



# Across the Fence

November 2, 2016

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

## In Case You Missed It...

### **Fall Harvest Luncheon**

The weather sure didn't feel like fall but the Pan Handlers put on a spread to get us in the mood for the brisk weather.



### **Medicare Hospice Benefits**

Marti Bailey at Sibley gave a very informative presentation about hospice and what is covered by Medicare. It turns out a lot is covered for those with irreversible and progressive conditions who elect hospice care. The [Medicare website on Hospice Benefits](#) is great and spells things out clearly.



And just last week, we were treated to a tour of the Abner Cloud House, a presentation on Caption Telephone service, a Nature Walk of the canal led by Napier Shelton, a tour of the National Gallery's renovated East Wing and, we got help cleaning up our yards

from the energetic students at Georgetown Day School.

## From the Front Porch

November is a time of gratitude and thanksgiving. I am especially grateful for my daughter's safe return from serving in the Peace Corps. She completed her service and is beginning her next career steps. During her transition and internship, Elizabeth is living with us and brought home her huskie/german shepard mix. It's been a bit of an adjustment as the Saccoccia household adjusts to having an adult child back in residence along with her dog. I have seen the value and unconditional love the dog Atlas has brought into the house. I'd like to encourage our pet owners to share your animals with our members who miss having a pet. Please let me know if you want to be part of this service.

You might have noticed that there is a new format to Across the Fence; the Palisades Village and the Community events are now listed in a separate calendar of events. We appreciate feedback on this change.

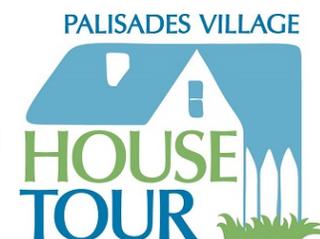
I recently attended the Eighth Annual National Village gathering in Columbus, OH. Keynote speaker Dr. Bill Thomas, author, performer and an expert on geriatric medicine and eldercare, and Ashton Applewhite, author of "This Chair Rocks: A Manifesto Against Ageism," addressed the rampant ageism in our society. According to the speakers, studies have shown that how we perceive aging, to a very large degree, determines how we age. Advancing age is often partnered with a shift towards declining health, disease, and disability. Thus, it becomes more challenging to view our advancing years in a positive light. The speakers challenged that notion and offered a different, more positive twist and depicting a highly "disruptive view of aging." They shared many different views on aging including: "It's the lifelong story that matters and how people interpret their experience impacts how they determine their well-being." "Aging is Living." "Aging is Growth." "Aging in Community." "Who better to lead the future than those who have lived the past?" "We have a silver reservoir of resources and knowledge!" So now is the time to dispel and disrupt the myth of aging: reinvent yourself, be creative and try something new!

The conference also reiterated the interdependence we have on each other. We are a community that we rely on and upon. Palisades Village is so grateful to our founders, volunteers, members, donors and Board members who understand the importance of Aging in Community. We invite you to join our Volunteer Recognition celebration, honoring more than 317 individuals and 167 foundations, community and business partners that practice living in community – Thursday, November 3 at St. Patrick's on Whitehaven Parkway at 5:30 p.m. "It takes a Village to make our Village." And we are so glad that you have chosen to be part of our Village!

Happy Thanksgiving to you and your family!

## The 4th Annual Palisades House Tour - Another Success

Thank you to all the volunteers who made this event so successful. We would like to especially thank our special co-chairs: John Stiner, Lydia Benson and Matt Bronczek. And thanks to the gracious folks who allowed us to tour their beautiful homes.



November is Alzheimer's Disease Awareness Month and National

Caregiving is demanding and it is normal to need a break. Seeking help does not mean that you are failing. Getting help can benefit both you and your loved one with Alzheimer's. *The Village can provide regular friendly visits. Please call if you would like a volunteer to visit you or your spouse.* Beyond the Village there are options for respite care if you need to travel or just need a break. The Alzheimer's Association details the kinds of respite care available on their [website](#).

### **Conversations at the Kreeger**

And right here in the neighborhood, we have an interesting program at the Kreeger. 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 provided by our partner, Levine Music, 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](mailto:conversations@kreegermuseum.org).

