



Across the Fence March 7, 2021

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:

Planning ahead? Many of you probably saw and laughed at the meme about cancelling your subscription to 2021 after the free seven-day trial. How are you feeling about the year now that it is March? Is the way you are spending your time feeling meaningful? Or is the year beginning to slip by day-by-day without a sense of direction? What have you done this year to make the most of your one “Wild and Precious Life” as poet Mary Oliver puts it? Are you distracted or in the moment each day?

Join our planner group if you would like to proactively engage with your life this year. We will be using a daily planner to create a focus for what matters to you, whether that is increased health, wellbeing, engagement in cultural activities, or increasing the amount of joy in your life. Together we will use our planners for **attention management** rather than time management. We will use our planners to ensure that we’re doing the things that matter and creating the life we want for ourselves.

The planner group is being offered by Georgetown University certified coach Roseanna Stanton. We will kick off with a zoom call and then communicate through an email listserv. Receive weekly inspiration from Roseanna and interact daily support with other members of the group to gain and offer encouragement as you find joy in the journey. Check out this pilot program! Two choices to fit your schedule: the group will be meeting [Monday, March 8](#) at 10 a.m. and at [Friday, March 12](#) at 1 p.m. Please **register for either session** by clicking on the link.

Improve your strength and balance in our [Fitness](#) class on Monday, March 8 at 3 p.m. and then at yoga on [Tuesdays](#) and/or [Thursdays](#).

Our [Storytelling Group](#) will also meet on Tuesday in the morning at 11 a.m. (note the time change for this week only). Do you have a story to share with the group?

Join DC Villages for their upcoming [Wellness Wednesday](#) on March 10 at 1:00 p.m. The session will include information about COVID-19 (aka SARS-CoV-2), including vaccines, variant mutations, and transmission is still evolving as we learn more about the pandemic. Join us as Georgetown Village Board and Health Care Committee members Pam Godwin, APRN, BC, and Resha Putzrath share the latest medical and scientific information related to COVID-19 and answer your questions.

How many Broadway theaters are physically located on Broadway (Street)? GW student and Palisades Village intern Jennifer Howell will be back for [Trivia](#) on Thursday, March 11 at 4:30 p.m. with even more challenging questions. Share an hour with friends as you test your general knowledge of trivia! This multiple-choice game will cover subjects such as classic books and TV shows to nautical terms and animal knowledge, and everything in between. Note: There only 4 theaters on Broadway.

With all the fun we are having at Trivia, we are going to take a reprieve from our usual Friday Happy Hour. There's been a drop in attendance at Friday's Happy Hours. Do you want to continue to wind down the week and talk about movies, books, politics, religion, history, careers, childhood memories, favorite restaurants, favorite trips? Please let us know your thoughts! This is your Village!

Join us for [Mindful Knitting](#) at 9:30 am on Saturdays. Don't knit? We can get you started or bring your crochet or needlepoint. If you're new to knitting or a it rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

Who wants a slice of Peggy's delicious pie? Peggy belongs to our Palisades Pan Handlers group. (This group has been cooking up batches of home made soup and cookies for our members throughout the pandemic.) We will be celebrating [Pi\(e\) Day](#) on **Monday, 3.15** with home-baked slices of pie. We will be distributing to our members from the Palisades Hub (5200 Cathedral Ave.) at 11 a.m. or you can let us know if

you would prefer to have your slice delivered. Our quantity is limited so sign up now to reserve your slice.

You won't have to miss out on touring DC's annual cherry blossoms this year. Instead, join Palisades Village for "hanami", the traditional Japanese custom of "flower viewing." Celebrate from home with a [virtual cherry blossom tour](#) hosted by the National Museum of Asian Art (Freer/Sackler Galleries) on Thursday, March 18 at 3 p.m. 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. Happy spring!

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:

Changes are Coming to DC Department of Health Appointments!

New sites have been opened. These new locations will serve as high-capacity sites where the Janssen/Johnson & Johnson one-dose vaccine will be administered. The sites are located at the Walter E. Washington Convention Center, the Providence Health System, and the Entertainment and Sports Arena. These sites are not walk-up sites, and appointments must be booked through vaccinate.dc.gov or through D.C.'s call center, Mayor Bowser announced this at her press conference on Thursday.

