wpodc.org\)](http://Calendar|WidowedPersonsOutreach(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.

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.

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 or call the office at **202-244-3310**.

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

This Week at Palisades Village
April 16 — 22, 2023

Canceled: Pickleball

Mon 04 / 17 / 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 / 17 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 18 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 18 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 19 / 2023 at 8:30 AM

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

[More Information](#)

Volunteer Orientation

Wed 04 / 19 / 2023 at 11:00 AM

Where: Palisades HUB - in the sanctuary, 5200 Cathedral Ave NW, Washington,

[More Information](#)

Great Decisions Foreign Policy Discussion Group

Wed 04 / 19 / 2023 at 2:00 PM

Where: Palisades Hub - Parlor, 5200 Cathedral Ave., NW, WASHINGTON, DC 20016-0403

[More Information](#)

Tech Clinic

Fri 04 / 21 / 2023 at 2:00 PM

Where: Palisades Village Office, 5200 Cathedral Avenue, NW, Washington, DC

[More Information](#)

Mindful Knitting

Sat 04 / 22 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

April 23 — 29, 2023

Pickleball

Mon 04 / 24 / 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 / 24 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 25 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 25 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 26 / 2023 at 8:30 AM

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

[More Information](#)

Appetizer Potluck Happy Hour

Thu 04 / 27 / 2023 at 5:30 PM

Where: Private Home, please log in to see more

[More Information](#)

Mindful Knitting

Sat 04 / 29 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village