



Across the Fence

April 11, 2021

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

If you see a word in **red** in this newsletter you can click on it for more information and/or registration.

Upcoming Palisades Village Events:

Don't miss this week's [Fitness](#) class on Monday, April 12 at 3 p.m. This month Mr. Yates is also offering Basic Training classes to all through the YMCA on Tuesdays and Thursdays at noon. You can register [here](#) for those classes. For a lower-intensity workout, come to yoga on [Tuesdays](#) or [Thursdays](#).

[Storytelling](#) has been so fun on Zoom with storytellers joining us from far and wide. Join us at 3 p.m. this Tuesday, April 13, and share your story.

Wellness Wednesday this week will focus on [Fall Prevention](#). Join Dr. Sophia Janson at 1 p.m., an experienced physical therapist, to practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space.

[Len Downie](#) joins us this Wednesday, April 14 at 5 p.m. to talk about his time at the *Washington Post* and his book *All About the Story*. During his 44 years at *The Post*, Downie worked as an



investigative reporter, editor on the local and national news staff, as a London correspondent, executive editor, and vice president. During his 17 years as executive editor, The Washington Post won 25 Pulitzer prizes. And he is our neighbor.

[Trivia](#) this Thursday, April 15 at 4:30 p.m. will test your knowledge on Broadway and Cinema! Don't miss the perfect opportunity to put all of your quarantine entertainment binging to use!

Bring a cup of tea or coffee to our relaxing **[Mindful Knitting](#)** session this Saturday, April 17 at 9:30 a.m. If you're new to knitting or a bit rusty, email Roseanna at **rschwamm@yahoo.com** to set up a time to help you get started.

Special Events later in April:

Friday, April 23, 2 p.m.

[Looking to the Past, Present, and Future: A Discussion on Residential Segregation in Ward 3](#)-- Join our college volunteers Jamie Dickstein and Lucy Hirsch for a discussion on the complexities of residential segregation in the place we call home. The George Washington University students will lead attendees on an educational journey to better understand Ward 3's long history with residential segregation and how housing discrimination still manifests today. This interactive session will challenge attendees to think critically about this pressing community issue and encourage participants to consider how Ward 3 can aid in the fight against residential segregation.

We were so interested in the tour that docent Mary Ellen Michel led in February on Romance among the artists that we brought her back again for the following virtual tour.

Wednesday, April 28, 1 p.m.

[Great Women Artists and Their Sitters from the Smithsonian's National Portrait Gallery](#)--In 1971, art historian Linda Nochlin wrote a provocative essay, "Why Have There Been No Great Women Artists?" In 1976, she and Ann Sutherland Harris co-curated a show, "Women Artists: 1550-1950," at the Los Angeles County Museum of Art that featured numerous prominent women artists, and demonstrated that women had

played a role in western art for many years. In 2021, women artists, many of them portrait artists, contribute to a vibrant art scene. The Smithsonian National Portrait Gallery (NPG) features portraits of women who have contributed to the culture and history of the U.S., many of them by women artists. One of the most famous recent paintings is of First Lady Michelle Obama painted by Amy Sherald in 2018. Looking carefully, we can see the influence of women artists throughout the collection: Angelica Kaufmann, Cecilia Beaux, and Elaine de Kooning. Come along and explore a “two-for-one” offer of great American women, painted by great women artists. A beautiful example:



Poet Alice Dunbar Nelson, painted in 1927 by Laura Wheeler Waring

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:

Please complete our Palisades Village very short survey and let us know your vaccination status and if you still need help getting the vaccine. Click [here](#). All responses will be kept confidential. Our Village goal is to get everyone vaccinated!

Great News! Beginning Monday, April 19, all DC residents 16 and older will become eligible to receive the COVID-19 vaccine in Washington, DC. To ensure that DC is able to get the vaccine out as efficiently as possible, the Mayor is calling on all DC residents to pre-register for a vaccination appointment by going to vaccinate.dc.gov or calling **1-855-363-0333** (M-F, 8 a.m.-7 p.m. and Sat & Sun, 8 a.m.-4 p.m.).

Got your shot and need to get off the DC Health list? Individuals who previously pre-registered for an appointment through the portal and who have already received their vaccination elsewhere can email vaccinatedc@dc.gov or call **1-855-363-0333** to have their information removed from the pre-registration list.

