



Across the Fence

Special Edition

May 31, 2020

Effective last Friday, May 29, Mayor Bowser lifted the District's stay-at-home order and began Phase 1 of the District's reopening plan. This is the first step in a cautious plan that reopens some non-essential businesses with curbside pick-up, restaurants can provide outdoor dining, hair salons and barbershops that follow social distancing, and many outdoor spaces to exercise. During this public health emergency, the risk of infection continues. In order to protect ourselves and others, we should continue social distancing protocols, wear masks when outside the home, and practice good hygiene. For specific health guidelines on other Phase 1 subjects, including childcare, elective surgery, dental care, seniors, and more, please see: <https://coronavirus.dc.gov/phaseone>.

Last week the Palisades Village Contingency Task Force met to discuss the gradual reopening of the Village. Your safety and well-being is our utmost concern. A summary of the discussion appears below.

1. Palisades Village Office

The Palisades Village Office is officially closed as is the Palisades Community Church where the Office is physically located. Since this is a shared community building, there are many people that can access the building, and safety from contamination is not guaranteed. When the Office reopens, only one person will be permitted to work there at a time. Visitors will not be allowed in the Office until the crisis situation is resolved. The staff and volunteers will continue to work remotely.

2. Transportation

Palisades Village will not provide transportation services until the situation is safe for both volunteers and members. The DC government is continuing to offer its Taxi-2-Rail (T2R) program citywide. All District residents may use this taxi service, regardless of income, age, or health condition. The program enables you to go to and from grocery stores, medical facilities, and pharmacies anywhere in the city during the health crisis. The first \$20 of the metered fare is free on each one-way fare. To access this transportation program, please call 202-727-3827 or book each one-way ride on-line at www.taxi2rail.com. There is no limit to the number of rides requested per month. If you have a walker or wheelchair, please let them know at the time of booking.

3. Social and Cultural Events.

Palisades Village will continue to offer virtual events to minimize the risk of infection. The Office is available to help troubleshoot your phone, computer, and other electronic challenges. We encourage your participation and ideas. Currently, the Village offers Storytelling, Book Club, fitness and yoga classes, mindful knitting, weekly Friday afternoon Happy Hours and other programs. If you would like to start an online game event or have other ideas for virtual programming, please let the Office know. Fourth of July Palisades style will be virtual this year and if you want to join in on the fun of planning a Village event, please let us know.

Barbara Scott, the Village case manager, is a great resource during these challenging times. If you would like to speak to her, you can do so virtually on Wednesdays at 3 p.m. by making an appointment with the Office or call us and we'll arrange for Barbara to call you.

The Palisades Village Contingency Task Force will be meeting regularly to reassess the Covid-19 situation. We miss our in-person connections but feel free to join us virtually.

Palisades Village continues to offer all members assistance with grocery shopping, medications, and other essential supplies. We have volunteers that are happy to make contactless deliveries to your door. If you need someone to drop off something at the bank or post office, we will happily arrange a volunteer to help you. We also are continuing our community connections by providing member check-in calls with other members and volunteers. Some of our members are receiving weekly meals provided by

volunteers while others are receiving a friendly check-in. If you need anything, please feel free to contact with your neighborhood team captains or the Palisades Village Office. Our Palisades Village logo is an Open Fence. Although we are not physically present in the Office, you are welcome to “virtually come inside the gate” and call us at 202-244-3310 and a friendly voice will call you back quickly.

Together, we'll get through this! It takes a Village to make our Village special and we are so glad you're a part of our community!

Upcoming Events:

The regularly scheduled meeting of the Palisades Village [Board of Directors](#) will be held via Zoom on Thursday, June 4 at 5 p.m.

See our Palisades Village [events calendar](#) below to register for Palisades Village's **Fitness**, [Chat with Barbara](#), [Happy Hour](#), or [Mindful Knitting](#).

