



Across the Fence

February 12, 2016

www.palisadesvillage.org

PV Calendar

Feb 15 Office
Closed - President's
Day

Feb 16 Yoga

Feb 17 Member
Valentine Coffee,
Tea and
Conversation

Feb 18 Board
Meeting

Feb 23 Volunteer
Training

Feb 23 Yoga

Feb 23 Storytelling

Feb 25 Game Day
with PCC Preschool

March 1 Yoga (with
Anne Tager)

March 3 Book Club

Highlight Story

"Navigating the Healthcare System" Review

Former Palisades Village Board member MaryAnn Griffin, MSW, of Solutions by MAG, LLC, treated audiences to the intricacies of the health care system, specifically Medicare rules, hospice and long-term disability coverage, as a three-part series. Sharing her thirty years of experience, including her time with the Alexandria Government Division On Aging, she was well equipped to point out the Medicare surprises, gaps and rigidity that many folks don't realize exist until a medical crisis arises. For many people their medical care challenges are the greatest, so the need for information is imperative. Healthcare and Medicare procedures come into serious focus. This lecture series helped make sense of this complex topic.

MaryAnn's power point and presentation provided many illustrations and explanations of the rules. Too many examples of the complexities were offered to summarize here. The bottom line is that many of us will need professional help to navigate the Medicare world.

One example MaryAnn offered involved "in patient" vs. "observatory status" when someone is in the hospital.

MaryAnn's admonition: "It is imperative that an individual check with his/her physician to determine" the status.... because the "cost of the stay will vary considerably." A person may be dressed in a hospital gown, wearing a

March 8 Storytelling

March 10 U.S. -
Cuba Relations
Discussion with
Arturo Valenzuela
and Alexander
Watson

hospital bracelet, receive staff care and diagnostic services, meals and meds but only be in "observatory status" or outpatient status which provides markedly different, read substantially less, coverage than for formally admitted "in patients." The discrepancy grows when the patient "in observation" is sent to a skilled nursing or rehabilitation facility. Medicare will cover little to none of the expenses UNLESS the patient was at first officially "admitted in patient" for three days to the hospital PRIOR to being admitted to the second facility.

Tips like this were just an example of the information shared. This was a great series and if you missed it, MaryAnn will be offering it again in partnership with Sibley Seniors beginning on April 19 and concluding on May 3. Classes will be weekly from 10:30 to 12 noon at Sibley Hospital.

From the Front Porch - Safe at Home

Preparing and experiencing "Snowzilla" consumed many of our thoughts in January. The weather reporters were accurate and we had more than two feet of snow. It was amazing how time slowed down during the storm. Being in a nice warm house with a roaring fire in the fireplace and the smells of homemade bread filled the air in between hours of shoveling snow. Now that life is back to normal and the snow is almost melted, I wanted to tell you how grateful I am to Susan Elliott for resurrecting the emergency phone contact list. She and her team tackled a huge project just in time for the blizzard of 2016.

Susan's team reorganized and renamed neighborhood categories to make them more manageable and to include the volunteers in each neighborhood. Susan recruited neighborhood captains to ensure our members were safe during the storm. Thank you to our captains: Berkley, Peggy Adams; Cathedral, Mike Bartholomew; Foxhall, Molly Buck; Kent North, Judy Watson; Kent South, Margaret Lewis and Janet Bullinger; Palisades North, John Hays and Duke Ryan; Palisades South, Janet Heisse; Spring Valley, Susan Elliott and Wesley Heights, Jim Fetterhoff. You did an amazing job. I have heard so many positive comments from members who were so appreciative of the reassurance and the care given by the volunteer team captains. You all deserve a pat on the back! Thank you!

Members, our goal is to create community in each of our neighborhoods. If you have any suggestions on how our neighbors can communicate regularly and not just during snow emergencies, please feel free to share your ideas with me. You can e-mail me at asaccoccia@palisadesvillage.org or call me at 202-244-3310.



As many of you know our dear Jacqui will be leaving us in the Spring. We are pleased to introduce and welcome Erica Leighty Blanton. Erica has worked with older adults as a Senior Transition Manager. She helped folks become more independent in their own homes or move into homes with more supportive services. Erica enjoys developing inter-generational relationships among older adults and children.

Our Game Day with the Palisades Community Church Preschoolers had to be cancelled due to the weather and has been rescheduled for Thursday, February 25 at 12:30 with the Dragonflies Classroom. Come and play games with these delightful children.

And finally, we welcome your feedback. Are there any programs or services that you would like Palisades Village to offer? Did you have a great volunteer experience? Let us know.

A Happy Valentine's Day to you and yours!



February is American Heart Month



What To Do If You Have A Heart Attack While You Are Alone - Cough CPR

The Johnson City Medical Center staff actually discovered this and did an in-depth study on it in their ICU.

