



Across the Fence

December 14, 2015

www.palisadesvillage.org

PV Calendar

Dec 17 Volunteer
Holiday Open House

Dec 18 Sing-A-Long
with the Preschool

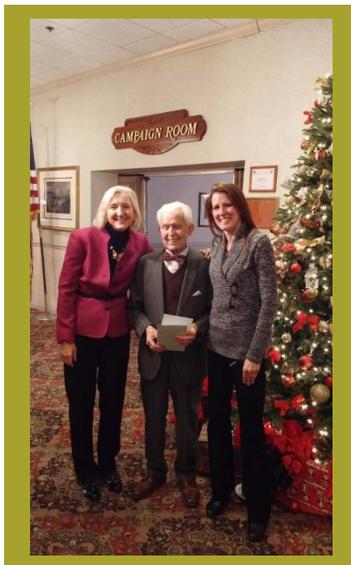
Dec 22 Storytelling

Dec 23 - 27 Office
Closed. Happy
Holidays!

**Dec 31 - Jan
3** Office Closed.
Happy New Year!

Jan 12 Storytelling

Jan 14 Maintaining
Your Hearing Health



What's Been Happening.....

Inaugural Celebrity Salon

Palisades Village members, Halcy Bohlen and Gerry Slater, opened their home to host the first Palisades Village Celebrity Salon. Special guest Hedrick Smith engaged the attendees in a discussion on civic involvement and signed a copy of his newest book. The Pan Handlers worked their magic and whipped up a delicious feast for the event, and the bartender never let anyone run dry. Fun personalities mixed with super food in a comfortable atmosphere was a recipe for success. Look for more fundraising events like this in the future.



Beautiful setting for this exciting event.



The guest of honor, Hedrick Smith.

Sandy Pontiere celebrated his 100th birthday with family & friends at the Officer's Club on Fort Myer.



The Pan Handler, Bob Bourdaud'hui, is always on top of service.

From the Front Porch - Holiday Spirit

Happy Holidays!

Many believe that this is the most wonderful time of the year, there is much anticipation for loved ones to be reunited and renewed hope for the coming year. But for others, it can be the loneliest time of year, it may have been a difficult year filled with losses of loved ones, health-related problems, and family issues. Although Palisades Village can't change life's challenges, it can help its members navigate through some of the daily living challenges, and for that, we are filled with gratitude to our community.

Our volunteers truly model our motto of "Neighbors Helping Neighbors." Thanks to our dedicated and compassionate volunteers, we can offer transportation, friendly visits, errands, shopping assistance, home repairs, yard work, tech services, reading aloud, snow shoveling, our highly talented Pan Handlers gourmet chefs' cooking cuisine, educational seminars, and cultural events, etc. to help our members with "Aging in Community."

Many of our readers are not aware of the many contributions that the Palisades Board members have provided to the organization. They mentor, advocate, educate, volunteer, chair committees, and offer their years of experience, sharing their skills and selflessly offering their gift of time. Thank you, Phil Potter, for steering our ship and to all of the Board members for your support throughout the year.

Daily, Jody McPherson diligently checks our mail and makes deposits for the Village. We are so grateful for her contributions. Ellen Myerberg comes into the office weekly to keep us on track financially and updates our data records. During the office transition, Ellen was the one consistency. No task is too small for her, and she never says, "This isn't in my job description." Ellen brings us much joy, makes us laugh, and brightens our office. Jacqui Sjoberg has been a wonderful addition to our staff and is truly a pleasure to work with. And you, dear members, we are so appreciative of the opportunity to serve you. We have learned from you and have benefited from your wisdom and experiences.

As we close out the year, we are especially aware of some of our older residents with modest means and what the Village means to them. About ten percent of our

members are subsidized and rely on the generosity of our donors. One of our members called the Village and said, "Without my friendly visitors and conversations with the volunteers who take me to the doctor's, I would have no one to talk to. Thank you for caring."

