



*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 10, 2024

We have been focusing on **emergency preparedness** for the past couple of months. We kicked off this project with a presentation by the **DC Homeland Security and Emergency Management Agency** on how to prepare for any emergency. After that, we organized a Hands on Heart CPR session with **DC Fire & EMS** (see the summary below -- it's concise). Our next presentation on fire safety was scheduled last week, but unfortunately, only one person signed up, so we have rescheduled it for **Friday, March 22 at 1:00 p.m.** at the Palisades Library. We know it's not exactly a glamorous or fun topic, but it could be life-saving. The first 10 people to sign up will get a **Fire Safety Kit!** Register [here](#). Finally, we continue our visits to all our full members where we drop off emergency grab-and-go bags and make sure we have all their latest emergency contact information. In the event of an emergency, we want our members to know that Palisades Village will be here to help.

Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
12:15 p.m. <a href="#">Pickleball</a>	9:30 a.m. <a href="#">Planner Group</a>	8:30 a.m. <a href="#">Walking Club</a>	1:00 p.m. <a href="#">Pi(e) Day</a>	10:00 a.m. <a href="#">Mindful Knitting</a>
3:30 p.m. <a href="#">William Yates Fitness</a>	3:00 p.m. <a href="#">Yoga</a>	10:00 a.m. <a href="#">Eye to Eye Group</a>		12 Noon <a href="#">Tech Clinic</a>

***This week:***



## 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](#).

*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 at least 3 days' notice.*

## Coming up:



### Fire Prevention

## Friday, March 22, 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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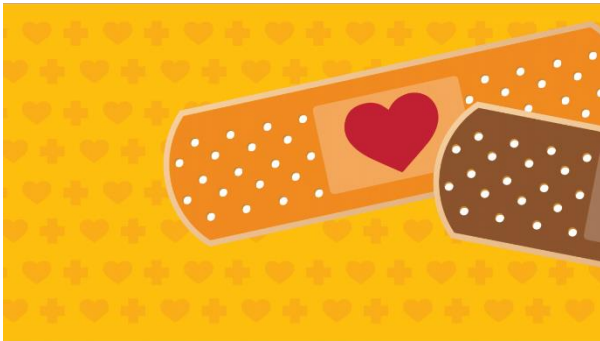


**Thursday, March 28, 11 a.m. - 12 noon on Zoom**

**Living Well with Hearing Loss** - The purpose of this Zoom program is to provide awareness, criteria, tools, and strategies to live well with hearing loss. National Institute on Deafness and Other Communications Disorders reports 25% of

seniors in their sixties; 50% in their seventies; 80% in their eighties experience functionally significant hearing loss. Treating hearing loss problems early is important for cognitive health, making it a public health concern (National Academies of Sciences). Hearing loss is a recognized disability (albeit invisible) by the Americans With Disabilities Act (ADA). We can improve the quality of life with hearing loss! Register [here](#).

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**Friday, March 29, 10 a.m. - noon  
Vaccination Clinic**

Giant Pharmacy is coming to Palisades Village to provide Pfizer and Moderna Covid booster shots, flu shots and RSV vaccines (60+ only). We will be outside. In the case of rain, we will move indoors.

***Please note in the comments whether you want the Pfizer or Moderna Covid booster shot and***

***any other vaccinations you might need. You must register in advance.***

***If you have mobility issues, the pharmacist can come to your car to administer the vaccine. Just let us know in advance, please.*** Register [here](#).

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## ***Washington Aqueduct Updates***

During **Ralph Buglass's** presentation last week on the history of the Washington Aqueduct, he mentioned that the old conduit needed repairs. You can learn more about this, including maps and information about road closures in Maryland, [here](#).

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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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**The outing to the Library of Congress last Friday was a success! Thanks to Roz for taking some pictures. If you have ideas on interesting places to go, let us know! It's wonderful to take advantage of living in DC.**



Frank and Jan



Great looking group!



