



Across the Fence

December 6, 2016

www.palisadesvillage.org

Our volunteers are the best!

Volunteer Recognition Celebration

Last summer, our treasurer **Ellen Myerberg**, started compiling lists of all the volunteers who have contributed to our Village. We were so impressed by the number of volunteers, over 450, who have volunteered over the years. That led to the creation of a Wall of Fame at St. Patrick's, where we held a special event to honor all of our volunteers. A slideshow showcased our volunteers in action and highlighted some of the kind words that members expressed about them.

Ironically, this event could not have happened without the very same volunteers whom we were celebrating. We couldn't have done it without our volunteer's assistance.

Thank you to all who assisted in making this a spectacular event. Our Palisades Pan Handlers outdid themselves, making over 1,300 hors d'oeuvres.





Two of our members are not only volunteers for us, but are also area docents. **Janet Bullinger** led our group through the Supreme Court, and **Peggy Banks** took us through Tudor House decorated beautifully for a 1945 Christmas.

From the Front Porch

Happy Holidays!

How rapidly 2016 has flown by. Palisades Village has had some great social and educational events as well as some terrific outings. Just last week we were treated to a humorous depiction of aging, marriage and our families by author Judy Viorst. This week we are enjoying our holiday luncheon and celebrating our dear friend Sandy's birthday! New friendships are always forming and there are great opportunities for continued engagement.

However, for some, the year can't be over quickly enough. Our Palisades Village family has suffered many losses this year including most recently, **Glenna Haynie** and **Ernie Corrado**. We are still grieving. But there is hope! On Wednesday, January 11 at 2:30 p.m., **Dr. Halcy Bohlen**, a Palisades Village member, volunteer, and a psychologist, has offered to present a workshop on "Aging Challenges: for your friends, your family and yourself: how to respond?" Dr. Bohlen will help us deal with the often unwelcome changes in our bodies and minds as we age, how we best "be there" for our friends and loved ones, as well as for ourselves, cope with the increased care-giving roles and also deal with losses. She promises there is a silver lining!

I recently watched one of my favorite all time classic movies, *It's a Wonderful Life*. George Bailey was in such dire straits that when he was told he was worth more dead than alive, he actually contemplated suicide. Thank goodness for Clarence, his guardian angel, who rescued him and showed him how much he is valued and what the world would look like without him. At Palisades Village, we value you and couldn't imagine our community without you! We have a wonderful life/Village because of you!

The volunteer celebration in November was a great success because of your dedication and commitment to our Village! We know we can all Age in Community because of the dedicated men and women who make up our Village. *It takes a Village to make our Village*. I am so honored to be a part of the Village and work with all of you. It has been a pleasure to engage with our members, volunteers, Board and donors. We are extremely grateful to our Board members who have devoted numerous hours to our Village. Thank you to retiring Board members Sue Albright, Susan Elliott, Arne Paulson, Gerry Slater and Judy Watson. They served on some of the committees including Membership, Member Services, Fundraising and Finance. (Hint: There is space available on the committees. It would be a good New Year's resolution.) We

hope these fine volunteers will continue to stay engaged in our Village. President Phil Potter has navigated our ship and we are thankful for his leadership and years of service. Phil will remain on the Board until his term expires next year.

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 recently called the Village and said, " My volunteer was wonderful. I am so grateful for the services that Palisades Village offers. *I don't know what I would do if it weren't for the Village.* Thank you!"

As with many nonprofit organizations, our memberships cover only about 45 percent of our costs. Your tax-deductible donation will help subsidize a membership for members with limited incomes, offer programs and events, cover the costs of vetting and training volunteers, and help sustain office operations. Your 2016 End of Year Appeal letter has 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? Please don't forget to mail your check to the office or donate online at www.palisadesvillage.org. Thank you for being a part of the Village and for your generous financial support.

May you always have a guardian angel like Clarence in your life for a wonderful life! 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

Volunteer Profile



Phil Potter, President of Palisades Village

Phil Potter, a longtime resident of the Palisades community, has been president of Palisades Village since 2013 and a board member since 2012. During Phil's tenure on the board and as president, Palisades Village has grown significantly in membership from its inception in 2007 and startup in 2009, and has become important in creating a sense of community in the neighborhood.

