



# Across the Fence

June 10, 2016

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

## PV Calendar

**June 11** Backyard BBQ

**June 14** Storytelling

**June 15** Ice Cream Social

**June 16** Board Meeting

**June 20** C&O Canal Talk

**June 21** Yoga

**June 23** Sleep Workshop

**June 28** National Cathedral Tour & Tea

**June 28** Storytelling & Yoga

**July 4** Office Closed - Palisades Parade

**July 6** DC Youth Orchestra Program

**July 7** Book Club

## We miss Jacqui already



But we sent her off in style at the Wine and Cheese social at the home of the Halal's.

After weeks with no sun, the rain stopped and we were able to enjoy their lovely garden.

The Palisades Pan Handlers paired wines and cheeses at stations throughout the house and garden. They didn't stop there and also passed yummys like figs stuffed

with goat cheese, little veggie patties, corn cakes, and personalized cucumbers.

Jacqui came accompanied by her very special husband, Jesse. Andrea gave a touching speech and reminded us of how very special Jacqui is to the Village and why we will miss her.

And you can read all about her family in the latest issue of the *Kent Connection*. If you would like a copy, let the office know and we can send you one.

Thank you to our hosts, the Halal's, the Pan Handlers and everyone who attended and made it so special. We also appreciated those who took the time and gave us feedback on the event.



From the Front Porch

It's hard to believe that it has been a year since I joined the Village. My first engagement was the BBQ. What a great first impression, from the tasty menu prepared by the Pan Handlers to the warm reception I received from the members. It has been a pleasure working with the staff: Jean, Jacqui and Erica as well as the Palisades Village Board. They are committed to providing important services and creative programs to satisfy your needs. We've shared some memorable moments with one of the most special times being Sandy's 100th birthday celebration. We reached out to you to send birthday cards to mark this occasion and you responded with heartfelt greetings, poems and songs!

Jacqui's farewell was also a memorable event. She exemplified Palisades Village's commitment of love of neighbor. She made each of us feel special and shared her courage and strength with us. She lit up a room with her smile and her love of life. We miss her already but there is a wonderful article about her and her family in the June edition of the Kent Connection.

We've also suffered some losses of members and some folks who have had serious health challenges. We have laughed, cried and mourned. But as I reflect on the joys and the sorrows, I think of my own family and the community that we have created. My mother-in-law died in April and although it was painful, she gave us a lasting gift. She provided us an opportunity to have all eight siblings and their families together, the first time in five years. It gave us a time to grieve and a time to laugh. It was such a special time. Much is the same with our Palisades Village community; the staff and the volunteers are like a family, a community that is present and committed to help you during life's challenges. They are there to visit, to share stories, to bring you to your appointments and help you with your shopping needs and pick up a prescription. When your light bulb extinguishes, your yard is in need of some TLC, your dog needs a walk, you need someone to read to you, you need help organizing or you need help with your television, computer or cell phone, you are assisted by the friendly staff and volunteers. We are truly blessed to have such outstanding volunteers.

The social events, workshops and outings have been well received and we thank you for completing the recent survey sent to participants of our last wine and cheese event held at Carol Lynn and Bill's home. You provided many thoughtful comments and praised the social events and you want more of them. Come to the ice cream social on June 15 to kick off your summer; there is nothing better than a bowl of your favorite ice cream to cool you off! Watch for teas, tours, lunches and an end-of-summer cookout on our website for the most current list of events.

### Medical Notetaking

I am excited to announce that we are launching a pilot program this month, Medical Notetaking. Last month five volunteers and I attended a training program held at Georgetown Village. This new service will be offered to members who would like to have someone accompany them to their doctor's appointment. Often it is difficult to go alone to the doctor's office and remember everything that was said. Volunteers have been trained on how to take notes concerning the member's medication and the doctor's directives. The volunteers are NOT medical advocates so volunteers would limit their role to record what the doctor said and provide the information to the member. These notes are confidential and will be shredded once given to the member. If you are interested in taking advantage of this service, please call the office and we'll do our best to accommodate you. *If you would like to volunteer for this new program, please let me know and I will make sure that you receive the training you need.*

Families and communities that take care of one another are integral to our well-being. I am proud to be part of the Village and I thank you for being a part of my first year. Please let me know how we can continue to be part of your family. And if you have enjoyed being

part of the Palisades Village, please tell your friends and let them know how special it is to be part of the Palisades Village family. Enjoy the summer!

