



Across the Fence

March 9, 2016

www.palisadesvillage.org

PV Calendar

March 10 U.S.-Cuba
Relations-*FULL*

March 10 Long Term
Care Insurance
Workshop

March 15 Scam
Workshop

March 15 Yoga (with
Anne Tager)

March 22 Storytelling

March 23 St.
Patrick's Day
Luncheon

April 5 Yoga

April 5 Home
Organizing and
Spring Cleaning
Workshop

April 7 Book Club

April 12 Storytelling

Could you feel the love?

Members and volunteers were feted in two celebrations of Valentine's Day.



Members enjoyed Coffee, Tea and Conversation at the Grand Mason Lodge on February 17th. The Celtic harp player was a hit and will be making a return appearance for our St. Patrick's Day luncheon on March 23.

Check out the [website](#) for more photos of the tea as well as the lovely cocktail party at Kay Horst's house for our amazing volunteers.

April 12 Yoga

We can't wait to see what the Palisades Pan Handlers are going to do in March.

April 14 One Act
Play

April 27 Money
Smart for Older
Adults

From the Front Porch

Palisades Member MaryAnn Griffin offered a volunteer training session in February, **"Recognizing and Reporting Financial Exploitation, Self-Neglect, Abuse and Hoarding Behavior in the Elderly."** It was very informative and participants now have a clearer understanding about the signs to look for in potential abuse, neglect and exploitation. Did you know that 70% of the nation's wealth is controlled by persons age 50 and older? People 60 and over make up just 14% of the U.S. population but account for over 30% of the fraud cases committed against them. Female victims constituted 62% of the elder abuse cases and the vast majority of the perpetrators were family members. While these are disturbing facts, Palisades Village offers workshops to protect you. Please do consider joining us on Tuesday, March 15 at 3 p.m. when Marti Bailey, executive director of Sibley Seniors, offers a workshop at Sibley Memorial Hospital on **"Protecting Yourself from Scams, Identity Theft and Elder Abuse"**. If you can't make the discussion on March 15, you'll have another opportunity to learn about this topic in a presentation called **"Money Smart for Older Adults"**. A representative from the DC Department of Insurance, Securities and Banking will be presenting on April 27 at 2 to 3 p.m. at the Palisades Community Church.

Understanding Hoarding Behavior was another topic of discussion at the session. Hoarding is described as having ongoing difficulty discarding or parting with possessions because of a perceived need to save them. It is excessive accumulation of items, regardless of what the actual value is. I have seen many cases of people that their living spaces are so cluttered that they can no longer be used for their intended purpose and cause significant distress. One could no longer use her bed since it was piled high with stuff. You had to walk sideways down the hall to access other rooms because of accumulations. The person had to sleep on the sofa. Another case was so severe that the person could no longer go upstairs or use the bathroom.

Although not all cases are this extreme, it does make me want to remove all the clutter in my own home. Do I really need that outfit that I hope to fit in again? Can those

books be better used by someone else? How much is enough? My husband and I have struggled with these questions and have different thoughts on keeping our stuff. He puts everything down in the basement, just in case. I would rather recycle, donate or toss. My friend has a great system that we are trying to adopt, when you buy something, don't add it to your inventory, replace it. In trying to help us budget our allowance, my Dad would always ask three questions, "Do you need it? Do you want it? Do you have to have it?" Author and Japanese organizing consultant Marie Kondo adds, "Does it bring you joy?" As we approach springtime, maybe it's time to tackle some of our excess accumulations. To get you started please join us for a **Home Organization and Spring Cleaning** at 6 p.m. on April 5 at Palisades Community Church. Mary Malmberg, a professional organizer, will be our presenter.

Clutter Clutter-You've Watched it Grow, Now Let it Go!

Ah, warm weather, an opportunity to open windows, breathe fresh air, and face that household de-cluttering project. We all have lots of "stuff." As a rule, Americans own more stuff than any other demographic group. Thanks to a set of new TV shows, the term hoarder is being tossed around to describe those of us who like to keep our "stuff" a little too long. A cluttered home is not a moral failing; you may just have a temporary case of possession paralysis. To get yourself motivated to de-clutter, first consider the benefits. When you de-clutter your home, you reclaim more space and light, you remove allergens, you create safety for yourself and visitors, and best of all, you feel better. You can do it. Remember, you are not your stuff.

