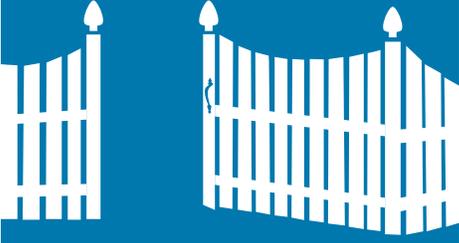


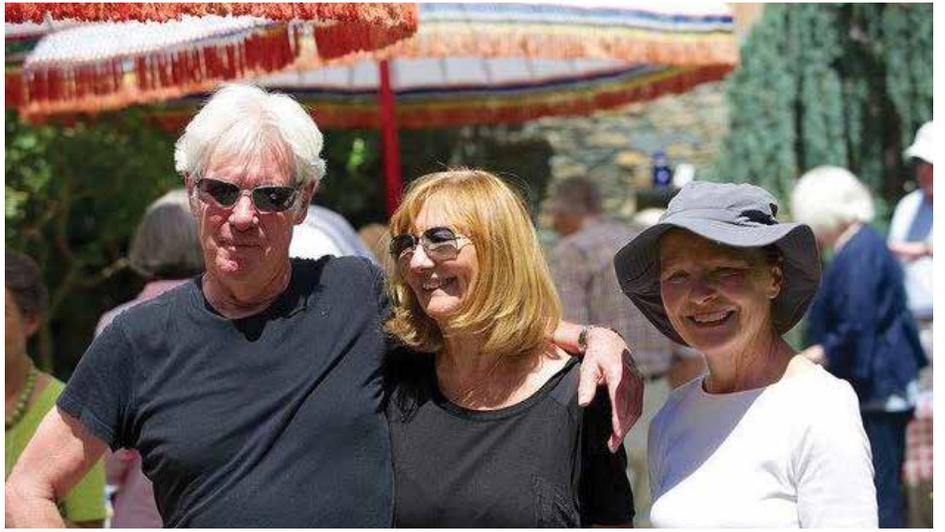
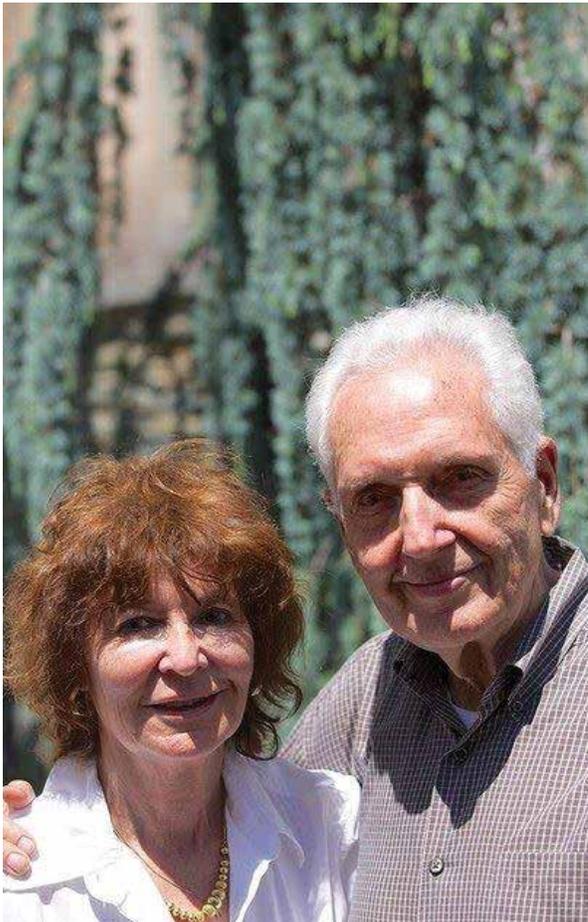
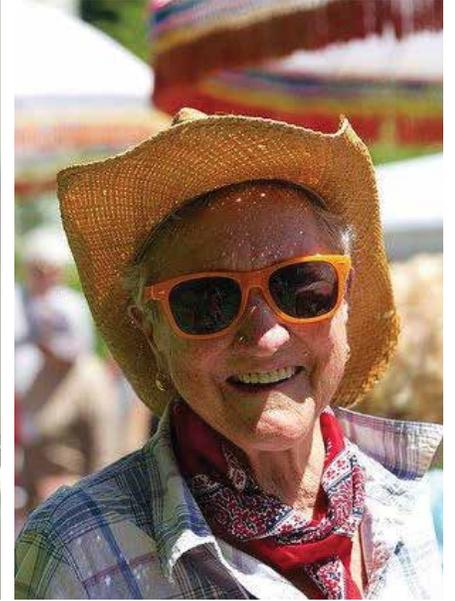
PALISADES VILLAGE