Andrea

## May was full of workshops and seminars

For the past four years, we have hosted an **Estate and Gift Planning** seminar tapping into the wealth of knowledge and experience in our community. Charles Lanman, Bill Fralin and Ted Chaconas discussed how to put together a successful estate plan and options for planned giving.

Rabbi Glazer led a discussion on **Caring for the Caregiver**. This is a subject relevant to so many of our members and he provided a useful perspective on taking care of yourself so that you can take care of others. Keep an eye out for these signs that a caregiver may be beyond their ability to cope well:

- Denial: Maintaining a belief that the care receiver's illness is not serious or that it may not even exist
- Anxiety: excessive worrying about the future
- Depression: feeling helpless or powerless
- Irritability: "blowing up" over little things
- Anger: feeling angry at inappropriate times
- Poor concentration
- Withdrawal
- Sleep problems
- Exhaustion
- Illness

Many of our caregiver members love to have volunteers do friendly visits so that they can recharge. *Call the office if you want someone to visit your loved one.*

Palisades Village has had several seminars lately on how to protect ourselves from financial scams and fraud. The latest one was **Staying Safe Online**. How many times has a message popped up on your computer and you don't know if it is real or someone phishing for information? Unfortunately, we learned that it's usually a scam. If you are suspicious, don't open the email or click on any links, don't forward the email and delete it. Companies will rarely send an email asking you to click on a link unless it is an immediate response to something that you initiated like a password reset.

**How do I get rid of old documents and electronics?** They can be taken to the Fort Totten Transfer Station. They have monthly Hazardous Waste/E-cycling/Document Shredding:

- Every Saturday (except holidays), 8 a.m. - 3 p.m. (Shredding on first Saturday of each month only)
- First Thursday preceding the first Saturday of the month (except holidays), 1 p.m. - 5 p.m. (HHW/E-cycling Only)
- Closed Sundays and Holidays

District residents can get up to five 32-gallon bags (bring your own bags) of free compost weekdays, 1 p.m. to 5 p.m., and Saturdays 8 a.m. to 3 p.m., at the Ft. Totten Transfer Station, 4900 John F. McCormack Drive, NE.

## Alzheimers and Brain Awareness Month

## What To Do After A Diagnosis of Alzheimer's

According to the Alzheimer's Association, in 2015, an estimated 5.3 million Americans will have Alzheimer's disease. 1 in 3 seniors will die with Alzheimer's or another form of dementia, and almost two-thirds of individuals with Alzheimer's will be women. Alzheimer's is clearly on the rise; between 2000 and 2013, deaths attributed to Alzheimer's disease increased a staggering 71 percent. With statistics like these, there is little doubt that you or someone you know will be impacted by this devastating disease during your lifetime. A diagnosis of Alzheimer's is unwelcome news, often met with a variety of emotions and sometimes denial. If you or a loved one are diagnosed with Alzheimer's, however, there are several things you can do to prepare for the progression of the disease, to alleviate your concerns about long-term care and the associated costs, and to protect and provide for your family in the future.

Depending on the stage at which you receive a diagnosis of Alzheimer's, you may still have the capacity to sign legal documents. One of the first things you should do upon receiving a diagnosis is make an appointment with an elder law attorney. An experienced elder law attorney can review any existing estate planning documents to determine their sufficiency in light of your diagnosis, and can assess your ability to sign any new legal documents. If you do not have current estate planning documents, it is extremely important that you consider putting into place such documents as a Power of Attorney, Advance Medical Directive, and Will. Of the three, the Power of Attorney is arguably the most important; in the event that you become unable to manage your financial affairs, you should have an individual or individuals named who can assist you in that regard. There are some powers you may want to specifically list in your Power of Attorney which would allow the person(s) you name as agent to assist you in qualifying for public benefits. Don't take a gamble by using an online drafting service to create these documents; see an experienced elder law attorney for assistance with this.

Upon receipt of a diagnosis of Alzheimer's, it is also a good idea to consider your wishes for future treatment. In the event you become unable to care for yourself, is someone available to care for you in your home, or would you need to move to an assisted living facility or nursing home? How will you pay for your care? An experienced elder law attorney can help you put a plan into place for where you might receive future care and how you will pay for it. If you need to qualify for public benefits to help defray the costs of nursing home level care in the future, an elder law attorney can assist you in reviewing your financial situation and making related recommendations. Having a good plan in place can save a significant amount of money, stretch your savings further and preserve more to pass down to your loved ones at your death.

