



## Across the Fence

March 14, 2021

**Have you sprung forward? Don't forget to advance  
your clocks one hour!  
Daylight Savings begins today.**

***The latest information that we have on the COVID vaccinations is in our weekly COVID Corner below or on our [website](#).***

### Upcoming Palisades Village Events:

Mr. William Yates is back! Move your muscles with our [Fitness](#) class for strength and balance on Monday, March 15 at 3 p.m. For a lower-intensity workout, join us for yoga on [Tuesdays](#) or [Thursdays](#).

This week's [Wellness Wednesday](#) is all about understanding telemedicine. Telemedicine visits exploded during the pandemic, and will likely continue to be an option for many. When is a televisit a good idea? What do providers miss when they don't see you in person? How can you prepare to make the most of a televisit? Dr. Linnea Pepper, MD, Faculty Geriatrician with the MedStar House Calls Program, will be presenting on March 17 at 1 p.m.

You won't have to miss out on [Touring DC's Annual Cherry Blossoms](#) this year. Instead, join other Palisades Village members for "hanami", the traditional Japanese custom of "flower viewing" on Thursday, March 18 at 3 p.m. Celebrate from home with a virtual cherry blossom tour hosted by the National Museum of Asian Art (Freer/Sackler Galleries). We will celebrate the revered "sakura," or cherry blossom, by touring landscapes, figure paintings, and prints by artists from medieval Japan to Katsushika Hokusai and beyond in the Museum's Japanese art collections. There are a few spots left.

Think you know a lot about our city? This week our GW intern Jennifer Howell will be hosting a D.C.-themed [Trivia](#) on Thursday, March 18 at 4:30 p.m. Share an hour of bonding with other Villagers as you test your knowledge of D.C. trivia! Join us for a fun-filled afternoon.

[Mindful Knitting](#) will take place at 9:30 a.m. this Saturday, March 20. Whether you're a beginner or a long-time knitter, spend a relaxing hour working on the project of your choice. If you're new to knitting or a bit rusty, email Roseanna at [rschwamm@yahoo.com](mailto:rschwamm@yahoo.com) to set up a time to help you get started.

We are looking forward to some special events this month.

Bring a cup of tea (or beverage of your choice) and enjoy some piano [tunes](#) with our GW intern (our trivia game host...she's multi-talented!) Jennifer Howell on **Wednesday, March 24 at 4 p.m.**

Perhaps, like us, you have never heard of [Margherita Sarfatti](#). Erich Keel is going to share the story of her fascinating life as an art critic and the mistress of Benito Mussolini. This talk will focus on this remarkable woman, born to a wealthy family in Venice and taught by some of the best tutors the country could offer. With her formidable education, she began to write art criticism, eventually becoming the spokesperson for a new movement in Italian art in the Twenties. First an asset, her association with Mussolini turned later, in the years before WWII, into a liability. It was her innate smartness (and luck) that allowed her to avoid the tragic fate of so many of her faith, escape Italy, and continue her career in Argentina before returning home after the war. Join us on **Tuesday, March 30 at 2 p.m.** to learn more.

All events are being held on Zoom. You must register to get the link for each event. 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](#).

### COVID Corner:

From the Mayor's office:

**"Thank you for all the sacrifices you have made over the past year to stop the spread of COVID-19 and protect our most vulnerable**

**neighbors. The light at the end of the tunnel is getting brighter. Now, let's work together to get to the other side of this pandemic.**

**This is a reminder to pre-register for your vaccination appointment.**

**You can pre-register any time, any day by going online to [vaccinate.dc.gov](https://vaccinate.dc.gov). You can also pre-register by calling the coronavirus call center at 1-855-363-0333. The call center is open Monday through Friday from 8 a.m. to 7 p.m. and on Saturday and Sunday from 8 a.m. to 4 p.m.**

**If you are already vaccinated, we need you to reach out to your friends, family, and neighbors and talk to them about their plans to pre-register and get vaccinated.**

**The vaccines are safe, effective, and the best way to protect yourself, your loved ones, and our community against COVID-19. So get registered, and take the shot, DC."**

**Here is the Mayor's [Situational Update from March 11, 2021](#).**

The new pre-registration for registering for an appointment to get the COVID vaccination in the District is up and running. Palisades Village volunteer Steve Williams has been helping many of our Palisades Village community get their vaccines. He reports that the new vaccination system worked well for the person he was helping this week. "On Wednesday, I entered her info the pre-registration system. One new feature is the ability to add a "second" email (e.g., mine), in addition to the registrant. She was in the allocation of 20% (seniors from any zip code). We both got emails today at 9:42 am. I didn't notice until 11:00, and the two nearby Safeways were full, so I grabbed Howard Univ Moderna next Thursday 3/20. (since several posts had said how good Howard's location is). Good News!" *-It's nice to hear another success story!*

Register now so that you get notifications of appointments for next week. Based on the registration figures this week, the odds for those 65+ getting an appointment are very good. DC will contact you when appointments open up and you will choose a location and day/time. You have 48 hours to respond.

