



Across the Fence

April 8, 2016

www.palisadesvillage.org

PV Calendar

April 12
Storytelling

April 12 Yoga

April 14 One Act
Play

April 19 Yoga

April 20 Tea at
the Whittemore

April 21 Board
Meeting

April 26 Yoga

April 27 Money
Smart for Older
Adults

April 28
Aqueduct
Tour-Full

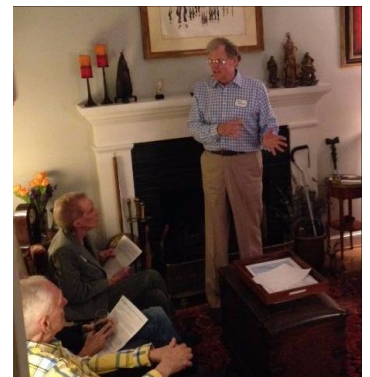
The luck of the Irish is with us all year

Not only do we have this amazing community but the Palisades Pan Handlers were working their lepruchaun magic for our St. Patrick's Day luncheon at the Grand Mason Lodge on the 23rd of March. Smoked salmon on homemade soda bread, colcannon, Irish beef stew, homemade sausages and brownies made for a lovely spread with cake pops to take and enjoy later. The afternoon wrapped up with an impromptu sing along with Jared on the Celtic harp.



All eyes on Cuba

Glowing reports are still pouring in on the enlightening evening at Judy Watson's house. Those "in the know" said the presenters were very knowledgeable and interesting and the hosts could not have been more gracious.



April 28 Game

Day at PCC

**May 5 Book
Club**

Spring Cleaning is upon us

Mary Malmberg led a timely workshop on spring cleaning and de-cluttering on April 5th.

We talked a lot about clutter in our last issue. Mary shared some of her favorite strategies like turning your hangers the wrong way and after you wear the garment put it back the right way. This is such an easy way to see what you are really wearing and what is ready to be donated.

Need help?

If any members need help getting their yards, or cars washed, or anything spruced up, the great folks at Georgetown Day School are making a crew of middle-school kids available to help out Friday mornings April 15, 22 and 29. Call the office to make arrangements.

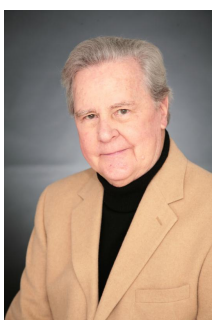


May is National Pet Month

Pet Loss Support Line

The loss of a pet is one of the most difficult times an owner can face. Strong bonds with a special companion animal mean that people coping with this significant loss need comfort and support. PAL (People, Animals, Love) acknowledges the importance of recognizing, validating, understanding and processing this loss by providing professional grief counselors available by phone. These volunteers are caring people who have supported pet owners for many years. To get in touch, please call the PAL office at (202) 966-2171. You will receive a return call from a grief counselor within 24 hours. If calling after business hours, please leave a message and PAL staff will return your call promptly on the next business day.

Volunteer Profile



Duke Ryan, Palisades Village Member & Volunteer

Duke Ryan has led a fascinating, varied, and well-traveled life. He met Patty, his wife of 58 years, in Chicago, where she was an administrative assistant at the Art Institute. Together, they've traveled the world, via his Diplomatic postings: Brazil, Norway, the Amazon, and Australia, interspersed with assignments in DC and a year of study at Harvard. His service as press attaché and cultural attaché, among other assignments, has given him entree to a world of communications, the arts, and academia, both in DC and around the world (You can learn more about his career and creative endeavors at his website: www.henrydukeryan.com).

Between postings overseas, Duke has followed scholarly endeavors, earning a MPA at the Kennedy School at Harvard during a government-sponsored year and a PhD from Cambridge University, UK, where he was on leave from government service. Since his retirement in 1986, he and Patty have spent 22 summers in Cambridge, where he is a Life Member at one of the University's colleges, Clare Hall, and where he has done scholarly writing, produced plays, and participated in seminars. Wherever in the world he's been, Duke has written. His work includes two books of history, i.e., *The Vision of Anglo-America*, a study of Anglo-American relations on the eve of the Cold War, and *The Fall of Che Guevara*, regarding the U.S. response to Guevara's insurgency in Bolivia.

