



*Celebrating 15 Years of Service*

# PALISADES VILLAGE

Building an Engaged and Supportive Community of Neighbors in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.

## *Across the Fence*

March 3, 2024

At the start of the month, we often look at what we should be aware of for that month. Here is a list of what we found for March: *Women's History Month, Social Work Month, National Reading Month, Disability Awareness Month, Irish-American Heritage Month, Greek American Heritage Month, Cerebral Palsy Awareness Month, Color Therapy Month, Colorectal Cancer Awareness Month, Deep Vein Thrombosis (DVT) Prevention Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Essential Tremor Month, Kidney Month, Kidney Cancer Awareness Month, Myeloma Action Month, Multiple Sclerosis Awareness Month, Red Cross Month, Self-Injury Awareness Month, Brain Injury Awareness Month, National Trisomy Awareness Month, Adopt a Rescued Guinea Pig Month, Bisexual Health Awareness Month.* Many of these are relevant but Adopt a Rescued Guinea Pig Month might be pushing it. And we can't forget the vernal equinox, Ramadan, Nowruz, and Easter.

Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
12:15 p.m. <a href="#">Pickleball</a> 1:00 p.m. <a href="#">Book Club</a> 3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a>  3:00 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>	1:00 p.m. <a href="#">Fire Prevention Program</a>	10:00 a.m. <a href="#">Library of Congress Tour</a>  10:00 a.m. <a href="#">Mindful Knitting</a>

***This week:***

## Fire Prevention



### **Thursday, March 7, 1:00 p.m. at the Palisades Library (upstairs meeting room)**

Samone Hoston, Fire Education Information Specialist with the DC Fire & EMS Department, will be covering what an emergency is, how to create an evacuation plan, how to decide whether to relocate or evacuate, how to prepare for an emergency, and how to practice your plan. As part of our ongoing emergency preparedness program, we encourage you to join us! It is open to the community. Register [here](#).

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### **Library of Congress Tour**

#### **Friday, March 8, 10:15 a.m. - 1:00 p.m.**

Palisades Village members are invited to a private guided tour of the Library of Congress, facilitated through the efforts of Palisades Village's own Bill Ryan, son of member Patty Ryan, who is on staff at the Library. The Thomas Jefferson Building is simply

spectacular and not to be missed! The tour begins at 11 a.m. You can meet us there or you can meet us at the PV office at 10 a.m. and travel by Uber/Lyft to and from the Library. Palisades Village can accommodate 15 people in the Ubers. Additional people are invited to meet us down there for the tour. Registration is required. 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](tel:202-244-3310).*

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

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## **Coming up:**



### **Thursday, March 14, 1 p.m. to 2 p.m.**

#### **Pi(e) Day at the Palisades Hub**

Members -- sign up for our annual tradition and reserve your slice of pie. Peggy Banks, our master pie maker, has not released the choices yet, but we know they will be delicious. We will have slices of pie available to pick up at the Hub (5200 Cathedral Ave, NW) or full members can

request delivery. **Let us know in the comments which you would prefer.** Hopefully, the weather will cooperate and we will be outside. Register [here](#).

## Tech Clinic



**Friday, March 15, 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](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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## *March is Women's History Month*

Women's History Month is dedicated to reflecting on the often-overlooked contributions of women to U.S. history. Throughout the month, efforts to highlight the achievements of women leaders and changemakers, both past and present and from diverse backgrounds, are plentiful. This year, the National Women's History Month theme is "Women Who Advocate for Equity, Diversity and Inclusion." According to the [National Women's History Alliance](#), the 2024 theme recognizes women throughout the country who believe a positive future can only be achieved by eliminating bias and discrimination "entirely from our lives and institutions." To celebrate, consider reading about women with historical impact, supporting women-owned businesses, and engaging with local women's groups and initiatives.



Historian **Ralph Buglass** gave a fascinating presentation on the history of the Washington Aqueduct, a national historic landmark, to a packed room at the Palisades Library last Thursday (sponsored by Palisades Village). The Washington Aqueduct was the District of Columbia's first public water system. Built by the Army Corps of Engineers from 1853 to 1863, it was a monumental engineering achievement. The Washington Aqueduct, constructed over 150 years ago, still supplies the nation's capital with public water today.

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## *Call for local painters*

Palisades Village is hosting an Art Show this Mother's Day weekend, May 11-12, at the Yellow Barn Gallery. If you are a painter, live in one of our neighborhoods, and are interested in participating in an art show and sale to support Palisades Village, please contact John Stiner at [jstiner@breckdesign.com](mailto:jstiner@breckdesign.com).

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## ***Transcribe Clara: A Women's History Month Transcribe-A-Thon***

Want to celebrate Women's History Month, National Reading Month, and Red Cross Month all at once? Join this month to transcribe Clara Barton's papers, held at the Library of Congress! Help unlock the past, one word at a time, by delving into the archives! This virtual, free event is open throughout March to anyone who wants to be a part of this essential, crowdsourced public history project! How much you transcribe is entirely up to you. Try it once or join every day—every little bit counts!