Eligible DC residents are also reminded of other ways to make an appointment, including:

- Directly through their health care provider
- Veterans and veteran spouses can get vaccinated through the [VA Medical Center](#) and can learn more by calling **(202) 745-4342**
- DC residents 65 and older, teachers and school staff, child care workers, and health care workers can book appointments through the [CVS site](#) (when appointments are available)

Palisades Village is here if you need help.

Pre-register and if you are currently eligible for the vaccine in DC, you will be part of the randomized selection process when appointments open. Currently, they are distributed as follows:

- 20% go to DC residents in priority zip codes who are 65 and older
- 20% go to DC residents in any zip code who are 65 and older
- 20% go to DC residents in priority zip codes who are 18-64 with a qualifying medical condition
- 20% go to DC residents in any zip code who 18-64 with a qualifying medical condition
- 10% go to DC residents in priority zip codes who are members of an eligible workforce who are 18 and older
- 10% go to members of an eligible workforce who are 18 and older, regardless of home address

Once invitations go out, individuals have 48 hours to book their appointment. If an individual does not book their appointment, their name will go back in the pre-registration system (after three unanswered invitations an individual will need to register in the system again).

Appointment invitations will be sent:

- Thursdays by 10:00 a.m.
- Sundays by 10:00 a.m.
- And, only if any appointments still need to be filled, Tuesdays by 10:00 a.m.

Preregister and you will get an invitation to get an appointment. It may not happen today but it will happen. Encourage neighbors, friends, and family to preregister. You can add more than one email so two people can see if an invitation has been sent. We can help with their registration! Palisades Village is getting our members to their vaccination appointments. If we can help you, let us know.

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

Volunteer Corner:

Any **chess** players out there? We have a member who has missed having a partner this year.

Soup makers: Can you make some soup that we can freeze and distribute to our members?

Let the office know at **202-244-3310** or eblanton@palisadesvillage.org.

Volunteer Spotlight:



Some of you have met Jennifer on Zoom. She always delights us with surprising facts in our weekly Thursday Trivia. Recently, she performed for our Tea and Tunes with a medley of pieces on piano.

Jennifer is a transfer student at George Washington University working towards her undergraduate degree in Electrical Engineering with a minor in Management and Leadership. She holds a bachelor's degree in Flute Performance and spent 6 years in the U.S. Navy as a nuclear electronics technician.

Jennifer grew up in Wisconsin, lived in France during her first undergraduate degree, separated from the navy last summer, and moved to Alexandria, VA to attend GWU and work full time as a data center technician. In her free time, she enjoys spending time with her cat Oreo, fixing up her house, and racing in triathlons and marathons.

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!)
- Transportation following safe and social distance protocols (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.

Creative Corner:



D.C. Bar Survey:

The D.C. Bar's Global Legal Practice Committee is conducting a survey of D.C. residents about regulated nonlawyers who provide certain legal services. The goal is to understand whether the licensing of trained nonlawyers would be a viable means to provide more legal service providers for low- and moderate-income residents to address their civil legal problems. Please assist with providing responses to the survey – <https://www.surveymonkey.com/r/DDNGGTQ>.

The deadline to respond is COB April 14, 2021. The survey will take about 10 minutes to complete.

The committee is still studying the issue and has not made a proposal at this point. Responses to the survey are completely anonymous but aggregate data may be utilized and reported in any forthcoming report or recommendations made by the committee to the D.C. Bar Board of Governors.

Please do not retake this survey if you received it from another source. Thank you for your help with the survey.

Free Equipment Available:

Do you need a walker, commode, or cane? We have some available and would be glad to share photos with you. Call the office at **202-244-3310** or email ebanton@palisadesvillage.org.

Support the DC Public Library Foundation:

From now through to the end of May, community members can donate to put the name of their Dream Makers on a special Dream Makers wall at the Martin Luther King Jr. Memorial Library. Donors can give \$50, \$250, \$500 or \$1000. Each donation level will have a special-sized font on the wall.

Names will be put up over the summer of 2021 and unveiled publicly when the Library reopens fully. We have also replicated the donor wall at DreamMakersWall.org where donors have the opportunity to share a short message explaining why they are honoring this person.

