



Across the Fence

Special Edition

May 10, 2020

Happy Mother's Day!



Today we celebrate Moms. When I was growing up in Rhode Island, I used to love the tradition of cutting fragrant lilacs and giving them to my Mom on Mother's Day. I was blessed to have a happy and carefree childhood, growing up in a safe neighborhood where we played outside, building forts in the woods and swinging on tree vines, regardless of the weather. My Mom played an important role in helping her four daughters learn about values, morals, education and traditions. She taught by example, showing us what unconditional love is, often making sacrifices that we were

unaware as kids. Many lessons that I didn't really appreciate or learn until I had my own children. There were many other women that influenced me including my Babcia (grandmother) who was so good natured, kind and her laugh was infectious. She was a great storyteller and an excellent Polish cook. Although she never learned to read and write and she was never fluent in English, she was full of wisdom. My Godmother taught me the importance of balancing a career with a family, religion and faith, perseverance and finding time to explore your creative self. I am so grateful to be a Mom and even though the pandemic has greatly impacted our lives, I am thankful that my daughter has chosen to quarantine at home with us. Her beauty shines daily and I continue to be amazed at how lucky I am to have transitioned from Mom to being a friend!

There are many more women that have greatly impacted my life and continue to do so. So many right here in Palisades Village. These women continue to shape and inspire me. Today we honor all Mothers and all women that have taught us and loved us. My Mother's Day gift (sometimes early Mother's Day gift) is visiting the National Arboretum to walk in the stunning azalea gardens. Normally we explore the various gardens and picnic on the lovely grounds. Even though the lilacs are usually past season by Mother's Day in our area, I relish the childhood memories and think of my Mom and nature's beauty. Although I am not able to be with Mom, who is 92 and has memory challenges, on this Mother's Day, several years ago I bought her a lilac bush so she is still able to enjoy its lovely fragrance and just maybe, she'll remember my gift. I invite you to picnic and enjoy the beauty of the National Arboretum with a simple click. <https://www.flickr.com/photos/fona/albums/72157713553813876> Happy Mother's Day!

Armchair Travels:

Thanks to Mary and Peter Clute's recommendation, Ken and I traveled to Slovenia and Croatia two years ago. This trip remains a highlight in our travel scrapbook! Using our Rick Steve's guide book, we visited many of the not to be missed sights including Plitvice Lakes National Park. Hiking up to the plethora of waterfalls was inexplicably beautiful! Our journey also took us to the Istrian Peninsula to sample mouthwatering truffle dishes and locally made wine. No visit would be complete without an unforgettable tour to climb the Walls of Dubrovnik and experiencing the dramatic Dalmatian Coast.

Come pull up a chair, rest a while and see why the Dombrowskis love their virtual tour of Croatia with our favorite tour guide Rick Steves. <https://www.youtube.com/watch?v=GVxZxOaEuF4>

Some Good News: SGN highlights one of our favorite American pastimes - Cooking

Check out last week's edition of SGN (Some Good News) Cooking with John!

John Krasinski raises the bar on his 15 minute show to highlight all of the men and women that are working to feed their community including Jose Andres World Central Kitchen. There is also a segment that is near and dear to my heart as he invites famous chefs to try out some Bostonian's favorite dishes, including a special section on pierogis (remember I wrote about them in a December Across the Fence article on traditions featuring my Babcia's award winning pierogis.)

<https://www.youtube.com/watch?v=o1zlgTwENPg>

--Andrea--

Upcoming Events:

Speaking of cooking, Palisades Village and Nikita Rao are offering a fabulous cooking demonstration and a chance to make dinner on Wednesday, May 13 at 4 p.m. We will be making One-Pot Baked Salmon with Creamy Orzo. To register and get the list of ingredients you will need, please click [here](#). Please let us know if you need help getting groceries, or if you can pick up groceries for another Palisadian at eblanton@palisadesvillage.org by Monday.

Our [group of mindful knitters](#) is growing and we will meet again on Saturday morning at 10:30 a.m. with Roseanna Stanton. She is also offering a [Meditation group](#) on Tuesday at 10 a.m.

