

PALISADES
VILLAGE



2023 Impact Report

What Palisades Village does

We are a caring organization that focuses on helping older adults live independently, comfortably, and safely in their own homes. We offer inter-generational opportunities to socialize, learn, exercise, volunteer, and enjoy life while building a strong community in the Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights neighborhoods of Washington, D.C.

Addressing Social Isolation and Loneliness and Having Fun



Over 2,624 adults attended one of our 325 events and outings from fitness classes to barbeques and parties.

We paid 342 friendly visits to those who can't get to events.

Support from a licensed social worker to help during crisis times

Transportation



1,001 one-way rides to medical appointments, the grocery store, etc.

Volunteers don't just drop our members off. They can take notes at doctor's appointments or put away groceries.

Help Around the House



No project is too small. Volunteers help with changing lightbulbs, programming thermostats, help in the yard. If the project is too big, we have a list of professionals that other members have referred.

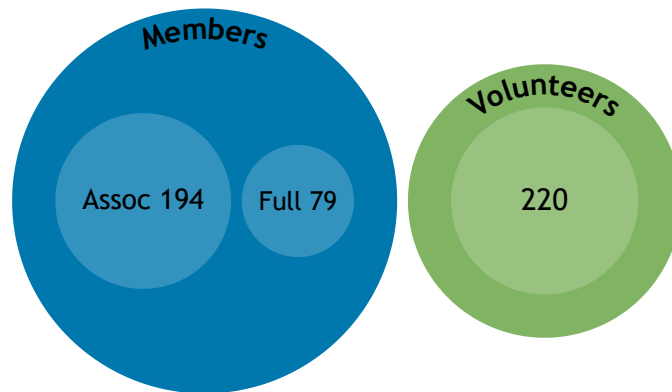
And tech help is available in our office or at your house.

Not Just for Members



Free Fitness classes, Immunization Clinics, Hands on Heart training, Emergency Preparedness training, Low-Vision Support Group, Author Talks, and fun community events open to all

Trained and vetted volunteers spent over 1,275 hours helping their neighbors last year.



Building an Engaged and Supportive Community of Neighbors

PALISADES VILLAGE

in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.

Phone: 202-244-3310 **Website:** www.palisadesvillage.org **Email:** info@palisadesvillage.org

Address: PO Box 40403, Washington DC 20016 **Office:** Palisades Hub 5200 Cathedral Ave, NW