



# Across the Fence

January 12, 2016

[www.palisadesvillage.org](http://www.palisadesvillage.org)

## PV Calendar

**Jan 14** Maintaining Your Hearing Health

**Jan 14** Book Club

**Jan 18** Office Closed - Martin Luther King Day

**Jan 19** Successfully Navigating the Healthcare System - Part 1

**Jan 26** Successfully Navigating the Healthcare System - Part 2

**Jan 26** Storytelling

**Jan 28** Game Day with the Preschool

**Feb 2** Successfully Navigating the Healthcare System - Part 3

## Happy New Year!

### A New Year Awaits

As the temperatures are dropping, the twinkling lights around town have come down, and you are back to your normal routine; it's time to look forward to the new year.

We want to make the most out of 2016 and it starts with a strong foundation. Palisades Village members voted on the new Board of Directors just before the new year. There are many familiar faces on the Board which will bring stability and experience to the Village. We also welcome some fresh faces to bring new perspectives and ideas to the table.

Do you have any new year resolutions? Palisades Village has made a resolution; to see this organization prosper and grow in 2016. We are encouraging our members to help with this declaration.

Please consider volunteering for communications, fundraising, member/volunteer recruitment, member services, events, Palisades Pan Handlers or one of our many committees (such as the newly formed medical note taking committee).

Do you have a friend that is interested in Palisades Village? We are always happy to provide information or talk to them about membership. Also consider bringing your friend along to our events so they can see first hand

**Feb 10** Volunteer  
Valentine Party

**Feb 11** Balanced  
Care, Nutrition,  
Wellness and  
Exercise

**Feb 18** Board  
Meeting

**Feb 23** Volunteer  
Training

what we offer. The final push to elevate Palisades Village comes from you. We want to hear your ideas, critiques, solutions and visions. Let us work together to make Palisades Village great.

*"Teamwork divides the task and multiplies the success."*

*-unknown*

### **2016 Board of Directors:**

Phil Potter - President

John Stiner - Vice President

Ellen Myerberg - Treasurer

Susan Albright - Secretary

Char Mollison - Assistant Secretary

Janet Bullinger

Ted Chaconas

Susan Elliott

George Farr

Carol Lynn Halal

Margaret Lewis

Arne Paulson

Lizzie Schueler

Gerry Slater

Judy Watson

## **Gift of Giving Correction**

*Editor's Note: During our December communication, the "Gift of Giving" story had a misquote. We regret the error and have reprinted the article in its entirety.*

### **All Good Moves**

A little chess, maybe wine shopping or a short walk and always some World War II or Vietnam stories enliven a special Member-Volunteer relationship.

Member Gian Carlo Guarda and Volunteer Jim Fetterhoff square off nearly every week. Jim claims that Gian Carlo is beating him 7 to 3. Loretta Schaeffer, wife of Gian Carlo, attests to the enormous pleasure her husband gets from the visits although she is not so sure about who wins.

Jim said, " I receive great pleasure spending time with my friend just being there - two guys, good conversation and a chess board!"

## From the Front Porch - Safe at Home



The DC Office on Aging is offering home accessibility adaption grants to reduce the risk of falls and barriers that limit mobility. This program may grant eligible households up to \$10,000 to cover equipment and labor costs for modifications such as furniture risers, handrails, grab bars, shower seats, stair lifts and ramps.

Eligibility: A District resident age 60 years or older (or between 18 & 59 living with disabilities) and have an income at or below 80% of Area Median Income (AMI).

Family Size Income	
1	\$61,152
2	\$69,888
3	\$78,624
4	\$87,360

To take advantage of this opportunity you will need to complete three steps:

- 1) Contact the **Safe at Home Program at 202-638-0050** and work with a trained specialist to complete the application and collect the supporting documentation.
- 2) Schedule your in-home visit. An Occupational Therapist will identify potential fall risks and mobility barriers in your home. A list of recommended modifications will be provided after this assessment.
- 3) The Safe at Home Staff will work with you and a general contractor to develop a plan to complete the modifications so you may continue to age in place.

January is National Glaucoma Month

## **What is Glaucoma?**

Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. Glaucoma occurs when the normal fluid pressure inside the eyes slowly rises. However, with early treatment, you can often protect your eyes against serious vision loss.

## **What is the optic nerve?**

The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina to the brain. The retina is the light-sensitive tissue at the back of the eye. A healthy optic nerve is necessary for good vision.

## **What are some other forms of glaucoma?**

Open-angle glaucoma is the most common form. Some people have other types of the disease.

1. Low-tension or normal-tension glaucoma. Optic nerve damage and narrowed side vision occur in people with normal eye pressure. Lowering eye pressure at least 30 percent through medicines slows the disease in some people.

