



ACROSS THE FENCE

February 18, 2024

Our hearts went pitter-patter seeing our members at our Won't You Be Our Volunteer? party. Love was definitely in the air. Our volunteers had so much fun delivering our valentines with beautiful roses (thank you Cathy Mack), cards from kids from the library, Key School, and River School, chocolate, and something special to celebrate Heart Month. We included a pretty bag with a cup of lentils and recipes for soup and salad. Lentils appear in all diets for a healthy heart and are delicious on a cold winter night. And traditionally lentils represent luck, prosperity, the circle of life, and communal solidarity. You can find a list of other things to keep your heart healthy at <https://palisades.helpfulvillage.com/documents/2016>. We can't live on chocolate alone.

Monday, Feb 19	Tuesday, Feb 20	Wednesday, Feb 21	Thurs, Feb 22	Friday, Feb 23
Presidents' Day Office closed	9:30 a.m. Planner Group 3:00 p.m. Yoga	8:30 a.m. Walking Club	10:00 a.m. Hands on Heart CPR	10:00 a.m. Mindful Knitting

This week:



Thursday, February 22, 10 - 11 a.m.

Hands on Heart CPR Class at the Palisades Hub (in the church)

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! This is open to the whole community. 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](tel:202-244-3310).

Full members may request a ride to any PV event with 3 days' notice.

Coming up:



Thursday, February 29, 2-3 p.m. at the Palisades Library

Ralph Buglass - Washington Aqueduct History

The Washington aqueduct's history is a fascinating story with the Palisades playing a small role, getting MacArthur Boulevard renamed from its original moniker, Conduit Road (for the 12-foot wide water tunnel under it). This presentation tells the story through historical photos and maps to identify

landmarks people have no doubt driven by without much thought. The entire 12-mile engineering feat (from Great Falls to the Dalecarlia Reservoir and then on two more miles to the Georgetown Reservoir) is now a National Landmark. Register [here](#).

Tech Clinic



Friday, March 1, 12 noon - 2 p.m.

Tech Clinic

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](#).

'Won't You Be Our Valentine Party' was a lovely evening!

A great time was had by all at the recent Valentine-themed party at Cara and Robert's beautiful home. The Palisades Pan Handler did a bang-up job serving delectable hors d'oeuvres and beverages. The festive atmosphere was electric.



Bill, Sharon, Kate and Carol Lynn



Jan and Juli



Sharon



BJ and Peggy



Polly and Sharon



George and Molly

AARP Tax-Aide

Every year we have PV members volunteering for Tax Aide and others take advantage of the free program. What we didn't know was that it was the brainchild of **Peggy Banks's father, Ira Funston**. After retirement, he was involved with AARP programming and expanded their programming to include more men. He was selected to be one of three "senior" interns in the office of Senator Harrison Williams and became aware of the difficulties that older adults were having with the tax forms. After testifying before the US Senate Special Committee on Aging on the complexity of the forms, he went back to AARP and suggested a program where older adults help older adults with their taxes. They agreed and Tax-Aide was born. He was in his 80s at the time.

Since 1968, AARP Foundation Tax-Aide has provided free tax help to over 78 million taxpayers, with a focus on older adults with low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. You can find out details at <https://taxaide.aarpfoundation.org/>. The nearest sites for in-person assistance are at the Chevy Chase Community Center or Georgetown Library.

3rd Annual Palisades Village Photography Honorable Mentions

The photos that were submitted to the annual photography contest were amazing. As promised, here are a couple more honorable mentions. Enjoy!



Photo Credit: Claudia de Colstoun



Photo Credit: Judy Metro



Photo Credit: Chris Wolf



February is Black History Month - Celebrate Black History Month with Smithsonian events, resources, exhibitions, and podcasts. The 2024 theme is "African Americans and

the Arts" spanning the many impacts Black Americans have had on visual arts, music, cultural movements, and more. Click [here](#) for more information.

There are many more Black History Month events listed in [The Washingtonian](#).

The **American Writers Museum** has put together a special reading list to celebrate and honor the contributions of Black writers throughout history. In addition to this list of stellar books, they have included past podcast episodes and program video recordings for you to engage with before, during, or after you read these titles. [Click here](#) for more details.

The DC Office of Planning has [a new website](#) featuring an interactive map of 300 important Black history sites in the District. Looks very interesting! We encourage you to check it out.

Covid Corner:

Free COVID test kits are available from the federal government again! Even if you ordered earlier this year, you can order more now. You can order them [here](#) and they will ship 4 tests per household. You can also pick up free COVID test kits at some DC Public Libraries, including the Palisades and Tenley-Friendship branches.

Do you have COVID test kits and want to check if their expiration dates have been extended? Click [here](#) and scroll down to the section labeled "Authorized At-Home OTC COVID-19 Diagnostic Tests and Expiration Dates." Find your brand of test, click on Extended Expiration Date, and look for the lot number of your kit.

The Palisades Village continues to take precautions. Please do not hesitate to wear a mask at any event. Our 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.

Join Northwest Neighbors Village for any or all of their upcoming virtual speakers:

Thursday, February 22, 1 p.m.