Phil believes that his most significant accomplishments as president have been developing processes to give Palisades Village structure and stability (namely designating three classes of directors, with each group serving a two year term, developing the associate membership category, creating standing committees chaired by board members, developing more stable funding, and issuing an annual report in April), and expanding the number of social events and activities. He notes that, as people age, retire, and slow down, some lose their networks and contact with friends, resulting in a sense of isolation. By offering clubs, events, and field trips, Palisades Village gets people out of their homes, helps them build new personal networks, reconnects them with friends, engages them physically and mentally to learn new things and cope with new technology, and adds immensely to the quality of their lives. Phil gives much credit to former director Peggy Newman and to other board members for developing these programs. He believes that it is extremely important to bring younger members into the organization to expand the base and solidify the organization so that it is self-sustaining. In Phil's view, positive change occurs more

rapidly when there is "new blood" and a turnover in leadership.

Phil was born in Texas and grew up in Chandler, Oklahoma, and despite living in DC for many years, still proudly has not lost his Oklahoma accent. Growing up, he was fortunate to have a close relationship with his grandparents, as well as his great grandparents. He graduated from Oklahoma University (O.U.) in 1963, and from the O.U. School of Law in 1966. After law school, Phil took a job with a law firm in Fort Collins, Colorado as a trial lawyer. In 1969, he moved to Washington to become the Legislative Assistant to Colorado Senator Peter Dominick (R-CO), followed by an appointment in 1970 as Deputy Assistant Secretary of the Treasury for Legislative and International Affairs. Returning to Fort Collins in late 1971, Phil became a partner in a new law firm, Wood, Herzog & Potter, became active in local and state republican politics, and ran a Congressional campaign for a friend who was elected in 1972.

The lure of Washington drew him back in 1973, when he joined with Dr. Charles E. Walker and several other former Treasury colleagues to start the first DC lobbying firm. In 1995, with the retirement of Dr. Walker and the dissolution of the firm, Phil started his own lobbying firm, Federal Strategies Group, and a separate law practice. He retired from these activities in December 2008.

Over the course of his very satisfying and fascinating career, Phil focused on high profile issues in international trade and nuclear energy. Using his skills in litigation, arbitration, negotiation, and legislation, he was involved with many projects that involved major problems, such as finding a way to finance the clean-up of the Three Mile Island Nuclear Plant. Issues on which Phil worked included the Penn Central Railroad bankruptcy and the creation of Conrail, the Arab Boycott of Israel, the defects in the Hubble Telescope, the break-up of AT&T, and unfair trade cases involving dumping and government subsidies. For many years, Phil represented the labor union whose members worked for Department of Energy contractors at the government's nuclear sites, dealing with such issues as legislation to privatize uranium enrichment and trade disputes over imports of enriched uranium fuel from the Soviet Union and Europe. He also represented the government of Mexico in the negotiation and approval of the North American Free Trade Agreement.

Phil has been married to Penny Pagano since 1980. Penny was a reporter for major news organizations in Washington for over 30 years. She is well known as a community leader, having served as president of the Palisades Community Association, ANC commissioner and chairman, chief of staff to Ward 3 Councilwoman Kathy Patterson, and Director of Community and Government Relations for American University. She currently leads an effort to rebuild the Palisades Recreation Center, including facilities for seniors. Phil has two children, Andrew and Daphne, from an earlier marriage, and a 13-year old granddaughter, Miranda. His son is in the maritime service, and is captain of a Hawaii-based ship that tracks ballistic missiles. His artistically talented daughter lives in Fort Collins, Colorado, where she has a faux wall and mural painting business. Although Phil says he is not a "cat person", Penny arrived with cats and these pets have been a constant part of his existence ever since. Penny notes that the cats particularly enjoy sitting with Phil on the couch.