Glaucoma may worsen in others despite low pressures. A comprehensive medical history is important in identifying other potential risk factors, such as low blood pressure, that contribute to low-tension glaucoma. If no risk factors are identified, the treatment options for low-tension glaucoma are the same as for open-angle glaucoma.

2. Angle-closure glaucoma. The fluid at the front of the eye cannot reach the angle and leave the eye. The angle gets blocked by part of the iris. People with this type of glaucoma have a sudden increase in eye pressure. Symptoms include severe pain and nausea, as well as redness of the eye and blurred vision. If you have these symptoms, you need to seek treatment immediately. This is a medical emergency. If your doctor is unavailable, go to the nearest hospital or clinic. Without treatment to improve the flow of fluid, the eye can become blind in as few as one or two days. Usually, prompt laser surgery and medicines can clear the blockage and protect sight.

3. Congenital glaucoma. Children are born with a defect in the angle of the eye that slows the normal drainage of fluid. These children usually have obvious symptoms, such as cloudy eyes, sensitivity to light, and excessive tearing. Conventional surgery typically is the suggested treatment, because medicines may have unknown effects in infants and be difficult to administer. Surgery is safe and effective. If surgery is done promptly, these children usually have an excellent chance of having good vision.

4. Secondary glaucoma. These can develop as complications of other medical conditions. These types of glaucomas are sometimes associated with eye surgery or advanced cataracts, eye injuries, certain eye tumors, or uveitis (eye inflammation). Pigmentary glaucoma occurs when pigment from the iris flakes off and blocks the meshwork, slowing fluid drainage. A severe form, called neovascular glaucoma, is linked to diabetes. Corticosteroid drugs used to treat eye inflammations and other diseases can trigger glaucoma in some people. Treatment includes medicines, laser surgery, or conventional surgery.

## Member Profile



### **Janice Kaplan and Michael Allen:**

#### **Investing in the Village's Future - and Theirs**

When Janice Kaplan and Michael Allen moved to the Palisades 28 years ago, aging in place was the last thing on their minds. Not yet 30, they were focused on getting to know their neighbors, planting a vegetable garden and starting a family. Over time, their attention turned to raising three children (now 20, 22 and 24) and pursuing their respective careers as a communications professional and civil rights attorney.

However, as interest in a new concept called the "village" grew among Palisades residents, they were intrigued. Michael - who had expertise in disability and civil rights issues - attended early planning meetings and facilitated a discussion of the Palisades Citizens Association. Later, he drafted the articles of incorporation that legally created the Palisades Village. "Palisades Village is a community builder," he says. "By helping older residents stay in their homes, it strengthens the bonds across the generations and makes this a much more interesting neighborhood."

Having worked with Iona Senior Services, Janice also was drawn to the organization. By writing profiles for the Village's Progress Report, she got to know many members and others who, like her, volunteer their time. "Just like our neighborhood, the Village is made up of interesting people from diverse backgrounds and diverse life experiences," she says. "Through the Village, I've met a judge and a Supreme Court docent, residents who grew up in Puerto Rico, Great Britain, and many others with great stories to tell. The one thing they have in common is they love this neighborhood and their homes and want to age in place."

One question Janice and Michael have frequently been asked over the years: why would someone your age care so much about an aging-in-place organization? "We see the effective role the Village is playing in the community and want to support that good work," says Janice. "Beyond that is a selfish reason: we want to make sure the organization is robust down the road when we are ready to tap into its services. That is why we support the Village now with our time and our money."

Janice wishes more people would understand the value of the Village earlier in their lives and take advantage of its services, which include transportation, referrals to service providers who have been vetted, social activities, even computer support. "No one wants to admit they are 'older' - yet," she says. "I look at it this way: the Village makes it easier for all of us as we age to spend time doing the things that bring us joy while taking away many of the things we would otherwise worry about."

Adds Michael: "The annual dues for a full member or associate member is a small investment to make compared to the cost of moving into an assisted living community. And I've yet to meet anyone who actually wants to do that."

## 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](#).***

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We want to congratulate Dugan Romano on her 5th grandchild, born January 11. Welcome to the world Chiara Romano Pierce. May your days be filled with wonder, love and possibilities.

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*It's too quiet in this section....Don't forget to send in your submissions. Share your exciting news, stories about your recent vacation, or a poem you came across and thought others may enjoy. We would love to hear from you!*

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## 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.**

### **Thursday, January 14 - Maintaining Your Hearing Health**

As part of our Library Talk Series, join us at **3 pm** in the **Palisades Library** on **Thursday, January 14**, for a presentation on maintaining your hearing. The program offers an opportunity to have your questions answered by audiologist Dr. Lanford about hearing loss, hearing aids and everything in-between. Sponsored by Home Care Assistance. To **register** [click here](#) or call the office at 202-244-3310.

