



ACROSS THE FENCE

April 23, 2023

Are you prepared to help someone in distress? What would you do after you call 911? We are offering Hands-on-Heart CPR training on May 4. This is not an all-day training but gives you the knowledge and ability to perform CPR (without breathing) and learn how to use an AED (defibrillator) and Narcan (for opioid overdose). It is much easier than what you learned in Scout training. You could save a life or increase the odds of a positive outcome. We encourage everyone in the community to [register](#) for this free one-hour training so that we can look out for one another.

"I would not be alive today without the CPR performed on me 11 years ago. I had fainted in my bathroom and it was a miracle that my Angel still remembered the" hands-on-heart" CPR learned many years before. It worked! Please take this important opportunity to learn a skill that can truly give life to another." -- Debbie

Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28	Saturday, April 29
12:15 p.m. Pickleball	9:30 a.m. Planner Group	8:30 a.m. Walking Club	5:30 p.m. Appetizer Potluck Happy Hour	2 p.m. Tech Clinic - rescheduled	9:30 a.m. Mindful Knitting
3:30 p.m. William Yates Fitness	3 p.m. Yoga				

This Week:



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. Space is limited so register [here](#) now.

Coming Up:



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, which is run by the DC Fire & EMS Department, 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](#).



Thursday, May 11, 10:30 a.m. - 11:30 a.m.

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. This in-person event is only open to those who have been fully vaccinated for COVID-19.

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**.*



Stained Glass by Board Member and Member Arne Paulson

As we wrap up Volunteer Appreciation Month, we want to once again acknowledge and thank all of our loyal volunteers who help us throughout the year to make our Village so special. You are the heart and soul of the organization and truly "out of this world."

Parking Pass Update

The 2020 Annual Visitor Parking Passes will expire on April 15. The District Department of Transportation implemented a new system, accessible on the web and mobile app, to manage parking permits for visitors, home health aides, and contractors. The DC government will no longer offer a mailed paper Annual Visitor Parking Pass or the Temporary (15-day) Parking Permits from MPD. Beginning April 16, residents on RPP blocks must obtain visitor parking permits through the ParkDC system or by calling (202) 671-2631. [Click here to access ParkDC.](#)

Downsizing in DC: Valuable and Historical Items

By Carter Ross

Decluttering and downsizing can often uncover surprises. You might find old letters or documents that have more than sentimental value. You may have pieces of art, antiques, or jewelry that are valuable. Old LPs or knick-knacks may be collectors' items. Deciding how to handle such items can be time consuming, but if you have the time and the interest, it can be worthwhile.

For collectible items, finding an appropriate consignment shop may be the simplest solution. You can search the directory at [Reuse DC](#) for places that might offer consignment services, but it may require more work for some items. In some cases, such as for art or antiques, an auction house may be the best option. Do your research before committing to a consignment shop or auction house to make sure you understand their fees and contingencies.

You may also want to consider handling the sale yourself through an online platform like [eBay](#) or [Amazon](#). You can search the platform to get an idea of a likely selling price or demand for your items, but it can be time-consuming and frustrating to deal with managing listings and shipping items. (You may have a grandchild or other relative who would be willing to take on the task of managing eBay listings for you.) Another option is a service like [ezAuctioning](#), which for a fee will handle the eBay sales process for you. If you don't want to sell something like a large record or comic book collection piece by piece or on consignment, you can find online resellers who are willing to buy collections sight unseen. You'll get less for the items, but they will often pay for shipping and make it very easy for you.

[Old family records and mementos may also have historical significance.](#) Letters, diaries, scrapbooks, photos and business records can provide unique insights into day-to-day life and important moments. Finding the right archive, library, or museum for such records can be difficult, however. In some cases, there may be an obvious repository to approach; other times, you may have to do some research. Often the best place to start is a local historical society, such as the [DC History Center](#), or genealogical societies and family history organizations. This being D.C., if you have records related to the federal government, the relevant agency's librarians may be interested. You can also contact the

[Society of American Archivists](#) to help in locating an appropriate repository. Most archives cannot accept everything they are offered, but they may be able to help you find alternate places.