### **Upcoming general presentations from the local chapter of the Alzheimer's Association**

#### **Know the 10 Signs: Early Detection Matters**

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

#### **Tuesday, Nov. 15, 1:00-2:00 p.m.**

North Potomac Community Recreation Center, 13850 Travilah Rd, Rockville, MD 20850

#### **Wednesday, Nov. 16, 1:00-2:00 p.m.**

Holiday Park Senior Center, 3950 Ferrara Dr, Silver Spring, MD 20906

#### **Tuesday, Nov. 29, 11:00am-12:00pm**

Sunrise at Fox Hill, 8300 Burdette Rd, Bethesda, MD 20817

#### **The Basics: Memory Loss, Dementia and Alzheimer's Disease**

Join us to learn about:

- \* Symptoms and effects of Alzheimer's disease and other types of dementia
- \* How Alzheimer's affects the brain
- \* Causes and risk factors
- \* How to find out if it's Alzheimer's disease
- \* The benefits of early detection
- \* How to address a diagnosis of Alzheimer's disease
- \* Stages of the disease
- \* Treatment
- \* Hope for the future
- \* Ways the Alzheimer's Association can help

#### **Thursday, Nov. 10, 12:00-1:30pm**

Washington Seniors Wellness Center, 3001 Alabama Ave SE, Washington, DC 20020

#### **Wednesday, Nov. 30, 1:00-2:00pm**

Model Cities Senior Wellness Center, 1901 Evarts St NE, Washington, DC 20018

## Legal & Financial Planning for Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This program is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Presented by local professionals. \*2-part program

**Tuesday, Nov. 8 (legal) and Wednesday, Nov. 9 (financial) 1:00-2:30pm**

North Potomac Community Recreation Center, 13850 Travilah Rd, Rockville, MD 20850

## Volunteer Profile



### **Marisa and Greg Mize, Volunteers and Associate Members**

Many of you will know Marisa and Greg Mize from our Annual Palisades Village BBQ, which they've hosted in their lovely garden for the past 3 years. They are also drivers for the Village and enjoy hearing the life stories of our Members. They joined the Village in its infancy, particularly drawn to our commitment to what Greg calls "the noble vision" of aging in place and our antidote to isolation, with our transportation service, health-related programs, events, and cultural expeditions. They like the small-town feel and scale of the Palisades and the rich sense of locality and community they find here and that they attribute to the Palisades Village and the Palisades Community Association. They particularly value the "friendly commerce" along MacArthur Boulevard: the farmers' market, the nice restaurants, the civic activities of the community, and our treasured trees.

Greg and Marisa met in 1977 when they lived in neighboring apartment buildings in Georgetown and were introduced by a mutual friend. After a whirlwind courtship (they met in January, got engaged in March, and married in July), they embarked on a full life together. They first moved to 16th Street Heights and rehabbed a Sears Bungalow, then moved to a larger house in Crestwood before the arrival of their 4th child. Topping out at 5 children, they moved to the Palisades in 1995 when they fell in love with their home here on Watson Street. They loved the size of the yard and its veritable forest of trees, as well as the proximity to the river green on Potomac Avenue, perfect for walks with their dog (their current is the large and mellow Stella, a black Labradoodle). They also love the fact that, with the exception of Jamie who lives in New York City, the rest of their children, Criston, Jasmin, Justine, and Charlee, and two grandsons all live in DC.

Greg came here from Chicago in 1970 to study at the Georgetown University law school. After graduation, he joined a litigation law firm as a trial lawyer until he became the chief lawyer for DC City Council Member Dave Clark. When Clark became the Council Chair, Greg became the general counsel for the Council, where he served until 1990. With his experience as a trial lawyer and his legislative background, he feels great respect for the court system. Thus, he was a logical choice when President George H.W. Bush appointed him to the DC Superior Court trial bench. With its broad jurisdiction, the Court divides its caseload into five divisions (family law, criminal law, civil law, tax law, and probate) and operates on a rotation system in which a judge sits in a particular division every calendar year. Greg started out in criminal law and liked it, but by the time he ended his active service after 12 years on the bench, he found that he preferred civil law because it raises so many common, real-life issues.

Now a senior judge, Greg works 3 or 4 weeks a year on an "as needed, as available"

basis, hearing daytime emergency matters, such as law enforcement officer requests for arrest and search warrants and citizen applications for temporary restraining orders (stay-away orders in neighborhood, domestic, and employment settings). He is also a Fellow with the National Center for State Courts, for which he undertakes special projects for the nation's state courts. He particularly enjoys projects involving jury trial management, civil justice reform, judicial ethics, and lawyer regulation. He has worked with numerous states, as well as with courts in other countries.