Invitations will go out on Monday, March 15. Going forward, invitations will be sent out:

- Thursdays by 10:00 a.m.
- Sundays by 10:00 a.m.
- Tuesdays by 10:00 a.m. (only if any appointments need to be filled)

## VACCINE DISTRIBUTION

### DC IS NOW VACCINATING:


*As of 3/8/21*


|  |  |  |
|--|--|--|
| <ul style="list-style-type: none"><li>▪ Individuals who work in health care settings*</li><li>▪ Members of the Fire and Emergency Medical Services Department</li><li>▪ Residents of long-term and intermediate care facilities and residents of community residential facilities/group homes</li><li>▪ DC residents who are 65 years old and older*</li><li>▪ Individuals experiencing homelessness</li></ul> | <ul style="list-style-type: none"><li>▪ Members of the Metropolitan Police Department</li><li>▪ Department of Corrections Employees &amp; Residents</li><li>▪ Continuity of Government Operations personnel</li><li>▪ All teachers and staff who work for a school or licensed child care facility in DC*</li><li>▪ Grocery Store Workers*</li></ul> | <ul style="list-style-type: none"><li>▪ Outreach workers who work in health, human, and social services*</li><li>▪ Individuals working in manufacturing*</li><li>▪ Individuals working in food packaging*</li><li>▪ DC Residents with qualifying medical conditions*</li></ul> |
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\*populations who should pre-register beginning Wednesday, March 10

CORONAVIRUS.DC.GOV

March 8, 2021

**DC | HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**DC** MURIEL BOWSER, MAYOR

Qualifying medical conditions include: Asthma, Chronic Obstructive Pulmonary Disease (COPD), and other Chronic Lung Disease; Bone Marrow and Solid Organ Transplantation; Cancer; Cerebrovascular Disease; Chronic Kidney Disease; Congenital Heart Disease; Diabetes Mellitus; Heart Conditions, such as Heart Failure, Coronary Artery Disease, or Cardiomyopathies; HIV; Hypertension; Immunocompromised State; Inherited Metabolic Disorders; Intellectual and Developmental Disabilities; Liver Disease; Neurologic Conditions; Obesity, BMI  $\geq 30$  kg/m<sup>2</sup>; Pregnancy; Severe Genetic Disorders; Sickle Cell Disease; and Thalassemia.

As usual, Palisades Village will keep you posted on details of the new program as details become available.

If you previously attempted to get an appointment and you did not receive a notification with a confirmation code, date, and location, you must re-

register. It's challenging and frustrating but please be patient since residents across all eight wards need to be vaccinated.

DC has a YouTube video on the <https://coronavirus.dc.gov/vaccinatedc> website that walks you through the process. **If you need assistance, please call the Palisades Village office and we will find a volunteer to help you.** *Our goal is to have 100% of our Village vaccinated! We are here to help!*

### **What to expect in the event of inclement weather:**

In the event vaccination clinics are closed due to inclement weather, DC Health will reach out to individuals with an appointment and make accommodations.

### **SECOND VACCINE:**

If you are having trouble getting an appointment for a second dose, you should email [vaccinatedc@dc](mailto:vaccinatedc@dc) or call **855-363-0333**. You should get an immediate response with links included.

Information on the vaccine and other COVID-related resources can be found on our [website](#).

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### **Free Tax Help:**

Wally Hamsher, one of our Board members who is a CPA with a lot of experience, is offering his assistance free for anyone who needs tax preparation advice or their tax returns completed. If interested please call Wally at **(202) 333-2408** home or **(202) 841-7952**.

[AARP Tax-Aide Service](#) is another free option. They are offering contact-free options this year.

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### **Miss a Palisades Village Presentation?**

Don't forget that some presentations are posted on our [Palisades Village YouTube Channel](#). You can view the wonderful conversation with Evan and Oscie Thomas recently had with Palisades Village on the subject of Presidential Leadership. We are so grateful that they shared their vast knowledge with their Palisades neighbors. If you missed it, you can view it [here](#).

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## Volunteer Corner:



Jamie Dickstein is a student volunteer from George Washington University working with us this semester. She is a sophomore majoring in Human Service and Social Justice and minoring in American history. Her passions include education, anti-racism, and travel.

In light of the quarantine, Jamie took up cooking as a hobby. She is still learning but wanted to share one of her favorite recipes: Spicy Rigatoni with Vodka Sauce. The quick and easy recipe, as well as ways to tone down the spice, can be found here:

<https://scheckeats.com/spicy-rigatoni-with-vodka/>

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## Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance-zoom training, email assistance via phone, etc. -- including help with registration for COVID vaccinations
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance



- Access to our in-house library inventory and free delivery to your door! (Ask us how you can access these great books!)
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

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### Creative Corner:

Awakening

Reaching inside, there is sadness

Bring it out and put it in the sunshine

Give it the gift of hope

Let it fly to a branch above the river

And a smile comes and becomes a song

A prayer, a deep expression of gratitude

*by Cinnamon Dornsife, Palisades Village member and volunteer*

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Safe at Home:

# SAFE AT HOME

The Department of Aging and Community Living's **Safe at Home** program makes homes and communities safer for District residents, age 60 and older, and adults with disabilities.