Individuals recently diagnosed with Alzheimer's - and their loved ones - should also consider taking advantage of the numerous resources provided to them by their local chapter of the Alzheimer's Association. These resources include support groups, classes, and a wealth of knowledge available both online and in print. You can start by visiting [www.alz.org](http://www.alz.org), or by contacting your local chapter. A 24-hour hotline is also available at 1-800-272-3900.

Although there is currently no cure for Alzheimer's, significant progress is being made in Alzheimer's research to try and prevent, slow, and cure this debilitating disease.

**From the Estate Planning & Elder Law Firm, P.C. newsletter, William S. Fralin, Esq., President**

## Palisades Pan Handlers Dish

Char Mollison agreed to share the recipe for the wonderful little corn cakes they passed around at the Wine & Cheese party.

### Southwestern Mini Corn Cake Appetizers

- \* Prep Time: 10 mins
- \* Cook Time: 20 mins
- \* Serves: 8

#### Ingredients:

- \* 2 cups frozen yellow and white corn, thawed and drained
- \* 1/2 cup finely diced red bell pepper
- \* 2 tablespoons sliced green onion
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon ground black pepper
- \* 1 cup pancake batter, prepared according to package directions
- \* 3 tablespoons butter, melted
- \* 1/2 cup sour cream
- \* Chopped fresh chives, optional

1. Preheat oven to 200°F.
2. Add corn, bell pepper, green onion, salt and pepper to the prepared pancake mix; stir until just combined.
3. Heat a 10-inch nonstick skillet over MEDIUM heat. Brush pan with a bit of the butter to coat. Working in batches, add heaping tablespoons of batter to the skillet and cook, flipping, until golden brown on each side.
4. Place corn cakes on a baking sheet and place in preheated oven to keep warm. Brush pan with additional butter between batches as needed.

Serve each corn cake with a small dollop of sour cream. Garnish with chives, if desired

They can be made ahead and frozen, and then zapped briefly in the microwave before serving. And they are good at room temperature, so they don't have to be kept warm.

## Volunteer Profile



### The Joy of Cooking, Palisades-Style

Lucky me, I was invited to join the planning meeting of the Palisades Pan Handlers when they organized the menu for the Palisades Village's 6th Annual Backyard Barbeque recently. "Meeting" must be understood loosely, as the evening consisted of drinking good wine and tasting different dishes auditioning for inclusion in the Barbeque.

Bob Bourdaud'hui, Village Events Committee Chair, heads the Pan Handlers, a merry band of cooks and organizers: Char Mollison, Kay Horst, Nancy Dutro, Ruth Samuel, Martha Bateson, William Bateson, and John Stiner. Bob and Carol Lynn Halal co-chair the Backyard Barbeque.

Fun is the name of the game when the Pan Handlers gather. Of course, service is a close second for the eight Village members and volunteers who constitute the group, but pleasure in one another's company defines their gatherings. By strange coincidence, their meetings always "seem" to happen during the cocktail hour when they bring the aforementioned food and wine to share.

With the exception of cheese and crackers, all of the food served at the picnic and other events is hand-made by the Pan Handlers. In addition to good food, good wine, and good times together, the Pan Handlers derive tremendous satisfaction from this hands-on labor of love for the members of the Village. Some consider this volunteer cooking gig the icing on the cake of their professional non-culinary career!

In the early days of the Village, we had just a few events a year, but that has grown to at least seven events of different kinds. The number of events involving food seems to have grown in a symbiotic relationship between the Village and the Pan Handlers: Beginning at the roll-out party for the Palisades Village in January of 2009, the refreshments were prepared by a few volunteer amateur cooks. By May of 2015, they had coalesced into the Palisades Pan Handlers as they found their skills increasingly in demand. It seems the Village events called the Pan Handlers into being and the Pan Handlers' cooking encouraged the creation of more events for the members of the Village to enjoy.

The Pan Handlers like to mix it up and always look for new and interesting foods to serve (hence, the tastings!), so members can look forward to something new at each event. While the advent of the cicadas was anticipated and much discussed at the meeting, the group rejected the idea of serving roasted cicadas ("the other protein," as it was dubbed) for lunch. Likewise, chocolate-covered cicadas didn't make the cut for dessert. Depending on when they awaken from their 17-year slumber, the cicadas may, however grace us with their lumbering presence and thus provide the day's entertainment.

