



Across the Fence

May 9, 2016

www.palisadesvillage.org

PV Calendar

May 10 Storytelling
& Yoga

May 12 Caring for
the Caregiver

May 12 Estate
Planning Seminar

May 17 Yoga

May 19 Wine &
Cheese Farewell

May 19 Medical
Note-Taking
Training

May 23 Staying
Connected
Workshop

May 24 Storytelling
& Yoga

May 30 Office
Closed for
Memorial Day

May 31 Yoga

The reviews are in!

The **R-B Affair** is a hit! Our very own member and volunteer, Duke Ryan, presented a staged reading of his one-act play.



The gracious hostess, Kathy Sreedhar, and her treasure-filled home were stars in their own right. She is featured in this month's volunteer profile.

The Palisades Pan Handlers kept us in the South American/rabbit theme with sweet and savory treats from cheese rabbits with kale chips to empanaditas, cheese puffs, elegant crudites and carrot cake.

Money Smart

A representative from the D.C. Office of Insurance, Securities, and Banking (DISB) came to speak to us on how older Americans can protect themselves and their money. He gave us permission to not be polite to the stranger on the phone. The biggest take away was to be suspicious and if you think something doesn't feel right, call the DISB office at 202-727-8000 and report it. Copies of the presentation are available in the our office if you were unable to attend.

Why was MacArthur Boulevard known as Conduit Road?

The U.S. Army Corps of Engineers gave us a fascinating

June 9 Healthy
Living Workshop

June 11 Backyard
BBQ

June 16 Board
Meeting

June 23 Sleep
Workshop

presentation of where our DC water comes from and what they do behind those secured gates.



A major conduit runs under MacArthur Blvd, formerly known as Conduit Rd.

Jacqui Sjoberg

The lovely woman with all the answers when you call the Palisades Village office will be leaving us this month. Her husband has been stationed in San Diego so they are packing up the boys and dog and moving back west. We will miss her positive attitude and infectious laugh terribly. Please join us at the wine and cheese celebration on the 19th to thank her and wish her well.

Palisadesvillage.org

We have been doing some spring sprucing up on our website. We want it to be a more valuable resource for the community. Want to find about upcoming events, etc., check out the website.

Look for more affordable prescription medications?

Some members have had great experiences with Good Rx. It is an online site that helps you find which pharmacy has the least expensive prescription and often has coupons to save you even more. Go to www.goodrx.com to find out if they can save you on your prescription medications.

May is Older Americans Month

"Blaze a Trail"

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While Palisades Village provides services to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. We encourage you to get involved by sharing stories, volunteering, or attending Palisades Village events to meet other trailblazers.

Visit <http://acl.gov/olderamericansmonth>.

Palisades Pan Handlers Dish

Beef Empanaditas

FOR THE DOUGH

4 ounces lard or butter (50/50 best according to Bob)

1 ½ teaspoons fine sea salt

750 grams all purpose flour, about 6 cups, more as needed

FOR THE FILLING

1 pound beef chuck, in 1/8 inch dice (or very coarsely ground)

Salt and pepper

Lard or olive oil, or a combination, for sautéing

1 cup diced onion

2 ounces diced chorizo

½ pound potatoes, peeled and diced 4 garlic cloves, mashed to a paste

2 teaspoons chopped thyme

2 teaspoons chopped marjoram or 1 teaspoon oregano

1 tablespoon tomato paste

1 tablespoon pimentón dulce or paprika

Large pinch cayenne

Beef or chicken broth, as necessary, or use water

½ cup chopped scallions, white and green parts

¼ cup chopped pitted green olives (or less since their flavor is strong)

2 hardcooked eggs, sliced

Step 1 Make the dough: Put 2 cups boiling water, 4 ounces lard and 1 1/2 teaspoons salt in large mixing bowl. Stir to melt lard and dissolve salt. Cool to room temperature.