On Tuesday, June 9 at 4 p.m. we will host a presentation on [“You Can Prevent a Stroke: Wellness at home, virtual medicine, and aging – useful guidance for everyone.”](#) Kristin Thomas, MD and Joshua Yamamoto, MD, are the co-founders of the Foxhall Foundation, a 501c3 non-profit based in Northwest DC dedicated to “Helping Everyone Age Well.” The Foundation recently published a book, “You Can Prevent a Stroke,” which is a very practical guide for anyone over the age of 50 on how to navigate the natural aging process and how to get the most out of what modern health care has to offer. The Foundation will soon open a brand new Wellness Center in Friendship Heights which hopes to offer an array of classes on wellness, fitness, and nutrition for all ages, especially for seniors. Alongside the Wellness Center, the Foundation has already begun a “Wellness at Home” project designed to help people access wellness counselors remotely. Drs Thomas and Yamamoto plan to spend a few minutes reviewing the book (which is available from Amazon and elsewhere), as well as discuss ways to work on health and wellness from home.

Creative Corner:



Gordon Kit's Banana Bread

(from www.simplyrecipes.com)

- Prep time: 10 minutes
- Cook time: 55 minutes
- Yield: Makes one loaf

INGREDIENTS

- 2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup melted butter, unsalted or salted
- 1 teaspoon [baking soda](#)
- Pinch of salt
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups of all-purpose flour

METHOD

1 Preheat the oven to 350°F (175°C), and butter a [4x8-inch loaf pan](#).

2 In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

3 Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.

4 Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.

5 Remove from the oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

Palisades July 4th Celebration:



It looks as if the annual Palisades parade on July 4th will be virtual this year. The organizers are looking for "any pictures or videos you have of Palisades, whether it's of friends, gardens, hikes, the farmer's market, or anything local at all! There are so many things that make our neighborhood special and everything will be included in our virtual celebration!

Submissions must be sent by June 15th to Jessica Davis at davis.jessical@gmail.com. By sending, you are authorizing your content to be shared on our virtual parade." *from Jessica Davis*

Seeking Research Participants:

My name is Dr. Abigail Marsh and I am a researcher at Georgetown University. My research team and I are conducting a study that you can

initially participate in from home. We understand that this is a difficult time for many people and that people are also be looking for ways to stay engaged while social distancing. We are reaching out to offer the opportunity to participate in a research study looking at how various emotions affect social behavior and decision-making.

Your participation would consist of an online survey that takes about 60 minutes, in which you would answer demographic questions and other questionnaires to help us determine if you might be a good fit for further participation. There is a \$20 compensation for completing the survey.

Abigail Marsh

livingdonorstudy@georgetown.edu

202-687-6853

Sibley's COVID-19 Virtual Community Drive Ends Tomorrow, June 1:

Sibley Memorial Hospital, in partnership with the Palisades Citizens Association, Palisades Village, and American University, encourages you to support our COVID-19 Virtual Community Drive, running through June 1.

While the coronavirus pandemic is having an impact all over the world, in the United States a disproportionate number of people of color – particularly African Americans – are experiencing more serious illness and death due to COVID-19 than other demographics. To help address this emerging statistic, the community drive will focus on providing aid to communities of color across the District.

Please visit the drive's [Amazon wish list](#), comprising specific items ranging from cloth masks to essential household items that are in great demand in the District's underserved neighborhoods. Items purchased from the wish list will be delivered to Sibley and distributed to various community partners who will, in turn, ensure that the much-needed items are received promptly by under-resourced residents and families. Make sure you select "Sibley Memorial Hospital Community Drive" during the check-out process to have the items delivered directly to the hospital.

DC Village Collaboration



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

Monday, June 1, 7:00 p.m.

History of Impeachment -- In a Capitol Hill Village Village Voices presentation, Professor Paul Rosenzweig will explore the history of impeachment, from its conception by the Framers of the Constitution to the modern era and the experiences of Presidents Nixon, Clinton, and Trump. As a bonus, he promises to predict the result of the upcoming Supreme Court case involving subpoenas to the President's bankers and accountants.