The Future of Democracy - Please join CC@H for a wide-ranging discussion with Marvin Kalb on issues related to the future of democracy in the U.S. and around the world. A nonresident senior fellow at the Brookings Institution, he is a prolific international correspondent with a long history in broadcast news, including the popular Kalb Report, and the author of 17 books on Russia, the media, and foreign policy. The recipient of numerous journalism awards, Kalb served for many years as chief diplomatic correspondent and host of "Meet the Press" on NBC. Founder of the Shorenstein Center on Media, Politics and Public Policy at Harvard University's Kennedy School, Kalb is an expert on media ethics and responsibility. His latest publication is "Assignment Russia: Becoming a Foreign Correspondent in the Crucible of the Cold War." To register for this Zoom presentation, click [here](#) or call the office at: (301) 657-3115.

Friday, February 23, 10:30 a.m.

Zoom Tour of Cedar Hill, the Frederick Douglass National Historic Site

Don't miss this opportunity for a virtual tour of Cedar Hill which was Frederick Douglass's home in Anacostia from the fall of 1878 until his death on February 20, 1895. Established in 1988 as a National Historic Site, the site preserves the home and estate of Douglass, one of the most prominent African Americans of the 19th century. This Zoom presentation is organized by Friendship Heights Neighbors Network as part of our collaboration with Little Falls Village & is open to everyone. Please register [here](#). If you need help registering, email information.fhnn@gmail.com with Douglass in the subject line.

Monday, February 26, 3:30 p.m. - In person and on Zoom

Live and Learn: Guardianships, Wills, Trusts and Estates - Michele Zavos, a long-time Brookland resident and estate lawyer for over 40 years, will discuss important documents for life planning, including Wills, Health Care Powers of Attorney, Living Wills, HIPAA documents (for the federal law that prohibits disclosure of your personal information without your prior consent), Final Arrangement Designations, and General Powers of Attorney (for finances) as well as general information about elder issues and end-of-life planning. In person at the Dupont Circle Village Office at Friends Meeting House (2111 Decatur Place NW) or attend on Zoom. Register [here](#).

Friday, March 1, 2 p.m. On Zoom

The New Music Studio at the Terezin Concentration Camp, 1943-1944

It seems impossible to imagine that in the Nazi concentration camp of Theresienstadt, there were 20 or more talented composers who found ways to write and perform while imprisoned. They called themselves the New Music Studio and their music was saved under floorboards or passed along from prisoner to prisoner. Murry Sidlin will honor the work of these composers by sharing with us some recordings from [*Hours of Freedom: The Story of the Terezin Composer*](#). He will also speak of what music means in the most desperate of times. Register [here](#).

Sunday, March 3, 2 p.m.

An Afternoon of Music for Piano Four Hands - Cathy Waldman and Paul Levi recently joined the Northwest Village as Supporting Members and volunteers. As a husband-and-wife piano duo, they will perform a short concert of selections by tango composer Astor Piazzolla, as well as Prokofiev, Bach, and a new piece by Paul himself. Paul has arranged all the works in this program for piano duo. It is safe to say that you've never heard or seen anything like this! Register [here](#).

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](tel:202-459-9634). Sign up for the newsletter while you are there!

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, click [here](#).

Tuesdays, 4 p.m. - 5 p.m. on Zoom

Iona Tech Tuesday - More information and registration [here](#).

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.

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

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

Thursdays Palisades Rec Center, 10 a.m. - 11 a.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 - Join Diane Harris in studying the art of Tai Chi. Diane is a patient instructor who will break down this martial art form into numbers and movements so

that it is easy to learn. Tai chi will help with balance, stretching, and focus. This program is free and is sponsored by Around Town DC and Iona Senior Services. For more information and registration, click [here](#)

Sibley Seniors Events:

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Saturday, February 24, 12:30 - 4:30 p.m. on Zoom

Annual Sex and Aging Conference - Disability and chronic illness are as much a part of life as is our sexuality. More than 36% of adults over 65 years old report having a disability. Nearly 95% of adults 60 and older have at least one chronic condition, while nearly 80% have two or more. Injuries are also a concern. Whether a person is born with a disability, acquires one or develops chronic illness, they may experience challenges giving and receiving sexual pleasure. Participants will learn ways to work around barriers and find ways to achieve emotional intimacy and sexual expression. To register, email pnunez3@jhmi.edu or call 202-364-7602 at least two weeks in advance.

Wednesday, February 28, 7 - 8 p.m. on Zoom

Discussing the Facts: How a Healthy Lifestyle Can Help with Grief and Loss - Join us for an important discussion on grief and loss. Grief can cause both emotional and physical reactions that can affect our health. The grieving process can bring moments of intense suffering and it may be difficult to continue daily routines, including engaging in healthy behaviors. In our session, we will discuss some of the positive health behaviors that can support us during this time of grief and loss and improve our overall well-being. Register [here](#) or email pnunez3@jhmi.edu or call 202-364-7602 before February 27.