**Safe at Home** provides in-home preventative adaptations to reduce the risk of falls, such as:

- Handrails
- Shower seats
- Grab bars
- Furniture risers
- Bathtub cuts
- Chair lifts

Please note, the Safe at Home Security Camera Program has been moved. To apply for a private security camera system, please contact the Office of Victim Services and Justice Grants' Private Security Camera Rebate Program at [bit.ly/dccameras](https://bit.ly/dccameras) or call 202-727-5124.



**Call 202-724-5626**

for information on eligibility requirements and how you can apply for the program.

| Household Size | Household Income |
|----------------|------------------|
| 1              | \$68,000         |
| 2              | \$77,700         |
| 3              | \$87,400         |
| 4              | \$97,050         |

**NOTE:** All applicants may not qualify for the **Safe at Home** program. Applicants who do not qualify may receive referrals to other programs better suited for the specific needs. Referrals to other programs are not a guarantee of eligibility.



WE ARE WASHINGTON  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR



## Volunteer to be a Commission on the Arts and Humanities (CAH) Panelist:

CAH seeks grant review panelists to perform evaluations of applications submitted to the agency for funding consideration throughout the year. Panelists are integral to the grantmaking process, providing a critical review, comments, and scores of all applications to a particular grant program.

Residents of the District of Columbia metropolitan area are encouraged to apply to serve as a panelist. Selected panelists will demonstrate expertise through involvement in the arts and humanities (i.e. artists, arts administrators, arts educators, gallery professionals, curators, art critics, etc.). CAH seeks panel diversity in all forms: age, race, gender, disabilities, sexual orientation, artistic discipline, location, etc.

For more information, visit: <https://dcarts.dc.gov/page/be-grant-panelist>

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## Get on the Map! Add Your Yard to the Homegrown National Park:

Started by noted entomologist Dr. Doug Tallamy--author of *Bringing Nature Home* and *Nature's Best Hope*-- [Homegrown National Park](#) is a national call to action for planting native plants and restoring biodiversity in our yards. The goal is to create 20 million acres of native planting--equivalent in size to a major national park--by restoring the habitat where we live and work: in our yards, office parks, and campuses.

A key part of the movement is [The Map](#)-- an interactive community-based visual that shows each person's contribution to planting native by State, County, and Zip Code. So far, there are 6 homes in 20016 and 20007 that are on the map. I know we can get hundreds, so let's set the bar high for the rest of the country, and show them what we can do in the Palisades!

No experience necessary - start planting natives and then register your yard on the map following the instructions below and attached.

### How to Get on The Map

#### **Step #1 - Plant Natives!**

- Not sure how to create a native garden, what to plant, or where to get plants? Check out <https://www.plantvirginianatives.org/> for info and resources; and it's not too late to sign-up for their Landscaping with Virginia Natives webinar series!  
<https://www.plantvirginianatives.org/webinars-landscaping-with-virginia-natives>
- Use these native plant finders to find lists of the best plants by zipcode: <https://www.nwf.org/NativePlantFinder> or <https://www.audubon.org/native-plants>
- Buy your plants from [EarthSangha](#), [Nature by Design](#), and [Chesapeake Natives](#).
- If possible, replace exotics with native substitutes--for example, I replaced some of my azaleas with blueberry bushes (yum), and have been replacing burning bush (*Euonymus alatus*) with black chokeberry (*Aronia melanocarpa*, whose berries are a high anti-oxidant superfood). Here's an article with more ideas for native replacements: <https://www.houzz.com/magazine/garden-friendly-native-alternatives-to-overplanted-exotics-stsetivw-vs~28747145>
- Start small and grow your native garden over time. You don't have to do it all at once. Every little bit we add to The Map helps!
- Once you've planted some natives, or if you already have some, proceed to step #2.

## Step #2 - Register your yard on the Map!

- Go to <https://map.homegrownnationalpark.org/>
- In the white box on the right side of the screen, there is a green button reading "Get on The Map!" -- click this button and follow the instructions to sign up and add your yard to the map. More detailed instructions can be found by clicking [here](#).

Check the map often to watch our numbers grow. And spread the word to your neighbors, friends, and coworkers. We can do this!

