



Across the Fence

May 16, 2018

From the Front Porch - Revisiting New Year's Resolutions

Spring is one of my favorite times of the year. Mother Nature continues to dazzle us with a brilliant display of color as trees blossom and flowers bloom. The weather invites us to engage in the great outdoors and the days beckon us to enjoy all of the additional daylight. Spirits rise and hopefully we are all filled with good cheer! Five months have passed since we diligently made our New Year's Resolutions. As we assess our lists, how many have we followed through on? My husband fulfilled a big one; Ken retired from the federal government after 35 years. He has carved time for some of the items that he never had time to experience. I also benefit from his new schedule with delicious home-cooked meals and multiple acts of kindness. How about you?

According to Jonathan Rauch, author of *The Happiness Curve, Why Life Gets Better After 50*, people are generally happier than they were in their 30s and 40s. In fact at age 49, stress and anxiety peaked! And the highest probability of consuming antidepressants occurred between ages 45 and 49. Depression is less common among seniors than the middle-aged. Phew! We're past that point! The author goes on to say that, based on people surveyed in 150 countries about life satisfaction, social interaction was among the factors that most contributed to well-being! Just like springtime when we have a chance to refresh and renew, Rauch provides a fresh and reassuring vision of aging. So with that note, if you were planning on attending one of many of our Palisades Village events, why not now?

According to Dr. Christopher Bullock, since we are social creatures, we need to find ways to be around people and if we don't build up our connections, it may result in grave health consequences to our well-being. So what do we do? Recommendations include start simply by greeting others with a smile or saying hello; find common ground and listen to others (want to spend some time visiting one of our members?); try taking that exercise class or *yoga* class offered by Palisades Village each *Tuesday at 2 p.m.*, sign up for

Storytelling every other Tuesday at 3 p.m.; play *Scrabble* with a Village member, join the Palisades Village *Book Club* on the first Monday of the month (*June 4*) at *1 p.m.* (the book is *The Muse* by Jessie Burton) or try a new hobby; spend some time feeding your brain by completing a crossword puzzle or jigsaw puzzle, take that course offered by OLLI, audit a class at UDC or Georgetown, or sign up with Bethesda Live and Learn; and lastly, come to a Palisades Village event! We have lots of upcoming events: Including *Ageism, Start the Conversation* on *May 17* at *12 noon* with lunch included; *Fall Prevention* on *May 24* at *11 a.m.* and an *Estate Planning* workshop later that evening at *6:30 p.m.* Join us on *May 31* for a tour of the beautifully appointed *Anderson House* at *10 a.m.* followed by lunch at the *Cosmos Club*. Try your pen at *poetry* on *June 1* at *11:45 a.m.* or tour the newly renovated *Duke Ellington School* on *June 4* at *2:30 p.m.* Need help organizing? Come hear volunteer and *professional organizer* Catherine Ryan offer you tips on *June 5* at *2 p.m.* Want to enhance your volunteer experience? Learn about *Care Groups* on *June 6* at *10:30 a.m.* Get ready for an encore delectable performance of the Palisades Pan Handlers at the *Spring Fling* open to the entire Palisades Village community on *June 7* in the gorgeous garden of the Halal home. Love *theatre and comedy*? You're in for a treat on *June 12* at *7 p.m.* as Palisades Village member Phil Mause ramps up his jokes and brings laughter to the house and Palisades Village member and volunteer, playwright and award-winning author Duke Ryan brings down the house with an evening of theater right in our neighborhood with Xingu! Our website, www.palisadesvillage.org/events is full of great information. Or you can call the office for additional information at **202-244-3310**.

Confirm what Dr. Rauch devoted his book to and embrace The Happiness Curve! You're on your way to being happier and fulfilling your New Year's resolution: attending Palisades Village events that are fun and offer many opportunities to make new friends! We've got your social calendar filled with great events. Feel free to bring a friend, or your son or daughter, and maybe they'll want to be part of Palisades Village, too!