Aging in Community

Berkley • Foxhall • Palisades

Kent • Spring Valley • Wesley Heights



PROGRESS REPORT
2014

HELP US HELP OTHERS

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Many thanks to Janice Kaplan for her work on this Progress Report.

Thanks to you, our supporters, Palisades Village marks its sixth year improving the lives of seniors in our community. We do this by providing services and sponsoring activities that enable our resident members in the Palisades, Foxhall, Berkley, Kent, Wesley Heights, and Spring Valley neighborhoods to remain in their homes and be active participants in this community.

This Progress Report describes our achievements for 2014 and we ask you to make a generous tax-deductible contribution so our success can continue.

More than 80 Palisades Village volunteers provide transportation, shop for groceries, pick up prescriptions, provide home visits, give computer training, and more, to our 92 full members. For full members and another 111 associate members, we also sponsor social, fitness and cultural events. Our goal is to help our members stay happy, healthy and engaged in our community.

We are a grassroots, volunteer-driven, charitable nonprofit that depends on the donations of supporters like you. Our former president and long-time Palisades resident Andy Mollison, who passed away earlier this year, dreamed that Palisades Village would become a permanent resource for seniors in this area. Today that vision is becoming a reality.

Please consider the many ways you can be part of the Village:

- Join as a full member (\$500 for an individual/\$750 for a household per year). As a full member you are entitled to all of our services and access to all events.
- Not ready for the services? Join Palisades Village as an associate member (\$250 per household annually, of which \$200 is tax deductible). You will be welcome to participate in any of our social or cultural activities.
- Volunteer your services to help with driving, errands, shopping, home visits, etc.
- **Make a donation to Palisades Village.** Member dues provide one third of our budget. Foundation grants and the House Tour provide another third. We rely on donations like yours to contribute the rest.

Palisades Village is making a difference in the lives of many people. We need you to help us continue that work. We cannot do it without you. And we want to be there when you need us. Thank you in advance for your generous contribution.

With gratitude,
Phil Potter

A. Graham Down

Services by the Numbers

Between January and October 2014 a total of 1,275 service requests from older neighbors were fulfilled.

- 521** Transportation to medical, dental and physical therapy appointments
- 438** Transportation to non-medical appointments
- 153** Friendly Visits to shut-in members
- 79** Household fix-it chores
- 25** Referrals to our “Vetted Vendors”
- 21** Errands on behalf of members like prescription pick-up
- 20** Technology help with computers and television/cable
- 18** Taking members shopping

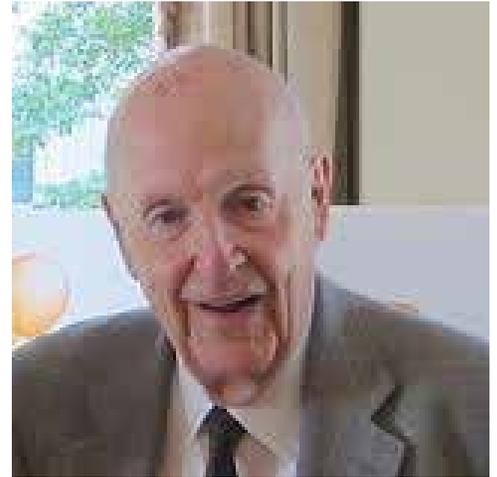
When A. Graham Down joined Palisades Village in 2013, he was interested not only in what the Village could do for him, but what he could do for the Village.

A resident of the historic Westchester building, Graham originally joined Palisades Village after he decided to give up his car. “A friend needed it more than I,” he said.

