




# ACROSS THE FENCE

April 3, 2022

Our volunteers always comment on how much they enjoy spending time with our members. They value the perspectives shared and the rich oral histories. If you have ever sat in with the storytelling group you have a true appreciation for these tales of adventures or everyday experiences that now seem anything but ordinary. Every member has a life worthy of a book. Jude Michaels has captured the life (to date) of Elinor Constable in a brief profile below. We made her keep it short and she did not mention that Elinor also makes the potato-leek soup which is a favorite of the lucky recipients of our soup deliveries.


Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8	Saturday, April 9
9:30 a.m. <a href="#">Living on Purpose</a>  1 p.m. <a href="#">Book Club</a>  3:30 p.m. <a href="#">William Yates Fitness</a> In-person or on Zoom	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">In-person Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>  5:30 p.m. <a href="#">Happy Hour</a>	3 p.m. <a href="#">Virtual Yoga</a>  5 p.m. <a href="#">Board Meeting</a>	10:45 a.m. <a href="#">Inspired by Blossoms Art Session</a>	9:30 a.m. <a href="#">Mind Knitting</a>

**This Week at Palisades Village:**

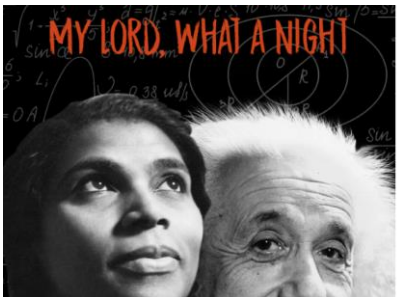
	<p><b>Living on Purpose</b></p> <p><b>Monday, April 4, 9:30 - 10:30 a.m.</b></p> <p>Kick-off your week with intent! We have expanded on our previous 'Living Life to the Fullest" program with this new bi-weekly series. Discover how to appreciate and embrace each and every day with techniques for living a life you enjoy. Coach Roseanna Stanton will introduce you to simple ways that you can enhance your life, enjoy the present, and move forward with purpose. Register <a href="#">here</a>.</p>
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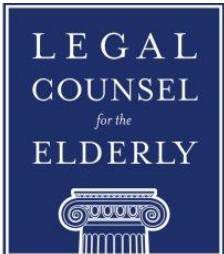
	<p><b>Happy Hour at Cafe Vino!</b></p> <p><b>Wednesday, April 6, 5:30 - 7:30 p.m.</b></p> <p>We can't wait to see you -- in person! Palisades Village has ordered some nibbles, and drinks will be available at special prices. This is also a great opportunity to introduce your neighborhood friend to your village friends. Please register <a href="#">here</a> in advance. Cafe Vino is at 4885 MacArthur Blvd NW.</p>
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<p><b>Board Meeting</b></p> <p><b>Thursday, April 7, 5 p.m.</b> -- The Board meeting is held via Zoom and is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register <a href="#">here</a>.</p>
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	<p><b>Inspired by Blossoms</b></p> <p><b>Friday, April 8, 10:45 a.m. - noon</b></p> <p>Join us on Friday, April 8<sup>th</sup> at the Palisades Hub Garden (5200 Cathedral Ave) for a morning of painting, drawing, and chatting inspired by the cherry blossoms and blooms around! As we enter into spring, join us for an outdoor* cherry blossom session where we will use the blooms around us as inspiration in our artmaking.</p> <p>No artmaking experience is required, just bring yourself and maybe a friend for a morning of artmaking and/or chats with your fellow Village members!</p> <p>If you would like to bring along your own art materials, that is welcomed, however art materials will be provided on the day. Register <a href="#">here</a>.</p> <p>*outdoors weather permitting, the event will be moved inside in the case of bad weather.</p>
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## Coming Up:

	<p><b>My Lord, What a Night -- Talk with Playwright Deborah Brevoort</b></p> <p><b>Wednesday, April 13, 1:30 - 2:30 p.m.</b></p> <p>In 1937, legendary singer Marian Anderson gave a concert in Princeton, NJ and was refused a room at the Nassau Inn because she was black. Albert Einstein invited her to stay at his home beginning an intimate friendship between the two that would last a lifetime. Two years later, Anderson was denied the right to sing at Constitution Hall in Washington DC, which led to her historic concert on the steps of the Lincoln Memorial and the beginning of the civil rights movement. Register <a href="#">here</a>.</p>
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	<p><b>Medicare Complaints, Grievances, and Beneficiary Resources</b></p> <p><b>Thursday, April 21, 11 a.m. - 12 noon</b></p> <p>The Legal Counsel for the Elderly/Senior Medicare Patrol is excited to conduct this virtual presentation, and they promise giveaways! The session will focus on knowing how to file a grievance with a Medicare Advantage or Part D plan, how to file a complaint about a Medicare Advantage or Part D plan, how to file a complaint about the quality of care you receive, and what to do if you suspect a provider is committing Medicare fraud, errors, or abuse. Although we hope we never need this information, it will be good to have it in case we ever do.</p> <p>Register <a href="#">here</a>.</p>
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*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue 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**.*