Photo Gallery



Buddy Myerberg



Janet Bullinger, Greg Mize, Kate Perry and Peggy Banks receive a tour of Cultural Institute of Mexico.



Andrea Saccoccia introduces author Olivia Hoblitzelle speaking on Aging with Wisdom.



Chris Murray discusses early photographs of Elvis.



Talk on America's Zoo with author Kara Arundel



Ambassador Thomas Pickering discusses the Middle East.



Dr. Janet Mann discusses dolphin's in Australia and the Potomac.



Peter and Mary Clute at the Volunteer Pot Luck



Ruth Koczela and
Stella Beyersdofer
(dog) enjoy the
blossoms.

Sneak Peak

Get ready to marvel at some stunning homes! The House Tour committee thanks you for recommending some of the beautiful homes in Foxhall, Berkley and Wesley Heights. But, don't wait; please share a home that you think would complement the tour. Think about the aspects of the home that add depth, interest and inspiration to the Sixth Annual Palisades Village House Tour experience. The committee has been scoping out homes and found some treasures with fabulous interiors, smashing design features and furnishings, charming walled gardens and fountains. Each one is so unique and special; there will be something for everyone.

We are in the process of lining up house sponsors and advertisers. It takes a Village to make this fundraiser a success! We need your help. What companies have you patronized that would be willing to sponsor an ad in our House Tour booklet? Whose products have enhanced your home and gardens? What services have you utilized that would support our community? Can you approach these businesses about placing ads in our Tour brochure? Ads start at just \$250 and a full page is only \$900. Please contact the office at **202-244-3310** for an ad packet.

Member Profile



Martin Bernstein - Music, Art, and Literary Horses

Martin devoted his professional life to teaching instrumental music and music theory and composition in the primary and secondary schools of Towson, Maryland; his instruments of choice are piano and French horn. Living near Pimlico Race Track in Baltimore, he also developed a keen interest in horses and horse racing and remains active in all things racing, thanks to what might be called his side gig, his four race horses at Pimlico.

Martin grew up in Newark, NJ, and attended Weequahic High School, made notable by the books of Philip Roth, one of the many luminaries who walked the halls of that school. For college, he chose the University of Michigan, Ann Arbor, to study with the band professor there and for its emphasis on music composition.

In 1943, he interrupted his education to enlist in the Naval Air Force during World War II. With an unexpected surplus of pilots, the Navy extended their training time and Martin found himself spending three years learning precision acrobatic flying maneuvers at various military posts around the country. The pilots started their training in Piper Cubs and WWI-era Waco biplanes with open cockpits and two-level wings. He still recalls the maneuvers he learned: loup-de-loups, chandelles, slow rolls, snap rolls, and immelmans. His early training (and life) were nearly ended by three potentially catastrophic events during training: A split-second save from a head-to-head crash in the air, a near-crash landing, and a high-altitude stall when he couldn't restart the engine. When he wasn't defying death in the air, he was playing in Navy bands. The war ended before he could see action and he returned to complete his degree at Michigan, followed by an MA in music theory with honors, one of only two students to graduate from Michigan with honors that year.

He took time away from teaching at Towson for a sabbatical at Teacher's College, Columbia University. While there, he taught music and particularly enjoyed singing and working with singers to produce operas and various musical productions. Given the hard reality of bleak job prospects in his first loves, music composition and theory, he earned a professional diploma in music education so he'd be able to make a living. That was followed by what Martin considers the most amazing period of his life, characterized by travel, first to Israel for an intensive Hebrew language immersion,

then three exciting months traveling around Europe and England. That settled it; he was captured by what became a life-long love of travel. Returning in 1957 to Towson High School, he discovered that the success of Russia's Sputnik and the ensuing space race had siphoned off resources and money to science and math at the expense of the arts. His band and orchestra spaces and resources were pared down dramatically and never fully recovered.