Like many members, Graham was grateful that the Village provides transportation; in his case, he came to rely on volunteers to drive him every Sunday to a church on 16th Street, where he played the organ. These “Sunday drivers,” as he called them, included Mike Dixon, Darrell Fearn, Frank Huffman, Charlie Lanman, Ada Loo, John Stiner, Phil Thomas and Art Watson. “The drivers are charming,” he said during a late-August interview. “We have great times in the car together.”

In return, Graham used his considerable skills and contacts to open doors for the Village. “It’s not enough to simply pay the modest membership fee,” he said. “My goal is to spread the word and expand the membership.”

A native of Worcestershire, England, Graham came to the US in 1955 to teach for a year. He never left. An international leader in the field of education who worked for the College Board and was Executive Director and President of the Council on Basic Education, Graham became a valued member of the Village’s fundraising committee. His introductions could lead to an important grant to the Village.



“I’ve run nonprofits,” Graham said. “I know what you have to do—and Palisades Villages does all.” Graham participated in a number of social and cultural activities from a visit to The Kreeger Museum to lunch at DeCarlos restaurant in Spring Valley. “We have very interesting people in this neighborhood,” he said. “They range from retired ambassadors to retired lawyers and teachers, and they like to talk about everything imaginable.”

This appealed to Graham, a genuine Renaissance man who was committed to giving back.

Graham Down passed away August 30, a few days after he was interviewed for this report. He died on his 85th birthday. On October 17 Palisades Village learned it was awarded a Morris and Gwendolyn Cafritz Foundation grant, which Graham had been instrumental in securing.

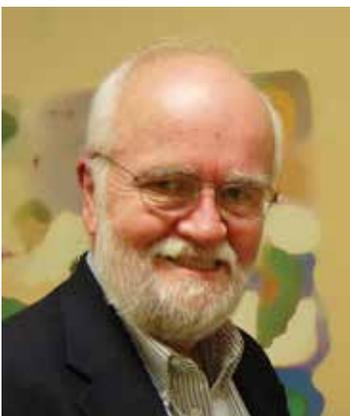
Gian Carlo Guarda and Loretta Schaeffer

Remembering Andy Mollison

Andy Mollison went about his life with tenacity, passion and fortitude. The members of PV, where he served five years as president, mourned his death in May of this year.

Andy was a lead driver in making Palisades Village what it is today, and under his leadership, the Village experienced significant growth. He was instrumental in founding of the Washington Area Villages Exchange which supports Villages throughout the Metropolitan area.

Andy posthumously received the Beacon Award from the national Village to Village Network in October 2014, which Andy's wife Char accepted. We will all benefit for years to come from Andy's investment in Palisades Village.



What happens when a family's primary caregiver gets sick? That definitely crossed Loretta Schaeffer's mind in March when emergency room doctors told her she was having a heart attack and she was diagnosed with a deep vein thrombosis just three days later.

Up until then, Loretta, 78, not only did all the shopping, cooking and driving, she had also devoted the past four years to caring for her husband Gian Carlo Guarda, 84, who has faced one health challenge after another, including heart problems, leukemia and lyme disease.

No, Loretta didn't have time to have a heart attack. Then, in May, she had another.

The first time, she suddenly felt so tired she was unable to climb the steps to her 1927 Sears Roebuck home overlooking the Potomac River. That evening, she felt pain in her shoulder blade, which moved to her jaw (these are possible signs of a heart attack in women, which are different than what men experience).

Two months later, while accompanying her husband to his pulmonary doctor's appointment at Sibley Hospital, Loretta once again felt the same "creepy crawly pain." She was admitted on the spot to the ER.

Luckily, before her heart attacks, Loretta had joined Palisades Village. She appreciates having had the Village safety net already in place and is grateful for the volunteers who do grocery shopping, help with small chores around the house, and provide transportation to their numerous doctors' appointments.

"Knowing a friendly neighbor is at your door at the designated time is far more reassuring than calling a taxi," Loretta says. "In many ways, Palisades Village is a substitute for the extended family that helped out in previous generations."

"My only regret," she says, "is that I didn't sign up to be a volunteer when I could. My life seemed so full at the time. I now understand that volunteering is a rich experience not only for the older person in need, but also for the volunteer."

