



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 17, 2024

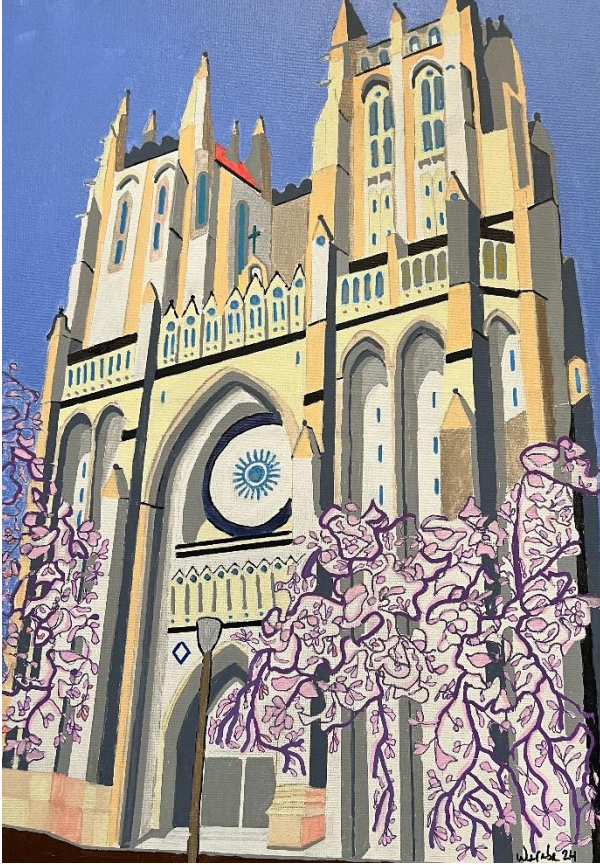
*There are good ships and wood ships, ships that sail the sea, but the best ships are
friendships, and may they always be.
- An Irish Toast*

The flowers are already announcing the start of spring this week. We welcome the fine weather but are not as happy about the mosquitoes brought on by those April showers. Lindsey Truitt, Palisades neighbor, landscaper extraordinaire, and founder of the non-profit **Our Wildlife Habitat**, has agreed to come and show us how to build mosquito larva traps this Thursday. Like many of our upcoming programs, this will be held outdoors if the weather permits. This program, as well as our Fire Prevention talk, Hearing Loss presentation, and Vaccine Clinic, are open to all in the community.

We have so many programs coming up, but don't forget to also look at some of the wonderful ones offered by other local villages. We list a sample every week that we think might be of interest.

Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
12:15 p.m. Pickleball 3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3:00 p.m. Yoga	8:30 a.m. Walking Club	2:00 p.m. Preparing for Mosquito Season	10:00 a.m. Mindful Knitting 1:00 p.m. Fire Prevention Program

Happy spring from a very artistic Palisades Village member!



Save the date for a community art show hosted by Palisades Village on May 10-11.

This week:



Preparing for Mosquito Season

Thursday, March 21, 2:00 p.m. at the Palisades Hub

Mosquitos are one of life's irritations and can ruin our time in the great outdoors. They are especially rampant in this area. We are thrilled that Lindsey Truit, Palisades neighbor, landscaping extraordinaire and founder of the non-profit **Our Wildlife Habitat**, has agreed to come and show us how to build mosquito larva traps using buckets, rubber bands, netting and mosquito dunks. This is a great alternative to harmful mosquito spraying.

This program will be held outside, weather permitting. We will move indoors if the weather doesn't cooperate.

Everyone is welcome and encouraged to attend! Register [here](#).



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! **The first 10 people to sign up receive a Fire Emergency Kit!** It is open to the 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 at least 3 days' notice.

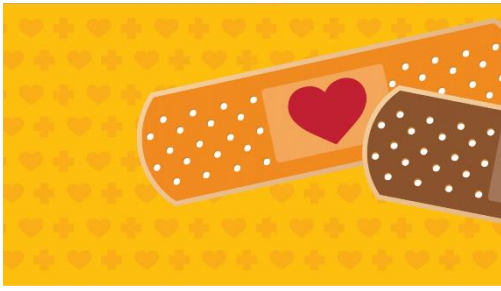
Coming up:



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](#).



Friday, March 29, 10 a.m. - noon

Vaccination Clinic at Palisades Hub

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](#).



Friday, April 5, 12 noon - 2 p.m.

Tech Clinic at Palisades Village office

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](#).

Our annual tradition of celebrating Pi(e) day was once again a lovely gathering filled with delicious pies made by Peggy and wonderful conversation. The weather cooperated and we all had a blissful afternoon! We even got to celebrate BJ's birthday!



Solange and Frank



Patty, Peggy, Wally, Charlie, and John



Happy birthday, BJ!

Calling all bakers!

Peggy made four varieties of pies for Pi(e) day: Butterscotch Pecan, Tar Heel, Buttermilk, and Chocolate Galore. They were all delicious, but one really stood out. If you would like to try it yourself, she shared the recipe with us. Enjoy!