Rosenzweig worked on the Clinton investigation and is a frequent commentator about the Trump presidency in print and on television. He teaches at the George Washington University law school and serves on the District of Columbia Bar's Ethics Rules Review Committee. Register [here](#).

The following are part of the Virtual Speaker Series hosted by Northwest Neighbors Village. For more information about the **NNV Virtual Speaker Series**, click [here](#). To register for these Zoom presentations, please click on the title.

Thursday, June 4, 1 p.m.

[From Budget Surplus to Budget Crisis: The Financial Health of DC after COVID-19](#)--Speaker: Shelley Tomkin - political activist, former Chair, Ward 3 Democrats, and Professor of Political Science at Trinity University (ret), will discuss the financial health of the DC budget as a result of the COVID-19 pandemic.

Thursday, June 11, 3 p.m.

[Book Talk: From Hope to Horror: Diplomacy and the Making of the Rwanda Genocide](#)--Speaker: Joyce Leader - Author, Ambassador to Guinea and previously Deputy Chief of Mission (deputy Ambassador) in Rwanda

A three-way ethnic and regional struggle to control transitions to democracy and peace was underway in Rwanda in the early 1990s. This jockeying for power dominated Joyce Leader's time at the United States embassy there as the ambassador's deputy in the years preceding the genocide of 1994.

How did this struggle, which began on a high note of hope for positive change, escalate to mass atrocities and genocide? What prompted the slaughter of an estimated 800,000 to one million Rwandans in 100 days? Why did diplomacy fail to prevent this total break-down? What might be done in future to avoid a similar outcome elsewhere?

Thursday, June 18, 1 p.m.

[The Importance of Grandparents](#)--Speaker: Alison Gopnik - Professor of Psychology, the University of California at Berkley, and recognized expert in children's development and learning. A discussion of the importance of grandparents in children's cognitive development.

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, June 3, 3-4 p.m.

Healing Harmonies: Make Your Own Playlist -- Kathleen McGuinness, Director of Community Relations of **[Smithlife Homecare](#)** will teach us how to make our own playlists using our iPhone, tablet, or Ipads. This will be a Zoom workshop. Register **[here](#)**.

Friday, June 5, 2:30 - 3:30 p.m.

[Sheep to Scarf Workshop](#) - Laureen Branting, fiber arts artist, will take us through the steps in a virtual "Sheep to Scarf" workshop. Register **[here](#)**.

Other community events:

Monday, June 1, 10 a.m.-12 noon

Coffee & Conversation -- LGBT Older Adults (and friends!) are invited to join The DC Center for the LGBT Community every Monday for friendly conversations and current issues that you might be dealing with. **[Link to join](#)**

Tuesday, June, 7:30 p.m.

PCA Town Hall -- Our guest speaker this month is Representative Eleanor Holmes Norton. Trammell Crow will also be giving a presentation on their

development plans, specifically focusing on traffic and parking. Attendees on Zoom will be able to raise their hand to ask questions or submit questions in the chat. The zoom link is here or you can enter the Meeting ID and Password manually.

<https://us02web.zoom.us/j/85894164733?pwd=endMN04rcVMrbE53Zk1C0U4vYkZVdz09> Meeting ID: 858 9416 4733 Password: 925731

Wednesday, June 3, 2:00 p.m.

Covid-19 Testing Presentation-- Capital City Nurses is hosting a Zoom seminar regarding Covid-19 testing . Registration is required to attend and space is limited. Dr. Ernest Brown from “Doctors to You” will discuss the importance of testing, challenges, the future of our response to the virus, and much more. Click Here to [register](#).

Wednesday, June 3, 2 -4 p.m.

