



# Across the Fence

*July 27, 2018*

## From the Front Porch

Happy Summer! The sun is brightly shining and my spirits are lifted after the deluge of rain that we recently had.

Gratitude...a simple word that goes a long way in lifting spirits. The world's most prominent researcher and writer about gratitude, Robert Emmons, defines it as "a felt sense of wonder, thankfulness, and appreciation for life." How can gratitude make an impact on my life and others?

I realize that life is good despite some bumps and twists and turns in the road. By definition, gratitude involves a focus on the present moment, on appreciating your life as it is today and what has made it so. Spread your gratitude by calling someone who has made a difference in your life. Cherish the precious memories that you have or had with a loved one. Think of what is good in your life today and what you are grateful for.

Expressing gratitude is more than saying thank you. Research has shown its multiple benefits. In fact, people who are consistently grateful are happier, more energetic, and more hopeful. They also tend to be more helpful and empathic, more spiritual and religious, more forgiving, and less materialistic. The more we focus on gratitude, the less likely we are to be depressed, anxious, lonely, envious, neurotic, etc. At the end of the month in our Village we are celebrating a very special lady's birthday. Her life is centered around being positive and accepting the things that she can not change. She lives each day to the fullest and expresses gratitude in so many ways. She is a great example of who I strive to be.

Many of my friends daily share three things that they are grateful for. Topping my gratitude list is the people that bring joy and laughter to my life including my family and friends, the people that have eased my commute and the natural beauty that surrounds me (and an upcoming vacation!). I am also grateful to my Palisades Village family, especially Erica! She keeps the mother ship sailing smoothly (and needs to, after all the rain and flooding). There are so many wonderful people in our Village: Erica who cheerfully takes all of the service requests; the volunteers who are always willing to help; the members who have great stories to share;

the Pan Handlers who are busy planning for our next Happy Hour at Sweet Agave on August 9 and our Summer Picnic on August 23; the House Tour leadership team that is working so diligently to plan an amazing House Tour on October 13; and our donors and sponsors who help guide and anchor us. Gratitude... it makes me happy just thinking about you! See you at the next Village event. I look forward to sharing the three things that we are grateful for!

## Photo Gallery



Membership Event at Black Coffee



Lee Wilson at Wings of Fancy



Group at outing to Glenstone



Happy Hour at 7th Hill Pizza



Mary Cheh chats with Janet and Andrea at the new Palisades Recreation Center.



Celebrating Bob Bourdaud'hui's birthday at a Palisades Pan Handlers planning meeting.



Mary Clute



Sharon Hays





Nancy Dutro cheers on the marchers.



The House that Eagle Scout Jack built (with help from Troop 61). Come borrow a book in our office or outside.



Palisades July 4 Parade

## Palisades Village House Tour -- Saturday, October 13th

The House Tour, our major fundraiser of the year, will be here in a few months! We have a bumper crop of remarkable houses, with architectural designs ranging from authentic turn-of-the-century Victorian to Tudor, Contemporary, and Mid-Century. These homes feature stunning renovations and captivating interior design and art, as well as spectacular views and lovely gardens - one hillside garden even features a charming waterfall!

This year's goal of \$20,000 will fund a significant portion of our annual budget. We'll raise this through donations, sponsorships of the houses, ads in the Tour booklet, and tickets for the Tour itself. Please put it on

your calendar **now**; tell your friends, and [buy](#) two tickets to the House Tour - one for yourself and one for a friend!

To pull off this exciting event, we need a cadre of volunteers. If you've ever wished you could be one of the knowledgeable docents who guide the visitors through the houses on the Tour, this is your chance! You'll have in advance, a private tour with the homeowners and learn first hand about their home, see your neighbors and meet new people on the Tour, and be invited to the post-Tour party for docents and homeowners - an exclusive Palisades Village highlight! Please contact the Village office (**202-244-3310**) if you would like to know more about being a docent.

See you on the House Tour!

