



Across the Fence

October 16, 2015

www.palisadesvillage.org

PV Calendar

Oct 16 - 30 Lawn
Beautification with
GDS

Oct 16 - Nov 6 Tech
Camp with GDS

Oct 17 Palisades
Village House Tour

Oct 19 C&O Guided
Walking Tour with
Napier Shelton

Oct 20 Yoga

Oct 21 Lunch Bunch
Now at 11:45 a.m.

Oct 22 Five Wishes:
Aging with Dignity
Lunch

Oct 27 Yoga &
Storytelling Club

Oct 28 Lunch Bunch

Oct 29 New Member
and House Tour
Volunteer Wine and
Cheese

2015 House Tour



2015 House Tour October 17

The 2015 Palisades Village House Tour will include nine vintage, traditional, and mid-century homes in Foxhall, Palisades, and Wesley Heights. Neighborhood volunteers will serve as docents in each house, recounting historical information and details on architectural and other features.

The tour also includes refreshments on the grounds of St. David's Episcopal Church from 2 p.m. to 4 p.m., with music by the Cabin John Dixieland Band.

Want to know a little more:

Curious about how architects design spaces to live -- when it's not for a client but instead for their own living space? See how three of the homes on this year's house tour were reconfigured, renovated, and modernized by their architect owners.

One is a 1921 Victorian four gabled house with a three-level expansion that includes a light-filled cathedral-ceiled room on the ground level, a domed skylighted studio space with an adjacent deck up in the trees overlooking parkland, and a separate open modern-style guest suite at driveway level.

Another, located on a nearly hidden nature-filled lane, is an updated 1957 brick split level that has been given a

fresh modern facelift both inside and outside.

Nov 3 Election Day

Nov 3 Supporting Your
Memory Seminar

Nov 4 Lunch Bunch

Nov 4 Volunteer Pot
Luck

Nov 5 Book Club

Nov 11 Storytelling

Nov 12 Volunteer
Training

The third offers a distinctive solution to the challenge of converting a 1940s center hall colonial into a contemporary home: recast the facade of the house, reorient the entrance, and then modernize its interior.

Advance Ticket Sales End Friday, Oct 16 at 5 pm

Tickets are on sale now: \$30 for advance purchase and \$35 the day of the tour. Tickets may be purchased two ways: by clicking on this [link](#) to pay by credit card via PayPal; or by dropping off cash or a check, payable to Palisades Village, at 5200 Cathedral Ave NW before the 5 pm deadline on Oct 16. Please note "House Tour" on the memo line of the check.

Where are my Tickets?

Tickets (also known as the Program Booklet) must be picked up at St. Patrick's Episcopal Church, 4700 Whitehaven Parkway, NW. **(Please note the new location this year.)** The booklet will provide background on each of the houses, a map, and much more.

From the Front Porch

Don't Know What To Do For Lunch Next Week?



7th Hill Pizza on MacArthur Blvd. formerly Marvelous Market, hosted the Palisades Village Lunch Bunch debut. A lively group of volunteers and members enjoyed a variety of items from pizza to salads to eggs. The group encouraged continuation of the informal weekly event at 11:45 which is now in place. Hope to see you next Wednesday. Enjoy your lunch in the company of friends.

October Focus

October is Breast Cancer Awareness Month



According to John Hopkins, "More than 180,000 women are diagnosed with breast cancer annually in the United States. When detected early, it is almost always curable. However, when the disease spreads beyond the breast to surrounding lymph nodes and organs, survival rates decline. Approximately 45,000 women die each year from the disease". Consult

with your doctor to determine whether you need annual mammograms. Medical professionals can further recommend the procedure for you - the established x-ray or the more advanced 3 D mammogram.

"After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women."

"Substantial support for breast cancer awareness and research funding has helped improve the screening and diagnosis and advances in the treatment of breast cancer. Breast cancer survival rates have increased, and the number of deaths steadily has been declining, which is largely due to a number of factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease."