*From Jeremy Stanton*

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## Dupont Circle Village is Hiring:

Tired of what you are doing and need a change? Consider working with our village, one of the 300 non-profit nationwide villages that seek to help their members remain in their homes as they age. Dupont Circle Village (DCV) in Washington, DC has more than 250 members and more than 100 trained volunteers who help with everything from replacing light bulbs to dedicated involvement in care groups. Many of these members have medical issues that require direct care assessment and planning as well as oversight. The duties of this position include direct support and services to members and/or their families, coordination of care with the DCV's Social Worker/Case Manager, and education, information, and guidance for Village members and staff. This is a contract position that offers flexible hours with occasional specific requests, an independent nursing practice, and a chance to work with a caring community that will advance your practice. You must have or be willing to obtain a DC Nursing License. The position also requires good people, telephone, and computer skills.

This is a perfect position for a retired nurse or a nurse who wants to earn some extra cash and has some extra time to spare. Please submit a letter of interest and a cv/resume to [info@dupontcirclevillage.net](mailto:info@dupontcirclevillage.net).

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**Palisades Village Connect and Learn:** On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!

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The DC Area Villages work closely together to share resources and access to some events.

Register by clicking on the link in the title or in the description.

**Tuesday, March 16, 1 p.m.**

**Franklin & Eleanor Roosevelt, America's First Power Couple**-- Franklin and Eleanor Roosevelt were the most important American couple in the 20th century, and their influence and legacy live on today. Franklin D. Roosevelt Presidential Library and Museum director Paul Sparrow will explore their remarkable accomplishments using photographs and rare home movies from the 1930s. Registration required by March 15. Zoom login information will be provided to registrants 24 hours before the event.

**Tuesday, March 16, 1 p.m.**

**Virtual Tour of the National Cryptologic Museum** -- Join a docent and virtually explore the galleries of the National Cryptologic Museum, located adjacent to the NSA Headquarters in Fort Meade, MD. Here visitors catch a glimpse of some of the most dramatic moments in the history of American cryptology: the people who devoted their lives to cryptology (aka the art of writing & solving codes) and national defense, the machines and devices they developed, the techniques they used, and the places where they worked. Zoom login information will be emailed to registrants the day before the event.

**Tuesday, March 16, 1 p.m.**

**Connecting with Nature in a Time of Crisis** -- Sharing information from her recent book, Melanie Choukas-Bradley will describe ways that you can connect with nature despite limited mobility due to COVID restrictions and/or health issues. She will introduce the popular practice of "forest bathing" and describe how physicians are prescribing nature to their patients. Melanie is the award-winning author of 7 nature books. Zoom: <https://us02web.zoom.us/j/89660427019?pwd=SUhneStTaVB2bzlyL0VVZVhUNXp0UT09> Meeting ID: 896 6042 7019 Passcode: 777895

**Tuesday, March 16, 2 p.m.**

**Le Marquis de Lafayette Presentation** -- Pierre Larroque will speak on the life and achievements of Le Marquis de Lafayette, the French aristocrat who fought in the Continental Army during the Revolutionary War and helped shape France's political structure before and after the French Revolution. Mr. Larroque will discuss the Marquis' support of liberty and America, and his friendships and influence on America's Founding Fathers. Mr. Larroque is a graduate of the Ecole Polytechnique of France with an MBA from Stanford University. Zoom login information will be emailed to registrants two days before the event.

**Tuesday, March 16, 3 p.m.**

**[It's In Your Genes: The Good, Bad, Surprising of Genetic Testing](#)** --

Beth N. Peshkin, a nationally recognized clinical and research expert with Georgetown University and Lombardy Comprehensive Cancer Center, addresses over-arching questions about the exploding use of genetic testing for social and medical objectives, e.g., who should use genetic testing for hereditary cancer risk? How might genetic testing affect your getting insurance or a job? Should the increasingly big business of genetic testing be regulated? In addition, ample time will be made available for attendee questions. Registration required by March 15. Zoom login information will be emailed when registration is received. Before the program, you may want to watch a sample video on direct-to-consumer genetic testing: <https://www.youtube.com/watch?v=9HOI2YUcxVQ>

**Thursday, March 18, 11 a.m.**

**[Encounters Circle Women's History Month](#)** -- Join Sharie and Shoshana

for their monthly Encounters Circle. This month our topic will be Women's History Month, as March is the declared month for highlighting and celebrating contributions of women to events in history and contemporary society. We, therefore, encourage you to virtually "invite" a woman and share her story at our March meeting. She can be a famous personality whom you admire for her accomplishments or a woman who has not been given credit for her many achievements. Zoom

login: <https://jcfb.zoom.us/j/99072699911> Meeting ID: 990 7269 9911 One tap mobile +1 301 715 8592

**Thursday, March 18, 6 p.m.**

**[LGBTQ Social Hour](#)**-- LGBTQ folks of all ages and abilities are invited to Capitol Hill Village's LGBTQ social hour! Participants will come together twice a month to connect with others, combat isolation, and foster relationships. Register by clicking on the [link](#) or by emailing [sross@capitolhillvillage.org](mailto:sross@capitolhillvillage.org).