### Welcome Our Intern, Madeline Hull!



Hello! My name is Madeline Hull, I am a rising junior at American University. I was born and raised right outside of D.C., in Montgomery County. I love to travel and I am studying abroad this upcoming year in southern France and then in London. Favorite hobbies include painting (even though I am not that good), traveling, reading, and movies! I can talk about nearly anything, so if you find you have some free time, stop by the office, I'd love to meet you! Happy Summer!

### DC Villages Continue to Collaborate to Better Serve Members

What began four years ago as an informal network of support among the Villages in D.C. is expanding due in part to some grants from the D.C. Office on Aging that support our care manager and volunteer training. Grants also help Villages enhance sustainability through strategic planning and provide development support and training. This spring, 12 D.C. Villages participated in a visioning process, facilitated by Organization and Strategy Consultant, Candace Robinson. She has years of experience in the Village movement, including co-founding the Village to Village Network. Candace has conducted research nationally on Village collaborations and helped the D.C. Villages plan for a collaboration that will enhance members' experience citywide and improve efficiency of operations.

Village collaborations increase community awareness of the Village model, design and lead advocacy efforts around key local and regional aging issues to work more efficiently, and share resources when appropriate. Palisades Village members benefit when we share a care manager with other Villages and offer professional support and resources, *cost free*, which we would otherwise have been unable to afford.

While deeper cooperation among D.C. Villages will enhance each Village's capacity to support successful aging, all of them, including Palisades Village, will maintain the culture and sense of community unique to our respective neighborhoods. The D.C. Village collaboration is intended to strengthen each individual Village, not replace it.

### Looking Ahead

The Village leaders will continue to support members and provide social and community connections focused at both the neighborhood and citywide level. As the village movement and our members mature, Villages will be called upon to provide more support and care services. They will have to balance the care and social needs of their older members, while providing social connections and activities to their younger members. Pulling from the strengths and talents among Village leadership, intentional collaboration will help the D.C. Villages meet these anticipated needs in the following ways:

- Community Outreach - Development of shared messaging and communication tools, such as a brochure and website, to inform the D.C. community about the Village movement and where to find a Village in their neighborhood.
- Joint Advocacy - Cooperation on key policies and programs that impact the lives of Village members and older adults citywide.
- Collective Action - Opportunities for shared programming for members. Joint training for volunteers, board and staff. For the past two years, D.C. Villages have offered several volunteer training sessions throughout the city and many in the Palisades Village area. The D.C. Villages are also looking at opportunities to share professional staff, such as case management or back office administration. Joint data collection has been identified as a priority to document to grantors and others, the impact of volunteer services, programming, social benefits and resource sharing.

### Member Profile



## **Anna-Stina Ericson: Laboring On with Meals on Wheels**

Anna-Stina came to DC in 1948, directly after graduation from Bryn Mawr and lived first in Georgetown and then in Glover Park. An extensive search for a house that would afford her a garden led in 1966 to the Palisades and her home on Nebraska at MacArthur. When I met with her in early May, beautiful azaleas adorned the front of her home and the backyard garden was chockfull of blooming and about-to-bloom bushes.

Anna-Stina grew up in Pittsburgh. After graduation, her Swedish background helped her to get a job with the Division of Foreign Labor Conditions of the Labor Department's Bureau of Labor Statistics. She was asked to prepare studies on the labor laws and labor conditions in Honduras, Venezuela, and Bolivia. First she had to learn Spanish, then she visited each of these countries, met with their labor department officials, and visited many factories, unannounced, to observe labor conditions.

In President Lyndon Johnson's administration, she was the Labor Department's representative to the US-Mexico Border Development Commission that sought to improve labor conditions and opportunities, and housing, health, and education in Mexico. Foretelling current immigration issues, the Commission sought to develop industries in central and southern Mexico to provide employment opportunities there, so people wouldn't feel the need to migrate to the US. At the same time, the Commission also sought to develop companies on the border for joint production ventures.