By Mayo Clinic Staff

Member Profile



Jennie Pierson - Resident Poet and More:

Highly regarded poet and Palisades Village volunteer, Jenny Pierson, and her husband Stuart have lived on Sherier Place since 2003. Stuart knows the neighborhood well, having grown up on Watson Street. With their dog, Inga, and grandchildren nearby, the couple appreciates this bustling, beloved community.

Jenny begins our conversation by stating, "I write a poem every morning. Crafting a meaningful poem stimulates a feeling that is deep, nourishing and full of mystery." Her poems have been published in numerous journals and anthologies, though she reminds one that "publishing" is not a key measure of creative success. "Some wonderful poets never publish, some self-publish." Fortune has spread her writings far and continues to stimulate new ideas for ongoing work.

What she writes about has been enriched by her teachings, including the last nineteen years at American University's OLLI Program (Osher Life-Long Learning Institute at American University). Many students take her workshops for ten or even fifteen years, creating an amazingly close group. To accommodate those students

who want to retake her workshops, in recent years she has taught back to back classes each semester. Currently, she is teaching African American poets, Gwendolyn Brooks to Etheridge Knight to Terrance Hayes. Again, her highly regarded classes are sold out. Participation is selected by lottery as class size is limited to twelve. "Being in the presence of people as they age is a gift." Out of respect she has attended the memorial services of each of her students when they have passed away.

Jenny also coordinates and assembles the notable OLLI Poetry book of student writings each spring. "Other OLLI groups around the country may have fancier anthologies but we have some of the finest poetry."

What motivates her in all the varieties of work is the desire to engage with those who live on the margins of society, and to express through poetry and prose their rich experiences. From 2004-2008 she was an AerVac volunteer at Walter Reed, greeting the incoming wounded who arrived on flights three times a week. "As a pacifist I wanted to really see what war was like. The wounded were in terrible shape, usually very young; many had lost limbs, eyes." Watching these soldiers and their families struggle to make sense of their shattered lives led her to write the haunting poems in her collection, *Dispatches from the (War) Hospital*. (See attached poem)

Other books include "Sin Eaters," a view of scapegoats through the lenses of famous lynchings and the Salem witch trials and "Taibhse: A Gaelic Apparition." And if you ask what Stuart's role is in this work, Jenny says he is a great support but knows that his knowledge of poetry is limited. He is not the resident critic. Future plans include forming a collection of poems from her daily writings and beginning research on a "poem cycle," based on tragic events from the 19th century that occurred near Sebago Lake in Maine where the Piersons have a family home.

Poetry workshops at OLLI and Miriam's Kitchen along with the demands of four adult children, leave little time for Palisades Village volunteering. Jenny hopes a more favorable calendar will soon permit her to resume driving members in the fall, upon her return from a family trip to Sweden.

From *Dispatches from the (war) Hospital*:

BUT FOR THIS COLD LINOLEUM

All the machinery of being
dragged onto bleached sheets

light lights his pallid skin:

a man-sized boy

huge squared arms

farm-muscled

tattooed

& bared

he's limp-livid in the ICU.

How to uncorrupt his father of loss?

How the 12 year-old awkward

brother sits on the hard linoleum

floor outside this hold of sickness.

- Jenni Pierson

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](#).

These delicious and easy to prepare cookies were featured at this year's Oktoberfest.

Easy Black Forest Cookies by *Kay Horst*:

1 package chewy fudge brownie mix

1/2 cup vegetable oil

2 large eggs

1 cup dark chocolate chips

1 cup dried cranberries

Preheat oven to 350 degrees. Grease baking sheet or cover with parchment paper. Combine first three ingredients and stir until well blended. Fold the chocolate chips and cherries into the batter. Shape into balls and place 2 inches apart on the baking sheet. Bake 10-12 minutes or until the center sets. Cool cookies completely on a

wire rack. Bon Appetit!

News from *Elinor Talmadge*: The Washington Home and Hospice has been sold to Sidwell Friends School. Washington Home wants to expand their home care and hospice site. Sidwell wants to be able to relocate their elementary school from Bethesda to the main campus.

Palisades Village Member and OLLI President Gloria Kreisman has confirmed that OLLI will move into the Spring Valley location across from Crate and Barrel, being vacated by the AU Law School. By fall 2016 this will enable all OLLI classes to be together and even permit summer classes. Good news!