Transit Rider Advisory Council Application:

The Transit Rider Advisory Council, or TRAC, was established in the Transportation Reorganization Amendment Act of 2015 (Law 21-124). The TRAC is intended to both advocate on behalf of riders of the District's public transit systems and provides public oversight of decisions made by DDOT regarding transit systems under the agency's jurisdiction; those systems include the DC Circulator and DC Streetcar, but do not include

WMATA metro or bus lines. The TRAC is authorized to review and provide comments on DDOT's strategic or long-term local transit plans, as well as any proposed changes to fares, new routes, or significant changes to existing routes and schedules. The TRAC meets on a quarterly basis, and members of the TRAC serve for terms of 3 years.

The TRAC includes eleven members, which, in addition to two representatives from the District government, includes nine community representatives. These community representatives must be District residents who regularly use local transit, with one appointed by each of the ward Councilmembers, and one by the Chair of the Committee with oversight of DDOT.

There are currently four vacancies on the Transit Rider Advisory Council: representatives from Wards 3, 4, and 8, and one member representing the Chair of the Committee, and who can reside in any ward. If you are interested in serving on the TRAC, please complete the application here: https://docs.google.com/forms/d/18AEM15iCzpZ2FtkiVJj1R1mxN84surRb73D3KuoK9iw/viewform?edit_requested=true#responses, including attaching a current copy of your resume. Information and materials provided to the Committee will not be shared.

Should you have any questions, please contact Michael Porcello, Committee Director of the Committee on Transportation and the Environment, at mporcello@dccouncil.us or 202-724-8062.

DTSBDC Struggle for Social Justice Video Series:



The Dana Tai Soon Burgess Dance Company is delighted to announce the release of the second piece in our Social Justice Leaders video series. "A Portrait of William Ayers Campbell" honors the much-decorated Tuskegee Airman of World War II with the six-minute work inspired by Betsy Graves Reyneau's 1944 portrait hanging in the [National Portrait Gallery](#) in Washington, DC. The production combines a powerful solo performance by Company dancer, Sidney Hampton, with archival footage. The piece, filmed and edited by

Kelly Colburn, is accompanied by soprano Millicent Scarlett's and Dana Scott's stirring rendition of the spiritual, *Oh, Glory*. Dana has created this

new work under the aegis of his Smithsonian Institution's role as choreographer in residence. View our second video in the series [here](#).

Beware of Scam Calls:

A number of local neighbors have been receiving scam calls that are causing great concern. Beware of these calls! Never give out your personal information! **Just hang up. You do not have to be polite to unwanted callers.**

The callers say they are from official law enforcement, Amazon, Pepco, or a long-lost family member. Some of these callers even mentioned they were representing a sheriff's dept. and intimidating the receiver by making sure he/she is home at a certain time to be served with papers, etc. They will want you to call a special number. Don't do it. If you think it might be legitimate, you can call the business main number.

Here is information from the Federal Trade Commission on how to stop those calls:

[1, 2, 3 videos to help you stop unwanted calls | FTC Consumer Information](#)

Assistant Chief Patrick Burke (MPD ret) advises you to report scams to the Office of the Attorney General (OAG) Consumer Protection Hotline at **202-442-9828** or, email consumer.protection@dc.gov , or [Submit a Consumer Complaint Form](#).

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!





WAVE
Washington Area
Villages Exchange



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

Monday, April 12, 7 p.m.

[A Journey In Courage- The Amazing Story of Sister Dorothy Stang--](#)

Sister Dorothy Stang was born in Ohio and began her ministry in Brazil in 1966 as a Sister of Notre Dame de Namur. She was a fearless advocate for the poor, the indigenous peoples and the environment in the Amazon Basin. Despite threats from loggers and landowners seeking to exploit the Amazon lands, she continued to live and work in Brazil. She was murdered by hired assassins on February 12th, 2005. Join us on April 12th as Michele Murdock, the author of *A Journey of Courage—The Amazing Story of Sister Dorothy Stang*, shares with us the life of this brave woman.

Tuesday, April 13, 11 a.m.

[An Update on the Political Landscape--](#) More than two months after the inauguration, journalist Steve Roberts will help us take stock of where the new administration and the new Congress are heading. Steve will discuss the surprises (good and bad) so far and the challenges ahead.

Weekly on Tuesdays

[Intergenerational LGBTQ Poetry Workshops--](#) Participants will learn about poetry, engage in activities for writing poetry, and workshop one's work with other participants. We will provide a safe space for participants to write about gender identity and/or sexual orientation if they are interested in doing so. These events are open to LGBT* individuals over 18 and of any experience level with poetry. Attend one or all of the workshops if you would like! The workshops are on **April 6, April 13, April 20, and April 27** from 7 p.m. to 8 p.m. These events are a partnership with Capitol Hill Village, Visible Magazine, and Terrific Inc.