The Johnson & Johnson vaccine is the third safe and effective COVID-19 vaccine to be approved for use in the United States. **While users will be able to see when choosing a vaccination site which vaccine will be administered there, DC Health is emphasizing that all available vaccines have been proven effective at preventing serious illness, hospitalization, and death from COVID-19. Residents are highly encouraged to take the first vaccine available to them.**

The District will switch over to a pre-registration system for making vaccination appointments this week. Under the new system, individuals will be able to provide their information to DC Health through a pre-registration website or by calling the District's Call Center. As appointments are made available, individuals on the waitlist will receive an email, phone

call, and/or text message alerting them that they have an opportunity to make a vaccination appointment. Equity will continue to be a priority, and DC Health will continue to make half of each week's portal and call center appointments available to residents in priority zip codes.

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/m²; 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 [Vaccination Information Guide](#) that walks you through the process of registering. **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.

NEW Option From Model Cities Senior Wellness Center:

We have just learned that one of the DC Villages has a partnership for last-minute appointments. However, it is located a bit of a distance away from our neighborhood.

Brookland-Model Cities Senior Wellness Center, 1901 Evarts St., NE, has

a wait-list of same-day COVID vaccination appointments for older adults 65 and older, 55+ year-old residents with eligible medical conditions, or 55+ individuals who work with older adults or in the service industry. If you would like to be included on this list please provide your:

Name

Phone

Email address

and reply to this email or call **202-244-3310**.

You can also register through medical providers:

District hospitals have started outreach to schedule their patient population of DC residents 65 years and older. Please visit the hospital website where you are a patient (seen by the hospital in an outpatient clinic within the last two years) for instructions on how to register for an available appointment. Like the District's COVID-19 vaccination scheduling portal, hospital appointments are limited.

Sibley/Johns Hopkins

- Sibley Memorial Hospital is administering the COVID-19 vaccine to patients who are age 65 and older and live in Washington, D.C., per guidance from DC Health. A patient is anyone who has sought care with a Johns Hopkins Medicine provider within the last two years. If you meet the above criteria, you are on Johns Hopkins Medicine's list to be offered a COVID-19 vaccine. Over the next few weeks, individuals who meet these criteria will be contacted via email or phone when it is their turn to schedule a COVID-19 vaccine appointment in [MyChart](#). For privacy reasons, the notification will be titled, "You have an appointment to schedule in MyChart." Please check your MyChart account regularly.
- Appointment Information:
 - Appointments are required for COVID-19 vaccines and can be scheduled in MyChart.
 - No walk-ins are allowed.
 - Based on vaccine supply available to Johns Hopkins Medicine at any given time, they are randomly selecting eligible patients to schedule a vaccination.

- If you would like to get the COVID-19 vaccine, you will need to activate your [MyChart](#) account. MyChart is a secure portal protected by advanced encryption technology. Only you and your designated care partner will be able to access your account via a password.

Veterans Administration

- Veterans will be notified of available appointments directly from the Veterans Administration.

Kaiser Health and One Medical

- Those of you who participate in Kaiser Health or One Medical have probably already received notifications from those practices about their plans to administer vaccines.

George Washington Hospital/GW Medical Faculty Associates

- GW Hospital is scheduling anyone who has a doctor associated with the hospital or The GW Medical Faculty Associations. For more information go to [COVID-19 Update | George Washington University Hospital \(gwhospital.com\)](#) or call **202-677-6333**.

United Medical Center

- The appointment line is **202-574-6473**. Hours: 7:30 a.m.- 6:30 p.m.

[Medstar Georgetown Hospital](#)

- Georgetown Hospital is now providing immunizations to all District of Columbia residents age 65 and over. To get an appointment, call **202-444-8168** or **202-295-0669** if you are over 65.

SECOND VACCINE:

If you are having trouble getting an appointment for a second dose, you should email 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](#).

Life After the Vaccine!

Many people aged 65 and over have now received two doses of the vaccine. “Now what”? Is probably the question on many of those people’s mind. In answering that important question, you might keep the following points in mind:

- Full vaccine effectiveness occurs two weeks after the second shot.
- The two vaccines that have been given, Pfizer and Moderna, are up to 95% effective when you are fully immunized (meaning, two weeks after your second dose.) This means that there is a 5% chance that one can still suffer serious illness if one is infected with COVID19.