Duke has a particular interest in fiction and plays. His *Turning Points*, is a collection of short stories, and *Amanda's Autobiography* is an e-book, inspired by his granddaughter's first decade. His dramatic work has been featured at the Festival Fringe in Edinburgh, Questors Theatre in London, at DC's Source Theatre, and the Fringe Festival, as well as at numerous student theatre groups in Cambridge. His plays include "Swedes on the Danube," "Madam Ambassador," and "Through Blood to Green Pastures." The latter is set in the time of "The Troubles" in Northern Ireland and was performed last summer in England as a staged reading. He is currently working on two new plays. One, "The Half Smoke," is a series of six interconnected monologues that will have a staged reading in Cambridge, this summer. Duke will perform one of the monologues. The other, is a full-length play, entitled "Sunday Afternoon."

In addition to full-length plays, Duke enjoys writing 10-minute plays. He has just written one specifically for a nine-month-pregnant actress about a pregnant young woman and her grandfather. They performed it together recently at the Writers' Center in Bethesda, with only weeks to spare before the arrival of the baby.

In her career, Patty has been a board member of a Foreign Service families' organization for 35 years, beginning in an era when most of the diplomats were men. She has lobbied the State Department and Congress for legislative changes to protect the rights of women whose unpaid labor supported their Foreign Service husbands, but who had no rights of their own or protection from poverty if their marriages dissolved. Patty was instrumental in the passage of trail-blazing legislation that provided

spouses with a share of the Foreign Service employees' pensions. In addition to her work at the Art Institute of Chicago, she has done free-lance editing and taught English as a foreign language. When she and Duke returned to DC for good, she began work as a Realtor, as well as continuing her ongoing lobbying work for Foreign Service families.

During his assignments in DC, Patty and Duke lived in Foxhall Village and Chevy Chase, DC, before settling in the Palisades in 1990. Duke has been a Volunteer with the Palisades Village and with Patty an Associate Member of the Village for approximately five years. As a Volunteer, he enjoys associating with people in the community as he drives Village members to their appointments and mixes with them at social events. He values those personal connections and performing a service that is useful to the community.

Members are invited to the Palisades Village's presentation of his play, "The R - B Affair," which grew out of a story he published in the Foreign Service Journal. Duke will play one of the three characters in the staged reading of this "light-hearted comedy that takes place in a large Latin American country." That's all he would tell me about it. To find out more, you'll have to see it for yourself! *Thursday, April 14th at 7pm* Reserve your seat by [clicking here](#) or calling the office.

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](#).

Mary Evans is being honored at the World Bank on **May 5th** for her role in founding an exercise program there.

A memorial service is being held for **Jeane Olson** on **April 16 at 2 p.m.** at the Cleveland Park Congregational Church, 3400 Lowell St., NW. She passed away February 23, 2016.

See our very own **Phil Potter** perform the role of Glen Cooper at the Metropolitan Methodist Church in the Vestry. The Metro Players will be performing a rendition of Rumors: A Farce by Neil Simon on **April 29 at 8 p.m., April 30 at 5 p.m., May 1 at 2 p.m.** The play is set at a large, tastefully appointed townhouse, the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four

couples are about to experience a severe attack of Farce. As the confusion and miscommunication mounts, the evening spins off into classic farcical hilarity. Directed by Bob Benn with technical direction by Michael Leaver. Tickets available at the door: \$15/Adult | \$10/Students & Seniors.

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 to schedule rides.

Would you like to see more Palisades Village events about politics, travel, international relations, history, health and wellness, gardening, art, cooking, or economics? We would love to hear from you on what kinds of speakers and events you would be interested in attending.

Thursday, April 14 - One Act Play 7 to 8:30 p.m. Kathy Sreedhar is hosting a staged reading of an original work, *The R-B Affair*, by Duke Ryan (see Volunteer Profile). Seats still available -- [reserve one here](#) or call the office.

Wednesday, April 20 - Tea at the Whittemore House Museum We will be enjoying a complimentary light afternoon tea and touring this historic mansion in Dupont Circle at **3 p.m.** Call the office or [click here](#) to register. Please register by April 15.

Friday, April 15, 22 and 29 - Lawn Beautification Do you need your yard raked, bushes trimmed, walkway spruced up, car washed or have projects that require lifting or carrying? The 7th and 8th grade students at the Georgetown Day School are offering their services to help with these tasks from **9:30 a.m. to 12 Noon**. Call the office at 202-244-3310 to let us know how and when they can visit your house.

Wednesday, April 27 - Money Smart for Older Adults A representative from the DC Dept. of Insurance, Securities, and Banking will be speaking at the **Palisades Library at 2 p.m.** about financial fraud and exploitation. [Register here](#) or call the office at 202-244-3310.

Thursday, April 28 - Washington Aqueduct Tour - Registration full.

Thursday, April 28 - Game Day with Palisades Pre-schoolers Miss the laughter of young children? The children in the preschool at Palisades Community Church would love to have adults to come play games with them at **12:30 p.m.** the fourth Thursday of the month. If you are interested, please [register here](#).