Martin Bernstein and his future wife, Maxine, began their life together when they met at a social event in DC. Maxine Combs, PhD, was a poet, published author, and tenured professor at the University of the District of Columbia. She also taught creative writing at American University, Howard University, and George Mason. Martin is most fond of her poetry and is particularly proud of her chapbook, Listening for Wings, a copy of which he pressed into my hands. He was right; reading it, I wished I could have known her. Martin moved to DC from Baltimore 37 years ago to live in Maxine's home on R Street in Burleith with her two small children, Bella and Wayne. When they grew tired of their proximity to Georgetown University, they found a home on King Street with a lovely view over to Virginia, and 35 years later, Martin, now widowed, is still there. Bella met her future husband, Simon, on a study semester in Rome and now lives with him in Perugia, Italy, where she runs her own English language school for adults and children. Wayne is a chef and lives in Miami Beach, where he has worked with super-chefs Ann Cashion and Jose Andres.

A family of immigrants, his father was a sergeant in ordinance in the US Army and fought in many of the major battles in WWI, and his brother, a 2nd lieutenant, was an artillery officer in the 82nd All-American Division and the sole survivor of a crash on D-Day in Normandy during WWII. Proud as he is of his Jewish heritage, extended family, and military service, Martin is equally proud of what he calls the Christian branch of the clan, the Christiani family of Holland and his present-day first cousins. It is one of the most distinguished and famous families in Holland and boasts the first Danish ambassador to the League of Nations.

Martin remained at Towson High School teaching instrumental music until he retired and then was able to devote more of his time to his horses and racing. He named his horses after some of Maxine's books and novels, hoping that if the horses did well, curiosity about their names would draw attention to her work and make it more well known. For example, his horse, Inner Life, was named for The Inner Life of Objects; Strange Handbook was

named for Handbook of the Strange. His "best horse," Dr. Max, a long-shot entry, won the \$200,000 purse in the Preakness Day Breeders Cup Sprint Championship at Pimlico Race Track in 2000. The adjacent picture above is of Lt. Gov. Kathleen Kennedy Townsend awarding the Cup to Martin and Maxine.



Martin and Maxine were enthusiastic travelers; they drove across the country several times and became big fans of the National Parks. International travel took them to Israel, Ireland, England, Holland, Belgium, Switzerland, France, where they fell in love with the Paris Opera, and Italy, where they climbed Mount Vesuvius. He became enamored of the "wonderful and amazing" art they discovered in Florence and Venice. That discovery led him in a new direction, post retirement. In love with all things Art, Martin took up drawing, painting, and sculpture and rented a studio to work in the arts colony of the Atlantic Building, at 930 F Street. There, he regularly rubbed elbows with artists of various disciplines who lived and worked there, including the noted sculptor, Frederick Hart, who among other things, created the National Cathedral's west façade.

Now, just for the fun of it, Martin studies Italian, still loves singing and music, bridge, and scrabble. He claims his car comes to an automatic stop at yard and estate sales. He had known about the Village movement from its infancy and so was primed to become one of the founding organizers of our Palisades Village. He most appreciates our discussion groups, book club, and rides to his doctor, and is a welcome addition to many of our social events. Ask him sometime about "falling leaves."

Jude Michaels, Palisades Village Volunteer and Associate

Member

Editor's note: If you see Marty, wish him a Happy Birthday (it's today, May 16)! May you have the happiest birthday and good health! Mazel Tov!

Medical Alert Available on Your Smartphone

You can set up your phone to have Emergency Contact information without someone knowing your passcode. Need help setting it up? Just call the office and ask to schedule an appointment today. The next tech clinic is scheduled for **June 7** from **3-4 p.m.**

The Medical ID tab allows you to create a "Medical ID." This is information that can be displayed on your lock screen without unlocking your phone. You can add personal information that may be useful in an emergency -- medical conditions, allergies, blood type, organ donor status, emergency contacts, and more. These important details can then be accessed from your phone's lock screen in an emergency.

This is similar to a digital version of the medical ID wristband, however someone must check your iPhone in an emergency. The person must tap the Emergency button on the lock screen to open the emergency dialer and then tap Medical ID.