Are you looking for a new approach to dealing with the things that have accumulated in your home over the years? Dale Brown, Palisades Village member and volunteer, will discuss her approach to [decluttering](#) on Friday, May 15 at 2 p.m.

[Happy Hours](#) are continuing on Fridays at 5:30 p.m. All are welcome.

Our talks with local authors continue online on Tuesday, May 19 at 7 p.m. Abigail Marsh will discuss [the Altruistic Brain](#). She has spent over a decade conducting research on this topic, which she describes in her award-winning book *The Fear Factor*, and in her [TED talk](#), which has over 2 million views. Abigail Marsh is a Professor of Psychology, Neuroscience, and Cognitive Science at Georgetown University. She received her Ph.D. from Harvard University and conducted post-doctoral research at the National Institute of Mental Health.

All of our events are being held on Zoom. You can connect to them with your computer or just listen and speak on your phone. If you have any questions about how to use Zoom, please call us at **202-244-3310** or email ebanton@palisadesvillage.org.

Some of the new additions to our [PV Connect and Learn](#) page:

[Memorial for Us All: Yo-Yo Ma Lincoln Center for the Performing Arts](#)

In the midst of an unprecedented pandemic, many rituals we hold dear are no longer possible. As we find our footing in this new terrain, faith leaders have enlisted New York City artists and Lincoln Center to offer a weekly Memorial for Us All. Music unlocks thoughts, feelings, and memories that unite and free us. These memorials allow music to begin to heal us all, as it has in so many rituals since the beginning of time. Each Sunday at 6:00 p.m., they premiere a new community remembrance in the form of a short concert honoring and celebrating those who have left us too soon.

Cellist Yo-Yo Ma will lead the second Memorial for Us All this Sunday, May 10 at 6:00 p.m.

Visit the "[Explore Hillwood from Home](#)" page to stay up-to-date with new videos, activities, information, and more! In addition to seeing what is [in bloom in the gardens](#), you can even learn how to create [fabulous floral arrangements](#).

Kennedy Center Couch Concert

Every Monday, Wednesday, and Friday at 4:00 pm the Kennedy-Center

streams a live concert. For more information and to view the concerts, [Click Here.](#)

See what else is new! We are also continuing to post new information on our [Coronavirus Information and Resources Page.](#)

Creative Corner:

The Home Path

Last evening I followed a pathway—
The path that leads to Home—
There 'neath the old rock maples
I stood in the dusk alone.
One by one the stars came out
To glitter on the snow;
One by one the lamps were lit
In the valley down below;
Then, over High Ridge's wooded peak
Came the rim of the rising moon
As hand in hand to the pathway, stepped
A happy bride and groom.
Caught in the mesh of love's sweet dream
And life for them all new,
Hurrying on with eager hearts
To the tasks they'd find to do.

Then, I saw again this couple—
Long years had swiftly flown;
Children played along the path—
The path that leads to Home;
Theirs was a busy active life,
Filled full of love and toil,
And pleasures known to no one else
But tillers of the soil.

Time has fashioned threads of friendship
Into strands that firmly hold
And prove, as years go whirling past,
More precious far than gold.

I turned to the old house—listening—
And it seemed to softly say,
“I’m waiting here in the moonlight for the dawn of New Year’s Day.”

So we all are waiting
And hoping for the spring
When the sun will melt the snow-drifts

From the old home path again.

-JM Black - Father of Palisades Village member Ruth Koczela

Need Help with Anything?

Perhaps "need" is not the right word but if it would help to have someone pick something up, do something in the yard or lend a hand in some way, let us know.

Zoom Meetings - Closed Captioning

Palisades Village has been using to Zoom to conduct clubs, events and talks. Does your hearing make this platform challenging for you? Would you like closed captions on events? If so, what types of events are you interested in? Please email us at eblanton@palisadesvillage.org and let us know.