Club News

Storytelling Club - Tuesday, April 12 and 26

The popular Storytelling Club which 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 are always encouraged to attend.

Yoga Class - Tuesday, April 12, 19, 26

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) to save your space or to discuss whether this might be a good activity for you.

Book Club - Thursday, May 5

The Book Club is back at the **Palisades Library at 1:30 p.m.** on the first Thursday of every month. The book for this meeting will be The Second Amendment by Michael Waldman. 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

Emergency Preparedness: How best to Handle Crises Tuesday, April 12

2 to 4 p.m. Free emergency preparedness training from Serve DC as part of Iona's Spring Advocacy Series. Should you call 311 or 911? How do you manage your medication during a disaster? What should you do during a power outage. Get the answers at the Tenley-Friendship Library (4450 Wisconsin Ave., NW) on the second floor.

Take Charge of Your Aging 101 Wednesday, April 13 thru June 1 3:30 to 5:30 p.m.

Iona's popular "Take Charge of Your Aging 101" course provides a broad overview of the questions and challenges boomers might want to consider while entering into this new chapter of your life. Topics covered include: meaningful choices in retirement; tools and support to remain independent; wellness to

enhance life; navigating changing relationships; estate and financial planning, and brain and memory fitness and emotional wellness. \$130 for the eight-session series. Village Discounted Fee \$110

AARP Ward Circle Chapter Monday, April 18 1 p.m. Sally White, Director of Iona, will discuss all the services that Iona provides for local seniors. Metropolitan Memorial United Methodist Church, 3401 Nebraska Avenue, NW.

Healthy Aging Forum - New Challenges, New Possibilities Monday, April 18 - This is a day long gathering to explore the skills we need to maintain our quality of life as we grow older with workshops, a resource fair and a keynote address by Mindy Greenstein, PhD, clinical psychologist and co-author of *Lighter as We Go: Virtues, Character Strengths and Aging*. This will be held at the Washington Hebrew Congregation, 3935 Macomb St., NW. For information, registration and payment, [click here](#) or call 202-777-3435.

Vision for Palisades Recreation Center Tuesday, April 19 7 p.m. Come voice your opinion on access, hours of operation or your vision for this community resource. The Department of General Services and the Department of Parks and Recreation has a Visioning Workshop for renovations to Palisades Recreation Center taking place at the center.

Your Sweet Heart: Diabetes Wednesday, April 20, 6:30 to 8:30 p.m. People living with diabetes are at greater risk of heart attack, stroke and other cardiovascular complications. Suburban Hospital endocrinologist Mihail Zilbermint, M.D. will provide an interactive overview of the risks for diabetic patients and how you can improve the quality of your cardiovascular health. When you register, you will be able to submit your questions about diabetes and your heart for Dr. Zilbermint, who will address some of them in his presentation. Register at: [Event Registration](#)

The Great Collectors Lecture Series: Finding Beauty at the Smithsonian Craft Show Thursday, April 21 to Sunday, April 24 The lectures take place at the National Building Museum Auditorium, 401 F St., NW. Lectures are complimentary with admission ticket to the Craft Show (\$17 One-Day Pass/ \$30 Two-Day Pass)

Details at: SmithsonianCraftShow.org

Palisades Centennial 4th of July T-Shirt Contest - Entries due Saturday, April 30

Contest Rules:

1. Maximum of four colors
2. Submit design on 8- ½" x 11" white paper
3. Must be a Palisades resident (open to children and adults)
4. Please include 1916-2016 and the words PALISADES CENTENNIAL
5. Please include name, email and phone number on the back.

You can mail designs to the Palisades Citizens Association, PO Box 40603, Washington DC 20016, or

drop them off at Maria Garcia's house at 2339 King Place NW.

33rd Annual DC Senior Games Registration for remains open until April 22nd. Details available at [33rd Annual DC Senior Games](#).

Live and Learn Bethesda just released their Spring/Summer catalogue. You can access it at www.liveandlearnbethesda.org. There are interesting classes ranging from senior fitness to "How to Write Your Life Story".

Conversational Spanish Group - Saturday Mornings in April and May

Looking to grow, revive, or begin to develop your Spanish skills? Join the Georgetown Neighborhood Library for these weekly casual conversation hours, from **10 to 11 a.m.**, led by instructor Luz Verost. Questions? Email julia.strusienski@dc.gov

Support Groups, Programs and Classes through Sibley and Sibley Seniors:

Call 202-364-7602 for more information or to register.

