



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 24, 2024

We are planning a special event to honor our volunteers who have been serving our community for the last fifteen years. We plan on taking a walk down memory lane. **What are your favorite memories of Palisades Village?** Please email Erica at ebanton@palisadesvillage.org and share them. Save the date for April 25 and keep your eyes open for an invitation in your inbox.

Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
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	11:00 a.m. Living Well with Hearing Loss	10:00 a.m. Mindful Knitting 10:00 a.m. - noon Vaccination Clinic

This week:



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](#).

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).

Both Full and Associate members are included in Members Only events. Full members may request a ride to any PV event with at least 3 days notice.

Coming up:

Thursday, April 4, 6 p.m.

Palisades Village Board meeting at the Palisades Library- The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register [here](#).

Tech Clinic



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 us know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).



Thursday, April 11, 10:30 a.m. - 11:30 a.m.

Coffee & Conversation

Join us for an informal get-together over coffee. Hopefully, it will be warm enough to be outside. If not, we will be indoors in the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. Register [here](#).



Thursday, April 11, 5 p.m. - 7 p.m.

Tapas Potluck Happy Hour for Members & Volunteers

Bring a tapas appetizer to share to this happy hour hosted by one of our members. Not sure what tapas are? Originating in Spain, tapas are small plates of food served as light snacks during happy hour or as appetizers before the main course. Tapas are growing in popularity in the US because they create a communal

dining experience where guests can nibble multiple items without filling up on any dish. We can't wait to see what you come up with! If you need some ideas, call the office at 202-244-3310 or just bring whatever appetizer you like! It'll all be fantastic! Register [here](#).



Thursday, April 18, 10:30 a.m. - 12:30 a.m.

Volunteer Orientation - Want to get more involved with our community and help out your neighbors? Consider becoming a Village volunteer! Our volunteers are able to set their own schedule, with the flexibility to do as much or as little as they would like. You can find out about the organization and talk to other volunteers about the rewards of what they do.

Food will be provided. Register [here](#).

Keep an eye on your inbox for a special invitation to celebrate our volunteers who have been serving the community for 15 years. The event will be on Thursday, April 25 from 5:30-7:30.

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

Last Thursday, Lindsey Truitt, Palisades neighbor, life-long gardener, landscaper extraordinaire, and founder of the non-profit ***Our Wildlife Habitat***, gave a presentation on how to build mosquito larva traps using buckets, rubber bands, netting and mosquito dunks. This is a great alternative to harmful mosquito spraying. For more information about building your own "bucket of doom," check out this

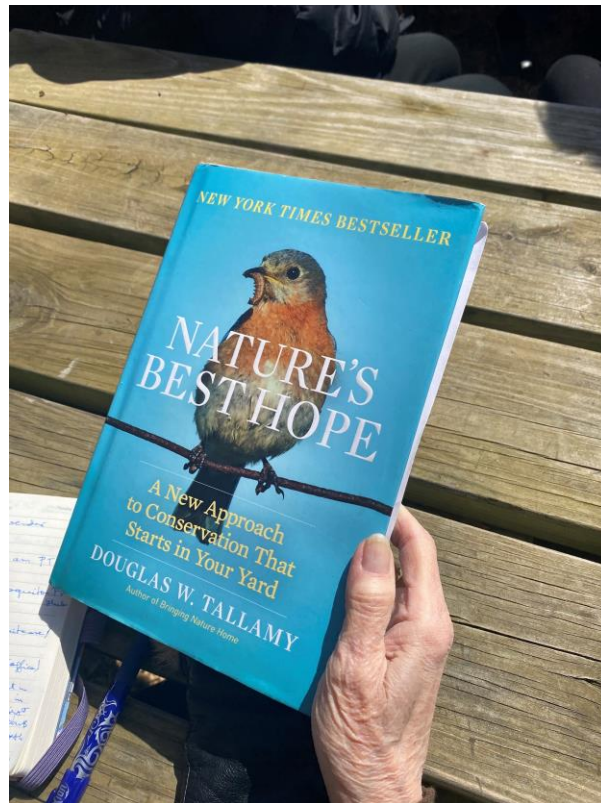
link: <https://www.audubonva.org/news/how-to-set-up-a-mosquito-larva-trap>



Lindsey knows her stuff!



It was a captive audience.



Lindsey recommends this book!



Thank you to Samone Hoston from the Office of the Fire Marshal who came out and gave a presentation on fire prevention and fire safety. The name of the game is to be prepared!

Tired of Cooking?

The **Washington Beacon** newspaper recently wrote an article about the best meal delivery options for non-cooking older adults. Here are some of the best meal delivery companies as rated by VeryWell Health:

Best Variety: Magic Kitchen (magickitchen.com)

Best value: Mom's Meals (momsmeals.com)

Best for Nutrition Consultation: BistroMD (bistromd.com)

Best Plant-Based Meals: Mosaic (mosaicfoods.com)

Best Gluten-Free: ModifyHealth (modifyhealth.com)

Best Chef-prepared: CookUnity (cookunity.com)

Best for Customization: Snap Kitchen (snapkitchen.com)

For more information, visit VeryWellHealth.com and search for "Best Meal Delivery Services for Seniors."

Some of these were new to us and we haven't gotten any feedback on them. What services would you recommend? Send us your favorite (info@palisadesvillage.org).

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.

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 Your 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](#).

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:

Olli (Osher Lifelong Learning Institute) At American University In-Person Lecture Series: Please go to the [events calendar](#) on our website to find upcoming lectures, readings, and other events.

Sunday, March 24, 1:30 p.m.

Palisades Film Club at the Palisades Library - Join us in the upstairs meeting room for Movies with a Message. There will be time for discussion. 4901 V Street NW. Questions and RSVP - Email barbara.elsas@gmail.com

Sunday, April 28, 6 p.m.

Palisades Community Sing -- 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) Palisades Hub (5200 Cathedral Ave NW)

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.

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](#).

Friday, April 19, 12 noon

Friday Morning Music Club - Free concerts the third Friday of each month through May. This week's concert will feature works by Bruch, Albeniz, C. Schumann, Poldowski and Viardot. First Congregational Church, 945 G St. NW, adjacent to the MLK library. Click [here](#) for more information.

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 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](#)

Next Week at Palisades Village

March 31 — April 6, 2024

Pickleball

Mon 04 / 01 / 2024 at 12:15 PM

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

[More Information](#)

Book Club

Mon 04 / 01 / 2024 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 04 / 01 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 02 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 02 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 03 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Board Meeting

Thu 04 / 04 / 2024 at 6:00 PM

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

[More Information](#)

Mindful Knitting

Fri 04 / 05 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 04 / 05 / 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