A great lover of travel, Greg has journeyed to Russia, the Republic of Georgia, China, Japan, North Africa, Europe, and the Caribbean. When on business travel, he tries to take advantage of the "vivid pleasure and enriching education" that travel offers. For example, on a trip to Japan with daughter Charlee two years ago, he fell in love with the formal tea ceremony. So, now with his son, Criston, he is in the process of building his own authentic 12th Century-style Tea House in the far corner of the garden. It will be his "chapel," a special place to be intentional about slowing down and being contemplative.

Greg's current joys are his garden and his grandsons. He provides childcare for 6-month-old Owen once or twice a week; 14-month-old Casimir is a frequent visitor. While Marisa is in charge of the vegetable garden, Greg manages all the trees and artwork. He also has a 40-year-long weakness for unique antiques. He frequents estate sales and is a regular at Weschler's Auction House. He says Weschler's is the best place for his finds, because that's where heirs of foreign service families place for auction furniture and furnishings from their postings and travels all over the world. Thanks to this infatuation, Greg and Marisa's home and garden offer a treasure trove of lovely rugs and furniture (though, no more antique chairs are allowed in the house), as well as sculptures that dangle from trees or nestle in peaceful groves.

Marisa grew up in Southern California and earned her nursing degree at the University of California, San Francisco. She came to DC in 1976 to begin her nursing career in the recovery room at George Washington Hospital. Because she was on duty when President Ronald Reagan was brought in after the assassination attempt, she was part of the team that cared for him. She earned her masters in nursing with a nurse practitioner credential from Catholic University in 1995, and her doctorate in nursing at the University of Virginia in 2007.

Marisa now holds three jobs: She's a nurse practitioner in the pediatric intensive care unit at Children's National Medical Center; she also works in the emergency room at Suburban Hospital one weekend a month. In addition, she teaches nursing courses to undergrads and graduate students at the School of Nursing at Catholic University. Drawn to critical care, she is heavily immersed in the technology of patient care, but she believes that the nexus of technology and basic human caring is the most vital component of her work. While with the graduate students, she focuses more on the technical aspects of their work, with the undergrads, she teaches the importance of one-on-one caring to prepare them for the emotional side of their work. They will find themselves dealing with what she calls "the mess," the chaos of critical situations in which patients and their families most need care-giving. It is in the grounding, the balancing of mental and social components, and helping patients make sense of things, that Marisa finds the most satisfaction in her work.

Marisa recently returned from a week-long medical mission in Quito, Ecuador. The mission is sponsored by Por Cristo, a Boston non-governmental organization. This is the 23rd year that she has traveled to Ecuador with a team of a dozen or so doctors, nurses, anesthetists, and technical support staff from this country who pay their own expenses to diagnose and treat children with congenital heart ailments. Families come

from the poorest areas of the city and beyond, to have their children seen when they know the Americans are in town, lining the sidewalks leading to Baca Ortiz, the only public hospital for children in the capital city of more than 2.5 million people. During their stay, the team treats as many as 125 children, performing diagnoses, catheterizations, and open heart surgeries. They also train their Ecuadoran colleagues, starting first by listening to them to ascertain what they want to learn. Because she is bilingual, Marisa is able to train the nurses directly. On this trip, the team worked with the nurses and doctors on the best way to perform and work together in a code situation (when a heart stops). Another practice is to hold a "case of the day" discussion in which everyone focuses on a particular patient and procedure and together they analyze it for lessons learned. Greg joined the team as an observer a few years ago and found himself amazed and inspired by the work and dedication of the cardiac medical professionals who perform this charitable and life-saving work.

Marisa and Greg host an annual Halloween street chili party, where they enjoy seeing their neighbors and catching up on everyone's lives. The centerpiece of the event (besides the chili) is the 100# pumpkin holding court in their driveway. Greg carves it with a different theme every year. This year, it's carved in honor of his beloved Chicago Cubs. Drive by their home to check out this year's jack-o'-lantern!

*Jude Michaels, Village Volunteer*

## DC Resources

### DC Relay

If you have trouble hearing on the phone, there are **free** options to help you. One service is Captioned Telephone (CapTel) which allows users to read word-for-word captions of what's said to them during phone conversations. This can be done on a special telephone (no charge with a doctor's note), or on PC/Macs, tablets or smartphones.

Phone calls are routed through a relay where a Communication Assistant will facilitate your call and provides captions.

The office has brochures and information. Or you can contact Lauren Cramer with Hamilton Relay at 202-215-3159 or [lauren.cramer@hamiltonrelay.com](mailto:lauren.cramer@hamiltonrelay.com).