Iphone:

To create your Medical ID in the Health app (can be accessed without unlocking your phone):

1. Open Health app and tap "Medical ID" > "Edit."
2. Enter your emergency contacts and health information like your birth date, height, and blood type.
3. Turn on "Show When Locked" to make your Medical ID available from the Lock screen. In an emergency, this gives people who want to help some important information, like the emergency contacts that you've entered.
4. When you're finished, tap "Done."

Android Phones:

Although Android phones usually don't have built in health apps that allow you to create a Medical ID, you can still create a Medical ID that anyone can see from the lock screen without unlocking the phone.

Create a Medical ID using the free app Medical ID ICE Contacts:

1. First, you need to download the app. Go to the app store and

- download Medical ID (Free) ICE Contacts.
2. Open the new app, and you can create a profile. Fill out the profile with: first name, last name, gender, birthday, blood type, height, weight, organ donor, medical conditions, allergies & reactions, medications, and medical notes.
 3. Then, tap the check mark in the upper right corner to finish the profile. Your Medical ID is ready!

Palisades Village Video

Volunteers **Mine Sasaguri** and **John Loggins** created a wonderful short video about Palisades Village and the services that we provide. You can find it on the home page of our website at www.palisadesvillage.org. You might recognize a face or two.

We Want You! Please fill out this Village survey

Capital Hill Village has developed a survey to help all of the 13 DC area villages get a snap shot of our **members and volunteer drivers**, document our transportation habits, and get your feedback on the Village in general - what you like, what you could like better! We'll report the results back to you in the Fall.

Thank you for taking the time to help us serve you - we need your participation. The survey will take about 30 minutes to complete. We have paper copies if you prefer, as well as a volunteer to help fill it out. Please call the office and we can make arrangements.

The survey is confidential - and each person in your household should complete one. If you and spouse live together you should each complete the survey. [Here is a link](#) to the survey.

Grant Writing Workshops

Palisades Village is offering several development trainings over the coming months. Thanks to a DCOA (Department on Aging) grant, funding is available to offer a series of trainings on grant-writing, with the goal of helping ensure sustainability and financial stability for the Villages.

Over the summer, four trainings on various aspects of grant-writing, focusing on development basics, prospecting, and grant writing - culminating in drafting a mock grant on one of the short-term activities identified in the strategic planning process.

1. The June 5, 11 a.m.-12:30 p.m. training provides an overview and introduction to development basics;

2. The July 10, 11 a.m.-12:30 p.m. training covers prospecting, and will be held at the Foundation Center, so participants can learn how to use its systems and resources;

3. The August 7, 11 a.m.-12:30 p.m. training is about grant-writing, after which participants will draft sections of a mock grant; and

4. The September 12, 1 p.m.-2:30 p.m. training provides an opportunity to review the mock grant against evaluation criteria.

If you are interested in attending these sessions, please contact Andrea Saccoccia at asaccoccia@palisadesvillage.org.

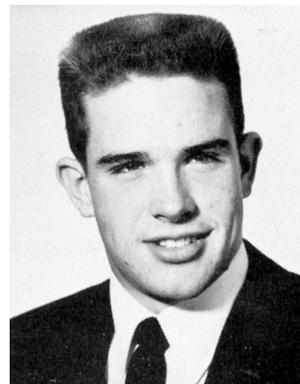
Brushes with Fame

A couple of fun stories came out of our Events Committee meeting this month (another reason to get involved in Palisades Village). These were stories of friends/acquaintances who went on to be famous but at the time were just another kid from school.

Do you have a story about someone from high school that you would like to share?

Summer of '54

As a young teenager, **Peggy Banks** worked with her brother at the National Theater. Her brother got a job for a friend of his from school, **Warren Beatty**. So many evenings, Warren gave them a ride home with Peggy cramped in the backseat of his car which was just like the one in Bonnie and Clyde.



Forever Young

Growing up in Boston, Judy Watson went on double dates with Joan Baez.