Step 2 Gradually stir in flour with a wooden spoon until dough comes together. Knead for a minute or two on a floured board, until firm and smooth. Add more flour if sticky. Wrap and refrigerate for 1 hour.

Step 3 Make the filling: Season chopped beef generously with salt and pepper and set aside for 10 minutes. Melt 3 tablespoons lard in a wide heavy skillet over medium high heat. Add beef and fry until nicely browned, stirring throughout to keep pieces separate, about 5 minutes.

Step 4 Turn heat down to medium and add onion and chorizo. Keep turning mixture with a spatula, as if cooking hash, until onion is softened and browned, about 10 minutes. Add potatoes, garlic, thyme and marjoram and stir well to incorporate. (Add a little more fat to pan if mixture seems dry.) Season again with salt and pepper and let mixture fry for 2 more minutes. Stir in tomato paste, pimentón and cayenne, then a cup of broth or water. Turn heat to simmer, stirring well to incorporate any caramelized bits.

Step 5 Cook for about 10 more minutes, until both meat and potatoes are tender and the sauce just coats them - juicy but not saucy is what you want. Taste and adjust seasoning for full flavor (intensity will diminish upon cooling). Stir in scallions and cool to room temperature, then cover and refrigerate until ready to use.

Step 6 Divide chilled dough into 1 ounce pieces and form into 2 inch diameter balls. Roll each piece into a 3 1/2 inch circle. Lay circles on a baking sheet lightly dusted with flour.

Step 7 Moisten outer edge of each round with water. Put about 1 teaspoon filling in the center of each round, adding a little chopped green olive and some hardcooked egg to each. Wrap dough around filling to form empanada, pressing edges together. Fold edge back and finish by pinching little pleats or crimping with a fork.

Step 8 Heat oven to 375 degrees. Place empanadas on parchment lined or oiled baking sheet, about 1 inch apart. Brush tops lightly with egg wash and bake on top shelf of oven until golden, 10 to 15 minutes. Serve warm.

Adapted by Bob Bourdaud'hui based on a recipe from David Tanis in the New York Times

Volunteer Profile



Kathy Sreedhar, New Member and Volunteer

Those who attended the recent play reading with Duke Ryan (see the April newsletter for my profile of Duke) may feel as though they already know Kathy Sreedhar, from having been in her lovely home for that reading. A world traveler (India, Iran, Afghanistan, Iran, Kenya, and Israel), her home is beautifully decorated with a wonderful array of picture and statuary art from her many years of living and traveling in

India.

A graduate of Radcliffe/Harvard, Kathy had come to DC in 1960 to serve on the staff of Senator John F. Kennedy. After he was elected president, she worked on the newly created Peace Corps in DC and in 1962 was sent to staff the Peace Corps office in New Delhi. She ended up spending most of her adult life working in and for the people of India. In India, she met courageous leaders and activists who were working on issues of inequality and unjust social conditions to benefit those who were the most disadvantaged. For more than 50 years, she worked in both India and the US with social change, women's rights, advocacy, and community-based organizations. Early on, Kathy also fell in love with and married Sreedhar, an Indian economist. He passed away within a year of their marriage.

While she did not want to marry again, she did want children. Though there were legal barriers to single women wanting to adopt, she persevered and was able to adopt two of her three children from Mother Theresa's Missionaries of Charity orphanage in India (and helped changed the laws in the process). In addition to her Peace Corps work, Kathy founded and ran the Missionaries of Charity adoption program in the United States as a volunteer. Between 1972 and 1982, she facilitated the placement of some 800 children mostly girls, many disabled, from those Indian orphanages to American families.

In 1984, she became the founding executive director of a Unitarian Universalist Trust, the UU Holdeen India Fund. The Fund provides long-term financial, advocacy, networking, and other support to organizations that promote the rights of the most oppressed and marginalized peoples in India: women, dalits, and tribals. These organizations help people to organize into unions to secure their rights to land, water, forests, minimum wages, and against sexual abuse, slavery, and bonded labor. One of these unions named a school that serves 300 tribal girls after her.