Wednesday, April 14, 10 a.m.

Healing Circle for Grief and Loss--The April - May 2021 Healing Circle serves as a place for safe sharing and moving through any type of grief or loss. At this time of uncertainty when grief and loss are in the foreground, a Healing Circle can be a place for you to find solace and non-judgmental support. Typically, Healing Circles begin with opening agreements, time to check in, time for meditation, and time to read a book on a shared topic of interest. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community. If you are interested in attending, please email goldberg@umbc.edu.

Wednesday, April 14, 12 p.m.

Senior Living: Designed Strategies for a Post Covid World-- The recent launch of Gensler's latest **Design Forecast** underscores the importance of reconnection. The COVID-19 pandemic has taken a toll on people of all ages, but older adults are among the most impacted. How can design play a role in keeping older adults safe, connected, and engaged in their community? The design of living spaces ranging from retirement communities to multigenerational urban high rises are evolving to offer more choice and physical-digital integration for older adults. Savvy operators and developers are building spaces that accommodate the full spectrum of clients, catering to their specific needs.

Wednesday, April 14, 1:30 p.m.

Baltimore Explorers-- Join tour leaders Eileen and Jerry Rosenbaum as they guide us around our beautiful Baltimore neighborhoods. We always see something beautiful, unexpected, and learn things we never knew about our own Baltimore. This month we will focus on gardens... great for spring!

Wednesday, April 14, 2 p.m. SPARKLE: Earth Day - Change Starts with You-- Lisa Alexander, executive director of the Audubon Naturalist Society, will share planet-loving actions everyone can take to celebrate Earth Day.

Zoom link:

<https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHErTWRqaWpoUT09> PHONE: 301 715 8592 MEETING ID: 856 0576 1996
PASSCODE: 279374

Wednesday, April 14, 3 p.m.

Climate Change...What Are the Challenges Facing Us?-- Hear from Mike Tidwell, a nationally recognized expert, about how climate change will affect water, energy, transportation, wildlife, agriculture, ecosystems, and human health in the DMV. Learn what seniors can do personally and as advocates to help mitigate change so that our children and grandchildren will have a healthy and vibrant planet. Tidwell is director of the Chesapeake Climate Action Network, a grassroots nonprofit organization dedicated to raising awareness about the impacts and solutions associated with global warming in the DMV. Zoom link:

<https://us02web.zoom.us/j/84018097926?pwd=YWIKSk5LRm1waDZvd0VVcTJOUjdFQT09> Meeting ID: 840 1809 7926 Passcode: 299919

Thursday, April 15, 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.

Friday, April 16, 11 a.m.

Corewood Care & CHV: National Healthcare Decisions Day -- Please join our local experts for an interactive presentation on the importance of having the conversation regarding Advanced Directives while you are healthy! All attendees will be provided with a free copy of the 'Five Wishes' booklet.

Friday, April 16, 1 p.m.

Travels with Jan: The Silk Road-- Join intrepid traveler and Chevy Chase At Home volunteer Jan Augustine as she relives some of her most memorable trips in a series of Zoom presentations. This time our adventurous traveler takes us through five of the "stans" of Central Asia on the old Silk Road.

Monday, April 19, 10 a.m.

Village Committee on Safe Spaces for LGBTQ Older Adults-- Capitol Hill Village is excited to partner with the 12 other DC Villages to ensure Villages are spaces where LGBTQ older adults feel safe and welcome. In March 2021, CHV distributed a survey to Village executive directors to learn about LGBTQ inclusions and needs at each Village. Villages were asked about their marketing materials, programs, referral lists, competency

trainings offered, outreach efforts, and anything else regarding their Village's state of LGBTQ inclusion and safety. We received a range of responses as well as an enthusiastic commitment to becoming more inclusive. There is an expression "if you've seen one Village, you've seen one Village." This is because Villages are built by and designed around the unique communities they serve. For this reason, we are excited to build on each of the Village's strengths and partner to ensure the Villages are effective, inclusive, and safe spaces. Our next step in the process will be to take steps towards forming a Village Committee on Safe Spaces for LGBTQ Older Adults. To do this, we will bring together representatives from each of the Villages in April 2021 for a focus group. Representatives may be a Village employee, volunteer or member and may be in the LGBTQ community or an ally. At the initial focus group, we will discuss the creation of the Village Committee on Safe Spaces for LGBTQ Older Adults and its goals. The committee will work on an ongoing basis to identify strengths, areas in need of improvement and goals towards which we can work together. We will develop a schedule for future meetings where we will work on concrete actions that will help each Village meet its own goals for inclusivity. The representatives will identify where their needs lie and seek guidance and tools from experts as well as volunteers within the LGBTQ community.