It is called **Cough CPR**. Let's say it's 6:15 p.m. And you're driving home (alone of

course), after an usually hard day. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain In your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR, but the guy that taught the course didn't tell you what to do if it happened to YOU.

Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. **A breath and a cough must be repeated about every two seconds without let up until help arrives**, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get extra time to get themselves to a hospital.

From Health Cares, Rochester General Hospital via Chapter 240's newsletter 'AND THE BEAT GOES ON '

(reprint from The Mended Hearts, Inc. Publication, Heart Response)

Volunteer Profile



Philip Thomas:

**PART TIME VOLUNTEER, FULL TIME TEACHER
FORMER ANC COMMISSIONER**

Philip Thomas is certainly among the youngest Palisades Village members-at 30 years young. Born in Lexington, Kentucky, he spent his early years going back and forth from Lexington to DC where he spent almost every holiday and summer with his extended family. After graduating from the University of Kentucky, Philip moved into the University

Terrace home his aunt and uncle built in 1953 and embraced the full thrill of home maintenance-including painting, decorating, and a full slate of yard work.

Teaching at a public charter elementary school as a physical education teacher,

Philip enjoys spurring kids to be more active. At Mundo Verde, the preschool to fourth graders have 90 minutes a day, including recess, to be active. Keeping the kids moving during PE is only part of his goal. He wants to instill in them a lifelong need for activity. In addition, the school has a large garden, to promote sustainability, where he helps the garden teacher. Philip has nothing but praise for the school, staff, and kids.

Maybe his athleticism will one day get the entire Village going and Palisades Village could become the most fit Village in the city. On school days Philip bikes nearly 15 miles round trip from his home to the school. In his spare time Philip is practicing for a 50-mile triathlon (swimming, biking and running) that he hopes to complete in early 2016. He recently started yoga and swimming to get in stronger shape.

Competitively, he and his sister have run short races together. Seems likely that Philip would welcome anyone from the Village who wants to join him in the competition.

His life mission is to have an effect on the next generation. Former DC mayor Adrian Fenty admonished him to help this generation and he took it to heart. Philip feels he accomplishes this via Palisades Village volunteering and through his teaching. He served two terms on the ANC Commission and ran unsuccessfully for the DC public school board. At least for now, his political interest seems dormant.

Village Corner



This is a new section where we want to feature what is important to you! Have a milestone birthday coming up, have a sketch or poem you want to share, or do you want to share some important news? This is the place to do it!

Submissions can be made by calling the office at 202-244-3310 or by clicking [here](#).

We want to recognize the tremendous work put into the Valenteer Party held on February 10. Kay Horst out-did herself with the food and Tom Horst was such an inviting host. Palisades Pan Handlers were on point once again. Bob Bourdaud'hui was stellar behind the bar along with the rest of the crew who helped with preparations. It was a fantastic party to honor the hard work of all our volunteers!

Palisades Events

Following are details on upcoming events sponsored by Palisades Village. As always, we gladly offer transportation to full members. Please call the office to schedule rides.

Monday, February 15 - Office is Closed

The Palisades Village office will be closed in observance of President's Day.

Wednesday, February 17 - Member Valentine Tea, Coffee and Conversations.

This event will be held at the Grand Mason Lodge at 5428 MacArthur Blvd., NW from 3 to 5 p.m. Guests will also be entertained by the music from Jared Denhard, a Celtic harpist. Unfortunately, **registration for this event has been closed** due to us reaching capacity. We will have a waiting list in case of any cancellations.

Thursday, February 18 - Palisades Village Board of Directors Meeting

The Palisades Village Board of Directors will meet at **6 pm at the Palisades Neighborhood Library**, 4901 V Street, N.W., in the 2nd Floor Meeting Room.

The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

Palisades Village members who would like a ride to the Board meeting should contact the Palisades Village office at 202-244-3310 or via email by [clicking here](#).

Tuesday, February 23 - Volunteer Training on Recognizing and Reporting Financial Exploitation, Self-Neglect, and Hoarding.

This is for new and seasoned volunteers. MaryAnn Griffin, MSW, will lead the discussion and help you look for signs and offer some suggestions.

A light supper will be served. The workshop will be held in the **Palisades Community Church Memorial Hall from 5:45 to 8 p.m.** [Register here](#) or call the office at 202-244-3310.

Thursday, February 25 - Game Day with the Palisades Community Church Preschool (5200 Cathedral Ave., NW)

The last Game Day with the PCC Preschoolers had to be cancelled due to the weather. This is another chance to play games with the preschool kids. Starting at **12:30 pm in the Dragonflies Classroom**, play your favorite games from your childhood: Candyland, Trouble, Shoots and Ladders, etc., while making a new young friend. See the world through the eyes and wonder of a child. This program will be repeated monthly if there is interest. Palisades Village volunteer Joan Smith is a former Montessori teacher and welcomes all your ideas for future programs. [Register here](#) or call the office at 202-244-3310.