Recently retired from her post, she still serves on the Board of Directors of the Fund and travels regularly to India to work with the supported organizations. She also speaks to UU congregations and other groups about the work of the Trust. In recognition of her work, Kathy has received the Radcliffe Alumnae Recognition Award for her work on economic and social justice, the MS Swaminathan Award for the Empowerment of Women, and the Annie Margaret Barr Award for Human Rights.

Kathy lived near Observatory Circle until dear Palisades friends, Frankie and Fred Pelzman, introduced her to the Palisades. She moved to her home on Sherier in 2000,

where she has a lovely view overlooking the Palisades Recreation Center fields. She enjoys sharing her extensive collection of Indian artwork and the story behind the individual pieces. She loves living in the Palisades for three principal reasons: "1. It's so beautiful, I wish I'd raised my children (Anita, Susie, and Dev) here; 2. The 4th of July Parade, which I attended even before moving here; and 3. The Palisades Sculpture Garden, which is practically in my back yard." Though her travels often keep her away, she looks forward to volunteering with the Village and getting to know more people of the Palisades.

Jude Michaels, Palisades Village Volunteer

Village Corner



This is a new section where we want to feature what is important to you! Have a milestone birthday coming up, have a sketch or poem you want to share, or do you want to share some important news? This is the place to do it!

Submissions can be made by calling the office at 202-244-3310 or by clicking [here](#).

The office will be closed on Memorial Day. As always, please submit any requests at least three business days in advance.

Calling All Soupmakers: We are looking for folks who can prepare some soup when members are under the weather and need a little sustenance. Nothing makes you feel better than a bowl of "homemade" soup. Let the office know if we can call upon you.

A potential new service...We would like volunteers to attend training and learn how to assist with **Medical Note-taking** for our members. Georgetown Village is offering training on Thursday, May 19th from 2-4:30 p.m. The training will be held at 1680 Wisconsin Ave., NW. More details to follow shortly.

Are you interested in volunteering at the **Farmers Market?** Please contact the office.

During the snow storm last winter, Palisades Village implemented a phone tree to reach out to members during an emergency. The team captains are currently calling members about their needs and help improve services.

One-time volunteer opportunity: We need a volunteer to sell a couple of pictures that were donated to the Village at the Lions Club flea market on Sunday, June 5 held at the Wells Fargo Bank at 10 a.m. Please call the office if interested.

Do you like to go to events? Want to be involved in planning events? Consider becoming a member of the **Events Committee**. Please call Andrea at 202-244-3310.

We have a **wheelchair** available. If you are in need of one, please call the office.

Attention Volunteers:

Did you know that we track the hours that all our fabulous volunteers contribute to our community? **Please let us know the hours that you spend with your neighbors.** You can reach us by phone or [email](#).

Palisades Events

Following are details on upcoming events sponsored by Palisades Village. As always, we gladly offer transportation to full members. Please call the office at 202-244-3310 to schedule rides and/or register.

Caring for the Caregiver Thursday, May 12 3-4 p.m. Self care is not about self-indulgence, it's about self-preservation. Join us for this workshop presented by Dr. Glazer, professor of Jewish Ethics at George Washington University, and learn ways to take care of yourself. Palisades Public Library (4901 V St., NW)

4th Annual Estate and Gift Planning Seminar Thursday, May 12 6-8 p.m.

The presenters include the following members of Palisades Village: Charles Lanman, retired bank trust officer and attorney, Bill Fralin, attorney, and Ted Chaconas, CPA. The seminar will include a discussion of the key elements of a successful estate plan, an overview of all the legal documents available in order to have a comprehensive plan in place, and some very important tax information. Palisades Public Library (4901 V St., NW)

Farewell to Jacqui and Wine and Cheese Social Thursday, May 19 5:30-7:30 p.m.