Here are some useful tips for getting started:

- Pick two hours a day during your prime energy time to work. Stop after two hours.
- Choose a room and stay with only one room at a time.
- Make a goal to eliminate one third to one half of the clutter in each room.
- Eliminate means donate, re-cycle, or move to storage in a better place.
- Declare victory when one room is done. Rest, then repeat in a new room.

I can assure you- it does feel really good when you accomplish your goal, so why wait?

Useful Resources: *Unclutter Your Life in One Week*, by Erin R. Dolan.

<https://www.onekinglane.com/live-love-home/marie-kondo-book-declutter/>

<http://zenhabits.net/living-simply-the-ultimate-guide-to-conquering-your-clutter/>

Checkout the Institute for Challenging Disorganization: www.nsgcd.org

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Don't Be Scammed!



Loneliness can often be an issue for older adults, especially those who have lost a spouse or, for other reasons, are living alone. Con artists count on this vulnerability and target seniors as the victims of their scams. For instance, they may call and strike up a friendly conversation in order to gain trust and then proceed by asking for personal financial information or convincing the senior to send money for a fraudulent sweepstakes entry, lottery ticket or charity. My father-in-law was duped in this way. Months after it happened, my husband and I discovered that he'd had several phone conversations with a man who convinced him he had a good chance of winning a multi-million-dollar lottery. Based on the short friendship he established with the scam artist, my father-in-law had sent a total of \$9,000 to a phony address. Needless to say, he never won that lottery.

Scammers have also been known to pose as Medicare representatives to obtain your identification number and then turn around and submit fraudulent claims on your behalf. Other scams include investment schemes, reverse mortgage swindles and the grandparent scam in which the con calls with a story about needing money to bail a grandchild out of jail or some other fabricated tale. In fact, according to Caring.com, "financial scams against older adults are now so prevalent that the National Council on Aging (NCOA) calls them the crime of the 21st century." The best advice is to be suspicious of anyone calling and asking for your personal information, money or telling you that you've won something. As the saying goes, if it sounds too good to be true, it probably is. Caring.com also provides these tips to prevent elder fraud:

- Shred all bills, notices and personal mail before throwing away.
- Don't sign any documents without reviewing them carefully.
- Reach out for help before investing or spending a considerable amount of money.
- Avoid sending money or providing personal information on the phone.
- Don't speak at length with people who are unfamiliar to you - just hang up!

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How Seniors and Families Can Cut the Clutter

I often hear people say that they are dreading the task of going through their parents' house after they pass away because of all the stuff tucked in the attic, basement and garage. Likewise, older clients frequently mention that they wish their children would take the time now to look through old boxes and family keepsakes. They are concerned that their possessions will become a burden when they're gone, and they don't want a precious family heirloom to be overlooked because no one knows its

importance or value. The thought of spending a couple of hours looking through old photos, school papers and collectibles is not at the top of anyone's list. However, there are some real advantages to sorting things out while everyone is still able.

Knowing a thing's background

We have all picked up an old black-and-white photo at some point and been unable to identify the people staring back at us. We're left wishing we had asked someone who knew when we had the chance. The same goes for that piece of artwork, jewelry or furniture. Learning the history of items makes it easier to decide whether to keep or discard them.

Sharing history with younger family members

It can be disappointing when you find something that has been hidden away and realize it could have been really useful for a child's school project or for your research into your family history. Being able to hold a picture of the grandmother they never met or read their grandfather's account of his military service can be so interesting to young children and helps to create a special bond between generations. Storing old things in boxes where no one can see them is a missed opportunity.

Paying expenses early

Some items may require money or upfront planning to move, ship or dispose of. Identifying those items without a tight deadline can save you money later. Research how to dispose of something properly, where to sell it or how to move a large piece of furniture well before it needs to be done, instead of when you're pressured by a medical emergency or a real estate deadline.