As with many nonprofit organizations, our low fees cover only about 50 percent of our costs. Your tax-deductible donation will help subsidize membership for members with limited incomes, cover the costs of vetting and training volunteers, and help sustain office operations. Your 2015 End of Year Appeal letter may have already arrived. Won't you help us continue the good work of our mission -- to help members stay engaged and connected in the community they love? If convenient, please donate online at www.palisadesvillage.org. Thank you for being a part of the Village and for your generous financial support.

I thank you for welcoming me into the Palisades Village family and being patient with me as a newbie, having been with you for nearly six months. I have enjoyed meeting you, and for those with whom I haven't had such an opportunity, I am hopeful that our paths will soon cross.

All of us at Palisades Village wish you a Happy Hanukkah, a Merry Christmas, and a Happy and Healthy New Year! May you be filled with abundant blessings in the coming year.

Andrea Saccoccia

December Focus - Giving and Caring

In The Spirit of Giving

Palisades Village, in partnership with the Palisades Community Church is collecting toiletries for S.O.M.E. (So Others May Eat) and Friendship Place. These are local organizations that make a big impact for our neighbors at large. These two organizations help the poor and homeless right here in D.C. by restoring hope and dignity one person at a time. We are collecting toothbrushes and toothpaste, deodorant, razors and shaving cream, chapstick, hand lotion, dental floss, shampoo and conditioner, soap, combs and brushes, nail brushes, clippers and emory boards. Both trial size and regular sizes are needed. Please bring them to the office by **December 18**.

Caring Too Much - How to Avoid Caregiver Burnout

1. Acknowledge that you are a caregiver.

We like to say that if you are worried, you are a caregiver. Caregivers may be providing hands-on help, monitoring from a distance, or providing emotional support. It's important to identify the role you are playing, so you can acknowledge your worries and concerns, and take steps to get the support you need.

2. Make time for you and stick to it!

Go for a walk with a friend, see a movie, join a book club -- whatever works for you. Then, be sure to put it on your calendar. Just having that visual reminder will show that you have committed that time. And if you can't figure out how to make "me-time" time happen, check out tip number five.

3. Share the load.

Make a list of things you need to do (even the smallest errand like picking your kids up from school or going grocery shopping) and ask others to pitch in -- chances are they've wanted to help!

4. Make a plan early.

Understanding your family member's wants and needs, and creating a "road map" now, will only ease decision-making in the future. Plus, the more you know, the more prepared you will be if your situation changes, or there is an emergency. If you are unsure of where to start, or need help making a plan, take a look at tip number five.

5. Get professional help and advice.

One of the reasons why caregiving is so stressful is because it's hard to know the right answer for you and your family. How do I help mom or dad? Are they safe at home? Do they need my help? Am I even asking the right questions? How do I take care of them and me at the same time? It's exhausting! Receiving coaching and guidance from a professional will not only provide answers (and peace of mind), but also a plan that you can use.

- Credit to Iona.

Member Profile



Sandy and Malcom Pritzker - A Prize Couple for the Village

Sandy and Malcom have been Spring Valley residents for 23 years and Palisades Village volunteers and associate members for three years.

For decades, Malcom was active in District legal work, as partner in a local law firm Semler and Pritzker. For the past several years, Malcolm has been a full-time arbitrator, which is a judge in private cases. He has also, for more than 30 years, been Co-Chair of a National Pension Plan. He also has done and continues to do pro bono work. For three years, he chaired the DC Bar Attorney-Client Arbitration Board of the DC Bar Association and more recently has been serving as an arbitrator for the DC Bar Board of Professional Responsibility. Both of these DC Bar committees regulate the behavior of DC Attorneys.

His pro bono work includes serving on the Friends Committee of the Tenley-Friendship Library and serving as a member of the Resident Advisory Board of Spring Valley.

Sandy is a dental hygienist. After many years of working for DC dentists, Sandy now works on a part-time basis. He has time to take various OLLI classes at American University and courses at Friendship Heights Community Center, including painting and dramatics.

The Pritzkers visit family all over the country, including NY, NJ, NC, MO, and IL. They have six grandchildren, ranging in age from 12 to 23 years. Malcolm's duties as co-chair of the pension fund also leads to attending meetings throughout the US.