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.



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 26, 1 p.m. on Zoom hosted by Chevy Chase At Home Women Waging Peace: Ambassador Swanee Hunt's Journey through Diplomacy and Philanthropy - Join Ambassador Swanee Hunt for a wide-ranging discussion of her professional experiences, how women can "wage peace," and lessons for the future. 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](#).

Thursday, May 4, 2 p.m. on Zoom hosted by Chevy Chase At Home Yard Birds of Chevy Chase - Chris Wright will give attendees information about 30 bird species you may see in your yard so that you will be able to identify them on the lawn or at the feeder. Many of these birds are familiar to everyone, but each of them has a story, and usually, a song, and these details make them memorable and identifiable. You will find that 30 birds are not so many, and you can recognize each of them just as you recognize each of your neighbors. Register [here](#).

Wednesday, May 17, 1 - 2 p.m. on Zoom hosted by Northwest Neighbor Village Coping with Uncertainty with Guest Speaker Donna Gayles of Capital Caring Hospice
Village Social Worker Barbara Scott leads a discussion on coping with uncertainty. Guest speaker, Donna Gayles from Capital Caring Health and Hospice, will discuss the positive impact of accessing hospice benefits earlier. Her talk is titled, "**Two Weeks is Too Short and Tragic**".

Due to the confidential nature of the discussions in this group, this session is for Members and Volunteers of the following Villages only:

- Northwest Neighbors Village
- Cleveland Woodley Park Village
- Dupont Circle Village
- East Rock Creek Village
- Foggy Bottom West End Village
- Georgetown Village
- Glover Park Village
- Palisades Village

If you are interested in participating in this meeting and are not a Village member, please contact the office at 202-935-6060 or 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 -- 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 25 topic: Intro to Google Drive. 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>

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.

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

E-cycle Waste Collection 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/dceycling to learn more. Members: Contact the PV office if you need help delivering small electronics to the event.

Sunday, April 30, 9 a.m. - 1 p.m.

Shredding at the Palisades Farmers Market on the corner of MacArthur Blvd NW and 48th PI NW -- On-site paper shredder truck compliments of Brendon Mills of the Erich Cabe Team at Compass.

Tuesday, May 2, 4 p.m. - 6 p.m.

Come hear the Loungers and exercise with Mr. Yates at Cafe Vino's Happy Hour.

They will be performing jazz and standards with Nick on guitar, Joe on sax and James on bass...and some moving appearances by brother Lounger, WILLIAM YATES. William is DC's YMCA fitness coach, USA vet and PE mentor extraordinaire. Cafe Vino, 4885 MacArthur Blvd NW.

Wednesday, May 10. 11 a.m.

Palisades Library is looking for a few more participants for a focus group on the future of the library. This event will be in-person on May 10 at 11a.m. Please sign up using this link: [Community Engagement Signup/Screening](#)

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 \(wpodc.org\)](#)

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 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](#)

Tech Clinic

Fri 04 / 28 / 2023 at 2:00 PM

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

[More Information](#)

Mindful Knitting

Sat 04 / 29 / 2023 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

April 30 — May 6, 2023

Pickleball

Mon 05 / 01 / 2023 at 12:15 PM

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

[More Information](#)

Book Club

Mon 05 / 01 / 2023 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 05 / 01 / 2023 at 3:30 PM

[More Information](#)

Planner Group

Tue 05 / 02 / 2023 at 9:30 AM

[More Information](#)

Yoga

Tue 05 / 02 / 2023 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 03 / 2023 at 8:30 AM

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

[More Information](#)

Hands on Heart CPR

Thu 05 / 04 / 2023 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Sat 05 / 06 / 2023 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village