### **Monday, January 18 - Office is Closed.**

The office will be closed in honor of Martin Luther King Day.

### **Tuesdays, January 19, 26 & February 2 - Navigating the Complex Healthcare System; What You Need to Know to be Your Own Best Advocate.**

#### ***This is a 3-Part Series***

Presented by MaryAnn Griffin, MSW, and former division director of aging and adult services for the city of Alexandria, at the **Palisades Library from 10:30 am - 12 noon**. The classes will focus on the broad health related issues: when/how to use long term care insurance, identifying a patient advocate, how to select a home care agency, surrogate decision making and more. This course will help you understand all aspects of the complex healthcare system. You will become an astute, educated advocate in navigating the system and managing care for you or a loved one.

**Register by Friday, January 15th by [clicking here](#) or calling the office.**

### **Thursday, January 28 - Game Day with the Palisades Community Preschool**

This is your chance to play games with the preschool class. From **1:15 to 2 p.m.** play your favorite games from your childhood: Candyland, Trouble, Shoots and Ladders, etc. all the while making a new 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, February 11 - Balance Care, Wellness, Nutrition and Exercise**

This program will be presented at the **Palisades Library** by Allie Harris from Home Care Assistance at **3 pm**. The class will talk about Dan Buetner's "Blue Zones", incorporating exercise into your daily routine, and brain health. Attendees are encouraged to dress comfortably to participate in a seated, short, sample exercise. [Register here](#) or call the office at **202-244-3310**.

## 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.

## Club News

### Book Club - Thursday, January 14

The Book Club will meet at **1:30 pm at the Palisades Library** to discuss *State of Wonder* by Ann Patchette. The book follows a pharmaceutical researcher, Dr. Marina Singh, as she sets off into the Amazon jungle to find the remains and effects of a colleague who recently died under somewhat mysterious circumstances. New members are always welcome. Please contact MaryAnn Griffin, who leads the group, with any questions at [magriffmail@gmail.com](mailto:magriffmail@gmail.com).

### Storytelling Club - Tuesday, January 26

The popular Storytelling Club will meet again **January 26, 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.

*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 - Pearls on a String: Artists, Patrons, and Poets at the Great Islamic Courts at the Walters Art Museum, Baltimore, MD on Friday, January 29th

- The exhibition features more than 120 works including paintings, calligraphy, textiles, ceramics, and jeweled luxury objects. Dating from the 16th to the 18th century, these exquisite works of art were created in historic India, Iran, and Turkey, a vast geographic area that extends from the Bay of Bengal to the Mediterranean Sea. A wheelchair accessible bus will take you to and from the museum. **Deadline to register is Wednesday, Jan 20. Cost \$32.** Make checks payable to OLLI. For more information or to see other programs offered this month, please check out their website at [olli-dc.org](http://olli-dc.org) or call their office at 202-895-4860.

**Memory Cafe - Supportive Caregiver Program by Iona** - One of the hardest aspects when dealing with memory loss is feeling like you're losing a support system or social group. To help address those feelings, Iona will be hosting a Memory Café every fifth Friday of a month, beginning on **January 29th from 5:00 - 7:00 PM**. Iona's goal is to provide a safe and supportive environment for individuals with memory loss, caregivers, family members, and friends to get together and enjoy a fun and stress-free evening out. There will also be a light dinner served. To RSVP, please [emailregistration@iona.org](mailto:emailregistration@iona.org). Iona is requesting a **\$20 contribution per twosome**. If you have any questions, please contact Sharon O'Connor at (202) 895-9469. For other great programs offered by Iona this month please visit their website at [www.iona.org](http://www.iona.org).

**Live and Learn Bethesda** offers a range of classes such as "Zumba Gold", "Picasso's Ladies", and "I Love iPad". Registration for January classes are now open. Sessions range in cost and a variety of classes run throughout each month. You can learn more by visiting their website and searching the 2016 Winter catalog at: <http://liveandlearnbethesda.org>. For any questions, please contact them by email at [info@liveandlearnbethesda.org](mailto:info@liveandlearnbethesda.org) or by calling 301-740-6150.

**Widowed Outreach Through Sibley Seniors Association** is hosting a winter wear gloves and hat drive for under-served adolescents at Cordoza Middle and High Schools. You may donate gently used items or you can purchase new sets through Amazon.com for \$16. If you would like to participate without shopping, you may make a donation to the Sibley Foundation (specify that it goes to the Sibley Senior Association) and Marti will buy the maximum number of sets based on your donation. Donations of any kind should be sent **no later than January 17** to:

Marti Bailey at Sibley Senior Services  
Renaissance Building, First Floor  
5255 Loughboro Rd NW  
Washington, DC 20016

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Andrea Saccoccia, Executive Director