[Diabetes A-Z](#) -- Good diabetes care takes a team. A multi-disciplinary team from Suburban Hospital will discuss all the basics for effective diabetes self-management. This is an interactive class taught by a registered dietitian, clinical pharmacist, and certified diabetes educators. If you need a refresher course or you have being recently diagnosed, this class is for you! Suburban Free Webinar Series Registration is required at events.suburbanhospital.org

Wednesday, June 3, 5 to 6 p.m. in English or 6:30 to 7:30 p.m. in Spanish

Know Your Rights Webinar -- Join Sibley Seniors Association for a webinar about your legal rights. Participants will hear about:

- Wills, advance directives and powers of attorney
- Eviction/foreclosure protections and payment plans
- Medicaid or uninsured – How can I get help?

Moderator: Steven Ragsdale, diversity, equity & inclusion consultant and associate faculty at Johns Hopkins Bloomberg School of Public Health

Speakers:

- Melisa Byrd, senior deputy director/Medicaid director, Department of Health Care Finance
- Lori Leibowitz, JD, managing attorney of housing practice, Neighborhood Legal Services

- Kristina Majewski, JD, attorney with the Pro Bono Access to Justice Practice, Legal Counsel for the Elderly (English Webinar @ 5)
- Daniela de la Peidra, JD, attorney in the Economic and Healthcare Security Practice, Legal Counsel for the Elderly (Spanish webinar @ 6:30)

Zoom links:

<https://jhjhm.zoom.us/j/92728992583?pwd=VzY4V2FYmFSbmQ3RXFMRXNUTUY0Zz09> Password: 341809 Or join by phone: 301 715 8592

Wednesday, June 3, 7 p.m.

ANC 3D Meeting -- The ANC will be meeting virtually to hear any concerns of community members and to take up a number of matters, including:

- 2 grant proposals that deal with Covid-19 and homeless issues
- A letter to the Mayor concerning mandatory masks
- A letter regarding fishing in the Potomac Gorge
- A letter to the Mayor regarding testing for Coronavirus in sewage
- A DDOT proposal to install flexposts at the intersection of New Mexico and Lowell Street
- A possible raise in the hourly rate for the Association's Administrator

Draft letters or documents pertaining to these matters will be posted, as usual, on the homepage of the ANC's website a few days before the meeting. Information about how to "attend" the meeting will be distributed on this listserv and on the ANC's website closer to the time of the meeting.

Friday, June 3, 3-4 p.m.

Aging on Your Terms Zoom Conference: Finding Your Whistle - Simple Gifts Touch Hearts and Change Lives -- Speaker: Chris Ullman. Due to COVID-19, the Sibley Senior Association is offering its Aging on Your Terms conference virtually this year. You are invited to join their live Zoom webinars online or over the phone, or you may listen to the recordings after the event. You are welcome to provide your question(s) in advance or submit them to the live chat option during the session. In Zoom webinars, you are muted on entry and may enter questions in the Q&A box. You will see the presenters on your screen, but not yourself, or any of the other participants.

Please join us by visiting this link on at 3 p.m. on June 3:

<https://jhjhm.zoom.us/j/93831901833?pwd=c21DNDRDa1gxTGplSExBRnE>

[xQWpjZz09](#) Password: 274067 Or call 301-715-8592 (enter meeting ID: 938 3190 1833 and Password: 274067) to listen to the presentations over the phone.

COMING UP IN PALISADES VILLAGE

The 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 ablanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
May 31 — June 6, 2020

Functional Fitness

Mon 06 / 01 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

Full Body Strength Conditioning and Interval Class

Mon 06 / 01 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Book Club

Mon 06 / 01 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

Virtual Yoga

Tue 06 / 02 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Functional Fitness

Wed 06 / 03 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Full Body Strength Conditioning and Interval Class

Wed 06 / 03 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Chat with Barbara

Wed 06 / 03 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 06 / 04 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 06 / 04 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 06 / 05 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 06 / 06 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

June 7 — 13, 2020

Virtual Yoga

Tue 06 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 06 / 09 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

You Can Prevent a Stroke: Wellness at home, virtual medicine, and aging – useful guidance for everyone

Tue 06 / 09 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Chat with Barbara

Wed 06 / 10 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

Virtual Yoga

Thu 06 / 11 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 06 / 12 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 06 / 13 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village