**Thursday, March 18, 7 p.m.**

**[My Separate Worlds: Daughter of the Holocaust and Evangelical Christianity](#)** --

Author Ingrid Alpern will discuss her book which illuminates an estranged father and daughter learning to communicate across the cultural divide in America and illustrates how empathy can build relationships. A related essay in the book recounts a Dutch woman's



escape from the Nazis to Surinam, South America, and her daughter's struggle to break free from her mother's trauma. No Holocaust horrors! Lisa Moses Leff, Professor of History, American University, calls the book "... beautiful and compelling ...". Excerpts long-listed for the International 2019 Alpine Fellowship Writing Prize and awarded 1st Place in the 2019 Essay Contest of Bethesda Magazine. Zoom login will be emailed to registrants 72 hours before the event. Access will close 15 minutes after the start time.

**Friday, March 19, 1:30 p.m.**

[\*\*Author David Michaelis on Eleanor Roosevelt\*\*](#) -- Prizewinning and bestselling New York Times author David Michaelis presents a "stunning" (The Wall Street Journal) breakthrough portrait of Eleanor Roosevelt. America's longest-serving First Lady, an avatar of democracy whose ever-expanding agency as diplomat, activist, and humanitarian made her one of the world's most widely admired and influential women. This acclaimed new biography - "Eleanor" - is the first major single-volume account of her life in more than half a century. Michaelis spent over 10 years researching and writing this comprehensive and insightful analysis and will delight you with details about Eleanor and her life. Zoom login information will be emailed to registrants on the morning of the event.

**Friday, March 19, 2 p.m.**

[\*\*The Foggy Bottom Gang: The Story of the Warring Brothers of Washington, DC\*\*](#) -- After a 40-year career at the U.S. Department of Treasury, Leo Warring has written a page-turner about his family's escapades in the world of bookmaking and bootlegging as he recounts court hearings or exchanges at bars and after-hours clubs that was centered in Foggy Bottom and Georgetown. Join us for a unique perspective on local history with colorful characters, amusing anecdotes, and "who knew?" events.

**Saturday, March 20, 2 p.m.**

[\*\*Reading Jane Austen\*\*](#) -- Who was Jane Austen, and why have her six novels remained worldwide favorites for over two centuries? Why are her works so frequently adapted for film and TV and become the basis for so many spin-offs? Is it the romance, the wit, or the clever story-telling? Join Margie Burns and Janet Mullany to see what all the excitement is about. We'll take a look at Jane's life and her influences, chat about her books, her vivid characters, and why she is a writer worth reading. Margie Burns, Ph.D., author of Publishing Northanger Abbey, is a writer with academic

training and experience. Janet Mullany has written Austen-inspired fiction and is a regular contributor to WETA's Tellyvisions blog, writing about British culture and TV. Zoom login information will be sent in your confirmation email.

**Saturday, March 20, 2 p.m.**

**[Getting Older: Rewards and Challenges](#)** -- Jacqie Wallen is a clinical social worker who works with older adults. She will talk about the issues we encounter as we grow older and the rewards we receive as we cope with them. Carolyn Lauer will then facilitate a panel of four Silver Spring Village members of different ages who will talk about their experiences. After the panel presentations, Jacqie, Carolyn, and the panelists will answer questions from the audience. Zoom

login: <https://us02web.zoom.us/j/81748609401?pwd=ajJyNzRlZlZxYkEhRmXlM0U2V1VJUT09> Phone: 301 715 8592 Meeting ID: 817 4860 9401  
Passcode: 487617

**Monday, March 22, 11 a.m.**

**[Living Healthier and Happier in Retirement - Essential Steps](#)** -- Learn how to Live Happier and Healthier in Retirement with Brad Bickford especially in this pandemic time. Key pillars to this entail focusing on one's emotional/psychological, physical, social, relationship, and spiritual components. In addition, learning how to keep our brains healthy is critical. Bickford, BCD, LCSW is an instructor of adult education at the Osher Lifelong Learning Institute (OLLI) at American University, lecturer, and practicing clinician. He will use humor and lead activities along with a PowerPoint presentation on this topic. Zoom login information will be emailed to registrants.

**Monday, March 22, 3:30 p.m.**

**[Live & Learn: Social Media 101](#)**-- Twitter, Facebook, Instagram. Many people use these Social Media platforms every day. Should you? Our March program will explore who uses these platforms, for what purposes. NOTE: This is an overview of these platforms and NOT hands-on instruction. You won't learn, for example, how to post on Facebook or Twitter but you'll learn why you may want to (or not).

**Tuesday, March 23, 11 a.m.**

**[How to Avoid Being Defrauded in the Times of Covid-19](#)**-- Fraudsters love a disaster – and COVID-19 is no different. Come listen to Suzanne

and learn about the current investment frauds and scams, how to identify the red flags of fraud, and how to protect your hard-earned money.