Thursday, March 10 - U.S. - Cuba Relations - Where Are They Headed?

This talk will be led by Arturo Valenzuela, former Assistant Secretary of State for Western Hemisphere Affairs and Professor of Government at Georgetown University, along with Alexander Watson, former member of the Foreign Service and also Assistant Secretary of State for Western Hemisphere Affairs and Ambassador to the UN and Peru. Both of these men have spent their careers dealing with Latin America and will have a unique perspective on this topic. The focus of the presentations will be on recent developments with Cuba and a look toward the future. Ample time will also be given to open up the discussion for questions. **Space for this event is very limited.** Please **register** early by [clicking here](#) or contacting the office.

Club News

Book Club - Thursday, March 3

The engaging Book Club has changed venue and will now meet at a private residence at **1:00 pm on the first Thursday of every month.** For the next meeting the group will meet to discuss *All the Light We Cannot See* by Anthony Doerr. This Pulitzer Prize winning story follows a blind French girl and a German boy whose paths collide in occupied France as they both try to survive the devastation of World War II. New members to the club are always welcome! Please contact MaryAnn Griffin, who leads the group, with any questions and to get the details of the exact location at magriffmail@gmail.com or call the office at 202-244-3310.

Storytelling Club - Tuesday, February 23 and March 8 & 22

The popular Storytelling Club which meets the 2nd and 4th Tuesday of every month will meet again **February 23, at 3 p.m., in the Parlor Room at Palisades Community Church.** Plan to join other Village members in sharing funny, heartwarming, and every other kind of life story. No registration required. New members always encouraged to attend.

Yoga Class - Tuesday, February 16 & 23 and March 1 & 15.

One of Palisades Village's best programs is our yoga class. There is still time and space to join the class, which meets for one hour on **Tuesdays from 2 to 3 p.m. in Memorial Hall of the Palisades Community Church, 5200 Cathedral Avenue NW.** Yoga instructor Jill Minneman works with the skill level of each participant to make sure you are comfortable. The cost is \$15 per class to drop in. Contact Jill at jillminneman@gmail.com or call her at 202-237-0246 (home) or 202-607-7402 (cell) to save your space or to discuss whether this might be a good activity for you.

Please note that the two dates in March will be led by a guest instructor (Anne Tager) and there are no classes being held on March 8 or 22.

We love hearing from our Palisades Village community. Please contact us if you have an item of interest or would like to start / join a club.

Community Calendar

OLLI at American University has opened registration for the Spring 2016 semester which begins on Monday, Feb. 29, and ends of Friday, May 6. Classes such as "Having Fun and Living Healthier in Retirement", "Drawing and Watercolor Painting", "Today's Supreme Court: A Course for Citizens", any many more are offered through this program. To learn more about what is offered, please check out their website at olli-dc.org or call their office at 202-895-4860.

DC Fire and EMS Department is hosting the A'sia Sutton Smoke Alarm Giveaway and Installation Program which is a District-wide initiative to ensure all DC homes have a working smoke alarm. Statistics show that working smoke alarms in homes can substantially reduce the risk of fire death in residential homes. To be eligible for this program, you must be a DC resident (proof of residency required), you must live in and own (not rent) the home, and the installation must be completed by the Fire Department. For more information you can call 202-727-1614 or 202-673-3331.

Live and Learn Bethesda has many classes offered for the 2016 Winter semester. Upcoming classes include topics such as "What Should I Buy: Going Shopping in the Tech Supermarket?", "Migration, U.S. Immigration Reform ", "Mozart: the Final Works. What really happened!" and many more. Fees vary based on the class. To find out more information visit their website at www.liveandlearnbethesda.org or call 301-740-6150.

Georgetown University is celebrating the release of the 25th Anniversary edition of *Black Georgetown Remembered* on **Wednesday, February 24th at 7:00 pm in the Georgetown University's Gaston Hall**. *Black Georgetown Remembered* chronicles the rich but little known history of the Georgetown black community from the colonial period to the present. This event will be a paneled discussion with moderator Maurice Jackson of Georgetown University. Books will be available for purchase. RSVP required. Please contact Jackie Beilhart at 202-687-9298.

Georgetown University Learning Community has opened registration for the Spring 2016 non-credit courses. The courses are for neighbors "55 and better" and include

such topics as "The Experience of Alzheimer's Disease", "Business Ethics" and "Marilynne Robinson's *Gilead*". Class sizes are limited. Registration fees are \$30 for one class and \$50 for two or more. All classes take place on the Main Campus located at 37th and O Streets, NW. for more information you can visit their [website](#) or contact Sanea Pinkey at 202-687-7000 or sap48@georgetown.edu.

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