



## **Across the Fence**

### ***Special Edition***

**May 3, 2020**

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. This year's theme is: *Make Your Mark*...it's what Palisades Village does on a daily basis. You, Friends, make a mark, a difference every day in the lives of our members by strengthening our community.



From our Board of Directors who offer their guidance and support to lead the organization to the various committees that help steer our services, program and activities, our financial stability, enlist volunteers and encourage neighbors to be part of our vibrant and thriving community; you are making an impact. The staff who helps coordinate our volunteers makes a lasting mark on our members who in turn leave an indelible mark on our volunteers. The Village has blossomed and grown because of this positive culture and friendly environment. Our Village operates like a well-oiled machine, each piece integral to bringing life to making us whole. So as we celebrate May as Older Americans Month, I propose that we should celebrate every month. Thanks to your willingness to embrace the Village

Mission: which is a commitment to provide meaningful services and activities to promote the independence, physical and mental health, safety, social engagement, education and cultural enrichment to our seniors and to our Vision statement of empowering seniors in our community; you make the Village stronger and better. Friends, you are making your mark! Happy May!

### **Armchair Traveler continued:**

Last week I mentioned how beautiful Keukenhof is in the Springtime and I shared a few links with you. Palisades Village volunteer and member Bill Iverson shares my sense of awe and wonder. He described his first visit of spending hours at the gardens and being so mesmerized that he barely noticed the liquid sunshine falling.

As the tulips are showing their final colors in DC, please enjoy these timeless photos taken by Albert Dros, a well-known Dutch landscape photographer, who was lucky enough to gain access to the closed gardens and spend time photographing their beauty without the crowds at Keukenhof this year.

<https://www.albertdros.com/post/the-most-beautiful-flower-garden-in-the-world-without-people>

### **Some More Good News:**

Expanded transportation options during these challenging times!

In response to the coronavirus (COVID-19) ongoing public emergency and [Mayor Bowser's stay home order](#), The Department of for Hire Vehicles (DFHV) has expanded its existing Taxi-to-Rail (T2R) program to provide rides citywide to and from essential businesses, such as doctor's appointments, medical facilities, grocery stores, and pharmacies. The first \$15 of the meter fare, rather than the first \$10, will be free for the customer and per-person caps on the number of trips have been eliminated. To request a ride call **(202) 727-3827** or book online at [taxi2rail.com](https://taxi2rail.com). To book an appointment, go to the left-hand side of the screen and enter the desired date (drop down feature), time and a.m. or p.m., along with your name, phone number, pick-up and drop off location for **each one-way trip**; you will receive a confirmation phone call or text.

T2R launched as a pilot program, now operates exclusively east of the Anacostia River and provides rides to several Metro Stations, as well as libraries, recreation centers, pools, and select grocery stores located east of the Anacostia River. Expansion of the service is intended to support transportation options citywide during the public health emergency.

To use this service, simply call **(202) 727-3827** or book online at [taxi2rail.com](http://taxi2rail.com). Wheelchair-accessible vehicles are also available.

- Passengers will have no limits on the number of T2R trips per month. T2R service is available citywide with no geographic restrictions
- Hours of Operation: Monday - Friday, 5:30 a.m. - 8:00 p.m.; Saturday, 7:00 a.m. - 8:00 p.m.; Sunday, 8:00 a.m. - 8:00 p.m.

### **Need new reading material?**

We have a number of back issues, in excellent condition, of *New Yorkers/National Geographics/Washingtonians* that we are glad to give to anyone who asks. And we'll deliver them. Contact:

[Blake.Biles@arnoldporter.com](mailto:Blake.Biles@arnoldporter.com)

### **Upcoming Events:**

Whether you recently lost your job, are stuck at home trying to figure out how to manage your daily routines with the challenges of the internet, or unexpectedly have to homeschool your grandchildren, this is a stressful and uncertain time for all of us.

Together, we contribute to our collective resilience, so each choice we make to take care of ourselves also has a positive effect on others. If you are looking for some ideas on how to build resilience and start vitality-boosting habits to better navigate through the uncertainty, stress, and anxiety of these extraordinary times, please join us for a presentation on **“Managing self and others in times of crisis”** with Vera Wilhelm and Tineke Mulder. This presentation will be held Thursday, May 7 at 3:30 p.m. Please register [here](#).