## PV Pilot Safety Program:

Do you need grab bars in your bath or shower? PV has grant funding available to help 8 members get professionally installed grab bars in one bath area. Please contact the office for details: 202-244-3310.

## Member Profile:

**Ambassador Elinor Constable, Practitioner of the Art of the Possible**



In 1957, a fortuitous friendship at her first job out of college and good timing led to Elinor Constable becoming one of the few women to be accepted into the State Department's training program for foreign service. Of those early days, she is most proud of refusing to be pressured into resigning, as was expected of women, when she married - to fellow training student, Peter. That action led to the end of that particular "Dark Ages" unwritten rule. A committed feminist, Elinor is also proud of the "tricky balance" of career and family she was able to maintain, thanks to her own aspirations, Peter's encouragement, and a strong support system. In the early days, though, with no child care or societal encouragement for mothers to continue working, she set aside her career - for a while - when they had children.

Elinor and Peter went to Vigo, Spain, for his first diplomatic post. When that tour ended, they went to Honduras where she, as the wife of a first-level diplomat, was assumed to be on the unpaid staff of the Ambassador's wife, which she found demeaning. Back in the States in 1964, she decided that she wanted a career and chose to work in Lyndon Johnson's poverty program as a community organizer. In 1968, Peter was assigned to Lahore, Pakistan (where she took up polo as an antidote to the "traditional diplomatic nonsense"). When they returned to DC in 1971, she decided her "diplomatic wife" days were over and worked as a community organizer until she was recruited for the McGovern campaign. A life-long Democrat, she became the first woman senior advanced person in a campaign position - in George McGovern's 1972 presidential campaign. She found she flourished in the unpredictable world of managing campaign events on the fly, where anything could go wrong - and often did. After the election, she took up community organizing again until she returned to the State Department in 1973.

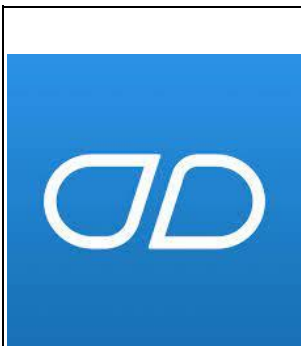


Around that time, the State Department had lost a lawsuit for systematic discrimination filed by women foreign service officers who had been forced out of the Department. Women former foreign service officers were invited to return. Though Elinor hadn't been forced out, she applied, found returning to be a seamless transition, and became a trade specialist. In 1976, Peter was assigned to the Embassy in Islamabad, Pakistan, and she was able to join him there on a special detail to USAID, their one and only tandem assignment. In 1978, she was recruited to run an office in the State Department working on economic issues, so she returned to DC while Peter stayed overseas and they began what she calls "dating with lots of juggling and planning."

Elinor served in a series of economic positions and worked closely with Secretary George Schultz until 1986, when she was posted to Kenya as ambassador. Following that tour, she returned to the States and became Assistant Secretary of State for Oceans and International Environment and Scientific Affairs. Her work included coral reef protection, climate change, and broader environmental issues. Peter returned to DC in 1989 and she returned to community organization for the rest of her career.

In retirement, she followed her own advice: Move on! She developed a new range of interests or expanded old ones. She became an avid photographer and set up her own darkroom, owned horses on several continents, and loved scuba diving and playing and listening to music. Always a "serious foodie," new or unusual restaurants still beckon. She loves cooking and technology and has several very active family and friend Zoom groups. And, of course, she enjoys our Palisades Village events (pictured here at one of them!). She'd been a fan of the Village movement from its beginning, so she sought out our Village, and joined as a volunteer, driving our members and baking cookies. When health issues intruded 2 years ago and she could no longer drive, she joined as a full member. Declares Elinor: "I think the Village is the most wonderful organization!"

*Jude Michaels, Palisades Village Associate Member and Volunteer*



## Tech Tip:

Apps are great for keeping track of health and wellness, entertainment, or reminding us of our daily tasks. Here is one to get you started:

[Pill Reminder by Medisafe](#)

This app will help you remember to take your medicine.



