

Palisades Village

staying active | staying home | staying connected



Join the community network enabling
Palisades and Foxhall area residents
over fifty to lead full and independent lives
while remaining in their own homes.

Join Palisades Village Now!

Living at home

Who We Are

Palisades Village is a nonprofit membership organization designed to provide neighbors with the services and support they need to live at home and to participate fully in the life of our communities.

What We Offer

Through partnerships with proven providers of services and an active corps of neighborhood volunteers, we offer our members transportation and shopping assistance, access to social and cultural activities, exercise and fitness opportunities, household and home maintenance assistance, as well as preferred access to home health-care services.

Who Can Join

Membership is open to any Palisades or Foxhall area resident living within the red outlines of the map below.



Benefits



Fred Pelzman

Tangibles

- Escorted transportation to and from medical appointments, pharmacies, grocery stores, and social events
- Exercise classes, walks, and simple fitness routines
- Field trips to museums, lectures, cultural events
- Special-interest clubs for bridge, books, movies, and more
- Referrals to providers of home maintenance and repairs; leaf and snow removal; lawn, garden, and pet care; computer and technology assistance—often with preferred discounts
- Partnerships with respected local organizations for home health-care needs and services

Intangibles

- Assurance: Residents have both the practical means and the confidence to live connected lives as part of the Palisades and Foxhall communities
- Peace of Mind: Families of residents know that parents and older relatives will have services and community help when they need them
- Enjoyment: Living life to its fullest in the homes we love

E-mail us at info@palisadesvillage.org or call (202) 244-3310 for more information. Visit our Web site: www.palisadesvillage.org

Join today

To make a tax-deductible donation or to become a member, service provider, or volunteer contact us via e-mail at info@palisadesvillage.org or by phone at (202) 244-3310—or simply fill out this form and mail it in. Someone will get in touch with you promptly to complete the process.

Membership is \$500 per year for an individual and \$750 per year for a household. Ask about Membership Plus for households with lower annual incomes. Memberships are not tax deductible.

Mail form to: Palisades Village, PO Box 40403,
Washington, DC 20016-0403

Please print

name

address

city, state, zip code

telephone

e-mail

I am interested in

- becoming a member becoming a volunteer
 becoming a service provider making a donation

Your ideas at work

Palisades Village will offer a wide array of volunteer services and assistance to its members. Please help us by indicating which services and activities you would hope to obtain from your membership, now or in the future.

Daily living

- escort/transport for medical appointments, grocery, pharmacy, post office visits
- pick-up and delivery service at grocery, pharmacy, post office
- telephone check-up calls and companionship visits
- leaf and snow removal
- handyman/odd jobs/cleaning and organization
- pet care, dog walking, help with a cat
- help with vision-impaired or other special needs
- help with record keeping and paperwork
- help with the Internet or electronic devices
- help with gardening and indoor plants

Health, fitness, and sociability

- Exercise for mobility and balance
- Visits to theaters, museums, gardens
- Walking for health
- Yoga/Pilates
- Special interest groups (specify _____)





Chuck Stark

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