May 12 - Deadline to Register for the DC Primary Election

The deadline to register online, by mail or through our Vote 4 DC app is May 12. After that date, you may register in person at one of the Vote Centers listed on our website, from May 22 - June 2 (Saturdays and Sundays included). Please note: Vote Centers will be closed on Monday, May 25 to observe Memorial Day. <https://earlyvoting.dcboe.org/> The deadline to change your party for the primary Election is May 12. You may change it online: <https://www.vote4dc.com/UpdateApply/SearchOldVoter>

DC Village Collaboration



The DC Villages work closely together to share resources and access to some events.

Tuesday, May 12, 10:30 - 11:30 a.m.

Chair Yoga with Dupont Circle Village--Dupont Circle Village has opened their teleconference chair yoga class to members of our Village. To register for the class and view instructions on how to join the meeting, [Click Here.](#)

Wednesday, May 13, 11 a.m. - 12 noon

NNV Virtual Speaker Series: Discussion of COVID-19 -- Speaker: Dr. Raymond Scalettar - Current Chair of the Medical Society of the District of Columbia Task Force on COVID-19; Clinical Professor Emeritus of Medicine, George Washington University Medical Center; Former Chair, Board of Trustees, American Medical Association; Master, American College of Rheumatology; Distinguished Fellow, American Psychiatric Association

This topic is moving very fast with new information every day. Join Dr. Scalettar for a discussion of COVID-19: Issues relating to the public, testing, social distancing, vulnerable populations, personal protection, telehealth, appropriate nutrition, exercise and preventive medicine strategies. Q&A will be part of the general discussion. A link to join this online session will be emailed to registrants a day before the event. [Register here.](#)

Thursday, May 14, 1:30- 3 p.m.

NNV Virtual Speaker Series: The Hour of Peril: The Secret Plot to Murder Lincoln Before the Civil War -- A presentation by author Daniel Stashower and actor Scott Sedar.

In February of 1861, on the eve of Abraham Lincoln's inauguration as president, an audacious assassination plot was taking shape in Baltimore. Over a period of thirteen days, as the president-elect traveled by train from Springfield to Washington for his inauguration, America's top lawman -- Allan Pinkerton of the legendary Pinkerton Detective Agency -- raced to uncover hard evidence of the looming murder conspiracy before time ran out. The "Baltimore Plot," as it came to be known, would prove to be a defining and controversial chapter in the march toward Civil War, testing Lincoln with a grim preview of the challenges he would face as president, and presenting Allan Pinkerton with the most challenging case of his storied career -- and one on which he worked with America's first female private eye.

Author Daniel Stashower and actor Scott Sedar offer a narrative presentation that includes fascinating historical images and dramatic readings from primary sources. Copies of Daniel Stashower's bestselling nonfiction book are available here: <https://us.macmillan.com/books/9781250042668> A link to join this online session will be emailed to registrants a day before the event. [Register here.](#)

Tuesday, May 19, 2:30-3:30 p.m.

NNV Virtual Speaker Series: Election 2020: What a Difference a Few Weeks Make -- Speaker: Eleanor Clift, columnist (the Daily Beast), television pundit, and author will discuss how the current pandemic is affecting the 2020 election. A link to join this online session will be emailed to registrants a day before the event. [Register here.](#)

Every first and third Tuesday (via Zoom), 2:30 – 3:45 p.m.

Caregivers' Support Group -- Foggy Bottom West End Village is opening its Caregivers' Support Group to new members in May and is also welcoming members of several neighboring villages, including ours. Whether you are currently in a caretaking role, or had been in the past and still want to address it, you're welcome to participate

The facilitator of the group, Phyllis Kramer, is a licensed clinical social worker who has over three decades of experience working with people struggling with depression, grief, and the complexity of caretaking roles. If you are interested in participating in the group, please contact via email at pfkramer38@gmail.com

Community Events

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv and much more. Here are two examples (register by clicking on the links.):

Wednesday, May 13, 10-11:00 a.m.

[Advanced Zoom Skills](#) -- Join B Milenkovic will help us to learn some of the advanced features of the Zoom platform. Register [here](#).