They have enjoyed participating in Palisades Village social activities. They hosted a Spring Valley volunteer recruitment party trying to entice new volunteers and members to Palisades Village. Membership expansion in their neighborhood continues to be of special interest. They have been happy to host inside and out at their residence. They are part of the Palisades Village set up and clean up crew, particularly supporting the Pan Handlers at social events.

Palisades Village is grateful for the enthusiasm and support this active couple brings.

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](#).

*Although it's difficult today to see beyond the sorrow,
May looking back in memory help comfort you tomorrow.
~Author Unknown*

Our thoughts are with Phil Thomas on the passing of his mother, and also with Joan Smith on the passing of her sister.

A poem written by an anonymous author submitted by Nancy Dutro

I am a Seenager. (Senior Teenager)
I have everything that I wanted as a teenager, only 60 years later.
I don't have to go to school or work.
I get an allowance every month.

I have my own pad.
I don't have a curfew.
I have a driver's license and my own car.
I have ID that gets me into bars and the whiskey store.
The people I hang around with are not scared of getting pregnant.
And I don't have acne.
Life is Good!

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, December 17 - Volunteer Holiday Open House

Take a break from the holiday frenzy. Stop by the office for beverages and snacks to meet up with fellow Palisades Village volunteers and staff.

Friday, December 18 - Sing-A-Long with the Palisades Community Church Preschool Program

The preschool is bridging the age gap with Palisades Village. We are planning on partnering monthly with the preschool program. You are cordially invited to a Sing-A-Long on **Friday, Dec. 18 at 11 a.m.** in the Palisades Community Church Sanctuary to hear the children. If interested in attending, please let us know by [clicking here](#) or call the office at 202-244-3310.

Wednesday, December 23 - Sunday, December 27 - Office Closed

The office will be closed for the holidays. Please have service requests in early to allow the minimum 3 business days to fulfill.

Thursday, December 31 - Sunday, January 3 - Office Closed

The office will be closed to celebrate the New Year. Stay safe and warm.

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 offer an opportunity to have your questions answered about hearing loss, hearing aids and everything in-between. Presented by Home Care Assistance. To register [click here](#) or call the office at 202-244-3310.

Snow Removal - Notice from the Office of CM Cheh

From the Office of Council Member Cheh:

This winter, the Department of Public Works (DPW) will begin enforcing the "Winter Sidewalk Safety Amendment Act of 2014," which provides for an effective system of sidewalk snow removal in the District. The legislation establishes a citation/fine system for failure to remove snow and follows a similar process implemented by cities such as Philadelphia, Chicago, and New York.

Residents already registered in the District's Hardship Trash collection program will receive their exemption certification letter in the mail.

If an eligible resident receives a ticket, it will be dismissed upon a showing of their age or disability.

WINTER SIDEWALK SAFETY SHOVELING EXEMPTION



Beginning December 1, 2015, Residents who are disabled or over the age of 65 can apply for exemption from enforcement.

- Residents seeking the exemption based on disability must complete an application and submit evidence that they are disabled or otherwise unable to remove snow and ice, i.e. they must produce documentation showing that they have been determined as disabled by a government assistance program or a note from a physician stating that he or she is physically unable to remove snow or ice.
- Residents seeking the exemption based on age must complete the application and submit evidence that they are 65 years of age or older, i.e. any form of government identification bearing their photograph and age.

Applications can be completed via the Internet at www.dpw.dc.gov or, for residents who do not have access to the Internet, by calling 311 to request to complete an application by telephone. The 311 operator will take the resident's contact information and inform them that a DPW employee will call them within three (3) business days to complete the application and schedule an in-person appointment to verify the documentation and the property type.

Website Application: Once the application has been completed, the Website will request that the resident upload the evidence that proves eligibility. After the evidence has been uploaded, the Website application will provide them with an acknowledgment of the receipt of their application and a statement that a representative from DPW will contact them within three (3) business days only if there is a problem with their application. Otherwise, the Resident will receive an exemption certification letter in the mail once the property type and owner information has been verified.