Transcribing historical documents is the process of taking (generally) handwritten documents and putting them into plain text. Transcription improves the searchability, readability, and accessibility of historical documents for people who use screen readers or other assistive technology. It also makes them searchable by keyword and easier to read. The Library of Congress' [By The People](#) project supports the transcription of documents in their archives.

This March, the National Women's History Museum encourages you to help transcribe [Clara Barton's papers](#)! Nurse, educator, philanthropist, lecturer, and founder of the American Red Cross, Clara Barton (1821-1912) kept diaries throughout her life. They need your help to make her writings more accessible and, by extension, more widely known.

To learn more about transcribing with the By the People project, go [here](#).

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***iPad training available – for members only*** Do you want to learn how to use an iPad or how to get more out of the one you have? We have a volunteer who can help you!

Discover the many features that come already installed (including internet, camera & photo library, maps and directions, weather, and calculator) as well as apps you can download for free. If you already use a smart phone, you're familiar with the basic technology. Many people find the larger format of the iPad easier on their fingers as well as their eyes.

Full members may be able to borrow an iPad for a few months before they commit to buying one of their own.

Please contact Anne Ourand for more information or to set up an appointment.

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## **Covid Corner:**

**Based on the new CDC recommendations, Palisades Village has arranged for Giant Pharmacy to come back for another [Vaccination Clinic](#) on Friday, March 29 from 10 a.m. to noon.**

**From the New York Times:** *Older Americans Should Get Another Covid Shot This Spring, C.D.C. Says*

The agency recommended another round of vaccinations for Americans ages 65 and older.

Americans ages 65 and older should receive an additional dose of the latest Covid vaccine this spring, the Centers for Disease Control and Prevention said on Wednesday, February 28th.

The spring shot would be a second dose of the most recent iteration of the Pfizer-BioNTech, Moderna or Novavax vaccines introduced in the fall. People who are immunocompromised are already eligible for additional doses of the vaccine.

At a meeting of the agency's Advisory Committee on Immunization Practices earlier on Wednesday, federal researchers presented preliminary data showing that the latest vaccines have an effectiveness of about 40 to 50 percent against symptomatic infection or hospitalization, although estimates against currently circulating variants were based on small numbers.

In October and November, adults who received a fall dose accounted for 4 percent of Covid-related hospitalizations. Those who got a booster in the fall of 2022, but not the updated vaccine this fall, accounted for 25 percent.

**Test Kits:**

- We have a new stock of COVID test kits from DC Health in our office.
- Free COVID test kits are also 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.

Can't get out of the house for a vaccination? DC Health will come to you. Call [1-855-363-0333](tel: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.

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](#).

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

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## **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](#).*

**Sunday, March 3, 2 p.m. in person hosted by Northwest Neighbors Village**  
**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! Levine School of Music, Lang Hall — 2801 Upton Street NW  
Register [here](#).

**Friday, March 8, 10:30 a.m. - 12 noon, hosted by Potomac Community Village**  
**Visiting the LBJ Library and Museum on Zoom** - The museum collection contains more than 54,000 objects donated by the President and Mrs. Johnson, their family, close friends, associates, and the American people. Like that of most history museums, the collection is very diverse and includes objects ranging from Middle Eastern antiquities and coins to postage stamps to Oval Office furniture. The art collection ranges from drawings by schoolchildren to masterpieces by such renowned artists as Frederic Remington, Charles Russell, Winslow Homer, and Diego Rivera. More information and registration [here](#).

**Thursday, March 14, 2 p.m. - 4 p.m. hosted by Foggy Bottom West End Village**  
**Art in the Atrium** - Foggy Bottom West End Village will present an art exhibit featuring artists from the Village. "Art in the Atrium" will be from 2:00 to 4:00 p.m. on Thursday, March 14th, in the Atrium of St. Paul's Church, **2430 K Street NW**. The exhibit will allow everyone to meet the artists and discuss their work. And, of course, there will be light

refreshments. This program is open to the public and everyone is encouraged to attend. Register [here](#).

### **Thursday, March 21, 3:30 p.m. - 5 p.m. hosted by Capitol Hill Village**

**Panel Discussion: Finding An LGBT Inclusive Care Community On Zoom** - This panel will feature questions on how to make sure a senior living community is LGBT-friendly and how you can protect yourself from discrimination and bigotry. Click [here](#) for more information and registration.