Also on May 7, the Palisades Village **Board of Directors** will be holding a special meeting at 5 p.m.

In addition to [Meditation](#) on Tuesday morning at 11 a.m., Roseanna Stanton has brought together a group of knitters for [Mindful Knitting](#) on Saturday morning at 10:30 a.m.

[Happy Hours](#) are continuing on Fridays at 5:30 p.m. All are welcome. Nikita Rao is offering a **fabulous cooking demonstration** on May 13 at 4 p.m. We will be making On-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](mailto:eblanton@palisadesvillage.org).

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

Happy Hour at the Frick, Friday nights at 5:00 p.m., is a discussion of a painting by one of the museum's curators.

[https://www.frick.org/cocktails\\_curator](https://www.frick.org/cocktails_curator)

MOMA just launched their long-awaited ***Dorothea Lange: Words and Pictures*** exhibit.

[Dorothea Lange: Words & Pictures](#)

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

**Grocery Store Alternatives:**

The usual trips to the grocery store have gotten very complicated. There are ways to get fresh fruits, vegetables and even meats without having to involve the grocery store:

[Imperfect Foods](#) and [Hungry Harvest](#) are fighting food waste. They deliver fresh produce that is either not beautiful or that the grocery stores have too much they can sell. In addition to produce, they have household staples.

Local CSA's also provide a source of fruits and vegetables from local farms. There are many in the area, and most are taking orders for the coming year. Heather Gustafson, on Next Door, encouraged joining Earth Spring Farm, a local CSA. "A CSA is where you participate in a local farm by buying a 'share' of the veggies. Earth Spring Farm is wonderful. Farmer

Mike and his family are amazing people, and they grow the most delicious organically-farmed, fresh and local produce. You can customize what you get easily through their online portal. You can also add on delivery of many other products including meats, milk, eggs (YUM!), cheeses, jams, and more. I cannot encourage you more strongly to participate, especially this year! The pickup is every week on Saturdays from 12PM-8PM in my garage on Hurst Terrace NW (near Francis Scott Key Elementary)...if you would like to sign up, please visit the website and sign up here: <https://www.earthspring.farm/>. Quantities will be limited, so if you are interested, you should sign up soon!" Each CSA operates a little differently, with different levels of commitment and choices. CSA's like [Norman's Farm Market](#) offer choices when you pick up and some CSA's deliver. Now some local restaurants are operating CSA's. *Washingtonian* recently published a list of their [best local CSA's](#). They included several local restaurants that are now offering CSA boxes since they have existing relationships with farms and distributors.

And don't forget about your local farmers market. Many of the vendors will have your items ready to pick up or even deliver.

## DC Village Collaboration



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

**Tuesday, May 5, 1 p.m.**

**I Want You to Know We're Still Here --** Northwest Neighbors Village Speaker Series with Esther Safran Foer - Celebrate the debut memoir by Northwest Neighbors Village Member, Esther Foer! Esther Safran Foer grew up in a home where the past was too terrible to speak of. Born in Poland after World War II, her mother and father were each the sole survivors of their families. The Holocaust loomed in the backdrop of her daily life, something felt but never discussed. The result was a childhood marked by painful silences and continued tragedy. Even as she built a successful life, Esther always felt herself searching. In her forties, she

learned that her father had a previous wife and daughter, both murdered in the Holocaust. This marked the beginning of the search that would define her next 20 years. When Esther's son, Jonathan, visited the shtetl Trochenbrod in Ukraine to look for the family who hid her father during the war, he didn't find anything. Lacking facts, he wrote the novel *Everything is Illuminated*, the success of which awakened worldwide interest in Trochenbrod and led to new clues for Esther. In *I Want You to Know We're Still Here*, Esther recounts her journey to find the missing pieces from her past and let her ancestors know that, despite everything, their family was still here. Esther will be in conversation with her eldest son, the journalist Franklin Foer. You can buy the book at [Politics & Prose](#), [Amazon](#), and [Barnes & Noble](#). Register by clicking the title link.