Community Events:

The Osher Lifelong Learning Institute (OLLI) at AU is offering over 90 eight-to-ten-week courses this spring on a broad range of subjects, including history, politics, literature, languages, arts, music, STEM, economics, social sciences, and more. We offer both in-person, and online classes—something for everyone! **The spring semester holds classes weekly starting March 4, most for 7 to 10 weeks. Choose your lottery selections for the [spring semester](#) before February 20** for the best chance of getting the courses you want. Many of the in-person courses will be recorded for your convenience! To choose your lottery selections or obtain a catalog, go to our website: olli-dc@american.org or call 202-895-4860.

Sunday, February 18, 9:30 a.m. - 11:30 a.m.

Mardi Gras Coffee and Cake -- Hosted by the PCA at the Farmer's Market (Postponed from last weekend.)

Sunday, February 18, 2024, 12:30 p.m. - 2:30 p.m.

Reframing Care: Mindfulness + Art at The Phillips Collection (1600 21st Street NW)

offers resources, support, and artful engagement for care partners and their loved ones living with memory loss. This session: Looking + Making. In our two hours together, we'll spend time in the gallery with a work of art — sharing ideas and connections in an informal conversation [facilitated by Nephelie and Donna]. After the gallery experience, we'll move to the studio where artist Leslie Holt will guide us as we create maps that celebrate our lives and imagine our paths in the new year. We'll experiment with a variety of materials and techniques to capture the layers of our journeys. All materials will be provided, and the art-making is open to all participants – caregivers, care receivers, and care partners. RSVP to Donna Jonte at djonte@phillipscollection.org

Tuesday, February 20, 7 p.m.

Palisades Community Association Town Hall on Zoom

In addition to the Police Report and regular announcements, we will have two speakers. First up will be representatives from DPW to tell us what services they provide. We have sent them questions about trash collection, trash receptacles, bulk trash, recycling, composting, and more. Come hear what they have to say and bring questions. The second presentation will be given by Mr. Robert Martin of Green Theory followed by a Q and A session. Green Theory has submitted an application to operate a medical marijuana dispensary in one of the retail spaces across from the new Fitzgerald (Old Safeway site). The PCA is encouraging everyone to come listen to the presentation and bring questions.

Join Zoom Meeting

<https://us02web.zoom.us/j/82407902052?pwd=NEZqUkZtVEtQMWFUDUVl2MlhHK05YQT09>

Meeting ID: 824 0790 2052

Passcode: 304042

Wednesday, February 21, noon - 2 p.m.

Southwest Waterfront AARP Chapter Black History Month Celebration

The program includes a musical and poetic tribute by BJ Durham and Raheem Rasta and guest speaker, Dr. Roblyn Lewter, who will provide lessons on how to live your best life at any age. Location: River Park Mutual Homes South Common Room, 1311 Delaware Ave SW. Street parking is available. Lunch cost: \$5. For more information, contact Betty Jean at 202-554-0901 or bettyjeantolbertjones@yahoo.com.

Wednesday, February 21, noon - 1 p.m. - On Zoom

Mid-century Modern Residences in Washington, DC: One-offs and the Making of Community

Join the DC Preservation League and architectural historian Kim Prothro Williams for this engaging webinar that will introduce you to a recent architectural survey undertaken by HPO to identify single-family dwellings designed in a Mid-Century Modern aesthetic. The webinar will highlight a number of custom “one-off” houses designed by well-known architects with both local and national influence, as well as collections of houses designed speculatively and creating notable clusters of mid-Century communities. The

webinar will also touch on the influence that Black architects, many of whom were graduates of Howard University School of Architecture, had on the rise of Mid-Century Residential design in Washington. ***This program is free and open to the public.***
Please register [here](#).

Wednesday, February 21, 6:30 p.m. - 8 p.m.

Meet the Mayor at the February Foxhall Community Citizens Association

Meeting! Bring your questions and concerns, for example about the new MacArthur HS. It is also our opportunity to thank the Mayor for the things she has done for us, such as renovating Hardy Park. Join us at the Hardy Rec Center, 45th and Q St.

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](tel: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](tel:202-244-3310).

This Week at Palisades Village
February 18 — 24, 2024

Washington's Birthday - Office Closed

Mon 02 / 19 / 2024 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Canceled: William Yates Fitness

Mon 02 / 19 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 20 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 20 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 21 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Hands on Heart CPR

Thu 02 / 22 / 2024 at 10:00 AM

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

[More Information](#)

Mindful Knitting

Fri 02 / 23 / 2024 at 10:00 AM

[More Information](#)

Next Week at Palisades Village
February 25 — March 2, 2024

Pickleball

Mon 02 / 26 / 2024 at 12:15 PM

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

Washington, DC 20016

[More Information](#)

William Yates Fitness

Mon 02 / 26 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 02 / 27 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 02 / 27 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 02 / 28 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Ralph Buglass - Washington Aqueduct History

Thu 02 / 29 / 2024 at 2:00 PM

Where: Palisades Library - upstairs meeting room, 4901 V Street NW, Washington, DC 20007

[More Information](#)

Mindful Knitting

Fri 03 / 01 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 03 / 01 / 2024 at 12:00 PM

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

[More Information](#)

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

Thank you!

Palisades Village