



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

April 21, 2024

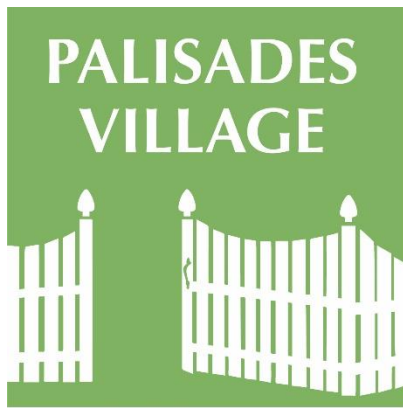
On Thursday we will celebrate the contributions of the many volunteers who have made Palisades Village what it is today. We will not only honor our current volunteers but also the hundreds of volunteers who have helped the Village over the past fifteen years. All of our volunteers are special and we have identified some that people can't stop talking about and will be awarding their contributions. Can you imagine a nicer group of people to spend an evening with?

There will be time to chat and listen to the sounds of the Loungers. We will have some light refreshments and there will be options available for those observing Passover.

Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
12:15 p.m. Pickleball 3:30 p.m. Fitness	9:30 a.m. Planner Group 3:00 p.m. Yoga	8:30 a.m. Walking Club	3:30 p.m. Fitness 5:30 p.m. Celebrating 15 Years Of Volunteer Service	10:00 a.m. Mindful Knitting

We are thrilled to announce that super volunteer, Mr. William Yates will be teaching Fitness on Mondays AND Thursdays. We hope to see you there. Your body will thank you.

This week:



Celebrating 15 Years of Service

Thursday, April 25, 5:30 p.m. - 7:30 p.m.
Celebrating 15 Years of Volunteer Service

Members and volunteers should have received an invitation to our special event celebrating 15 years of service to the community and the volunteers who made it possible. The evening will include light refreshments, live music, volunteer awards, and a chance to meet your wonderful neighbors who do so much for this community. This is an evening you do not want to miss! 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**.*

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

Coming up:



Friday, May 3, 12 noon - 2:00 p.m. Tech Clinic - Struggling with something on your smartphone, tablet or laptop? Bring it in and let our volunteer help you one on one. Questions have ranged from "how do I turn it on?" to "how do I get the photos from my phone?" and beyond. Please email

aourand@palisadesvillage.org or call the office at **202-244-3310** to let me know that you are coming and arrange the best time. As always, we are happy to provide rides to our full members. Register [here](#).



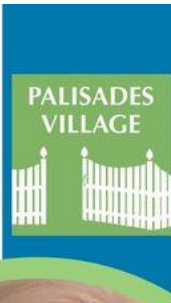
Thursday, May 9, 10:30 - 11:30 a.m.
Coffee and Conversation

Join us for an informal get-together over coffee. We will hopefully be meeting outside on the garden, but in the event of inclement weather, we can move into the parlor. This is a wonderful opportunity to get to know fellow Palisades Village members. We hope you will join us. This in-person event is only open to members who have been fully vaccinated for COVID-19.

Register [here](#).

It's Volunteer Appreciation Week and we are celebrating all of our amazing volunteers who keep this village running. Here are just a few of them...

CELEBRATING OUR VOLUNTEERS

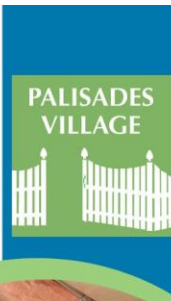


Carol Lynn Halal

2022 Volunteer of the Year. She has a special eye for detail in all of our social events and the annual House Tour. And she makes everyone feel special.



CELEBRATING OUR VOLUNTEERS



Bob Bourdaud'hui

"El Jefe" to the Palisades Pan Handlers who cook up a storm at our events. Not only can he cook, but he has been helping members with technology and getting them to appointments.



CELEBRATING OUR VOLUNTEERS

PALISADES
VILLAGE



Janet Tersoff

Dedicated number
cruncher in the office.
She is always there for
our members no matter
the need.