**Thursday, May 7, 1 p.m.**

**[The Supreme Court: Myths and Fact](#)**--In the Northwest Neighbors Speaker Series, speaker Thomas M. Bondy - Senior Counsel, Supreme Court and Appellate Practice at Orrick, Herrington & Sutcliffe, LLP, will walk us through some of the myths and facts surrounding The Supreme Court – from yesteryear through to today. Register by clicking the title link.

**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](mailto: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.):

**Monday, May 4, 1:30 - 2:30 p.m.**

**Courtney Tolbert: “The Battle of Puebla” and “Cinco de Mayo”** [Join](#) Courtney Tolbert to talk about "The Battle of Puebla" and why we celebrate "Cinco de Mayo".

**Tuesday, May 5, 10:00 - 11:00 a.m.**

**Dance with Taal Virtually** [--](#) Professional Indian Dancer, Shuchi Buch, get you up on your feet and dancing! Please register.

**Other community events:**

The next ANC3D meeting on May 6th will feature Council Member Robert White (At-Large) discussing the city’s response to the Covid-19 pandemic, any special needs of our neighbors, how the city can carefully open back up, perhaps in stages, when the time is appropriate, and how to deal with the expected large shortfall in the DC revenues. Details on how to participate will be posted on the Palisades listserve.

**Wednesdays, May 6, 13 and 20, 10 a.m.**

**COVID-19 Virtual Support Group** -- The Washington Home wants to provide connection resources by hosting a Free COVID-19 Virtual Support Group to help alleviate social isolation. Our group meets by video and phone for 60-minutes on Wednesdays, from 10AM to 11AM EST, and dedicated to seniors and caregivers, but all are welcome! (Participants don't need a computer to join.) The virtual support group is hosted by TWH Program Manager Tiffany Oscar, LICSW, and will cover the following topics:

Preparedness Planning (5/6/2020)

Anxiety & Stress (5/13/2020)

Caregiving during COVID-19 (5/20/2020)



**Kindly share this RSVP Link** to reserve a space! And, please feel free to share these sessions with any associates or community members who may be interested.

## **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 [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
May 3 — 9, 2020

### **Functional Fitness**

Mon 05 / 04 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

### **Full Body Strength Conditioning and Interval Class**

Mon 05 / 04 / 2020 at 12:00 PM

Where: No address or address is not accurate

[More Information](#)

### **Book Club**

Mon 05 / 04 / 2020 at 1:00 PM

Where: No address or address is not accurate

[More Information](#)

### **Meditation with Roseanna**

Tue 05 / 05 / 2020 at 11:00 AM

Where: No address or address is not accurate

[More Information](#)

### **Virtual Yoga**

Tue 05 / 05 / 2020 at 2:00 PM



Where: No address or address is not accurate

[More Information](#)

**Functional Fitness**

Wed 05 / 06 / 2020 at 10:30 AM

Via Zoom

[More Information](#)

**Full Body Strength Conditioning and Interval Class**

Wed 05 / 06 / 2020 at 12:00 PM

Via Zoom

[More Information](#)

**Chat with Barbara**

Wed 05 / 06 / 2020 at 3:00 PM

Via Phone

[More Information](#)

**Virtual Yoga**

Thu 05 / 07 / 2020 at 2:00 PM

Via Zoom

[More Information](#)

**Managing self and others in times of crisis**

Thu 05 / 07 / 2020 at 3:30 PM

Via Zoom

[More Information](#)

**Board Meeting**

Thu 05 / 07 / 2020 at 5:00 PM

Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 05 / 08 / 2020 at 5:30 PM

Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 05 / 09 / 2020 at 10:30 AM

Via Zoom

[More Information](#)

Next Week at Palisades Village

May 10 — 16, 2020

**Virtual Yoga**

Tue 05 / 12 / 2020 at 2:00 PM

Via Zoom

[More Information](#)

**Storytelling**

Tue 05 / 12 / 2020 at 3:00 PM

Via Zoom

[More Information](#)

**Chat with Barbara**

Wed 05 / 13 / 2020 at 3:00 PM

Via Phone

[More Information](#)

**Nikita's Fabulous Interactive Cooking Class**

Wed 05 / 13 / 2020 at 4:00 PM

Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 05 / 14 / 2020 at 2:00 PM

Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 05 / 15 / 2020 at 5:30 PM

Via Zoom

[More Information](#)

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

Thank you!

Palisades Village