Monday, April 19, 1 p.m.

[Artists and Social Change](#)-- This virtual tour of the Smithsonian American Art Museum will be led by docent Bob Ferguson. We will examine how artists have responded to periods of turmoil in American history, including the Indian Removal Act, the Civil War and Reconstruction, The Great Migration and Harlem Renaissance, and other more recent issues. African American artists and themes have a prominent role in this tour.

Tuesday, April 20, 11 a.m.

[Postcards from the Border: Poems and Watercolor Meditations](#)--

Author, poet, and artist Nancy Arbuthnot will do a reading and slide presentation of Postcards from the Border, highlighting some of her reflections on the border wall and her experiences in 2019 in the border towns of Douglas, AZ and Agua Prieta, Mexico.

Tuesday, April 20, 3 p.m.

Traumatic Brain Injury Isn't Only Happening in Sports-- Head injuries can happen to anyone at any time from falls at home, car/bike accidents, or

physical assaults. The largest growth in traumatic brain injury (TBI) is with those 65+, followed by children 4 years and younger. Even if the patient isn't diagnosed with severe TBI, neurocognitive impairment can persist for several months, affecting normal functioning as well as psychiatric conditions (e.g., depression, anxiety, sleep disorders). Mary Ellen Michel, former NIH program director for research grants involving TBI and neuroplasticity, will help us understand TBI's potential impacts and what current research is showing. Email park21217@aol.com to register.

Wednesday, April 21, 4 p.m.

Home Modifications to Improve Safety and Comfort-- The National Association of Home Builders promotes safety for older adults through its Safe at Home program. The program instructs design and construction employees on home modifications that can better accommodate those with mobility issues and other physical challenges. These home modifications include handrails, grab bars, bathtub cuts, shower seats, furniture risers, and chair lifts, among others. Come to this session with Certified Aging-in-Place Specialist Russ Glickman and his staff to learn about the latest developments in home modifications for older adults.

Wednesday, April 21, 7:30 p.m.

Distinguished Neighbor Marie McKeon, Viruses and Toxicology: Lessons Learned-- After a career of more than 40 years studying genetic toxicology, Marie was asked to return to work on the intense efforts by drug companies to find therapies and vaccines for Covid-19. She will talk about her science career and how she got started in genetics and toxicology. So what is toxicology and what does it have to do with viruses? Toxicology is basically the study of how physical, chemical or biological agents cause harm to living things. Viruses are in that class of biological agents and they can be both beneficial and harmful. Marie will be sharing some of the insights she has gained over the years. Marie has a BS from New York University and earned her Masters in Genetics from George Washington University.

Thursday, April 22, 1 p.m.

The Golden Era at the Washington Post-- "Bob Levey's Washington" appeared daily in the Washington Post for more than 23 years and he still produces special assignments for the newspaper. Bob worked at the Post

for more than 36 years during the tenures of Ben Bradlee, Katharine Graham, Woodward and Bernstein, and many others. His new novel, *Larry Felder, Candidate*, draws heavily on his time at the Post. Bob will regale us with his tales about the Post and his new book.

Friday, April 30, 6 p.m.

[Open Mic Night for the LGBTQ Community](#)-- Come to listen to or share your poetry and any work that inspires you! Open to LGBT* individuals over 18 years old.

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, April 13, 11 a.m. **[Technology Workshop: Intro to Twitter](#)**--

Become familiar with the basics of the social media platform Twitter with B Milenovic from the Tenley-Friendship Neighborhood Public Library.

Tuesday, April 13, 12 p.m.

[Learn to Play Words with Friends](#)-- Improve your brain health and have fun! Studies show that online games can improve your brain health. Have you been hearing about online games and wondering what it is all about? Join us to learn how to use several applications on your computer or phone so that you can play with friends or relatives or new friends.

Wednesday, April 14, 2 p.m.