According to the CDC, “We also don’t yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don’t get sick yourself.” So, it is important to keep following the safety protocols: wear a mask over your mouth and nose; stay physically distant from others; avoid crowds and poorly ventilated spaces; and wash your hands often.

According to a [Harvard report](#), herd immunity is estimated when 90% of the population is immune due to infection or vaccination. Once this is reached, it’s difficult for the disease to spread. As the authors point out, “As of now, we are nowhere close to the numbers needed to achieve herd immunity.” So, it’s important that we all keep following the CDC guidelines.

Want to know more about what someone that is vaccinated can do? Here’s an informative albeit long [article from *The Atlantic*](#). The short version is perhaps best captured with this one quote from the article: “There is one principle—if not a black-and-white rule—that can help both the vaccinated and the unvaccinated navigate our once again unfamiliar world: When deciding what you can and can’t do, you should think less about your own vaccination status, and more about whether your neighbors, family, grocery clerks, delivery drivers, and friends are still vulnerable to the virus.” Therefore, it’s vitally important for each of us to continue following the CDC protocols outlined in the last bullet above.

Haven’t gotten the vaccine yet? Here’s what to do to prepare. Reported side effects from the vaccine vary from slightly from sore arms to flu-like symptoms for a day or so. As a precaution, stock up on easy to prepare

meals before your vaccine appointment and ask a loved one or Palisades Village volunteer to check on you for a few days after you've received your first and second doses. [Learn more about what to expect after getting the COVID shot here.](#)

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.

Palisades Village House Tour Home Earns Historic Distinction!

Historic Distinction for Associate Members' Home Featured on Our House Tour



On February 25, 2021, the D.C. Historic Preservation Review Board voted unanimously to designate the Bazelon-McGovern House, 3020 University Terrace, NW, a historic landmark to be entered into the D.C. Inventory of Historic Sites under Criteria D, E, and F (and the National Register of Historic Places under National Register Criterion C) for

architectural significance as embodying distinctive characteristics of mid-century modern residential design with a notable Japanese influence and being the work of the notable modernist architect Jean-Pierre Troughard; and well as under D.C. Criterion C (and under National Register Criterion B) for its association with both David Bazelon (former Chief Judge of the U.S. Court of Appeals for the D.C. Circuit), and George McGovern (former Democratic Senator from South Dakota and Democratic Candidate for President in 1972), as being associated with significant persons in the history of the nation during the periods when they achieved such

significance. The Bazelon-McGovern House was featured in the Palisades Village House Tour in 2015.

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.

WMATA Considering Devastating Cuts to Metrobus Routes in ANC3D

From the Desk of Ben Bergmann, ANC Commissioner - 3D08

WMATA has released a proposed list of dramatic cuts for FY2022, including the elimination of the D6, M4, N2, and N4 bus routes. Service will also be reduced on the N6 route. WMATA says these cuts, which will take effect in January 2022, will be necessary if the agency is not able to secure additional funding. If you would like to let WMATA know your thoughts about these cuts, click here: <https://metro2022budget2.questionpro.com/>

Although WMATA has identified certain "alternatives," between 39% and 65% of riders on these routes will not be able to begin a bus trip from the same bus stop that they currently use. Moreover, bus service will be eliminated and not replaced by alternative routes on Nebraska Avenue NW, MacArthur Boulevard between Foxhall Road and Arizona Avenue; on Foxhall Road; and at the Medstar Georgetown University Hospital on Reservoir Road. Nearly 10,000 Washingtonians used the affected routes each weekday before the pandemic--meaning that these cuts almost guarantee much worse traffic when commuting returns closer to pre-pandemic levels in 2022.

WMATA Document: Please see pages 68 through 71. Page 71 has a map that shows the route which completely bypasses the Palisades. <https://www.wmata.com/initiatives/budget/upload/Proposed-DC-Bus-Changes.pdf>

Experience with Lumbar Laminectomy?

A Capitol Hill Village member is scheduled for Lumbar Laminectomy (L1-L5) surgery. He is interested in hearing from members that have had this surgery about their post-surgery experience including: mobility, restrictions, and any needed assistive devices.