The real Barbeque menu, as of this writing is: Green Salad (with strawberries and pistachios) with Honey Poppy Seed Dressing, Roasted Vegetable Salad (with fennel, sweet potato, red potato, red onion, sweet red pepper, and walnuts) with Honey Dressing, Anasazi Beans, a Green Vegetable, Toulouse Sausage (made with pork from the Palisades Farmers' Market), Barbecued Chicken with Spicy Vinaigrette Sauce (and cilantro on the side), and Marinated, Grilled Flank Steak with flat breads. And for dessert: Dark Chocolate Brownies with Port Cherry Ganache, and Fresh Fruit Cup with Topping. Delish! Libations include wine, beer, alcohol-free Sangria, and soft drinks.

Approximately 150 hours and many people go into the making of the Barbeque, with some 25 members and volunteers beyond the Pan Handlers needed to pull it off. And again, everything is freshly made by hand by the Pan Handlers for the 100+ people expected to attend. The Barbeque itself costs about \$1,800 to produce, so a donation of \$15 per person is requested (though not required) of those attending.

So, come join us and enjoy the fruits of the Pan Handlers' labor on Saturday, June 11th, from 12:30 p.m. to 3.p.m., when we again gather at the home of Greg and Marisa Mize, Village volunteers, who opened their charming garden to us for last year's Backyard Barbeque. You'll find additional details about the Barbeque and reservation info

elsewhere in this newsletter. If you know people in the Palisades who might enjoy and benefit from all that the Village has to offer, this would be a great opportunity to let them get acquainted with us. Invite them to join you at the Barbeque. You might forward this newsletter to them to get the conversation started.

I hope you'll be with us for a lovely and leisurely afternoon. Perhaps you'll take even more pleasure in the event and food, now that you know what goes into the making of the Backyard Barbeque. See you there!

**Jude Michaels, Palisades Village Volunteer**

## 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 are still looking for a few more volunteers for the **Farmers Market**. Please contact the office.

---

**Need a good beach read?** Member Pat Nicolette recently had published the twelfth in his Nick Mercante mystery series. *A Drug to Die For* is available through Amazon.

---

Carol and Larry Beaver moved to the Palisades in **1948**. Has anyone been here longer?

### **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](#).

## 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 at 202-244-3310 to schedule rides and/or register.**

**Backyard BBQ -Saturday, June 11 12:30-3:00 p.m.** Not your typical backyard barbecue. See the profile on the Palisades Pan Handlers who cater the event and your mouth will be watering. Home of Marisa and Greg Mize (5265 Watson St., NW)  
Suggested donation: \$15

**Ice Cream Social - Wednesday, June 15 3-4 p.m.** Beat the heat in good company. Grand Oaks Assisted Living (5901 Macarthur Blvd.). Parking will be reimbursed.

**C&O Canal Talk - Monday, June 20 2-3 p.m.** Learn about the history of the canal and national park from Palisades resident, John Guttmann. Palisades Library (4901 V St., NW)

**Sleep Workshop - Thursday, June 23 3-4:30 p.m.** Marti Bailey of Sibley Seniors will talk about sleep, why we need it and how we can rest and relax. Sibley Renaissance Building - Conference Room #1 (5255 Loughboro Rd.)

**National Cathedral Tour and Tea - Tuesday, June 28 1:15-3:30** Join other members for an in-depth tour of the highlights of the Cathedral followed by a traditional English tea.

## Club News

### **Storytelling Club - June 14 and 28**

The popular Storytelling Club 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, June 21, 28, July 5, 12, 19, 26**

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 summer session will run for six sessions from June 21-July 26 2-3 p.m. at the Palisades Community Church as usual. For the summer, we will have a drop in fee of \$15 per class. Students are welcome to pay \$85 for the whole session. Contact Jill at [jillminneman@gmail.com](mailto:jillminneman@gmail.com) or call her at 202-237-0246 (home) or 202-607-7402 (cell).

### **Book Club - Thursday, July 7**

The Book Club meets at the Palisades Library at 1:30 p.m. on the first Thursday of every month. The next book is "*The Beekeeper's Apprentice*" by Laurie R. King. New members to the club are always welcome! Questions? Please contact MaryAnn Griffin at [magriffmail@gmail.com](mailto:magriffmail@gmail.com) or call the office at 202-244-3310.

*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

**Deco Japan: Shaping Art and Culture 1920-1945 Opening June 11** Featuring a wide range of media-sculpture, painting, prints, ceramics, lacquerware, jewelry, textiles, furniture, and graphic ephemera-this traveling exhibition brings Japanese art deco to Washington D.C. for the first time. Hillwood Museum (4155 Linnean Ave.)