Mother Day's Weekend Art Show

Saturday, May 11 & Sunday, May 12
Noon to 5 pm each day

Yellow Barn Studio and Gallery
7300 MacArthur Blvd, Glen Echo, MD 20812

Artists from our six neighborhoods will offer their art for sale to benefit the mission of Palisades Village.

Admission is free.

For more information, contact info@palisadesvillage.org.

Hosted by:
PALISADES VILLAGE

 A caring, nonprofit organization helping older adults live independently in their own homes in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.

202.244.3310
info@palisadesvillage.org
www.palisadesvillage.org

Please invite your friends and family to join us for our first Art Show at the Yellow Barn Gallery on Mother's Day weekend. Local artists will be displaying and selling their work with a portion of proceeds benefitting Palisades Village.

Spring Clean Your Finances

Now that the taxes are off you are left with stacks of papers. What do you need to keep? Birth, death, and marriage certificates are the type of paper that you keep forever in a safe place. But what do you do with the tax records? Normally, you should keep these tax records for three years. It's a good idea to keep some documents longer, such as records relating to a home purchase or sale, stock transactions, IRA and business or rental property documentation according to the IRS. Keeping accurate records after you file your taxes will help you with documentation and substantiation if your tax return is selected for an audit. A complete guide can be found [here](#).

We will share more tips in the coming weeks.

In the Press

[It's not so 'terribly strange to be 70](#) by Anne Lamott in the *Washington Post* (4/10/24)

National Prescription Drug Take Back Day, April 27th, 10 a.m. - 2 p.m.

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Local sites:

- UDC Campus Police Department - 4200 Connecticut Ave, NW Washington DC 20008
- DC Metro Police Department, 2nd District - 3320 Idaho Ave, NW Washington DC 20016
- Sibley Memorial Hospital, Inpatient Pharmacy - 5255 Loughboro Rd NW, Washington DC 20016
- Montgomery County Police Department, Friendship Heights Village Center - 4433 S. Park Ave, Chevy Chase, MD

For more information, visit the DEA website at <https://www.dea.gov/takebackday>

Covid Corner:

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.

Monday, April 22, 5 - 6 p.m. on Zoom presented by Greater Brookland Intergenerational Village

Burn Injury and House Fire Prevention - Medstar and the American Burn Association will present a short Zoom presentation on Burn Injury and House Fire Prevention. All DC Village members and volunteers are welcome to join us. Register [here](#).

Monday, April 29, 1 p.m. - Saving Claire - Fall Prevention Documentary Screening & Panel Discussion Hosted by Cleveland Woodley Park Village - "Saving Claire" explores the complex nature of aging, resistance to change and all the relatable patterns that increase fall risk. Claire's journey is a cautionary tale. The film explores Claire's attitudes and actions, the spiral after her fall, and the dramatic events that followed. After the

documentary screening there will be a lively interactive discussion and Q&A with local experts: doctors, first responders, physical therapists, health educators, community leaders, etc. **This event is free and open to the public. Register [here](#).**

Tuesday, May 7, 11 a.m. - Noon on Zoom presented by Northwest Neighbors Village

Psychedelics Towards the End of Life - After decades in regulatory exile, psychedelic drugs are making a comeback – this time as promising new therapies for depression and PTSD, among others. In particular, researchers have found that a facilitated psychedelic experience can profoundly shift attitudes about death in ways that deeply enhance the quality of one's remaining life. While FDA approval is still forthcoming, state and municipal decriminalization initiatives are opening access to these experiences already today. What does this mean for older adults as they contemplate their mortality? This talk will cut through stigma and hype to provide older adults with the basic information they need to understand the new psychedelic landscape: the opportunities, the insights and the risks. 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!

[April 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](#).

Thursdays Palisades Rec Center, 10 a.m. - 11 a.m. Register [here](#).

Fridays at Iona, 1:30 pm. - 2:30 p.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.