**Tuesday, March 23, 1 p.m.**

**[U.S. Army Women's Museum An Island of Integration](#)** -- As our nation fought abroad in WWII, the stirrings of another fight were beginning at home. With an educator from the U.S. Army Women's Museum, follow the journey of African American men and women as desegregation began in the U.S. Army. Witness the history being made at home and abroad by examining original photographs, documents, newspapers, and artifacts. This story carries us from Fort Des Moines, Iowa in 1942 to Camp Lee, Virginia in 1952. Zoom login information will be emailed to registrants the day before the event.

**Tuesday, March 23, 2 p.m.**

**[The Murrow Boys - News Broadcasting during WWII with Brian Belanger](#)** -- From the National Capital Radio and TV Museum “And now we take you to London.” The dramatic “hard news” of World War II broadcast live by Edward R. Murrow and the young journalists he hired for CBS changed the way listeners experienced current events. This talk will describe Murrow and his colleagues and the way they reported the news, risking their lives to keep the world informed of events as they were happening--just as 50 years later CNN brought visual images of another war into our homes. You’ll also hear audio clips of those significant broadcasts that are sure to heighten our appreciation of their commitment to meaningful journalism. Zoom login information will be emailed to registrants 24 hours before the event.

**Tuesday, March 23, 7:30 p.m.**

**Going on a Plastics Diet: How to Reduce Your Use** -- Plastics permeate our lives - household products and furnishings, packaging of our food, drinks, cosmetics, our Amazon purchases. They are cheap and convenient. Plus they are sometimes recycled and fabricated into inventive new products. But plastic recycling is mostly a myth, inventive new products often marketing hype. In truth, plastics clog our oceans and overflow our landfills. They endanger our health. But who has time to ferret out alternatives? Join Jeanne Lenehan, a typical consumer, and ardent environmentalist, as she describes her 10-year journey to reduce her use of plastics. Zoom

login <https://us02web.zoom.us/j/86259116900?pwd=disyeS8zV2NJWl1akxWeWJYeURSZz09> Meeting ID: 862 5911 6900 Passcode: 489784

**Wednesday, March 24, 2 p.m.**

**Laughing Matters!** -- The Smithsonian's National Museum of American History is well-known as the home of the Star Spangled Banner, Abraham Lincoln's Hat, and perhaps most of all, Archie Bunker's chair from All in the Family. It might seem absurd, but TV comedy has become an essential mover of American history, bringing the wider world into our living rooms and shaping perceptions of politics, social change, and our fellow citizens. The museum's entertainment curator Ryan Lintelman will share his thoughts on the history of the sitcom and the importance of comedy in American life in a multimedia presentation with photographs and video clips from some significant television programs. Lintelman cares for the national collection of entertainment history and is currently writing a book titled Laughing Matters: How Comedy Shaped American History. Zoom login information will be emailed to registrants 24 hours before the event.

**Wednesday, March 24, 2 p.m.**

**A Tale of Two Counties: The Status of Women in Montgomery County**

-- Patricia Maclay MD, a Commissioner with the Montgomery County Commission for Women (CFW) will present an overview of the Commission's work in the community. Covering topics ranging from youth engagement to the Women's Legislative Briefing, Dr. Maclay will invite discussion about the issues facing women and girls in the County. Please feel free to look at the CFW website for even more information. Co-sponsored with Connie Morella Library. Zoom:

<https://zoom.us/j/92065319697?pwd=bWFqR3hCSIRZMTdqSGpMZTFoNXk0UT09>

**Wednesday, March 24, 5:30 p.m.**

**Contested Histories with Nancy Hirshbein, Museum Docent and Founder of Dial-a-Docent**

-- History might seem pretty straightforward - dates, places, and names. But the stories we tell about historical events are anything but. History is often deliberately obscured, shaped, and sometimes downright denied to serve particular purposes. Using artist Mark Bradford's monumental work "Pickett's Charge" as well as works by Titus Kaphar, Hirshhorn museum docent Nancy Hirshbein will lead us in a discussion of some of the ways in which artists interrogate historical narrative. This subject has particular resonance as we look toward ways

that these historical narratives can shape world view. The interactive presentation will last approximately 45 minutes, followed by a question and answer period. To RSVP, email [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org) or call 202-999-8988.

**Thursday, March 25, 12:30 p.m.**

**[Aging Well: Understanding Age-Related Hearing Loss](#)**-- Estimates are that 25% of us will experience hearing loss in our 60s, more than 50% in our 70s, and 80% in our 80s. Hearing loss can have significant effects on daily functioning and relationships, but because the progression is gradual, many are not aware of the changes, and often wait years to seek help. Join us for a session with representatives from the University of Maryland Hearing and Speech Clinic to understand the changes that occur with age-related hearing loss, the signs that it's time to seek help, what to expect at a hearing assessment, and to get information on hearing aids and other resources for improving hearing functioning and communication. Zoom login information will be emailed to registrants prior to the event.

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### **Community Events:**

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

**Tuesday, March 16, 11 a.m.**

**[Technology Workshop: Introduction to Google Drive](#)**-- Refresh your skills on a variety of topics with B Milenovic from the Tenley-Friendship Neighborhood Public Library. This week's session will focus on Google Drive applications. Sign up for the programs and you will receive a Zoom link for each session.