Along the way, Anna-Stina joined a group of volunteers working with children living in public housing. They came to the attention of the DC's YWCA, which offered to sponsor their efforts and soon she was on the Y's Board of Directors. That era's foresighted Labor Department gave her work time to serve on the YWCA Board.

In 1980, after 23 years at Labor, she took early retirement and became a volunteer with the Ward Circle/Georgetown Meals on Wheels, starting out as a driver. Twenty-eight years later, she's still active with Meals on Wheels, currently working at the service desk and helping coordinate the work of the organization. She is now in her 3rd term as its president, having served in nearly every capacity on the Board.



Anna-Stina had heard about the Village movement and thought it was a good idea, in general. It became a good idea in particular in 2016 when she joined as a member, partly to assuage the concerns of her family, uneasy that at 90 she lived alone at home. It was a good decision: She enjoys the author talks and our social events - and her family is now more comfortable with her living at home.

She maintains an active and satisfying life. She and her sister, Britta, have traveled extensively in the US and are enamored of the national parks, particularly the Grand Canyon, Bryce, and Escalante. She took her first cruise last year with her family on a "repositioning cruise" in which the ship moved its itinerary from the Caribbean to the Mediterranean Sea. She loved the experience, particularly the time following the cruise that they spent in Spain's countryside and in and around Barcelona. Two knee replacements at age 90 restored her mobility and now 5-year-old Scruffy takes her on daily walks and gives her a good workout.

Meals on Wheels remains close to Anna-Stina's heart. The organization provides two meals (one hot, one cold) every weekday for a mere \$43.75 a week. They also offer financial assistance for those who cannot pay the full charge. Their goal is to provide dependable, nutritious meals for those who live at home but are no longer able to shop for meals or are not up to cooking every day. They also serve people during an adjustment period after returning home from a hospital or rehabilitation residence stay.

Looking for a volunteer opportunity? As vacation season is upon us and many of the regular volunteer are away, MOW especially needs volunteers, not only to drive and deliver the meals, but also to help on the coordinating desk. The Board also needs a treasurer, if your skills lean in that direction. You can contact the MOW office if you'd like to volunteer or find out more: **202-966-8111**. Tuesday is Anna-Stina's day - you may see her then at the center of things at Meals on Wheels!

*By Jude Michaels, Palisades Village Associate Member and Volunteer*

### **Dockless Bikes-Can We Make Friends?**

The city has extended the pilot project on use of dockless bikes until the end of August, and in the meantime is collecting input from residents about how they are working.

In June, some Village members and volunteers joined in a spirited discussion about dockless bikes and scooters and their impact on pedestrians, especially older adults, persons with disabilities, and others who use a mobility device such as a cane, walker, or wheelchair.



Transportation Planner Aaron Goldbeck reviewed the issues the District Department of Transportation will consider in its final decision (expected in late August) on the regulatory framework for the program. That decision will dictate the number of bikes and scooters allowed, the rules governing bike companies, and how DDOT will manage the program.

Goldbeck outlined the history of both the new dockless bike program and the Capital Bikeshare program, whose fixed docking stations and excellent safety record of only 2-3 collisions, make it a "responsible" mobility alternative, in the view of some discussion participants. There was some discussion about the District's pioneering of new mobility options as well as the particular challenges dockless bikes and scooters present for older adult pedestrians, especially for people with low vision who may not hear fast-moving scooters coming up from behind them on the sidewalk.

Should dockless bikes be required to be parked and locked up in a particular location? Can DDOT verify if dockless bicycle companies are reporting all collision incidents? Will companies be required to provide a brief educational bicycling safety video that the renter would be required to view before the rental bicycle or scooter would unlock? Which federal or local government agency controls the classification of electric scooters, which are classified as "personal mobility devices," allowed on sidewalks, and can go up to 15 mph? Why would scooters that go up to five times as fast as pedestrians walking at an average speed of 3-4 mph be allowed to share sidewalks? And, this does not even factor in slower pedestrians and those with mobility supports (walkers, strollers) as well as low-vision persons.