Taking your time

Going through a parent's lifetime possessions does not have to be accomplished in one weekend. In fact, breaking the project up into manageable increments will make the work less taxing and also allow time for smart decisionmaking and for keeping the family peace. You don't want to have to decide what to do with antique furniture, photo albums, dish collections and tax filings all at the same time. Conquer one category or space at a time.

Crossing it off the list

Even when you're not directly faced with a big organizing task, it can still weigh you down emotionally. Years of anticipating an unappealing project can increase stress levels significantly. It's much better to stop thinking and actually do something. Additionally, you may find something that could be useful to you now, such as old children's books that your 5 year old would enjoy, family photos that you can display in your home, an old quilt that would look great in your spare bedroom or inspiration for a creative project. You won't know until you look. Don't put off the inevitable. Dig in now. Get rid of all the stuff that no one needs and identify the things that you and your family members want to keep.

By Nicole Anzia, Washington Post, February 11, 2015. Nicole is the owner of Neatnik, a local home organization service. She can be reached at



March is Colorectal Cancer Awareness Month

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Source: CDC

A healthy diet helps to prevent all types of health issues. March is also **Nutrition Month**. Here is a recipe with healthy anti-inflammatory ingredients...

Kale and Chicken Caesar Wrap (Serves 2)

- 2 Lavash flatbread pieces
- 8 oz. grilled chicken, sliced
- 6 cups kale, washed and chopped
- 1 cup tomatoes, washed and quartered
- 1 cup fresh Parmesan cheese
- 1 garlic clove, peeled
- ½ cup nonfat plain Greek yogurt
- 2 tsp Dijon mustard
- 2 tsp red wine vinegar
- 2 tsp lemon juice
- 2 tsp olive oil

salt and pepper to taste

Directions:

In a blender, make the Caesar dressing by combining the garlic, yogurt, mustard, vinegar, lemon juice and olive oil. Blend until the garlic is finely chopped.

In a bowl, toss the chicken, kale and tomatoes. Coat with dressing.

Lay out the two flatbread pieces. Distribute the mix over the two pieces of bread, then sprinkle with cheese, salt and pepper.

Roll up the wrap, and slice in half. Eat immediately or wrap it up for a snack on the go!

Volunteer Profile



Jan Smart:

Listening Differently as a Retiree

Early adulthood took Jan from her hometown, Melbourne, Australia, to Papua New Guinea, which was transitioning to independence under the UN, and then on to London for a short time. Migrating to the USA in 1971, Jan joined the IMF where she remained for twenty-nine years until retirement in 2003.

Traveling in the Middle East, Jan quickly learned "wherever they live, people are essentially on the same journey - invested in education, work, families and communities. After September 11th, Muslims were often demonized, but I could look back on the people I had met and see our common humanity. A valuable lesson."

Uganda is another important part of Jan's life. That journey began with a chance encounter with Sister Rose Muyinza, a Ugandan nun who had brought a group of orphaned children to the Wolf Trapp Children's Festival (which they won) and then to the IMF to raise money. Sister Rose intrigued Jan. After a safari to Tanzania and Kenya, Jan visited the orphanage and her heart was captured. Becoming a sponsor followed. Now, Jan's Ugandan daughter has graduated with a BA in Community Development and is working. Her Ugandan son has graduated with a BA in Pharmacy and is on his way to self-sufficiency. Others are following in their footsteps: there are many young people in Uganda living without parents in need of 'parents' from abroad.

After retiring from the IMF, Jan heard a radio presentation about sustainable food system called Permaculture (from the words "permanent" and "agriculture".) Intrigued, she took a Permaculture Design Certificate (PDC) accreditation course that introduced her to the world of permaculture teachers, one of whom joined her in Uganda, to introduce the concepts to the teachers at the school that many of Sister

Rose's children attended, as well as to the local Agriculture Extension Agents. A year later Uganda's first PDC was taught to 40 people from within Uganda, including the teachers and extension agents, and as far away as Australia, France, and Nepal. Now, the school produces more food and uses the garden as a teaching tool for class lessons.