**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.

April 12 - July 11, 2024

Undesign the Redline (not about the Metro!) is an exhibit that explores the history and legacies of policies that excluded and displaced Black residents and communities in upper Northwest DC. The exhibit helps us understand why inequities in housing and wealth persist and encourages us to ask how we can “undesign” these wrongs. Check out the schedule of special programs, public and private tours, and learn more at undesigndc.org. There is a different talk every week or so. [Cleveland Park Neighborhood Library](#) (3310 Connecticut Avenue NW)

Wednesday, April 24, 6 p.m.

Police Service Area Community Meeting and Walk - Join PSA 205 at the Hardy Recreation Center (4500 Q Street NW). All are invited to come and meet officers of the Second District, discuss issues of concern, and experience the use of lidar to curb speeding vehicles. Not sure what PSA you live in? See maps [here](#).

Sunday, April 28 and May 26 - 6 p.m. at the Palisades Hub

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) Mark your calendars!

Saturday, May 4, 12:30-2:30 p.m.

Mary Fridley presents an interactive workshop *The Joy of Dementia (You Gotta Be Kidding!)*, designed for those interested in building a new and more positive relationship to dementia. Learn how to create environments in which care partners and people living with dementia are supported to take risks and grow. Use dementia diagnosis as a starting

point for creativity, hope, and even joy. Learn to use improvisational play, creative exercises, and philosophical/performed conversation as tools for navigating the dementia experience and life itself. Location: The Phillips Collection, 1600 21st Street, NW, Washington, DC 20009; Free, includes museum admission. Registration required by May 1. You may use this link to register:

<https://2480a.blackbaudhosting.com/2480a/page.aspx?pid=196&tab=2&txobjid=b54ea0ed-5273-49bb-8de3-eb02029b940b>

Part of series "Reframing Care: Mindfulness + Art at The Phillips Collection" which offers resources, support, and artful engagement for care partners and their loved ones living with memory loss. Questions: please email Donna Jonte: djonte@phillipscollection.org

Sunday, May 12, 9 a.m. - 1 p.m.

Electronics Recycling at the Palisades Farmer's Market on corner of MacArthur Blvd NW and 48th PI NW. Click [here](#) for a list of accepted items. There will also be a separate drop off for batteries.

Thursday, May 16, 10:30 a.m.

Senior Cinema Thursday returns to the Avalon! Senior Cinema Thursday is a monthly event where they screen one of our current features at a special discounted price for seniors held every third Thursday at 10:30 a.m. We invite you to take advantage of the special \$6 ticket price. Caregiver tickets are free at the box office. The Avalon Theatre is wheelchair accessible and provides assisted listening devices to guests with hearing and visual impairments. All films in this program will be shown with open captions.

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** 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**.

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

This Week at Palisades Village April 21 — 27, 2024

Pickleball

Mon 04 / 22 / 2024 at 12:15 PM

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

[More Information](#)

Fitness for Strength & Balance

Mon 04 / 22 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 23 / 2024 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 23 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 24 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Fitness for Strength & Balance

Thu 04 / 25 / 2024 at 3:30 PM

[More Information](#)

Celebrating 15 Years of Volunteer Service

Thu 04 / 25 / 2024 at 5:30 PM

Where: St. Patrick's Episcopal Church, 4700 Whitehaven Pkwy NW,
Washington , DC

[More Information](#)

Mindful Knitting

Fri 04 / 26 / 2024 at 10:00 AM

[More Information](#)

Next Week at Palisades Village
April 28 — May 4, 2024

Pickleball

Mon 04 / 29 / 2024 at 12:15 PM

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

[More Information](#)

Fitness for Strength & Balance

Mon 04 / 29 / 2024 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 30 / 2024 at 9:30 AM

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Yoga

Tue 04 / 30 / 2024 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 05 / 01 / 2024 at 8:30 AM

Where: 4940 Canal Road NW, Washington, DC 20007

[More Information](#)

Mindful Knitting - in person

Fri 05 / 03 / 2024 at 10:00 AM

[More Information](#)

Tech Clinic

Fri 05 / 03 / 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