Apart from the time that Phil devotes to Palisades Village, he is also very active in his church, the Metropolitan Memorial United Methodist Church. Prior to 2014, he was the chair of its church council. He is currently one of the lay leaders of an annual area conference of Methodist churches in DC, Maryland and West Virginia, namely as a member of the conference's finance committee and chair of the budget committee. Phil also enjoys drawing - he is currently working on watercolor painting, doing other things

with his hands (such as house repairs), fishing, reading (particularly World War II and post-war history and politics, and murder mysteries). He is an avid fan of the Nationals, watches most of their games on TV, and attends about ten games a year. Both Phil and Penny enjoy spending time at their Cape May Point, New Jersey beach house, built in 1876. Phil says that he has no regrets about retirement, and is very much enjoying his community activities. Palisades Village is very fortunate to have benefited from Phil's leadership.

Submitted by Cara Jablon, Village Volunteer

DC Resources

Utility Discount Programs for Low-Income Households

The Public Service Commission of the District of Columbia (PSC) requires Verizon, Pepco and Washington Gas to offer discount rates to low-income residential customers.

To apply for Economy II (Lifeline) telephone service call 1-800-253-0846 for an application.

To apply for Electric Residential Aid Discount (RAD) or Gas Residential Essential Service (RES), residents must make an in-person appointment with the District Department of the Environment's Energy Administration (DDOE) by calling 311.

In Memorium

GLENN KILDUFF HAYNIE (Age 69)

Of Washington DC, died of cancer on November 29, 2016. Preceded in death by her husband of 41 years Ron Haynie, she is survived by her daughter, Michael Katherine Haynie, daughter-in-law, Marissa Haynie, and grandson Grant Haynie. She is also survived by her siblings, Ellen Kilduff Douglas, Steve Lewis, Andy Lewis and their families. Born and raised on the Chesapeake Bay in Virginia, Glenna moved to Washington DC in 1967 and became a lifelong resident. She spent 42 years working with students, faculty, and the Watkins Collection at American University in the Art Department, retiring in 2010. Upon her retirement she continued volunteer work at the Palisades Village and the Palisades Community School, as well as enjoying her new role as a grandmother.



Condolences may be sent to Michael Haynie, 7332 Piney Branch Rd., Takoma Park, MD 20912.

ERNEST CORRADO (Age 90)

Our member passed away on November 6, 2016. He is the beloved husband of the late Barbara Corrado; devoted father of Christian I. Corrado, Anne E. Gage, Katherine S. Watkins and Dickon C. E. Corrado. He is also survived by nine grandchildren. Condolences may be sent to Christian Corrado, 15 Derwin Dr., Princeton, NJ 08540.



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](#).

Our best new Friend is **Christine Henny**! She has won a lunch for two from Black Salt in our Facebook contest. Bet you want to be her best friend too.



Members - Please submit service requests early. The office will be closed for the holidays on December 23-26 and December 30-January 2.

Sandy Pontiere is turning 101 on December 7th! Please join us in wishing him a very happy birthday. Member **Loretta Schaeffer** wrote this poem to mark the occasion:

HAPPY 101st BIRTHDAY SANDY

Think of it! One Hundred and One!
His second century has sure begun.
That's Sandy who's our neighbor and friend.
A Life of stories that never end.

Now World War II sure was no fun.
It was fight them all or run,run,run!
Sandy's language skills were sorely needed
And so, War ending, he soon was greeted
With employment that was just his size,
To single out potential spies
Among the refugees who pleaded
For US visas they so much needed.

Our Sandy soon could quickly spot
Who was a Fascist and who was not.
Then when, at last, Vienna done
Our hero came to Washington!

Sixty years later, here we are



To celebrate our Centennial Star
Whose vision is so clear, so bold.
Though some may say he is "so old".
He still remains quite young at heart.
And he sure plays a charming part.
Sandy's a fabulous storyteller
That's kind at heart. He's one Good Fella!

Happy Birthday Sandy and Many, Many More!

Are you able to help with **shoveling snow**? Or are you a member who may need help with shoveling their path? Let us know so we are prepared when the snow hits.

We have volunteers who can help with **holiday decorations** – putting them up, taking them down or organizing. We welcome more.