These are just a few of the issues that arose in the discussion and the DDOT presentation, which included education on the limits of DDOT's jurisdiction. One of the challenges lies in regulating vehicles within the guidelines in which they are classified. DDOT recognizes the challenges, the strong financial and legal backing of the bike and scooter companies, and the needs of citizens, while at the same time desiring to lessen congestion and reduce emissions by having fewer cars on the roads.

The DDOT representative made clear that Area Neighborhood Commissions, the City Council, the Mayor's office, and DDOT are aware of the opportunities and challenges of dockless bikes and scooters. Public forums are not scheduled, but residents are urged to communicate concerns to members of the City Council, the Mayor, and their ANC. To comment, contact Transportation Committee Chair Mary Cheh at [mcheh@dccouncil.us](mailto:mcheh@dccouncil.us) or **202-724-8062**.

*By Heather Foote, Capital Hill Village.*

## Community Audit Program

Although summer is just settling in around campus, it is not too early for our neighbors to start thinking about enrolling in a class this fall as part of AU's Community Audit program.

The program offers adults ages 60 and older who live in the 20016, 20007, 20008, and 20015 zip codes, the opportunity to attend university courses on a noncredit basis for a modest charge. Auditors may listen to the same lectures and work from the same texts as enrolled students.

For just \$100, \$75 of which serves as a donation to the Alumni Association Scholarship Fund, neighbors are provided with a rewarding way to enhance professional skills, take classes with popular professors, or delve into a new hobby, and pursue a commitment to lifelong learning. The Alumni Association Scholarship is awarded every other year to an AU freshman legacy student.

Registration for the fall semester opens soon. For additional information, please contact Emily Walrath at **202-885-5962** or visit <https://www.american.edu/alumni/benefits/education/CommunityAudit.cfm>.

## DHCD Program to Keep Homes Safe and Accessible

The Department of Housing and Community Development's (DHCD) Single Family Residential Rehabilitation Program (SFRRP) helps qualified home owners finance home repairs that address building code violations, repair roofs, remove threats to health and safety (including lead-based paint hazards), and remove barriers for people with mobility and physical impairment. DHCD provides loans and grants up to \$75,000 per household. Loans are low, or 0 percent, amortized, for a period of up to 20 years, and deferred. Homeowners can get a grant of up to \$15,000 to replace their roof and do gutter work. Grants of up to \$30,000 are provided for improvements to remove physical barriers in a home for household with seniors over the age of 60 and disabled persons 18 years or older. If the head of your household is aged 60+, the first \$10,000 of assistance may be provided as a permanently deferred loan. Deferral of additional amounts will be considered on a case-by-case basis.

To apply please call the Housing Counseling Services at **202-667-7006**. To be eligible for SFRRP assistance, one must meet the following criteria: Own and live in your home as your primary residence for at least three years; be current on all District and federal taxes; have an acceptable credit report and payment history; have current homeowner's insurance and meet the income criteria, based on household size. The income limit is \$70,600 for a family of two.

*Recipe courtesy of Kay Horst, fondly known as the Queen of Cookies*

### **Lemon Poppyseeds**

Makes about 3 dozen, 2 inch cookies

#### Ingredients

1.5 cups bleached all-purpose flour (dip and sweep method).

6 Tbs poppyseeds

1/4 tsp salt

3/4 cup sugar

2 Tbs zest peeled from 3 medium lemons. (finely grated)

1 cup unsalted butter

2 Tbs + 1 tsp 2 large egg yolks

2 tsp pure vanilla extract

#### Topping

1 cup blanched sliced almonds

*Optional: powdered sugar for dusting.*

Preheat oven to 350°F.