JOURNEY BACK HOME

Janet Heisse

Become a Volunteer

In the Palisades Village the services we offer depend on the generosity and commitment of volunteers. In return, volunteers make a personal difference in the lives of the residents.

While the greatest need is providing transportation to members, especially to medical appointments, we have plenty of need for volunteers to: visit villagers in their homes; run errands or assist with simple tasks such as changing a hard-to-reach light bulb; and, help with social events. An army of volunteers have also successfully organized and run our annual House Tour!

Let us know if you have a couple of hours a month to spare, and we can plan a flexible schedule that works for you and our members.

A longtime resident of the Palisades, Janet Heisse lived in West Palm Beach, Florida, for 15 years before returning to Washington—and the Palisades—in 2010. Yet, having been away from the neighborhood for so long and newly retired, Janet felt disconnected. But not for long.

As Janet began to network, Palisades Village frequently came up in conversation. (When Janet left DC for Florida in 1995, the Village did not exist.) Thinking she might want to volunteer, Janet met with executive director Peggy Newman, who offered far more than a list of volunteer opportunities. “She oriented me to a city I had lost touch with,” says Janet. “This was a real comfort at a transitional time in my life.”

Janet was open to volunteering in any and every capacity. She drives Palisades Village members to appointments several times a month, helps with special event planning, delivers cookies to members at Christmas and Valentine’s Day, and volunteered at the house tour—where she met others who, like Janet, enjoy walking. As a result, an informal group of walkers formed. Perhaps her favorite assignment was regular visits to a member with Alzheimer’s who enjoyed discussing current events. “We’d talk about the European Union and the economy,” she says. “I used to prepare for the visits by reading the Financial Times and the Wall Street Journal.”

Last year, the Village created a phone tree to make sure members were connected to other neighbors when our area is at risk of power outages or other



weather-related developments; Janet offered to be a lifeline to members in her neck of the neighborhood.

“There is always so much work to do,” she said, “but the Village is also a lot of fun. It has provided an avenue for me to meet people. When I go to the Safeway, the farmer’s market or the library, I now see many familiar faces,” she says. “Palisades Village makes a big city more like a small town.”

Janet, who is in her 60s, says it gives her comfort to know our neighborhood has a robust aging-in-place organization. She volunteers—and hopes others will too—as a way to ensure the Village is not only a strong organization now, but that it will be far into the future.

“The Village offers programs on topics that would interest anyone who is starting to think about what life will look like 10 years out, 20 years out,” she says. “Being part of a Village allows you to think about—and ultimately create—the ideal neighborhood.”

PHOTO YEAR IN REVIEW

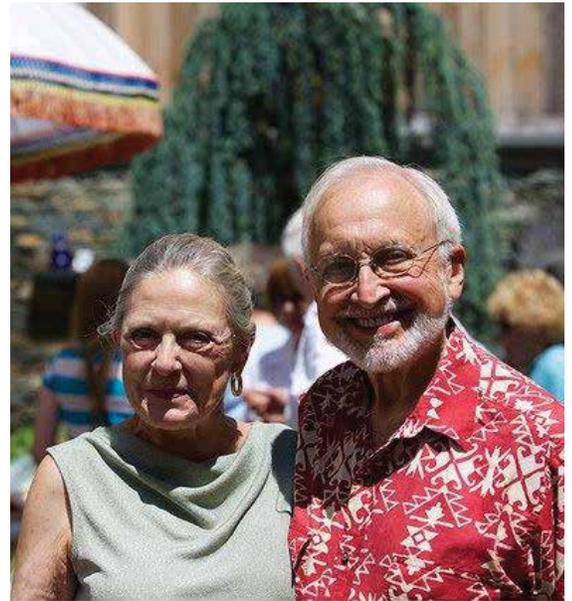


PHOTO YEAR IN REVIEW



1 House Tour participants with docent Beth Peters. 2 Palisades Village members visit the Kreeger Museum with docent Molly Buck. 3 Sharon Hays at Partnership Celebration with Sibley Seniors. 4 Ben Rowland and MaryAnn Griffin at the Foxhall Spring Fling. 5 US Supreme Court Tour with docent Janet Bullinger. 6 Lunch and concert at the Arts Club of Washington. 7 Volunteer Ruth Samuel delivers birthday cake to member John Hays. 8 Volunteers assemble for social hour at Bambu. 9 Lucille Hamblin receiving vegetables for the Junior Gardener program. 10 Georgetown Day School students, Community Service for Palisades Village Members.