Help Wanted: 2017 Salon Dinner Guests and Hosts

Do you have fabulous friends? Do you want to host fabulous people in your home? If so, be a part of the 2017 Salon series. Palisades Village is seeking ideas for terrific guests and volunteer hosts for 2017 Salon Dinners. This is a fundraising element as we begin a decade of service. Salons can be a brunch, afternoon tea, wine tasting, themed dinner, musical evening or a fun cocktail party.

What does it take? The Salon Fundraising committee is looking for great ideas for speakers or events. Do you know someone who has a fascinating background or skill set and would be a terrific speaker? Or, do you not know a single soul but have a home that is a great gathering space and you'd be willing to offer it to the community? Fantastic! We'd be grateful for you and will find an interesting guest and attendees! Usually, hosting includes providing food and beverage, and can be a team affair. It may be any day, time, or format that is agreeable to the featured guest and host. If you have idea for guest speakers or for an event or if you would like to host for a salon dinner event, please contact Andrea at asaccoccia@palisadesvillage.org or 202-244-3310.

The **Palisades Preschool** is looking for volunteers to assist in the 3 ½ to 4 year-olds' classroom, from 10:45 a.m. to 12 noon on Monday, Wednesday and Friday. Duties include reading, activities and plenty of hugs and smiles. Please contact Andrea at 202-244-3310 or asaccoccia@palisadesvillage.org. Mark your calendars for February 14 as we will be having a cookies and cards party.

AmazonSmile - Donate to Palisades Village

While you are doing your normal shopping on Amazon you can also contribute to Palisades Village. The only difference is that you log in to www.smile.amazon.com, instead of the just Amazon.com.

AmazonSmile is a simple and automatic way for you to support Palisades Village every time you shop—at no cost to you. When you shop at smile.amazon.com, you'll find the same low price and vast selection as Amazon.com, but with the added bonus that Amazon will donate a portion of the purchase price to us.

Here is how you set up your account so that Amazon knows that you want proceeds to

go to Palisades Village:

To shop at AmazonSmile, simply go to smile.amazon.com from the web browser on your computer or mobile device (you may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile).

On your first visit to AmazonSmile (smile.amazon.com) – Before you begin shopping – you need to select Palisades Village as your charitable organization. Amazon will remember your selection, and then every eligible purchase will result in a donation. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

Start shopping!

Sibley Seniors

The fee for the Sibley Senior Association will increase on December 31, 2016. It is currently only a one-time fee of \$40 for individuals and \$65 for couples. It will increase on January 1 to \$20/year for individuals or \$38/year for couples.

If you are 50 years or older, Sibley Memorial Hospital invites you to become a member of this association that will help you maintain your good health.

As a Sibley Senior Association Member, you will receive:

- A 50% discount in our parking garage
- The Sibley Senior Association quarterly newsletter, which lists all of the seminars, classes and events
- A 10% discount on gift items in the Serenity gift shop, located on the first floor of the Sibley Medical Building
- A 15% discount at Au Bon Pain in the Sibley Medical Building
- A 10% discount on over-the-counter items at Foer's Pharmacy in the Sibley Medical Building
- A 15% discount on all spa services and 10 percent discount on all over-the-counter products at Rockledge MedSpa, in the Sibley Medical Building
- A \$1 per hour discount on the hourly rate at Potomac Home Support, which provides homemaker/housekeeper services, sitters/companions, live-in and certified home-care aids, and transportation assistance
- Free blood pressure checks on Monday through Friday from 10 a.m. to noon in the Sibley Senior Association office
- Periodic health screenings
- Free seminars and events
- Support groups
- Exercise classes
- AARP Smart Driver course
- Access to our spousal bereavement program Widowed Persons Outreach: Helping and Healing
- Access to Club Memory, a supportive social group for people with mild cognitive impairment (MCI) and early stage dementia and their care partners
- 50% off inpatient television and one free guest meal for a visitor if you are hospitalized at Sibley
- Help from Sibley professionals, including a free consultation with Sibley

pharmacists

Register online at: <http://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html> or contact them at 202-364-7602.

Thank you

Palisades Village would like to thank the **Palisades Community Fund** for its financial support of a partnership with Iona Senior Services to provide professional services for vulnerable members who require case management assistance. If you or someone you know needs this service, please let us know.

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