Soften the butter. In a small bowl, whisk together the flour, poppyseeds, and salt. In a mixing bowl, cream the sugar and butter until light and fluffy. Beat in the egg yolks, vanilla extract, and zest, and scrape the sides of the bowl. At low speed, gradually beat in the flour mixture, just until incorporated.

Scrape the dough into the bowl and refrigerate for at least 1 hour. In a food processor with the metal blade, process the almonds until very fine, almost to a powder. Do not over process, however, to a "butter." Transfer the chopped nuts to a small bowl.

Place 2 oven racks in the upper and lower thirds of the oven. Measure level tablespoons of dough and roll them between the palms of your hands to form balls. Drop each dough ball, as soon as it is formed, into the nuts and shake the bowl to twirl the ball around, coating it well with nuts. Place the nut-covered balls on cookie sheets, 2 inches apart.

Bake for 18 to 20 minutes or until the bottoms are browned. For even baking, rotate the cookie sheets from top to bottom and front to back halfway through the baking period.

Use a small, angled metal spatula or pancake turner to transfer the cookies to wire racks to cool completely. If desired, sprinkle lightly with powdered sugar for an attractive finish. *Store:* In an airtight container at

room temperature or in the freezer.

## In Memoriam

**Kerry Wiener**, Associate member and volunteer



Of Washington, DC passed peacefully on July 9, 2018 of complications from cancer. Son of Howard C. Wiener, Jr. and Evelyn Dunne Wiener, Kerry was born in Wilkes-Barre, Pennsylvania. He graduated from Ohio Wesleyan University and Duke University School of Law and served as an Air Force JAG in Washington and Turkey from 1973 to 1978. He became a Foreign Service Officer in 1978, and served with distinction in Washington, Bogota, Paris, Moscow, and Cairo, retiring in 2005. After retirement, he accompanied his wife on assignment to Istanbul, and later enjoyed being a docent at the National Museum of American History. Kerry is survived by his loving wife of 48 years, Sharon Anderholm Wiener; son Eric Christopher Wiener (Eleanor Smith); daughter Kristin Evelyn Wiener (Christopher Chuang); granddaughter Evelyn Frances Wiener; and sister Susan Wiener Roetcisoender (Robert). He was preceded in death by his parents and his brother, Mark. A kind and gentle soul, with a devilish sense of humor and time for all, he was loved, and will be missed, by everyone who knew him. There will be a celebration of his life for friends and family at a later date. Memorial contributions may be made to the Smithsonian National Museum of American History.

For more about Kerry and Sharon's contributions to our community, see the profile of the Wieners in Across the Fence ([September 2016](#)). Condolences may be sent to Sharon Wiener at 5036 Fulton St., NW, Washington, DC 20016.

## DC Resources

### Composting

The DC Public Works Department and the Zero Waste Campaign are at the Glover Park-Burleith market at the Hardy School each Saturday from 9 a.m.-1 p.m. to collect your compost. You can drop off everything from eggshells to coffee and filters. Fill up a plastic pail, drop it off and buy some produce. Details can be found at: <https://dpw.dc.gov/foodwastedropoff>.

## 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: **Susan and Joe O'Mara** and **Lois Golden and Tom Hall**, and **Joan Schifferdecker** and new volunteers, **Helen McConnell** and **Susan O'Mara**.

Can you give a few hours on a Sunday morning at the **Farmer's Market**? We need help staffing our table and talking to your neighbors about what we do. Contact the Village office to schedule a shift.

The daughter of a friend of the Village wanted to share that an **organic vegetable farmer** sells produce at Sibley Hospital every Thursday, between 11 a.m. and 2 p.m..

You may remember **Yousef Bashir** from the talk that he gave for Palisades Village. His memoir, *The Words of My Father* is scheduled to be published in September. It is available now for [pre-order](#). It will also be available on Amazon in the fall, as well as other online outlets. Yousef believes that the book will give reasons for hope and demonstrate the true human side of both Palestinians and Israelis.

## Look who has signed up to support the House Tour!

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