**Wednesday, March 17, 1 p.m.**

**[Conversemos, Comuniquemos, y Comida](#)**-- Join Courtney Tolbert and Maria Mercedes Bejarano in a lunchtime Spanish discussion group for native speakers and Spanish language learners. Come and talk about what is on your mind — ethnic, cultural, espiritual, intellectual, language, poetry, art, etc.!

**Thursday, March 18, 2 p.m**



**March Culinary Explorations** -- Join us for a Zoom presentation as our very own world-class chefs take us step-by-step through a variety of delicious dishes. This month, we're taking several fresh approaches to a traditional favorite as we prepare for Passover. Twist on Preparing for Passover - Sweet & Savory Blintzes and yes they are Kosher for Passover! Everyone who joins us for Culinary Explorations will be entered in a drawing for a \$50 gift card. The winner will be drawn at the end of the presentation. Also after the virtual presentation, stop by Ring House to receive a dessert prepared especially for you.

**Thursday, March 25, 3 p.m.**

**Meet Artist Columbus Pearl Knox**--On Thursday, March 25 at 3 p.m. artist and writer Carol Lee Morgan will share the work and life of wonderful artist and friend, Columbus Pearl Knox.

**Friday, March 19, 1 p.m.**

**Poetry Celebrating Women**-- Join Courtney Tolbert in a discussion on writing and reading poetry. Enjoy the process of expression and crystallization of thought in this poetry exercise. Pointers on performing pieces as well as discussing women in poetry. We will hear an established poet, and after a timed exercise, if you are willing, we will share our written piece! All are welcome, even those who may not wish to write. This is hosted in honor of Zahara Heckscher, co-creator of "The Poetry Game".

**Weekly on Fridays, 5 p.m.**

**DISDance Party**-- Get the weekend started by dancing using the DC Public Library's [Freegal](#) music collection. We'll DISdance along to a variety of playlists. We will review how to use this wonderful resource at 5:00 p.m. and start dancing at 5:30-6:00 p.m. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library.

**Sibley Seniors Association (SSA)** offers programs and support groups online. Their latest newsletter and calendar are available at [sibley-senior-Q1-2021-newsletter.pdf \(hopkinsmedicine.org\)](#)

**Weekly on Thursdays, 4 p.m.**

**Women in America**-- Join Monica Fitzgerald, Ph.D., Program Director and professor for Justice, Community and Leadership and Women's and Gender Studies at St. Mary's College of California, as she takes us through a four-week series on women in America in honor of Women's History Month: Shattering Glass Ceilings: Women's Firsts in America, Gender in

Early America, History of the Women's Movement, Women, Body Image, and the Media. To register for this free series email [hprecou1@jhmi.edu](mailto:hprecou1@jhmi.edu) or call the Sibley Senior Association office 202-364-7602. Attendees will be given the zoom link after they register – they may join the sessions on the computer or participate over the phone. Participants are welcome to join all or some of the sessions.

**DPR** -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

### **Other Community Events:**

#### **March 11 - 21**

**The Dr. Saul and Dorothy Kit Film Noir Festival** -- The 2021 Kit Noir Film Festival: "Border Incidents: The US-Mexico Border in Film Noir", continues this weekend with the streaming of the 1950 film *Where Danger*

*Lives*. Streaming of this film from March 13-15 is free! To view the trailer for this film, as well as an Introduction by former Columbia University film student Mathew Rivera, please see:

<https://arts.columbia.edu/events/where-danger-lives>. One can register to receive a free link to stream this film by clicking on the Tickets button on this website. Trailers, Introductions, and free streaming links for the remaining film to be presented during the Festival (*Touch of Evil*), and for attending the Zoom roundtable discussion with noted film academics can be found by clicking on the Complete Kit Noir Festival Schedule button in the website. Additional information re the Kit Noir Film Festival can be found at <https://arts.columbia.edu/noir>. Note, if you are streaming through an Apple Device, you may need to first download the free SWANK Media Player app.

#### **Monday, March 15, 7 p.m.**

**[Nature's Best Hope with Entomologist Doug Tallamy](#)** -- Join Pickering Creek Audubon Center on March 15th as Dr. Doug Tallamy discusses simple steps that each of us can take to reverse declining biodiversity and

explain why we, ourselves, are nature's best hope. His newest book and New York Times bestseller, *Nature's Best Hope* shows how homeowners everywhere can turn their yards into conservation corridors that provide wildlife habitats. Because this approach relies on the initiatives of private individuals, it is immune from the whims of government policy. Even more important, it's practical, effective, and can be done in your own backyard.