Smithsonian  
Craft Show

## Interested in going to the Smithsonian craft show? Last call for discounted tickets!

The 2022 Smithsonian Craft Show will be in person this year for the first time since 2019! The show will be held at the beautiful National Building Museum in Washington DC, **April 20-24**. The show will be featuring over 120 of the country's best craft artists. It's the show's 40th anniversary and the Smithsonian's 175th birthday!

Groups of at least 10 can purchase tickets at the 50 percent off price of just \$10 each. If you would like to go for the discounted rate, please let Anne Ourand know by emailing [aourand@palisadesvillage.org](mailto:aourand@palisadesvillage.org) or calling the office at 202-244-3310 by **Friday, April 8<sup>th</sup>**. If we can get at least 10 people interested, PV will buy the group tickets in bulk and you can reimburse us.

Share with us your take on a book, movie, show, album, or exhibit that intrigued you. Send contributions to [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org).

## Covid Corner:

The Centers for Disease Control (CDC) is now recommending a second booster dose for individuals 50 and older, as well as certain individuals who are immunocompromised and at higher risk for severe COVID-19. Eligible individuals who received their initial booster dose of either the Pfizer and Moderna vaccines on or before November 30, 2021, can now receive a second booster of either vaccine. Adults who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine on or before November 30, 2021 may now receive a second booster dose using an mRNA (Pfizer and Moderna) COVID-19 vaccine.

The Palisades Village [Reopening Policy](#) has been updated to include in-person events for masked and fully vaccinated participants.

The new [COVID Center](#) for Ward 3 has opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are **invited to the front of the line** at public testing and vaccination sites.

PCR tests are also available at the Palisades Library and Rec Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

**Palisades Village has some rapid antigen tests and N95 masks.** Please contact the office if you need one. You can also pick them up for free at the Cleveland Park Library. Supplies are limited but you can check availability before you go at <https://coronavirus.dc.gov/rapidantigen>.

Mayor Bowser has updated the city's masking and vaccination requirements. See the details (pages 7 and 8) [here](#).

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

For at-home, on-demand care, and COVID testing, the DC website lists Ready Responders at [\(202\) 602-0814](tel:2026020814). Ready comes to your home, is open 8 a.m. to 8 p.m., seven days per week, and serves all 8 Wards. Ready is currently offering rapid antigen testing only, with results in 15 minutes. If you require a PCR test, please utilize another testing option.

This week, DC Health also launched Digital Vaccine Record (DVR), a web-based portal that gives District residents secure, easy, and free access to their official COVID-19 vaccination records. To optimize the user experience, DVR will be replacing MyIR for residents to access their COVID-19 vaccination records. MyIR will no longer be available as of March 1, 2022. [Click here to learn more or to sign up](#).

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you make an appointment and get there.



**WAVE**  
Washington Area  
Villages Exchange



**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 4, 4:00 p.m.**

**The Golden Era at The Washington Post, with Bob Levey**

Bob Levey is a retired columnist for The Washington Post (He wrote “Bob Levey’s Washington” for more than 23 years). He’ll speak about The Golden Era at The Washington Post, which he feels lucky to have been part of. Register [here](#). Passcode 041786

**Wednesday, April 6, 12:00 noon**

**Translating Gen Z: Tips for Communicating with the Young People in Your Life**

Join for a fun and engaging workshop covering all things about Gen-Z online life, from slang to favorite apps and how to make Zoom fun again! Register [here](#).

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## Community 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 program manager, Frances Bucien [Fbucien@iona.org](mailto:Fbucien@iona.org). You are also welcome to call her at **202.656.5488**. Sign up for the Newsletter while you are there!

**Thursday, April 7, 2 - 3 p.m.**

[What is a “Village” and how can it help you?](#)--Learn more about this grassroots movement with Erica and her colleagues at Northwest Neighbors Village and Cleveland & Woodley Park Village.

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

## Other Community Events:

**Thursday, April 7, 7 - 8:30 p.m.**

**Experiments in Freedom: The Legacy of the DC Compensated Emancipation Act**

DC educator William Jones, historian and Emancipation Day activist CR Gibbs, and family history researcher Stephen Hammond join moderator Amara Evering to examine compensated emancipation's complicated legacy and contemporary relevance. Register [here](#). Sponsored by DC History Center.