[Notre Dame de Paris: A Celebration of the Cathedral with Kathy Borrus](#)--

On April 15, 2019, the world looked on in horror as the Notre Dame Cathedral was nearly destroyed in a devastating fire. For almost nine centuries Notre Dame de Paris has served as a house of worship, a witness to historical events, and an inspiration for artists and writers. In a Powerpoint presentation via Zoom, author Kathy Borrus will share highlights, images, and favorite stories from her book, *Notre Dame de Paris: A Celebration of the Cathedral*.

Wednesday, April 14, 3 p.m.

[Legal and Financial Planning for Alzheimer's](#)-- The diagnosis of Alzheimer's disease makes planning for the future more important than

ever. Concerns about care provision and programs that can help offset costs mean that families need accurate information about legal and financial planning specific to the disease. This workshop is a two-part interactive program where you can learn how to put plans in place, how to access legal and financial resources near you. Sheila Griffith, Program Manager for the Alzheimer's Association National Capital Area, will share this information with us. This is a two-part series. The first part will be on Wednesday, April 14 and the second will be on May 19 at 3:00 pm.

Thursday, April 15, 3 p.m.

Learn About Mind-Body Skills-- For 30 years, the **Center for Mind-Body Medicine** has been leading groups in Mind-Body Skills Training. These groups are the gold standard for treating population-wide trauma, but they work similarly for individuals who have experienced trauma. The COVID-19 pandemic has provided us with worldwide trauma from which we are only beginning to come out after more than a year. In this talk, Dr. Amy Kossoff will discuss the basics about why the skills taught in these groups are so helpful and explain some of the science behind the process. She will then teach one of our core skills in a participatory activity.

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/_docs/sibley-senior-2021-quarter2-newsletter.pdf

Saturday, April 17, 2 p.m.

Sibley Seniors Association's Sex and Aging Conference -- Sessions include Getting Older and Getting Better, 7 Myths About Sex and Aging, and an LGBTQ+ Social Hour which requires a separate registration. Register for this free conference by calling 202-364-7602 or by emailing hprecou1@jhmi.edu.

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:

Thursday, April 15, 6 p.m.

[From Enslavement to D.C. Statehood - Representation, Identity, and Diversity 51 Faith Leaders for Statehood](#)-- Leading up to DC

Emancipation Day on April 16, 2021, The Mayor's Office of Community Affairs, the Mayor's Office of Religious Affairs, and the Mayor's Interfaith Council will host "From Enslavement to DC Statehood - Representation, Identity, and Diversity 51 Faith Leaders for Statehood". This panel will explore the path forward in the quest for racial equality, social justice and DC Statehood with the same perseverance and resilience that brought African Americans through centuries of enslavement, Jim Crow laws, and the racial inequalities that continue to this day.

Friday, April 16, 11 a.m.

[Touring The Stages Of Alzheimer's Disease: What To Expect During The Caregiving Voyage](#)--

Most caregivers are unaware of what to expect for the different stages of dementia. This program utilizes the metaphor of travel for navigating the early, middle, and late stages of Alzheimer's disease. Caregivers will leave this program better equipped to handle and manage all of the stages of dementia.

Monday, April 19, 1:00 p.m.

AARP Chapter Meeting-- Please join them for a Zoom social gathering. Bring your dessert and plan to catch up with your fellow chapter members. In addition, we plan to discuss where our chapter is headed in the future, both as we continue with Zoom meetings and when we return to in-person gatherings. We want our future meetings to meet your needs and interests. If you have ideas for interesting and informative programs, please let us know. Do you know someone who has an interesting hobby, has written a book or has a story to tell? Please let us know about them. What programs interest you? Possible areas of interest are Lifestyle, Financial, Medical, History/Geography, Arts, Music, Nature, Travel. Do you even want to continue meeting? We need to have better attendance to invite speakers to join us. How can we recruit new members and keep the interest of those on our roster? If you plan to join us on the 19th, and we hope you will, please send your name, email address, and/or telephone number by April 15 to Bobby Turnbull, bobbyturnbull@comcast.net , (301) 320-4154.

Tuesday, April 20, 12 p.m.

Communicating with Alzheimer's Patients and Their Families: Strategies for Success--

Communication with patients with memory loss is a challenge. Family members of these individuals often have even more difficulty understanding their loved one's needs. This seminar will focus on ways to enhance patient care by enhancing your understanding of your patients and improving the Alzheimer's patients' understanding of you, and facilitating better communication between patients and their family members.

Wednesday, April 21, 6 p.m.