**Wednesday, March 17, 6 p.m.**

**[From Page to Stage: Celeb Salon with Theater Artists Adam Immerwahr and Jojo Ruf](#)**--

How does a play – the script, actors, sets, and all the other theatrical elements -- get to the stage? What's involved? Who's involved? Whether it's Broadway or community theater, the answers are almost as dramatic and, sometimes, as comic as the plays themselves. Join Theater J's Artistic Director, Adam Immerwahr, and Managing Director, Jojo Ruf, for a behind-the-scenes-look at how theater is made that will deepen your understanding and sense of wonder when you return to live performances.

**Thursday, March 18, 2 p.m.**

**[March Culinary Explorations](#)**-- Join us for a Zoom presentation as our very own world-class chefs take us step-by-step through a variety of delicious dishes. This month, we're taking several fresh approaches to a traditional favorite as we prepare for Passover. Twist on Preparing for Passover - Sweet & Savory Blintzes and yes they are Kosher for Passover! Everyone who joins us for Culinary Explorations will be entered in a drawing for a \$50 gift card. The winner will be drawn at the end of the presentation. Also after the virtual presentation, stop by Ring House to receive a dessert prepared especially for you.

**Friday, March 19, 5:30 p.m.**

**[Screening of \*Le Sacre du Printemps: The Rite of Spring\*](#)**-- BMDC premiered its fresh interpretation of *Le Sacre du Printemps* in March 2012 at the Kennedy Center Terrace Theater. As part of the Company's 25th and final season, we will screen the 2012 world premiere live via our YouTube Channel. The screening will open at 5:30 PM with a look back at the performance with its Founding Artistic Director and Choreographer Lucy Bowen McCauley, two of the Company's principal dancers, Alicia Curtis and Dustin Kimball along with two surprise original cast members. Join Lucy and our guest artists as we look back and raise a glass for a Happy

Hour screening of “Le Sacre du Printemps” at 6 p.m. RSVP by emailing [dance@bmdc.org](mailto:dance@bmdc.org).

**Sunday, March 21, 2 p.m.**

**[James Renwick Alliance Distinguished Artist Series: Bisa Butler](#)**-- Join American University's Department of Art and the AU Museum for a virtual lecture featuring artist Bisa Butler. Trained as a painter at Howard University in Washington, DC, Butler shifted to a textile-based practice to add vibrancy and dimension she found lacking in her paintings. In turning to textiles, Butler also connected with her family history. She had learned to sew at a young age from her mother and grandmother. In revisiting these early lessons and joining them with her formal studies, she found her artistic path.

**Thursday, March 25, 9:45 a.m.**

**[The New Jewish Canon](#)**-- Join American University's Center for Israel Studies and Jewish Studies Program for a conversation with Yehuda Kurtzer and Claire Sufrin, co-editors of *The New Jewish Canon: Ideas & Debates, 1980-2015*. The conversation will be moderated by AU professor Lauren Strauss. The late twentieth and early twenty-first centuries have witnessed major changes in Jewish life, stimulating major debates. *The New Jewish Canon: Ideas & Debates, 1980-2015* offers a conceptual roadmap to make sense of such rapid change. With more than eighty excerpts from key primary texts and corresponding essays by leading scholars on such topics as history and memory, Jewish politics and the public square, religion, and identity, *The New Jewish Canon* promises to start conversations from the seminar room to the dinner table. The conversation will be moderated by AU professor Lauren Strauss.

**Ongoing Events:**

**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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact [looking@nga.gov](mailto:looking@nga.gov) to request access or for more information.

**Mondays, Wednesdays and Fridays at 12 p.m.**

**Smithsonian National Museum of Asian Art's free 30-minute online meditations**-- Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

**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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. 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).

**Tuesday, Thursday, and Friday from 2:30 - 4 p.m.**

**Dance for PD** -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

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**COMING UP IN PALISADES VILLAGE**

The following 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 [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**



This Week at Palisades Village  
March 14 — 20, 2021

**Pi(e) Day**

Mon 03 / 15 / 2021 at 11:00 AM

Where: Palisades Village, 5200 Cathedral Ave., NW, Washington, DC 20016

[More Information](#)

**William Yates Fitness on Zoom**

Mon 03 / 15 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 03 / 16 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Wellness Wednesday-Understanding Telemedicine**

Wed 03 / 17 / 2021 at 1:00 PM

Where: Via Zoom - Capitol Hill Village

[More Information](#)

**Virtual Cherry Blossom Tour**

Thu 03 / 18 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 03 / 18 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Thursday Trivia - DC Themed**

Thu 03 / 18 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 03 / 20 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
March 21 — 27, 2021

## **William Yates Fitness on Zoom**

Mon 03 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Storytelling**

Tue 03 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Yoga**

Tue 03 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Wellness Wednesday - Chair Yoga**

Wed 03 / 24 / 2021 at 1:00 PM

Where: Zoom via East Rock Creek Village

[More Information](#)

## **Tea and Tunes**

Wed 03 / 24 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Yoga**

Thu 03 / 25 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Thursday Trivia**

Thu 03 / 25 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 03 / 27 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village