## In Memorium

### Mary Rukavina

Mary Rukavina, a long-time resident of Palisades, passed away peacefully on October 8 at age 93. She had been a supporter of the Palisades Village since its founding, and made good use of its services for the past three years. It meant a lot to her that she could live in her own home until the end. She insisted on attending the Palisades Pan Handler's Fall Harvest Luncheon on October 5, three days before her passing, enjoying the company there with her usual poise and verve.

Born in Pennsylvania in 1923 to immigrants from Croatia, Mary did not speak English when she first went to school. She was encouraged by her mother to make the most of her schooling. Her parents could only afford to send her to a year of secretarial school after high school. Still, due to her keen intelligence and her strong work ethic, she rose to high executive positions. She moved to Washington DC in 1943 to work for the Rubber Reserve Board. In 1947 she took a position with the newly-founded World Bank, where she worked for the remainder of her career. She made many trips abroad in her years of service. One of her favorite stories was how, at age 26, she accompanied the president

of the World Bank on his 1949 trip to Europe. She was chosen because she could speak Serbo-Croatian and could serve as interpreter when they met President Tito in what was then Soviet-controlled Yugoslavia. Mary loved to tell about how Tito joked with her, and kissed her on her forehead when she joked back in Serbo-Croatian.

Mary retired from the World Bank in 1986 after 38 years of service. She remained passionately engaged with the world around her until her last days, following current events closely with her keen intellect and incisive humor. She loved the fine arts, above all opera. She supported many charities and was an active organizer of social and cultural events both in her place of work and in her community of Palisades Village. Devoted to family and friends, kind and generous, a wise adviser, and a contributor in so many ways to her community, nation, and the world, she will be missed.

Messages of condolence may be sent to Mary's niece, Karen Voorhees at 1342 Milvio St., Berkeley, CA 94709



## Village Corner



*This is a bulletin board for Villagers to share interests and information: have a milestone birthday coming up, have a sketch or poem you want to share, or do you want to share some important news. Submissions can be made by calling the office at 202-244-3310 or by clicking [here](#).*

---

Please welcome new members: **Gretchen Randolph** and **Erin Sullivan**, **Sophia** and **Tod Ackerly**, **Joe** and **Ludy Green**, **Kimberly Crichton** and **Marianne Milkman**.

---

**Election Day Volunteers:** We are looking for folks to take members to the polls to vote in the Presidential Election. Can you help us? Do you need a ride?

---

**Carol Lynn Halal** is featured in the November issue of *Kent Connection*. In a great article by **John Giacomini**, she talks about the Village and how much it has meant to be a volunteer.

---

Remember that the website at [www.palisadesvillage.org](http://www.palisadesvillage.org) is a great resource for events coming up and last minute notices.

---

Do you know of someone who would fit right into the Village? Bring them to an event!

---

Get updates from the **DC Office on Aging** through their [e-newsletter](#).

---

Need to stretch and find a little balance? Our yoga class at 2 p.m. on Tuesdays

welcomes drop ins (\$15 fee).

---

**Amazon** users: Go to [www.smile.amazon.com](http://www.smile.amazon.com) and indicate Palisades Village as your charity and we will get a contribution when you buy select items.

---

Check out our new improved Facebook page and "like" us so that you can be connected to the community. Palisades Village DC 

## Coat Drive

**Jan Smart** and friends are doing a (gently used or new) winter coat drive for children and teenagers of **Pine Ridge** reservation in South Dakota. Pine Ridge is one of the poorest of all the "Indian" reservations. One friend learned a lot about the Lakota, their culture, and history as a volunteer on the Reservation with the non-profit "Re-Member.org" in September. The coats will be shipped to Re-Member for distribution. Teenagers are especially needy, as many of them are in different and ever-changing foster care situations.

What is most needed are knee-length winter coats with hoods, boys/girls sizes 8-16. Jan will collect coats from the PV office or from your home. If you'd prefer to make a cash donation, Jan will shop for coats or use some of the money to defray the cost of shipping (\$5 per coat). Ideally, the coats will be shipped for arrival by Thanksgiving; let's try for a cut-off date of Sunday, November 16. If you'd like to slip a scarf, mittens/gloves, or a hello note, in a pocket I'm sure the children would appreciate receiving a little encouragement. Jan can be reached at [smartjuanita@mac.com](mailto:smartjuanita@mac.com) or 202-338-2497.

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