Wednesday, May 13, 2-5:00 p.m.

Healthy Living for your Brain and Body -- Learn lifestyle habits we can adopt to help maintain our health, keep our brains well and possibly delay the onset of cognitive decline. [Register here.](#)

Other community events:

Tuesday, May 12, 7:30 p.m.

PCA Meeting--The agenda will include:

- PCA Board Elections
- Update regarding the former Safeway site (parking & traffic focus)
- Update from the Mayor's Office
- Presentation from Solar United
- Presentation from Dr. Elizabeth Adams - "Parenting During COVID-19" (see below)

Zoom Link:

<https://us02web.zoom.us/j/87016101574?pwd=bVJGV2pkNXpWcnlOU2hPNDJcWmh3UT09>

Wed, May 13, 12 noon– 1:30 p.m.

Estate Planning Workshop -- According to the annual [Caring.com](#) survey, less than 1/3 of Americans have a Will in place. Although 60% of people surveyed think that estate planning is important, for many people estate planning is a daunting task. The process can be simplified by breaking it down into steps and answering some basic questions.

McCandlish Lillard Principals Melinda Merk, Elizabeth Gray, and Virginia Haizlip discuss the basics of estate planning, including wills, trusts, powers of attorney, and advance medical directives. Estate planning does not have to be overwhelming or confusing! We will explain the basic documents that you need to make sure your wishes are carried out in the event of your incapacity or death and answer questions you may have. Webinar login information will be sent once you have registered. Register at <https://www.eventbrite.com/e/simple-steps-to-estate-planning-tickets-103837621120>.

Wednesday, May 13, 1 p.m.

[Arthritis: Taking Away the Pain](#) -- Hand pain can be caused by disease or injury affecting any of the structures in the hand. Join Dr. Sophie Strike, Orthopaedic hand surgeon, for a discussion on the latest treatment options for osteoarthritis and carpal tunnel syndrome for the hand. Suburban Free Webinar Series. Registration is required at events.suburbanhospital.org

Wednesday, May 13, 6:30 p.m.

[Healing for the Whole Person: How Mindfulness and Breathwork Can Ease Pain and Lift the Spirit](#). Breathing and meditation not only relieve stress and anxiety, but can also boost the immune system and improve lung capacity. Dr. Neda Gould of Johns Hopkins Bayview Medical Center and local author Lauren Chelec Cafritz will deliver experiential approaches and research findings on how each of us can benefit from these practices. Suburban Free Webinar Series. Registration is required at events.suburbanhospital.org

Tuesday, May 19, 1 p.m.

[Heart A Flutter](#) -- Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke or heart failure. Dr. Erich Wedam, director of electrophysiology at Suburban Hospital, will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options. Suburban Free Webinar Series. Registration is required at events.suburbanhospital.org

COMING UP IN PALISADES VILLAGE

Following below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at eblanton@palisadesvillage.org or call the office at **202-244-3310**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village
May 10 — 16, 2020

Functional Fitness

Mon 05 / 11 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 05 / 11 / 2020 at 12:00 PM

Where: No address or address is not accurate

[More Information](#)

Meditation with Roseanna

Tue 05 / 12 / 2020 at 10:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 05 / 12 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 05 / 12 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 05 / 13 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 05 / 13 / 2020 at 12:00 PM

Where: No address or address is not accurate

[More Information](#)

Chat with Barbara

Wed 05 / 13 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Nikita's Fabulous Interactive Cooking Class

Wed 05 / 13 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 05 / 14 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Decluttering with the Memory Maven

Fri 05 / 15 / 2020 at 2:00 PM

Where: via Zoom video or phone

[More Information](#)

Virtual Happy Hour

Fri 05 / 15 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 16 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

May 17 — 23, 2020

Virtual Yoga

Tue 05 / 19 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Talk with Abigail Marsh on The Altruistic Brain

Tue 05 / 19 / 2020 at 7:00 PM

Where: Via Zoom

[More Information](#)

Chat with Barbara

Wed 05 / 20 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 05 / 21 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 05 / 22 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village