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

### **March In-Person Schedule**

#### **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](#).

**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 Iona, 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.**

**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](#)

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## **Sibley Seniors Events:**

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

#### **Friday, March 15, 10 to 11 a.m.**

#### **Preparing for Surgery Over 65: What You Need to Know on Zoom**

Approximately half of all surgical procedures are performed on people over age 65. Age-related physiologic changes can negatively influence surgical outcomes, however, being prepared can lessen adverse complications. Join Suzanne Dutton, D.N.P., G.N.P.-B.C., R.N., and Rosemary Trejo B.S.N., R.N.-B.C., to learn what to expect, how you can best

prepare, what you can do in advance to avoid complications, what you should bring to the hospital and how to ease the transition back to home after your surgery [here](#) or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602.

To read their latest newsletter, click [here](#).

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## 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](mailto:olli-dc@american.org) or call 202-895-4860. Olli also has a free spring lecture series. Click [here](#) for details and instructions for registering.

**Sunday, March 3, Noon - 5 p.m.**

**Abner Cloud Open House** - The Abner Cloud House will be open to the public on **Sunday, March 3 from noon to 5 p.m.** Docents provide free tours of the house and share the latest research. Directions: same as Fletcher's Boathouse. Take Reservoir Road downhill to Canal Road, cross Canal Road at the light, and park in the parking lot(s). Detailed directions and photos are here: <https://www.hmdb.org/m.asp?m=238285>

**Wednesday, March 6, 7 p.m. on Zoom**

**ANC3D's regularly scheduled monthly meeting** - As always, we will post the zoom link on the website [anc3d.org](http://anc3d.org). You can also find the agenda there.

**Friday, March 15, Noon**

**Friday Morning Music Club** -- Free concert featuring works by Clarke, Scriabin, Rachmaninoff, Prokofiev, and Muczinski. The one-hour concerts continue every third Friday of the month through May. First Congregational Church, 945 G St. NW), adjacent to the MLK library. All six Metro lines have stations nearby (Metro Center & Gallery Place).

**Saturday, March 23rd, 8 a.m. – 1 p.m.**

**Friends of the National Arboretum Native Plant Sale**

Our annual Native Plant Sale includes a small number of vendors (~5-7 vendors) from across the mid-Atlantic selling spring ephemerals and many other choice perennials and woody plants. Join us Saturday, March 23rd from 8 AM to 1 PM along Meadow Road between the National Arboretum's Visitor Center and National Herb Garden. *Registration for the plant sale is preferred but not required — please let us know you're coming!* For registration and more information, click [here](#).

### **Monday, April 8 at the Kreeger Museum, 11 a.m. and 1 p.m.**

**Conversations**, a program for individuals with mild to moderate memory disorders and their caregivers, provides a forum for dialogue and connection through art and music. Each hour-long program includes an interactive gallery talk and a musical component. The experience is designed to stimulate reflection, reduce stress, and increase communication and sociability. The Kreeger Museum will host two sessions of Conversations on April 8th, one at 11:00 a.m. and 1:00 p.m. We have limited spaces and advanced registration is required. Please only reserve one space and you will be prompted to fill out the name of both the participant and the caregiver. The April 8th program will discuss Claude Monet's *The Arm of the Seine near Giverny in the Fog*. Register [here](#).

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

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

## This Week at Palisades Village

### March 3 — 9, 2024

#### **Pickleball**

Mon 03 / 04 / 2024 at 12:15 PM

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

[More Information](#)

#### **Book Club**

Mon 03 / 04 / 2024 at 1:00 PM

[More Information](#)

#### **William Yates Fitness**

Mon 03 / 04 / 2024 at 3:30 PM

[More Information](#)

#### **Planner Group**

Tue 03 / 05 / 2024 at 9:30 AM

[More Information](#)

#### **Yoga**

Tue 03 / 05 / 2024 at 3:00 PM

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

[More Information](#)

#### **Walking Club - Georgetown**

Wed 03 / 06 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

#### **Fire Prevention Program**

Thu 03 / 07 / 2024 at 1:00 PM

Where: Palisades Library, 4901 V Street NW, Washington, DC 20007

[More Information](#)

### **Library of Congress Tour**

Fri 03 / 08 / 2024 at 10:00 AM

Where: Library of Congress, 101 Independence Ave SE, Washington, DC

[More Information](#)

### **Mindful Knitting**

Fri 03 / 08 / 2024 at 10:00 AM

[More Information](#)

Next Week at Palisades Village  
March 10 — 16, 2024

### **Pickleball**

Mon 03 / 11 / 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 03 / 11 / 2024 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 03 / 12 / 2024 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 03 / 12 / 2024 at 3:00 PM

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

[More Information](#)

### **Walking Club - Georgetown**

Wed 03 / 13 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

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

Wed 03 / 13 / 2024 at 10:00 AM

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

[More Information](#)

### **Pi(e) Day**

Thu 03 / 14 / 2024 at 1:00 PM

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

[More Information](#)

### **Mindful Knitting**

Fri 03 / 15 / 2024 at 10:00 AM

[More Information](#)

### **Tech Clinic**

Fri 03 / 15 / 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