Locally, Jan volunteers with Free Minds Book Club that supports DC juveniles charged as adults. Because DC has no State prison, at age eighteen teenagers are sent to federal facilities far from family. As Book Club Members they receive books and a monthly newsletter that keeps them up with events in DC, and to which they contribute. Upon return to DC, Free Minds provides them with an apprentice program and a structured place to support each other. Recently, Congressman John Lewis (D-GA) spent an evening at the Juvenile Detention Center, encouraging the teens to find a passion and hold onto it!

"Palisades Village exemplifies the breadth and depth of DC, intellectually and culturally, and in their community-mindedness. I feel so very lucky to have been transplanted here in Foxhall Village."

"When you retire, you listen differently. When you are busy, you hear something that intrigues you...but daily life easily pushes it away. When you retire, you have ample time to follow that intriguing piece of information...whether on agriculture or the juvenile prison system!"

Do you enjoy reading these articles about the Palisades Village community? Our main contributor is stepping back so we are looking for someone to fill the vacancy. We are looking for a person who enjoys meeting people and wants to share their writing by contributing articles for use in Across the Fence. No experience needed. If you are interested or would like more information, please contact the office by [email](#) or by phone.

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](#).

Ruth Koczela is returning this week from a trip to meet her newest grandchild. Congratulations to the ever-growing family!

Palisades Village would like to remember **Ben Rowland** who passed away on Tuesday, March 1. He was a cherished member and friend of the Village. Ben was described as an "avid water-colorist, political scholar, world traveler, writer, and loving family member and friend". He will be deeply missed and our thoughts are with the family during this difficult time. Services will be held on Saturday, March 12 at 2 p.m. at the Georgetown Presbyterian Church in Washington, DC.

Attention Volunteers:

Did you know that we track the hours that all our fabulous volunteers contribute to our community? **Please let us know the hours that you spend with your neighbors.** You can reach us by phone or [email](#).

Art Lovers: Would you like a companion to join you for trips to the National Gallery, Phillips or your favorite museum? Let us know and we will try to match you with someone.

Mahjong, Bridge or Scrabble Players: Are you interested in finding a group to play your favorite game like the ones listed? Contact the office and we can work together to start a new club.

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 , March 10 - Planning for your Future - Long Term Care Insurance Workshop

This workshop will discuss the need for long term care insurance and options to pay for it. It will be held at 3 p.m. at the Palisades Community Library. [Click here](#) or contact the office to register.

Tuesday, March 15 - Protecting Yourself from Scams, Identity Theft and Elder Abuse Seminar

Learn about scams, identity theft and elder abuse and how to protect yourself and others. Presented by Sibley Seniors, this event will be held in Conference Room #1 in the Renaissance Building from 3-4:30 p.m.

Wednesday, March 23 - Member St. Patrick's Day Luncheon

This event will be held at the Grand Mason Lodge at 5428 MacArthur Blvd., NW from 12:30 to 3:30 p.m. The luck of the Irish brings us fare from the Emerald Isle prepared by the Palisades Pan Handlers. Jared Denhard will again be entertaining us with his Celtic harp. *Suggested donation of \$15.*

Tuesday, April 5 - Home Organization and Spring Cleaning Workshop

Mary Malmberg, a professional organizer, will be presenting at 6 p.m. at Palisades Community Church. She will talk about how to start the process of clearing out the clutter.

Wednesday, April 27 - Money Smart for Older Adults A representative from the DC Dept. of Insurance, Securities, and Banking will be speaking at the Palisades Library at 2 p.m. about financial fraud and exploitation. [Register here](#) or call the office at 202-244-3310.

Club News

Book Club - Thursday, April 7

The Book Club is back at the Palisades Library at **1:30 p.m. on the first Thursday of every month.** This month's book is *The Orphan Train* by Christina Baker Kline. MaryAnn opened her home to the group for lunch last month, setting the stage for enlightening conversation. New members to the club are always welcome! Questions? Please contact MaryAnn Griffin at magriffmail@gmail.com or call the office at 202-244-3310.