PROGRESS REPORT SUPPORTERS



The following individuals have donated between January 1 and October 30, 2014. Check for a complete list of all 2014 donors in our Annual Report, including our generous end-of-the-year supporters, which will be published in the Spring of 2015.

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The following individuals donated to Palisades Village in memory of Andy Mollison, a former Palisades Village president and an individual credited with helping villages throughout the Washington area succeed.

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SECOND ANNUAL HOUSE TOUR

House Tour Supporters

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September 20, 2014 was a special day for Palisades Village.

On a Saturday afternoon with sunny skies and warm temperatures, the Village sponsored a successful tour of eight neighborhood homes. The tour—in its second year—raised much-appreciated funds, increased awareness of the Village, and deepened the neighborhood's sense of community.

The houses ran the gamut, from contemporary to Victorian, from renovated to newly constructed, from use of new technologies and environmentally respectful features to touches reminiscent of Frank Lloyd Wright era properties.

The 2014 House Tour was led by co-chairs, Sue Albright and Maria McKitterick. Sue, a Kent resident, and Maria, of Spring Valley. They brought their special blend of enthusiasm, calm, dedication to detail, and grace under pressure to the job. They led more than 140 volunteers. Local real estate agents and businesses sponsored the houses, supported the ticket booklet, and helped make possible a festive refreshment stop at W Street Park. Music was generously donated by Matthias Meuwissen and his a cappella students, as well as by Bob Templeton, Chris Guryan, Doug Fox and Jerry Danoff.

Special recognition goes to: Lizzie Schueler, for her efforts on marketing; Penny Pagano and Cary Ridder, who selected the homes; and the eight house docents: Janet Bullinger, Nancy Dutro, Mary French, John Giacomini, Penny Pagano, Beth Peters, Ruth Samuel and Karen Schaar Whale. The tour was made possible by



the owners of the eight houses: Barbara Osborn and Rob Laybourn, Buffie Bernstein and Hans Moennig, Ann Chynoweth and Richard Patch, Anne Favret and Bill Gallagher, Mary Evans, Robert Holleyman and Bill Keller, Pat and Mike McGinnis, and Maryam Rahmani and Payam Sharifi.

This year's house tour exceeded expectations: more than 300 tickets were sold and the tour netted almost \$19,000. Just as important, though, it created a spirit of community that makes the Palisades such a special place.

"That's why I call the house tour a 'friend-raiser,'" says Palisades Village Executive Director Peggy Newman. "It is as much a way to raise funds as it is a way to build the community."

MEMBERSHIP AND SUPPORT

Contact information

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PO Box 40403
Washington, DC 20016-0403
(202) 244-3310
info@palisadesvillage.org
www.palisadesvillage.org
Federal Employees!
Our CFC# is 42460

Join Us!

We offer Regular and Associate memberships.

Regular Membership entitles you to (1) help from volunteers, (2) help in selecting and arranging for services by providers recognized by Palisades Village, (3) Across the Fence e-newsletter, and (4) participation in our social, educational, fitness, and cultural activities. Annual dues: \$500 for individuals, \$750 for households

Membership-Plus is a regular membership for those with household incomes under \$50,000. Contact Palisades Village to learn more about this option. Annual dues: zero to \$100

Associate Membership entitles you to all the benefits of regular membership except volunteer services. It's a way to support Palisades Village if you don't yet need our many volunteer services. Annual dues: \$250, of which \$200 is tax deductible

We also welcome donations in any amount.



Support Us!

Palisades Village is recognized by the IRS as a 501(c)(3) public charity, and contributions are tax deductible. You can contribute online at www.palisadesvillage.org, or mail your check to Palisades Village, PO Box 40403, Washington, DC 20016-0403.

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Aging in Community