If you have information to share, please contact info@capitolhillvillage.org or 202-543-1778 to be provided with the member's name and contact information.

Follow Up on Phishing Scam:

From Northwest Neighbors Village:

Last week's phishing scams all came from Verizon accounts. This may or may not be a coincidence, but, just in case, a local computer tech has put together a "Security check-up" document for Verizon/AOL email users.

If you have a Verizon or AOL account and are concerned about its security, [visit our webpage](#) and follow the steps to make your email account more secure from these scams.

Creative Corner:



Spring is coming! A photo from MacArthur Boulevard by Janet Bullinger. Want to see how cherry blossoms are represented in Asian art? Join us from home with a [virtual cherry blossom tour](#) on Thursday, March 18.

Janet uses her photos as wonderful backgrounds on Zoom calls. If you want to do the same, let us know and we will get someone to help.

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!

DC Village Collaboration



DC Villages



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.

Monday, March 8, 9-9:30 a.m.

[Meditation with Christina](#) -- Join other Dupont Circle Villagers for meditation time every Monday and Thursday. Our instructor is Christina Tolbert Mangino. Instructions on how to join the class, whether by Zoom or by phone, will be sent to you the morning of each class.

Monday, March 8, 3 p.m.

[The Vikings Who Went the "Wrong" Way](#) -- Every school kid learns about the Vikings who savaged the coasts of France and England and reached North America, but what about Vikings in the Mediterranean and Russia? Jerry Zarr is a freelance writer, lecturer, and consultant on international development. As a senior diplomat in the U.S. Foreign Service, he lived in Pakistan, Tunisia, Ghana, Egypt, Haiti, and Bulgaria. Since retiring from the Foreign Service in 1995, he has worked as an international consultant in Eastern Europe, the former Soviet Union, the Middle East, Africa, and the Caribbean. As an enrichment lecturer for various cruise lines, he speaks on historical and cultural topics. Registration required by March 7. Zoom link will be provided upon registration.

Monday, March 8, 7 p.m.

[Philanthropy and Racial Equity in Washington](#) -- Tamara Copeland will address the impact of philanthropy on racial equity in Washington and will explore what it means to be a “first” amid evolving racial dynamics in the United States. Ms. Copeland is the former president of the Washington Regional Association of Grantmakers, a nonprofit association with over 100 of the most respected foundations and corporate giving programs in the Washington, D.C. region.

She also is the author of a 2018 memoir, "Daughters of the Dream: Eight Girls from Richmond who grew up in the Civil Rights Era." Her thoughtful opinion essay, "All I know about race and racism, I learned in _____. Hmmm... I never learned this" is a forthright statement of the distortions of American history as it was taught while she was growing up in Richmond, Virginia, in the 1950s and '60s.

Tuesday, March 9, 10:30 a.m.

Chair Yoga -- Experience how to build physical strength by improving posture, balance, breathing, and flexibility. Sponsored by Dupont Circle Village.

Tuesday, March 9, 11 a.m.

Exercise with Ilysa -- Ilysa Cohen is a certified fitness trainer, and members of Northwest Neighbors Connecting and the Myerberg Center have been having fun and staying fit with Ilysa for over four years. Ilysa puts on great music and guides us through an hour of toning, stretching, and aerobic movements to put us on a path of healthy aging. The link provided is good for each Tuesday and Wednesday class (11:00 am) through March 31. Zoom link: <https://jcfb.zoom.us/j/94420503549> Meeting ID: 944 2050 3549 One tap mobile +13017158592

Tuesday, March 9, 11 a.m.

One of the Most Troublesome Robbery Gangs: The Murders and Crimes of George McKeever and Francis McNeiley-- Listen to author Jeffery King discuss his book, which tells the story of George McKeever and Francis McNeiley, two very successful gangsters active in the midwest during the Great Depression. They killed two lawmen and a Minnesota store owner, were in a sensational car chase and gunfight, and stole at least \$40,000 from at least six banks (\$700,000+ in today's terms). McKeever was also a member of the Reinhold Engel gang, "one of the cleverest and most efficient gangs of bank robbers." The gang stole cars, robbed stores and banks, and committed murders. Registration required by March 8. Zoom link will be sent to registrants 24 hours prior to event.

Tuesday, March 9, 1:00 - 2:00 p.m.