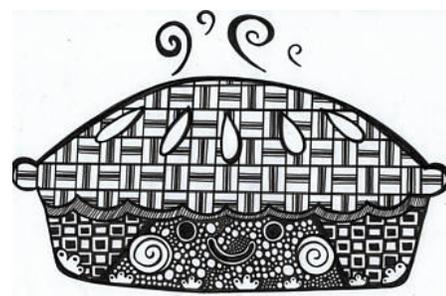
Pi(e) Day Recipe

There was furious debate over the merits of Lee Wilson's cherry pie and Peggy Banks pecan and lemon cheesecake pie. They were all so delicious that people wanted some of each. Since lemon cheesecake pie was new to all of us, Peggy Banks agreed to share the recipe...

Lemon Cheesecake Pie
(courtesy of Real Simple)

Ingredients

- 2 8-oz. bars cream cheese
- 1 cup sugar
- 1 cup sour cream
- 2 large eggs
- 1/3 cup lemon juice
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- 9-inch basic flaky piecrust, parbaked
- 2 teaspoons thinly sliced lemon zest



© Sarah Kullu 17

Heat oven to 325 degrees F. In a food processor, process cream cheese, sugar, sour cream, eggs, lemon juice, vanilla, and salt until smooth.

Pour into the piecrust and bake until the center is set but still wobbly, 40-50 minutes. Let cool, then chill until firm, 4-5 hours. Top with lemon zest before serving.

DC Resources

Russell Rowe

Ward 3 Liason, Mayor's Office for Community Relations and Services

Russell serves as the Ward 3 Liaison for the Mayor's Office of Community Relations and Services (MOCRS), supporting the Mayor through various community outreach efforts. He performs a range of duties in assisting the Mayor support all communities including, but not limited to:

- Attending community meetings (ANC, citizen's association, etc.);
- Responding to critical incidents;
- Reporting constituent concerns to the proper government agency; and
- Advising the public on Mayoral initiatives, programs, and events.



Russell Rowe (back right) and Ian Maggart (back left), our Ward 3 liasons, joined Ellen Myerberg, Andrea Saccoccia, Barbara Gardien and Peggy Banks for Pi Day

Prior to this position, Russell completed the L.E.A.D. Summer Internship for Mayor Muriel Bowser and served as a Community Outreach Assistant. In 2012, he graduated from the University of Pittsburgh with a BS in Exercise Science and was well on his way to

complete a MS in Occupational Therapy at the University of Wisconsin-Madison.

Throughout Russell's undergraduate and graduate experiences, he discovered a passion not only for his field of study, but for public service. He served as the community service chair for his fraternal organization in Pittsburgh and for his professional student organization in Wisconsin. As the numbers of people he worked with grew, so did his desire to pursue a career in public service. In 2015, Russell moved back to Washington, DC, his hometown, and began his path to where he is today: a public servant in the amazing Ward 3!

In his free time, Russell enjoys exercising, cooking, and participating in community service events. Further, he is a certified Personal Trainer who hopes to create a mentorship through fitness program to both advance health initiatives and provide holistic activity to DC residents across all ages. Lastly, Russell loves coffee and tea, and wants you to know he is always available to meet up to hear a concern, lend support, or talk about how we are all #DCProud.

Village Corner



This is a bulletin board for Villagers to share interests and information: Have a milestone birthday coming up? Have a sketch or poem you want to share? Do you want to share some important news? Submissions can be made by calling the office at 202-244-

3310 or by clicking [here](#).

Welcome new members **Florence Everts** and **Richard Darilek** and new volunteers **Susan Klusman**, **Corey Sulser**, **Hannah Hinzma**, **Farid Nouri** and **Russell Rowe**.

Can't get your **shredding** to Fort Totten? We have a volunteer who has offered to help you. Please call the office at **202-244-3310** to make arrangements.

Can you help? We are looking for a home large enough to host a summer social event. Do you have the space that Palisades Pan Handlers can cater a lovely luncheon for our members? If you have enough space to accommodate 40 or 50 guests with tables and chairs, we would love to hear from you! Call the office at **202-244-3310**.