Learn about the Blue Zones to live a full, rich and active life Tuesday, April 19

1 to 2 p.m. Registration is required.

Final Affairs Project Tuesday, April 19 to Tuesday, June 21: Death and Dying, notifications, ethical wills, advanced directives, legal option and obituaries will all be covered in this series. \$150 for a 10-week course.

Senior Cinema Thursday, April 21 10:30 a.m. at the Avalon Theatre. Just \$5. Call 202-364-7602 or e-mail Honora at hprecou1@jhmi.edu for the name of the feature film.

Planning for Incapacity Tuesday, May 3 1 to 2 p.m. An elder law attorney will speak and answer questions about what you have to have in place in the event that you are unable to speak for yourself. Conference Rm. 1 of the Sibley Renaissance Bldg.

Free Hearing Screenings from Washington Hearing and Speech Tuesday, April 12, 26, May 10 and 24 1:30 to 2:30 p.m. on Tuesday at the Sibley rehabilitation clinic. Call 202-364-7602 to make an appointment.

AARP Safe Driver Course Friday, April 22 9:30 a.m. to 4:30 p.m., \$15 for AARP members, or \$20 for non-members. Contact: Bob Reed 202-244-4750

Laugh Cafe Thursday, May 5 The Sibley Senior Assn. sponsors Laugh Cafe the first Thursday of the month from **noon to 1 p.m.** Each participant shares a short funny story or joke. They supply water, tea and coffee; you supply the laughs. Meet the group in Conference Room #4 of the Sibley Renaissance Bldg.

Journey to Hope DC - Conference for Alzheimer's Family Care Partners

Saturday, May 14 8:30 a.m. to 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.

Fall Prevention B.E.E. Safe, How to Prevent Falls Thursday, May 12 11 a.m. to 12 noon at the Sibley Renaissance Bldg., Conference Room 2.

Sibley Exercise Classes Exercise class classes including Total Body Workout, Strength and Balance, Tai Chi, Qigong, Body Awakening, Feldenkrais Awareness, Walking Club, Land and Aquatic Exercise and Yoga.

Sibley Cancer Programs Caregivers Too: Stress Management for Cancer Caregivers; guided cancer nutrition tour at Whole Foods; Look Good...Feel Better; Meditation and Mindfulness: Practices to Help Anyone Affected By Cancer; Yoga for Women Cancer Survivors; Brain Cancer Support Group; Caregiver Support Group; Coping with Advanced Cancer; Gynecologic Oncology Support Group; Women in Treatment for Breast Cancer Support Group.

Italian Conversation Group Mondays 11 to 12 noon New members are welcome to join this group at Sibley.

Support Groups Club Memory, WPO, Support Groups including bereavement, care partner, diabetes support group, lyme disease, macular degeneration, myotonic dystrophy, parkinson's disease and movement disorder support and stroke support.

Washington DC Resources:

Probate Resource Center The District of Columbia Bar operates the Probate Resource Center, a walk-in clinic that providing free legal information to unrepresented people who need assistance with issues in the probate process for large estates (over \$40,000) in the District of Columbia. The center is staffed by attorney volunteers who counsel individuals on the probate process, help prepare petitions for probate and other standard probate forms, and provide information on property distribution. The Probate Resource Center is located in the DC Superior Court Probate Division, Room 319, Building A, 515-5th Street, NW, Washington, DC and the hours of operation are **Tuesday afternoons from 12:30 to 4:30 p.m.**

Transport DC The Transport DC (formerly CAPS-DC) program provides alternative taxicab transportation to registered MetroAccess customers. Customers will receive transportation to and from anywhere in the District and offer efficient, curb-to-curb taxicab or wheelchair accessible vehicle service for DC residents to ensure an improved travel experience. MetroAccess customers are encouraged to try the Transport DC service any time travel is needed. Book your ride by calling 1-844-322-7732.

- One hour service: Flexibility to make a reservation one hour before a ride is needed

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- One stop pick-up and drop-off: No need to share a ride or make multiple stops before reaching the destination.
- Choice of pick-up and drop-off location: Trips can start/finish anywhere within the District of Columbia.
- Companion rider: Companions are welcome to accompany Transport DC participant at no additional charge.
- \$5.00 each one-way ride: Each one-way trip is \$5.00, which can be paid by cash, credit card or debit card.
- Priority wheelchair accessible taxicab use: Priority use of wheelchair accessible vehicle is given to Transport DC participants.
- MetroAccess compatibility: Transport DC drivers require participants' MetroAccess ID number at time of service. MetroAccess payment processes remain the same. Transport DC participation does not affect MetroAccess eligibility.

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