311 Telephone Application: Once a resident calls 311 to request an exemption, the 311 operator will inform them that they can complete an exemption application on the Website and provide them the Website information. If the resident says they do not have Internet access or are otherwise unable to complete a Web-based application, then the 311 operator will enter a service request that includes the resident's name, address, and telephone number. The operator will be prepared to answer questions regarding eligibility requirements, necessary documentation, and the turn-around time in which they should hear from a SWEEP Inspector. SWEEP Inspectors will respond to the service requests according to their individual route /coverage area within three (3) business days to complete the application over the telephone. They will also schedule an in-person appointment with the resident to verify the documentation and that the property is a single-family residence.

Help Wanted

Holiday Help**

Would you like to have someone come to help put up or take down your holiday decorations? Do you need assistance pulling items from hard to reach areas like an attic? This idea was from Mary Ann at Alexandria Village. If this is a service you would be interested in, please contact the office or [click here](#). If there is a demand, we will work on finding the volunteers to complete these tasks.

Pet Visits**

Are you interested in having a friendly visit with a furry friend? We have a few volunteers that have offered to bring their dogs to your home. You could have pleasant conversation with a fellow Villager and the comfort of a sweet animal. If you are interested in this type of visit, please call the office or [click here](#).

** If you are a volunteer interested in helping with any of the above requests, please contact the office or [click here](#). **

Italian Speaker Wanted

A member is looking for someone that speaks fluent Italian to visit with her husband. He is more comfortable speaking in his native tongue and would like to have a friendly conversation with someone at his home. If you are interested in connecting with this couple, please call the office or [click here](#).

Club News

Become a Music Mate with the PCC Preschool -

You can be a Music Mate. Beginning in January, music and activities will be planned. If you are interested in helping plan these exciting events or coming up with a name for the group, please contact Andrea at asaccoccia@palisadesvillage.org or call the office at 202-244-3310.

Storytelling Club - Tuesday, December 22 and January 12

The popular Storytelling Club will meet again **Tuesday, December 22, and January 12, 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.

Eli Perl - Computer Help

Eli is a young student at Georgetown Day School who has offered to help our members with any computer-related issues. He can work one-on-one to help you understand and work specific programs such as email, iPhoto, or Skype on your computer. He is available after school and weekends. If you would like to schedule a session with Eli, please contact the office at 202-244-3310 or [click here](#).

Madeline Hawkins - Reading Partner

Madeline is a student in the 10th Grade at Washington International School. She is interested in completing her community service requirements by assisting those with vision issues. Madeline has offered to read any text to members in their home when she is available on weekends. If you would like to have a visit from Madeline, please call the office at 202-244-3310 or [click here](#).

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

Wise Aging Group through OLLI at American University - Make the rest of your life the best of your life. Through reflective work, we will come to a new understanding about our lives, our selves, and our values. In a nine-session group beginning on **January 6, 2016, at 7:15 pm in North Bethesda**, developing a more positive view of aging will be accomplished through text study, contemplative listening, discussion, reflection, and journaling, all leading to a deeper sense of well-being. Sessions are based on a new book, Wise Aging: Living with Joy, Resilience and Spirit by Rabbi Rachel Cowan and Dr. Linda Thal. Call Carol Hausman at 202-494-1935 or email her at cpopky@comcast.net for more information. No charge.

Avalon Theatre "Senior Cinema Thursdays"

Thursday, December 17 at 10:30 am, Avalon Theater is showing *Brooklyn*. It's a moving story of Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within. Tickets \$5.

Live and Learn Bethesda offers a range of classes such as "Seniors Get Fit", "Diabetes Support" and "Spoils of WW II". 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 catalog at <http://liveandlearnbethesda.org> or by calling 301-740-6150.

Alzheimer's Association is hosting several classes throughout the month about understanding, detecting, and living with Alzheimer's along with a Caregivers Support Group. All programs are offered free of charge. For more information, call 800-272-3900 or visit their website at alz.org/nca to see the local chapter's calendar.

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202-244-3310 | info@palisadesvillage.org
Andrea Saccoccia, Executive Director

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