Butterscotch-Pecan Pie

Filling for 1 9-inch pie crust

1 cup light corn syrup

½ cup packed dark brown sugar

4 tablespoons butter cut into pieces

¾ cup butterscotch chips

1/8 tsp salt

3 large eggs plus 1 large egg yolk

1 ½ tsp vanilla extract

2 cups pecan halves toasted (or not), coarsely chopped

1. Preheat oven to 350. Gently warm the corn syrup, sugar, and butter in a medium saucepan until the butter melts. Turn off the heat and add the butterscotch chips; scatter them around rather than dumping them in one spot. Let stand for 5 minutes; add the salt and whisk to smooth. Pour the mixture into a large bowl and cool for 5 minutes.
2. Whisk the eggs and egg yolk together in a medium bowl just until frothy. Whisk in the vanilla. Gradually whisk a little less than half the hot liquid into the eggs until smooth. Add the rest of the hot liquid in a stream and whisk again. Stir in the pecans. Put the pie shell on a baking sheet and carefully pour the filling into the shell. Use a fork to gently rake the filling and distribute the nuts evenly.
3. Bake the pie on the center oven rack for 40 to 45 minutes, until the perimeter of the filling has puffed up a little and cracked slightly, rotating the pie 180 degrees midway through the baking. When done, the center of the pie may wobble, but it shouldn't seem soupy. Just give the pie a little nudge to check.
4. Transfer the pie to a rack and cool. Serve at room temperature or chill first for several hours before serving.

Pride Month is coming

Pride month is almost here---this year there's interest in hosting a social event for all DC LGBT Villagers! This would be an opportunity for folks to connect, celebrate, and bring a prospective member if they'd like. If you are interested in representing Palisades Village and would like to be involved in this event, Frank Walter (Dupont Circle Village) and Sofia Ross (Capitol Hill Village) will be scheduling a planning call for March. Please call the

office at 202-244-3310 or email Erica at eblanton@palisadesvillage.org by Monday, March 18th to let us know.

Drive, Pitch, and Putt

Would you like to get out in this nice weather and play some golf? For fun? We are exploring the idea of starting a Palisades Village recreational golf group. Maybe once per week, probably 9 holes, most conveniently at Rock Creek Park Golf Course. If this sounds fun to you, we'll set up a get-together to exchange ideas. Contact aourand@palisadesvillage.org or call the office at 202-244-3310 to express your interest.

Puzzles Anyone?

We have a great selection of donated puzzles here at the office. If you would like one (or two or three...), please stop by the office (using the Hawthorne Pl door) between 10-4 during the week. We will be donating any left to the library on March 29th, so please come in before that.

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](#) 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.



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](#).

Northwest Neighbors is hosting a **Four Seasons of Creativity** series (in person at the Chevy Chase Library). The next session begins on **Friday, March 22nd**. It's a six-week in-person program where the group will map their lives. There is still room, so they have invited people from other villages to participate. These wonderful, reflective group activities require full commitment from the small group. Register [here](#).

Monday, March 18, 11 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](#)

Wednesday, March 20, 3 p.m. - 4 p.m. on Zoom hosted by Greater Brookland Intergenerational Village

Birth to Earth, Womb to Tomb: Write Your Own Obituary - Who would you trust to speak a true word about the life you have lived? "A little life well-lived is worth talking about," wrote Jim Nicholson, long-time obituary writer for the Philadelphia Daily News. In today's era of online news, most obituaries are written by family members after a death, posted by mortuary services, and shared on social media. This workshop will help participants begin to write their own. [Register Here](#) for the Zoom link or call (202) 658-5958

Wednesday, March 20, 7 p.m. - 8 p.m. on Zoom hosted by Northwest Neighbors Village

Making Sense of Senior Living Options - How long should we stay in our house or apartment? Downsize now when I control the decisions about my future or wait until "everyone" insists? Can the village help me age in the community? Can't I just get an aide when I need one? And where do I move—an "active adult community," "independent living," "assisted living," "continuous care community"? Realistically, what do these places cost? These are the questions that many of us struggle with as we or a family member age. **Chevy Chase Community Association** and **Northwest Neighbors Village** are jointly presenting a program to help us make sense of the options, the resources in the community, and the risks of waiting. 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.

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](#).

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!

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](#)

Sibley Seniors Events:

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

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

Community Events:

Community Sing is Back!

Palisades Community Sing has two upcoming Sings at **Palisades Hub (5200 Cathedral Ave NW)**:

Friday, March 22nd-- 7:30 p.m.

Sunday, April 28th -- 6 p.m.

The mission of Palisades Community Sing is to bring together adults of all ages and musical skill levels – and experience – to sing. We sing just for the fun of it with friends and neighbors, as well as people from outside the neighborhood. Our songs are familiar and from across genres, including American standards, Broadway, pop, folk, and rock. We meet monthly – more or less – for about an hour at Palisades Hub (5200 Cathedral Ave NW) in the sanctuary. Startup grant money for this project was provided by the Palisades Community Fund. For more information, please contact Ann Roddy (ann.rodny64@gmail.com)

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.

Thursday, March 21, 10:30 a.m. - Senior Cinema Thursday!

See the movie "One Life" at the Avalon Theater - ONE LIFE tells the incredible true story of Nicholas "Nicky" Winton, a young London broker who helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before Nazi occupation closes the borders on the verge of World War II. Fifty years later, Nicky (Sir Anthony Hopkins) is haunted by the fate of those he wasn't able to bring to safety. Senior Cinema Thursday is a monthly event where we screen one of our current features at a special discounted price for seniors held every third Thursday at 10:30 a.m. 5612 Connecticut Ave NW

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](#).

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).

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

This 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](#)

Canceled: 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](#)

Preparing for Mosquito Season

Thu 03 / 21 / 2024 at 2:00 PM

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

[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](#)

Next Week at Palisades Village
March 24 — 30, 2024

Pickleball

Mon 03 / 25 / 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 / 25 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 26 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 26 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 27 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Living Well with Hearing Loss

Thu 03 / 28 / 2024 at 11:00 AM

[More Information](#)

Mindful Knitting

Fri 03 / 29 / 2024 at 10:00 AM

[More Information](#)

Vaccination Clinic

Fri 03 / 29 / 2024 at 10:00 AM

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

[More Information](#)

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

Thank you!

Palisades Village