Members and volunteers are invited to thank Jacqui for her service at Palisades Village and an enjoy scrumptious finger food provided by the Palisades Pan Handlers at the lovely home of Carol Lynn and Bill Halal. Halal residence (3342 Maud St., NW)

Staying Safe Online Monday, May 23 3-4 p.m. Best practices for staying safe online will be presented by Erin Byrne of Tech Moxie. She will show how to recognize phishing emails, avoid viruses and scams and how to find trustworthy information online.

Palisades Community Church (5200 Cathedral Ave., NW)

Club News

Storytelling Club - May 10 and 24

The popular Storytelling Club meets the 2nd and 4th Tuesday of every month at 3 p.m. in the Parlor Room at Palisades Community Church. Plan to join other Village members in sharing funny, heartwarming, and every other kind of life story. No registration required. New members always encouraged to attend.

Yoga Class - Tuesday, May 10, 17, 24, & 31

The class meets Tuesdays from 2 to 3 p.m. in Memorial Hall of the Palisades Community Church, 5200 Cathedral Avenue NW. Yoga instructor Jill Minneman works with the skill level of each participant to make sure you are comfortable. The cost is \$15 per class to drop in. Contact Jill at jillminneman@gmail.com or call her at 202-237-0246 (home) or 202-607-7402 (cell).

Book Club - Thursday, June 2

The Book Club meets at the Palisades Library at 1:30 p.m. on the first Thursday of every month. The next book will be announced at the meeting. New members to the club are always welcome! Questions? Please contact MaryAnn Griffin at magriffmail@gmail.com or call the office at 202-244-3310.

We love hearing from our Palisades Village community. Please contact us if you have an item of interest or would like to start / join a club.

Community Calendar

Constituent Services: Who Do You Call?, Tuesday, May 10 2-4 p.m.

Guest Speakers: Commissioner Jackie Blumenthal, ANC3B Chairperson; Dee Smith, Director of Constituent Services and Deputy Chief of Staff to Council Member Mary Cheh; Anthony Cassillo, Deputy Director of Constituent Services; Michael Matthews, from the Mayor's Office of Community Outreach Services for Ward 3 This session will educate you on the how-to's - from filing a 311 report, to dealing with uneven sidewalks, reporting street

lights that are out, sewer and tree problems, nuisances related to businesses, etc. The free event will be held at Tenley-Friendship Library (4450 Wisconsin Ave NW). Please call Iona at 202-895-9448 to register.

Drug Take Back Event Saturday May 14 12-2 p.m. The Metropolitan Police Department's Second District will facilitate a Prescription Drug Take Back Event to remove potentially dangerous controlled substances as well as other unused, unwanted and unneeded pharmaceuticals from homes. We will be in the 4800 block of MacArthur Blvd NW in front of Safeway.

Journey to Hope DC - Conference for Alzheimer's Family Care Partners Saturday, May 14 8:30 a.m.- 2 p.m. Sibley is providing an opportunity for Alzheimer's care partners and professionals to get an update on Alzheimer's care and research, tips to manage the disease and its associated behaviors, as well as self-care for the person providing care. Free to Alzheimer's family care partners. Call 888-456-5622 for more information and to register.

AARP Meeting Monday, May 16 12:30 p.m. AARP is presenting writer, lecturer and tour guide Garrett Peck to discuss his book "**Walt Whitman in Washington, D.C.: The Civil War and America's Great Poet.**" Peck revisits the years 1863 to 1873, the decade Walt Whitman spent in the capital. Peck's book covers the poet's service as a volunteer in Civil War hospitals, his work as a federal clerk, and of course, his writing. The meeting will start at 1:00 p.m., with social time beginning at 12:30. Mr. Peck is a Verizon supervisor who will be unavailable if the strike continues. In that case, Don Turnbull will give a program on the history of the National Mall. Contact Bobby Turnbull at (301) 320-4154 with any questions.