**Bandits & Heroes, Poets & Saints: Popular Art of the Northeast of Brazil; The Looking Glass: Artist Immigrants of Washington; Contemporary North Korean Art: The Evolution of Socialist Realism; South Korean Art: Examining Life through Social Realities; Art Cart: Honoring the Legacy June 18- August 14** at the Katzen Museum at American University.

**Kreeger Museum - Conversations: A program for individuals with memory disorders and their caregivers, Monday, June 13 and 20 11 a.m. and 2 p.m.** For more information go to <https://www.kreegermuseum.org/programs/Conversations-at-The-Kreeger-Museum> (2401 Foxhall Rd.)

### **Introduction to the Office of the DC Attorney General (OAG) Tuesday, June**

**14 2-4 p.m.** How can the OAG help you? This session will educate you on the OAG's many responsibilities, from enforcing the District's consumer protection laws to holding landlords accountable for housing code violations and assuring safe and habitable living conditions for all DC residents. Learn who to contact and for what information in this educational session.  
Tenley Library (4450 Wisconsin Ave., NW)

### **NSO Young Soloists Competition Winners Concert, Tuesday, June 14 7:30 p.m.**

Free concert in the Concert Hall at the Kennedy Center. (2700 F St., NW)

### **Doomed to Succeed: US-Israel Relations from Truman to Obama, Thursday, June 16**

**10-11:30 a.m.** Free lecture by Ambassador Dennis Ross as part of the OLLI series. Note: parking will be tight for events at American University this week due to graduations. Abramson Recital Hall in the Katzen Arts Center (Massachusetts Ave.)

### **Peabody Ragtime Ensemble Thursday, June 16 7:30 p.m.**

Part of the free Summer Concert Series at Glen Echo Park every Thursday night in the Bumper Car Pavilion. Rain or shine. More at [glenechopark.org/summerconcerts](http://glenechopark.org/summerconcerts).

### **V.A. Aid and Attendance Program, Saturday, June 18 Noon-2 p.m.**

Bill Fralin (founder of The Estate Planning & Elder Care Law Firm) will speak about specifics of the V.A. Aid and Attendance Program, a little-known V.A. program that provides veterans and their spouses with funds for in-home care, retirement communities and assisted living. Free to all village members. More info at: <http://bitly/25JCrMU> Hera Hub (5028 Wisconsin Ave., NW Ste. 100)

**AARP Spring Luncheon Monday, June 20 12 noon** Features assorted sandwiches, salads, and cupcakes for dessert. The cost is \$10.00 per person; checks should be made out to AARP Chapter 2183 and submitted by June 11. Feel free to invite friends and neighbors who might be interested. Metropolitan Memorial United Methodist Church (3401 Nebraska Avenue, NW)

### **Rodgers and Hart: 'Thou Swell, Thou Witty, Thou Sweet, Thou Grand", Thursday, June**

**23 2-3 p.m.** One of many Live and Learn Bethesda courses available. See [liveandlearnbethesda.org](http://liveandlearnbethesda.org) for more and registration. (4805 Edgemoor Lane, Second Floor, Bethesda, MD) \$15

### **Stay Moving with Parkinsons Disease Mondays and Wednesdays June 27 - August**

**31 3:30-4:15 p.m.** There is a mandatory pre-screening on Monday, June 20. Taught by a physical therapist, this class uses evidence-based exercise interventions specifically geared towards those with Parkinson's Disease (PD) to create a comprehensive strengthening program. To register for the class, participants must provide a valid physician's prescription certifying that they are appropriate to participate in a group exercise class and have a diagnosis of PD or Parkinsonism. Participants must also sign a liability waiver prior to participation. Call Iona at (202) 895-9448 and ask for our Helpline to learn more and to sign-up for the pre-screening.

## DC Resources

### **Iona Senior Services - Loan Closet**

Iona has a "closet" of used equipment that you can borrow at no charge. Need a shower seat for a few weeks after surgery? Call Iona's loan closet coordinator at (202) 895-9452.

- Wheelchairs (non-electric)
- Transport chairs (lightweight wheelchairs that need to be pushed)

- Rollator walkers (have seats)
- Tub seats and transfer benches
- Commodes
- Hand-held grabbers
- Canes

They also accept donations!

Palisades Village | PO Box 40403 | Washington DC 20016  
202-244-3310 | [info@palisadesvillage.org](mailto:info@palisadesvillage.org)  
Andrea Saccoccia, Executive Director