Climate Change Town Hall-- Citizens' Climate Lobby is excited to announce a Climate Town Hall with Congresswoman Norton. On April 21st, Representative Norton will share her beliefs and strategies around climate action and answer questions from the Citizens' Climate Lobby about viable solutions to climate change. Attendees will also be invited to raise their own questions, comments, and concerns with Representative Norton during the meeting. Guests are invited to stay after the Town Hall for a brief orientation on climate change and climate activism.

Saturday, April 24, 10 a.m.-2 p.m.

National Prescription Drug Take-Back Day. -- The event will be held throughout the country, so please feel free to share this information with others: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/ In Ward 3, both Sibley Hospital and the Second District Police Precinct on Idaho Avenue (near the Giant) are participating. For Sibley Hospital, it will be held outside of the Medical Office Building at 5215 Loughboro Road, NW, Washington, DC 20016. Drive up and drop off your unused or expired prescription medications. More details can be found at: <https://www.hopkinsmedicine.org/about/drug-take-back-day.html?fbclid=IwAR3DWy2fT4c7yGbqJQvqtVywICX1liHcry0UgZluBHE7wT0EBNDTo6esr6M> For the Second District Police Station, it will be held outside of the Police Station at 3320 Idaho Avenue, NW, Washington, DC.

Thursday, April 29, 12 p.m.

D.C. Veterans Round Table-- MOVA's Veteran's Roundtable. This event aims to connect the District's veterans with information, resources, and organizations that may be beneficial to a successful military transition. The event consists of an informal discussion that revolves around varying topics including housing, employment, healthcare, and legal services. Upon the conclusion of the discussion, all resource providers in attendance offer

feedback on any topics discussed or how they can assist the veteran or their family in a positive capacity.

Friday, April 30, 7 p.m.

"Reaching for the Moon" Watch Party with DC Public Library-- Join the Mayor's Office of LGBTQ Affairs and DC Public Library for the #DCQueerFlix viewing of "Reaching for the Moon." Reaching for the Moon is a biographical drama inspired by the 1995 Brazilian best seller "Rare and Commonplace Flowers," Bruno Barreto's "Reaching for the Moon" likewise imagines Elizabeth Bishop's extraordinary relationship with the Brazilian architect Lota de Macedo Soares. - NY Times We will watch together via the Kanopy streaming service, free for DC Library patrons. Watch the movie here: <https://bit.ly/3dfgTT8>. You will need a DC Library card to watch with us, but cards are free for everyone!. [Sign-up online to get your card now](#). On Friday, April 30th right at 7 pm, we'll all hit "Play" and watch together! Please join us on [Twitter](#) for an interactive chat using the hashtags #DCQueerFlix #ReachingForTheMoon

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

Ongoing Events:

Theater J Classes for Theater Lovers -- "Join" the rehearsal room of Neil Simon's *Last of the Red Hot Lovers* to discover how a director and actors put it all together. Get the inside scoop on the casting process, including watching auditions. Learn how to evaluate film acting with an acclaimed actress and nominator for the Screen Actors Guild Awards. Explore the role of clothing, onstage and off, with a top costume designer. Discover the business of show business. All this and more. Details and registration at: <https://theaterj.org/classes-for-theater-lovers/> or call (202) 777-3210. **Enter or mention code VILLAGES for your \$20 discount.**

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 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.

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](#).

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 or call the office at **202-244-3310**.

This Week at Palisades Village
April 11 — 17, 2021

William Yates Fitness on Zoom

Mon 04 / 12 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 04 / 13 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 13 / 2021 at 3:30 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Falls Prevention

Wed 04 / 14 / 2021 at 1:00 PM

Where: Foggy Bottom West End Village Zoom

[More Information](#)

Author Talk with Len Downey on All About the Story

Wed 04 / 14 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 04 / 15 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 15 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 17 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
April 18 — 24, 2021

William Yates Fitness on Zoom

Mon 04 / 19 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Life Stories

Tue 04 / 20 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 20 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: NUTRITION AS WE AGE, LECTURE AND COOKING DEMONSTRATION

Wed 04 / 21 / 2021 at 1:00 PM

Where: Glover Park Village

[More Information](#)

Virtual Yoga

Thu 04 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 22 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Looking to the Past, Present, and Future: A Discussion on
Residential Segregation in Ward 3**

Fri 04 / 23 / 2021 at 2:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 24 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village