Storytelling Club - Tuesday, March 8 and 22 and April 12 and 26

The popular Storytelling Club which meets the 2nd and 4th Tuesday of every month 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, March 15 and April 5, 12, 19, 26

The spring session starts April 5. The class meets **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

Want to make your home safer? DC has a new program to assist seniors with grants for making modifications to their homes. The program includes an assesment by an occupational therapist who will then recommend home repairs and modification. Seniors may apply for *Safe at Home* services by calling 202-638-0050 or by email to safeathome@homecarepartners.org.

Sibley Senior Association: A Wellness Program for Those Over 50 To maintain your good health, Palisades Village offers all its Full members a membership in Sibley Senior Association which is 7,000 strong. Please call the office if you are interested. For PV associate members and volunteers there is a one-time fee of \$40 for individuals and an additional \$25 for an associate membership mailing at the same address. The impressive benefits range from parking discounts to support groups and classes.

Grief Support Group March 9 and 23 and April 13 and 17 An on-going support group from 2-3:30 p.m. at Sibley for people who have been bereaved two years or less. Registration required by calling 202-537-4942.

Avalon Theater Super Senior Cinema March 17 and April 21 The Avalon screens movies once a month for people over 50 at 10:30 a.m. for \$5. This month see *Whiskey, Tango, Foxtrot* with Tina Fey. If you would like to know what movies are being shown email Honora Precourt at hprecou1@jhmi.edu or call her at 202-364-7602.

SAC Senior Sound-Off March 18 The DC Senior Advisory Coalition (SAC) invites you to join them for a community meeting with elected officials and directors from the key agencies that serve seniors throughout the city. The event will be from 1-3 p.m. at the Pilgrim Rest Baptist Church, 4611 Sheriff Rd. NE. For more information please contact sacordinator@yahoo.com.

Premiere Low Vision Town Hall - Overcoming Barriers to Vision Rehabilitation March 19 Technology and resource exhibits as well as speakers will be at the Friendship Heights Village Center from 9:30 a.m. - Noon. Register at 301-656-2797.

Can't get enough about Cuba? Live and Learn Bethesda has a class on Ernest Hemingway, Cuba and the Old Man and the Sea on March 30. To view their extensive catalog or register please call 301-740-6150 or at www.liveandlearnbethesda.org.

Conversations at the Kreeger March 14 & 21 *Conversations* is a program for individuals with memory disorders and their caregivers. *Conversations* provides a forum for dialogue and connection through art and music. Each program includes a musical component and is designed to stimulate reflection, reduce stress, and increase communication and sociability. Offered the second and third Monday of each month at 11 a.m. and 2 p.m., this program is free but registration is required. Please call 202-337-3050 x 318 or email conversations@kreegermuseum.org.

Role of Hospice in Health Care March 28 - As part of the Dupont Circle Village Live and Learn seminar series, Susan Messina, MSS, MLSP, MS, CFRE will speak about hospice care 3:30-5:30 p.m. at the General Federation of Women's Clubs, 1734 N St., NW. For reservations, please contact Linda Harsh at 202-234-2567 or lindajkh@mac.com. There is a \$10 charge.

March is Orchid Month at the Hillwood Museum. Tours with Jason Gedeik, head of greenhouse and design operations, are scheduled and included in the admission donation. The calendar of events is at <http://hillwoodmuseum.org/whats/calendar>.

Emerging Technologies, Apps and Websites for Hearing Loss April 3. The Hearing Loss Association of America will be hosting a free talk at the Tenleytown Library at 2 p.m. They will explore applications and websites that will make navigating the hearing world a better experience.

Laugh Cafe April 7 - The Sibley Senior Assn. sponsors Laugh Cafe the first Thursday of the month from noon to 1 p.m. Each participant brings a short funny story or joke and they go round and tell their joke. They supply water, tea and coffee, you supply the laughs. Meet the group in Conference Room #4 of the Sibley Renaissance Bldg.

Healthy Aging Forum - New Challenges, New Possibilities April 18 - This is a day long gathering to explore the skills we need to maintain our quality of life as we grow older with workshops, a resource fair and a keynote address by Mindy Greenstein, PhD, clinical psychologist and co-author of *Lighter as We Go: Virtues, Character Strengths and Aging*. This will be held at the Washington Hebrew Congregation, 3935 Macomb St., NW. For information, registration and payment, [click here](#) or call 202-777-3435.

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