**Friday, April 8, 8-10 p.m.**

[The Nighthawks](#) - Palisades Hub (5200 Cathedral Ave, NW)

**Thursday, April 7 - Saturday, April 9**

**12 Angry Jurors** -- A teenager's life hangs in the balance as a trial jury debates his guilt or innocence. During heated deliberations, the jurors are forced to face their own hidden biases and assumptions. *Twelve Angry Jurors* is a provocative look at power and prejudice and asks us to question what justice is and how we can achieve it. Shows are at the Duke Ellington School of the Arts, 3500 R Street, NW. April 7-8 at 7:30 and 8-9 at 3:00. Purchase tickets at [ellingtonschool.org/box-office/](https://ellingtonschool.org/box-office/).

**Sunday, April 10, 1 p.m.**

**Palisades Tree Walk with Capital Nature** -- Join Casey Trees and Capital Nature for an easy-paced tree appreciation and identification walk at Palisades Community Center. Registrants will learn to identify key tree species and learn about the unique role each tree plays in the ecosystem. No prior tree identification experience is necessary! For more information, including COVID policy, and tickets (\$20), click [here](#).

**Sunday, April 24, 5 p.m.**

**Jazz Club @ The Palisades Hub Social Hall** -- featuring Janelle Gill & Amadou Kouyate Duo. For more information click [here](#).

**Saturday, April 30, 10 a.m. to 2 p.m.**

**National Prescription Drug Take-Back** -- Drive up to Sibley Hospital and drop off your unused or expired prescription medications. On-site staff will dispose of them for you safely and securely. No questions asked. Drive to the circle at Building A. Please

remember the entrance to Sibley Memorial Hospital is on Dalecarlia Parkway. Contact the Palisades Village office if you would like a ride.

## Ongoing Events:

### Tuesdays, 11 a.m.

**Technology Tuesday** -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The April 5th topic: Intro to Google Docs and Microsoft Word.

### Wednesdays, 10 a.m.

**Strength, Balance, and Core in person at the Palisades Rec Center** -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises.

### Wednesdays, 1:30 p.m.

**Yoga at Palisades Library** -- Specifically geared towards older adults. Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

<b>Bereavement Support Groups</b> --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 <b>202-537-4942</b> for more information or go to <a href="#">Calendar   Widowed Persons Outreach (wpodc.org)</a>	<b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <b><a href="#">The Art of Looking</a></b> --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.
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<p><b>Mondays, Wednesdays, and Fridays at noon.</b>  <a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a>-- 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.</p>	<p><b>Weekly on Mondays from 2 - 3:15 p.m.</b>  <b>Just Us at the National Gallery of Art -</b>          - Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a>. To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a>.</p>
<p><b>Weekly on Wednesdays at 2:30 p.m.</b>  <b>Dance for PD --</b> 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 <a href="#">clicking here</a>.</p>	

### 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](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
 April 3 — 9, 2022

## **Living On Purpose**

Mon 04 / 04 / 2022 at 9:30 AM

[More Information](#)

## **Book Club**

Mon 04 / 04 / 2022 at 1:00 PM

[More Information](#)

## **William Yates Fitness**

Mon 04 / 04 / 2022 at 3:30 PM

[More Information](#)

## **Planner Group**

Tue 04 / 05 / 2022 at 9:30 AM

[More Information](#)

## **Yoga**

Tue 04 / 05 / 2022 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 04 / 06 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

## **Happy Hour**

Wed 04 / 06 / 2022 at 5:30 PM

Where: Cafe Vino, 4885 MacArthur Blvd NW, WASHINGTON, DC 20007

[More Information](#)

## **Virtual Yoga**

Thu 04 / 07 / 2022 at 3:00 PM



Where: Via Zoom

[More Information](#)

### **Board Meeting**

Thu 04 / 07 / 2022 at 5:00 PM

[More Information](#)

### **Inspired by Blossoms Art Session**

Fri 04 / 08 / 2022 at 10:45 AM

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

[More Information](#)

### **Mindful Knitting**

Sat 04 / 09 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village  
April 10 — 16, 2022

### **William Yates Fitness**

Mon 04 / 11 / 2022 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 04 / 12 / 2022 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 04 / 12 / 2022 at 3:00 PM

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

[More Information](#)

## **Storytelling**

Tue 04 / 12 / 2022 at 3:00 PM

[More Information](#)

## **Walking Club - Georgetown**

Wed 04 / 13 / 2022 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

## **My Lord, What a Night - Talk with Playwright Deborah Brevoort**

Wed 04 / 13 / 2022 at 1:30 PM

[More Information](#)

## **Virtual Yoga**

Thu 04 / 14 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 04 / 16 / 2022 at 9:30 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village