Jacqui and husband Jesse Sjoberg hosted a charity event last weekend out at Hains Point. Jesse ran 65 miles in one day to raise money and awareness for the Cystic Fibrosis Foundation. In the past five years they have raised \$100,000. If you want to know more about the event visit their website at 65miles.shutterfly.com.

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.

Friday, October 16 & Monday, October 19

Friday, October 16 at 10 a.m. participants enjoyed an illustrated discussion at the Palisades Library of the natural wonders of the C&O Canal. The discussion was led by Napier Shelton, author of the book Potomac Pathway: A Nature Guide to the C&O Canal. A hour-long guided walk



down the C&O Canal will be held on **Monday, October 19**. The group will meet at the Palisades Community Church at **9 a.m.** and carpool for the 45 minute drive to the Pennyfield Lock in Potomac, MD.

To **register** for the walk, please call the office at 220-244-3310.

Thursday, October 22, Five Wishes: Aging with Dignity Lunch Series



Five Wishes Living Will workshop is taking place at the Palisades Community Church from **11:30 a.m. - 1 p.m.** We want to help make sure your wishes are followed should you be unable to speak for yourself. This is not an easy subject to discuss, but it is an important one. Let us help make this an easier process. Join us on **Thursday, October 22** for this guided discussion. Home Care

Assistance will provide lunch. Please call the office or [click here to register.](#)

Thursday, October 29, New Member and House Tour Volunteer Wine and Cheese

Let us welcome you to the Village in style. Join us at the home of Carol Lynn Halal from **5-7 pm**. Get to know fellow new members and volunteers at this gathering. Please register by calling the office or [click here](#)



Tuesday, November 3, Supporting Your Memory

Sibley Senior Association is offering this seminar exclusively for Palisades Village. With all the information about Alzheimer's and related dementia in the news today, it is helpful to talk about the strategies that may be supportive or protective to your brain. Learn about neurogenesis and what foods, activities and behaviors support it. This program will be held from **4:30 - 6:00 pm** at Sibley Hospital Conference Room 5. To register call the office at 202-244-3310 or [click here.](#)

Wednesday, November 4, Volunteer Italian Pot Luck

Meet your fellow volunteers and bring your favorite Italian dish to share. Susan Elliott has offered to open her home for this event. Mark your calendars for November 4 at 6:30 pm. Register by [clicking here.](#)

Wednesday, November 11, Veterans Day

Keep in mind the office will be closed on this day.

Thursday, November 12 - New and Current Volunteer Training

Mark your calendars for the next volunteer training session on Thursday, **November 12 from 5:45 p.m. - 8:30 p.m.** Mary Pat O'Brien PhD, RN, will help volunteers understand, in an entertaining and informative manner, the aging process and how it relates to becoming a more effective volunteer. All volunteers are urged to attend. Light supper will be provided. To **register**, contact the office at 202-244-3310 or [click here](#) **no later than November 10.**

Club News

Fall Yoga - Tuesday, October 20 & 27

The yoga class meets weekly for 1 hour until December 8, on **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. Drop in fee is \$15 per class. Contact Jill at jillminneman@gmail.com or call her at 202-237-0246 (home) or 202-607-7402 (cell) to register or to discuss whether this might be a good activity for you. Future dates: November 3, 10, 17, & 24.

Georgetown Day School Tech Camp (GDS) runs **every Friday from October 16 through November 6**. Limited slots are available for 1-hour sessions at the GDS MacArthur Boulevard campus. You will improve your knowledge or resolve problems with laptops, tablets and smart phones. Contact the office to reserve your space or with questions. Spots still available. [Click here to register](#).

Storytelling - Club Tuesday, October 27

The popular Storytelling Club will meet again Tuesday, October 27 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. Next date: November 10.

Lunch Bunch - Wednesday October 21 Now at 11:45 am

Join fellow Palisades Villagers for a laid back lunch and friendly conversation at 7th Hill Pizza at 4885 MacArthur Blvd NW every Wednesday at 11:45 am. Future meeting Oct. 28. **Register** by calling the office or [click here](#).