Buffie, Hans, and Jan

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## ***Hands Only CPR Summary***

Last month we hosted a Hands Only CPR class run by DC Fire & EMS staff (they were wonderful). Did you know you no longer have to breathe into someone's mouth? Here are the steps to remember:

If you find an adult or adolescent unconscious:

1. Check the scene and the person.
2. Call 911. Place the person on a hard, flat surface.
3. If unresponsive, begin chest compressions. Place the heel of the hand on the center of the breastbone. Compress the chest, at least 2.4 inches, to the rhythm of "Staying Alive." Compress at least 100 times per minute. Let the chest rise completely before pushing down again.

Palisades Village will continue to organize these trainings twice a year. They are open to the community, and everyone is highly encouraged to attend.

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## ***iPad & iPhone training available – for members only***

Do you want to learn how to use an iPad or iPhone 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
- You can 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](https://www.cdc.gov) 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](#).*

**Wednesday, March 13, 1 p.m. - 2 p.m. hosted by Chevy Chase at Home on Zoom**  
**Turning Family Stories into a Historical Novel** - Christine Fallert Kessides, the local author of the recently-published debut novel Magda, Standing will discuss how she took fragments of family lore to create a well-grounded story of German immigrants in the era of the Great War and the Spanish flu--learning the craft of the novel and historical fiction research methods along the way. 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](#).

**Monday, March 18, 11:00 a.m. on Zoom hosted by Foggy Bottom West End Village DC Tutors and Mentors Initiative Info Session** - The DC Tutors and Mentors Initiative (DCTMI) recruits adults who want to work with young people in grades 1-12 throughout the city. You get to select where'd you'd like to work, the age of the young person, etc. and DCTMI then matches you with one of their 50 partner organizations that meets your parameters. Two out of three students in DC are reading below their grade level. The need is great and volunteers in this program make a real difference in the lives of the children and teens they work with. We will meet with Tom Pollac, the founder of DCTMI, to learn more about the opportunities and the logistics. [Click here to register](#)

**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.

**Monday, April 1, 12 Noon - 1 p.m. on Zoom hosted by Foggy Bottom West End Village Senior Fraud Presentation by the United States Attorney's Office.** Learn about the different types of scams, how to spot warning signs, and ways to prevent becoming a victim. Register [here](#).

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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. **Class registrations will remain open until March 15.**

**Now through April 28, Wednesdays/Thursdays 5 p.m. - 9:30 p.m.; Fridays/Saturdays Noon - Midnight; Sundays Noon - 9 p.m.**

**Artomatic** - A free event drawing hundreds of artists and performers from throughout the D.C., Maryland and Virginia area for a seven-week exhibition to celebrate the arts! At 2100 M Street NW. Click [here](#) for more information.

**Wednesday, March 13, 2 p.m. - 3:30 p.m. on Zoom**

**Lifestyle Factors Affecting Alzheimer's Disease** - Alzheimer's Disease is likely caused by a combination of genetic, environmental, age, and lifestyle factors. Though research continues, evidence is strong that people can reduce the risk of Alzheimer's and some other brain disorders. Dr. Marilyn Albert, Director of Cognitive Neuroscience, Department of Neurology with Johns Hopkins Medicine, will update us on the latest research related to the potential role of lifestyle factors in modifying the progression of Alzheimer's disease. More information and registration [here](#).

**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).

**Monday, March 18, 11:00 a.m. on Zoom**

**DC Tutors and Mentors Initiative Info Session** - The DC Tutors and Mentors Initiative (DCTMI) recruits adults who want to work with young people in grades 1-12 throughout the city. You get to select where'd you'd like to work, the age of the young person, etc. and DCTMI then matches you with one of their 50 partner organizations that meets your parameters. Two out of three students in DC are reading below their grade level. The need is great and volunteers in this program make a real difference in the lives of the children and teens they work with. We will meet with Tom Pollac, the founder of DCTMI, to learn more about the opportunities and the logistics. [Click here to register](#)

**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 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](#)

Next Week at Palisades Village

March 17 — 23, 2024

## **Pickleball**

Mon 03 / 18 / 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 / 18 / 2024 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 03 / 19 / 2024 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 03 / 19 / 2024 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 03 / 20 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

## **Mindful Knitting**

Fri 03 / 22 / 2024 at 10:00 AM

[More Information](#)

## **Fire Prevention Program**

Fri 03 / 22 / 2024 at 1:00 PM

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

[More Information](#)

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

Thank you!

Palisades Village