Freedom from Smoking Mondays, May 16-June 27 and Wednesday, June 8 4:30-6 p.m. If you are ready to quit, you already have your reasons why. Freedom from smoking focuses on how. \$95 rate, no refunds. Free parking and refreshments. Register by May 13 at 202-364-7602. Sibley Memorial Hospital, Medical Building, Conference Room 4.

Hillwood Herb Garden Container Workshop Saturday, May 21st 10 a.m. and 1:30 p.m. Tour Hillwood's kitchen garden before building your own luscious herb garden. Pre-payment required. Call 202-686-5807. (4155 Linnean Ave.)

A Conversation with Martin Baron Tuesday, May 31 10-11:30 a.m. Part of OLLI free speaker series, Marty Baron, executive editor of the *Washington Post*, will be interviewed by Judy Havemann, a 30-year veteran *Post* reporter and editor. Abramson Recital Hall in the Katzen Arts Center on Massachusetts Ave., NW across from the American University's main campus.

The Apollo Orchestra Sunday, June 5 4 p.m.- Performing with Nancy Allen, Principal Harpist, New York Philharmonic Orchestra. Free concert at Church of the Little Flower, 5607 Massachusetts Ave., Bethesda, MD. If interested in a companion for the show, contact Janet at 202-686-9777.

5K Fletcher's Cove Park Run/Walk every Saturday 9-10 a.m. Leave from Fletcher's Boat House and walk/run along the canal towpath. Or you can volunteer as a timer. One time registration (free) --free coffee and water. More information at www.parkrun.us/fletcherscove.

"Being Mortal" by Dr. Atul Gawande Documentary Screening Thursday, June 9 9:30-11:30 a.m. The film dives into the hope of patients and families facing terminal illness. It investigates the practice of caring for the dying and explores the relationships between patient and their doctors. Free screening and continental breakfast. RSVP at www.mhbeingmortal.eventbrite.com Rosborough Culture & Wellness Center at Asbury Methodist Village (301 Russell Ave, Gaithersburg, MD)

Live and Learn Bethesda has their new Spring/Summer Catalogue out. There are a variety of classes from art to fitness or writing. More information at liveandlearnbethesda.org.

Call for Panelists - The DC Commission on the Arts and Humanities (DCCAH) is seeking advisory review panelists for the FY17 season to perform evaluation and rating of applications, provide comments and score applicants in order to recommend recipients of DCCAH awards. Residents of the District of Columbia metropolitan area are encouraged to nominate themselves or their peers to serve as a panelist.

Selected panelists will demonstrate expertise through involvement in one or more sectors of the creative economy in the District. Individuals with arts and humanities backgrounds make the strongest candidates (i.e. artists, arts administrators, arts educators, gallery professionals, musicians, curators, art critics, etc.). The DCCAH supports panel diversity in all forms, including, but not limited to: age, race, gender, disabilities, sexual orientation, artistic discipline, location, etc.

To submit and/or request more info, email the completed nomination form and resume with home address clearly stated at the top to Coordinator Kyra Saffran at kyra.saffran@dc.gov.

DC Resources:

Low Cost Loans for Hearing Aids and Assistive Technology - Through the Assistive Technology Program for the District of Columbia, you may be able to receive a low interest rate loan for the purchase of hearing aids or other assistive technology. Those eligible are:

family members, guardians or advocates living in the District of Columbia who can apply to purchase assistive technology that will allow them to live and function independently at home, school, work or in the community. For more information contact: Sheena Jaffer, Assistive Technology Program for the District of Columbia 202-547-0198, Ext. 105 (Voice), 202-547-2757 (TTY) or sjaffer@uls-dc.org

Palisades Village | PO Box 40403 | Washington DC 20016
202-244-3310 | info@palisadesvillage.org
Andrea Saccoccia, Executive Director