Scams, Fraud, and Cons: How to Keep Your Money Safe -- Did you know Americans lose over \$2.5 billion every year from financial exploitation? Sydney Palinkas from ElderSAFE Center will lead an

interactive discussion on the most common scams right now, red flags, how to protect yourself, and information on reporting. [Please email here to register](#). Zoom information will be emailed to registrants 24 hours in advance of the event.

Tuesday, March 9, 2:00 - 3:00 p.m.

[The Constitutional Convention - The ULTIMATE Mission Creep](#) --

There was general agreement in 1787 that the Articles of Confederation that governed relations between the 13 newly independent nations of North America were not working well. The solution was to hold a convention to revise the articles so that they would be adequate to the purpose. Once in session, however, the delegates revised their mission and chose instead to create a constitution for a new, united nation without mentioning this vast new goal to their state governments or asking for permission to do so. Join Kentlands resident, Barney Gorin, as he shares the story of the Constitution's creation and the men who achieved it during that long, hot summer. Zoom information will be emailed to registrants in advance of the event.

Wednesday, March 10, 11:00 a.m. - 12:30 p.m.

[My 5-Year-Old Could Do That - A Conversation about Modern Art](#) --

Nancy Hirshbein, a docent at the Hirshhorn Museum and Sculpture Garden (and Village member), will lead a virtual tour and discussion. We'll take a look at art that is often challenging to museum visitors, delving into works by Jackson Pollock (abstract expressionism), Donald Judd (minimalism), and Marcel Duchamp, the granddaddy of them all. The conversation will be interactive, with lots of time for questions and discussion. Please register by March 9. Zoom -

<http://%20https://us02web.zoom.us/j/86170606208?pwd=R0RWZ1NpNnhxaFh6NlltQ0hFM1E5dz09>

Wednesday, March 10, 2:00 - 3:00 p.m.

[Armchair Travel: Vietnam](#) -- Laurie Welch, longtime Village of Takoma Park member and former Co-President of the Board, will share her adventures to Vietnam. Laurie traveled to Vietnam in early 2019, learning about the legacy of the Vietnam war as well as seeing UNESCO World Heritage Sites, visiting Hanoi, Hue, the DMV area of the Vietnam war, Hoi An and Halong Bay. Using photos, she will describe her journey, looking at the beauty of the country and some of the legacy of the war. Please

register by March 8. Zoom link will be emailed to registrants prior to the event.

Wednesday, March 10, 2:00 - 4:00 p.m.

[SPARKLE - Senior Women in the Arts](#) -- Join us for our monthly SPARKLE: Senior Women in the Arts, featuring dollmaker Camila Bryce-LaPorte, mixed media artist Jamie Downs, poet JoAnne Growney, and artists Leslie Anne Hansley, Marjorie Hirano and Cynthia Farrell Johnson. Hosted by artist and poet Neha Misra, this panel of creative women will explore what inspires them, what defines them, and how their creative expression and perspective have changed over time. Please register by March 9. Zoom - <https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHERTWRqaWpoUT09>

Wednesday, March 10, 2:30 - 3:30 p.m.

[Falls Prevention](#) -- Thanks to Zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and 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. Come to one or more of the sessions and see the results for yourself. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. Zoom information will be emailed to registrants 24 hours in advance of the event.

Wednesday, March 10, 5:30 - 6:30 p.m.

[Fight House: Rivalries in the White House from Truman to Trump](#) -- Tevi Troy currently serves as the CEO of the American Health Policy Institute and has also served as a senior staff person at the White House during the Presidency of George W. Bush as well as Deputy Secretary of the Department of Health and Human Services during that Administration. During this fascinating session, he will present to us his book about rivalries in various Administrations, including the most recent one of President Trump, a book recently designated as a "must-read" by the Wall Street Journal. Zoom login information will be emailed to registrants the week of the scheduled event.

Thursday, March 11, 9-9:30 a.m.

[Meditation with Christina](#) -- Join other Dupont Circle Villagers for meditation time every Monday and Thursday. Our instructor is Christina Tolbert Mangino. Instructions on how to join the class, whether by Zoom or by phone, will be sent to you the morning of each class.

Thursday, March 11, 1-2:30 p.m.