Georgetown Day School Beautification Days runs every Friday from October 16 through October 30 from 10 am -11 am or 11 am -12 pm. Students will rake, pull weeds, trim bushes and haul debris to help beautify your lawn. Contact the office at 202-244-3310 or [click here](#) to schedule your appointment.



The Spanish Conversation Club - Saturday, October 24

This is a discussion group for those fluent in Spanish. Member Kristina Bonilla-Buckingham has graciously offered to host a meeting in her home and provide tapas for the occasion. If you are interested, the first session will take place **Saturday, October 24, from 2 to 4 p.m.** at her home. Please call the office at 202-244-3310 or [click here to sign up](#).

Thursday, November 5, Book Club Meeting

The Palisades Book Club will meet at 1:30 p.m. at the Palisades Library to discuss "Our Souls at Night" by Kent Haruf. An eloquent, bittersweet, yet inspiring story of a man and a woman who, in advanced age, come together to wrestle with the events of their lives and their hopes for the imminent future. Please contact

MaryAnn Griffin, who leads our club, with questions and/or if you are interested in participating. All are welcome. Next book will be announced at the meeting. You can reach MaryAnn at magriffmail@gmail.com.

Enjoy Playing Chess? We have a couple of members looking for a match up if you are interested. Please contact the office for more information.

Interested in Partnering with a Walking Buddy?

Are there members and volunteers who might be interested in having a walking partner? Let us know. Call Andrea at 202-244-3310 or email her at asaccoccia@palisadesvillage.org.

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

Widowed Persons Outreach (WPO) Fall Conference - Thursday, October 22

The WPO of Sibley Hospital is offering a fall conference focusing on Grief and Loss. **The location is Kenwood Country Club at 5601 River Rd. Bethesda, MD. The program will take place from 9:45 a.m. - 1:30 p.m. on Thursday, October 22.** The conference is open to all, whether you have experienced a loss, or are a professional helping others. The speaker this year is Chaplain Dan Duggan, author of *Men, Grief and Solitude: A Different Perspective*, who has over 40 years of experience working with people dealing in grief. **Pre-Registration is required. Cost is \$35 which includes a buffet lunch. Checks should be made out to WPO and mailed to Janet Bullinger at 2813 N. Glade St. NW, Washington, DC 20016. Please contact Janet at 202-686-9777 with any questions.**

Confronting the Challenges of Care Giving - Thursday, October 22

At some point in our lives, almost all of us will be a caregiver or care recipient. Let's learn together how to navigate these challenging roles. Capitol Hill Village is hosting a symposium from **9:00 a.m. - 4:00 p.m. at the Church of Reformation at 212 East Capitol St NE.** The program is free to all but a \$10 donation is suggested. A light breakfast and lunch will be served. To reserve your spot or for more information please call 202-543-1778 or send an email to info@capitolvillage.org.

Georgetown University Learning Community is offering a wide variety of short, non-credit courses for persons 55+ available for a small fee. To learn more about what is offered through this great program or to register for a course please visit the site

at: <http://emeriticourses.georgetown.edu>

Alzheimer's Association is hosting several classes throughout the month about understanding, detecting and living with Alzheimer's. All programs are offered free of charge. For more information call 800-272-3900 or visit their website at: alz.org/nca to see the local chapter's calendar.

Iona Workshop: Helping a Family Member That Doesn't Want Your Help

Sometimes, the hardest part about supporting Mom or Dad is helping them accept that they need help. This free workshop will be held **Tuesday, October 27**

from 6:30 - 8:00 pm. To register email: registration@iona.org or call (202) 895-9409.

Rejuvenate Your Retirement

George Washington University in Mount Vernon (2100 Foxhall Rd NW) is hosting a course on financial planning for retirees. Learn how to make your retirement money work for you, allow you to afford for the activities you love, get the most from your investments and cover your health needs. Course runs **Tuesdays, October 20 & 27 from 9:30 am - 11:30 am**. Workbook will be provided. Registration \$59. For more information or to register, please call 202-355-9464.

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