“The Prescription Drug Pricing Problem” with Bill Corr, former Deputy Secretary of HHS--Bill holds a B.A. in Economics from the University of Virginia and a J.D. from Vanderbilt University School of Law. Bill has spent the bulk of his impressive career advocating for better healthcare access at almost every level of society. Bill’s major legislative and oversight responsibilities included the Brady Bill, the Nutrition Labeling and Education Act, prescription drug and state insurance regulation, the S&L industry, and several Supreme Court nominations. The average per capita spending on these drugs is \$1,000 and rising, while in other developed countries it is \$600. Some argue that we are subsidizing these other countries, and the drug industry argues that the reason for the prices is their spending on research. The staggering data seem to argue against both excuses. is an issue which affects all of us, especially those of us who are of “a certain age.” Health Affairs points out: “To avoid reporting lower revenue and profits (due to the loss of patent protection on older drugs), drug manufacturers have been imposing large annual price increases, often 10 percent or more, on all drugs that remain protected by monopolies. The cumulative effect has been to double or triple the price of top-selling branded drugs such as Humira, Lyrica, Lantus, and many others. That is why US drug prices are the highest in the world.” Bill Corr, along with former Rep. Henry Waxman, has co-authored a major study of the problem of skyrocketing prescription drug prices and what can be done about it, which he will discuss. Presented by Little Falls Village in collaboration with COFFE (Council of Former Federal Executives & Associates). Register in advance on the [Little Falls Village event page](#)

Monday, March 15, 2 p.m.

[It Takes Your Village: How We're Going to Rebuild America in the New Congress and Administration](#) -- Speaker: Congressman Jamie Raskin was re-elected to his third term representing Maryland's 8th District in the U.S. House with 68% of the vote. He serves on the House Judiciary, Rules, Oversight, and Administration Committees and the Select Subcommittee on the Coronavirus. He also played the leading role in the recent impeachment trial. Registration required by March 11. Zoom login

information will be provided the day before the event to those who have registered.

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, 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, 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 cross@capitolhillvillage.org.

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, 2:00 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, 2:00 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.

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.

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 9, 12 p.m.

[Improve Your Brain Health- Learn How to Play Online Games](#)-- 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 play chess so that you can play with friends or relatives or new friends.

Wednesday, March 10, 3 p.m.

[Understanding and Responding to Dementia-related Behaviors: talk by the Alzheimer's Association](#)-- Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use verbal language is lost. This session helps us learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene during some of the most common behavioral challenges of Alzheimer's disease. Sheila Griffith, Program Manager for the Alzheimer's Association National Capital Area Chapter, will be sharing this information.

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 pm. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library.

Friday, March 12, 3 p.m.

[Green Burial Options with Niel Rosen](#)-- Niel Rosen will share what he learned about green burial before his father's death and what he came to understand as he arranged for and attended his father's green burial. He looks forward to talking about this important topic with you!

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 3:00 pm artist and writer Carol Lee Morgan will share the work and life of wonderful artist and friend, Columbus Pearl Knox.

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 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:

Sunday, March 7, 2 p.m

TDI – Working to Assure Deaf & Hard of Hearing People Have Access to Telecommunications, Media & Info Technology-- Join Eric Kaika, TDI's Chief Executive Officer, to learn about wire, radio, optical, and other electromagnetic telecommunication systems to be able to communicate with anyone, public broadcasts, announcements, and other communications in order to be fully aware and navigate through their environment, including emergency alerts, closed captioning, & text to 911, and types of technology to be able to have a good quality of life. RSVPs can be sent by return email to hladcchapter@gmail.com.

Thursday, March 11, 7 p.m.

Palisades Hub Meeting -- Meet the new founding director Julie Simonton. Palisades Hub is hosting another community meeting via Zoom. They want to hear from you and talk about ways to connect, learn, and serve together!

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.

Ongoing Events:

Weekly on Fridays, 1:00-2:00 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**.

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

This Week at Palisades Village
March 7 — 13, 2021

Planner Group

Mon 03 / 08 / 2021 at 10:00 AM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 03 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 03 / 09 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 03 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Fun Facts to Know and Tell About Covid-19

Wed 03 / 10 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 03 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 03 / 11 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Planner Group

Fri 03 / 12 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 13 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next 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

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](#)

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

Thank you!

Palisades Village