



Across the Fence

January 13, 2017

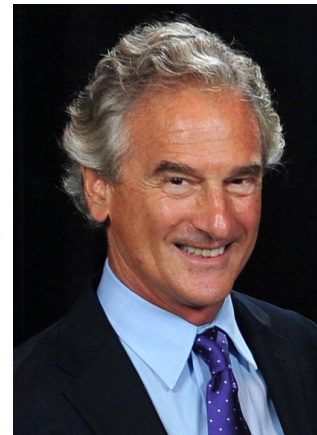
Welcome to the New Year!

President's Message

I hope everyone enjoyed the holidays. We look forward to another year of serving our members, supporting our volunteers and making a difference in our community!

I have had the pleasure of meeting, driving, and serving many members in the past two years and I hope to meet every member in 2017.

We thank Phil Potter for all his hard work in keeping Palisades Village moving forward and strengthening the organization over the last several years. Phil will give us another year of service to ensure a smooth transition and to help out in finance and other areas. Thanks Phil! A number of board members fulfilled their terms, but will stay involved in committees and events. Palisades Village owes its thanks to Gerry Slater, Susan Elliott, Sue Albright, Arne Paulson and Judy Watson for all their time and effort!



We are excited to have a new member of the board, Lydia Benson, who co-chaired the 2016 house tour with me. Lydia is a resident of Spring Valley and a Realtor with WC&AN Miller. Lydia has been President of the All Hallows Guild at the Washington Cathedral and a leader in organizing the National Cathedral Flower Mart and many other local events. Lydia and her husband, veterinarian Dr. Randy Benson, raised two daughters in Spring Valley. She will be featured in next month's issue. Please welcome Lydia to the board and I'm sure you will meet her soon.

Here is the 2017 Palisades Village Board (11 Members): John Stiner, President, Char Mollison, Secretary, Ellen Myerberg, Treasurer, and Phil Potter, Lizzie Schueler, Janet Bullinger, Carol Lynn Halal, George Farr, Ted Chaconas, Margaret Lewis and Lydia Benson.

We will be working hard to improve our services, events and overall support! Please give us your comments and suggestions on how we can serve you better!

Sincerely,

John



Holiday Celebrations



Fundraiser with Judith Viorst





Toasting fellow Volunteers!

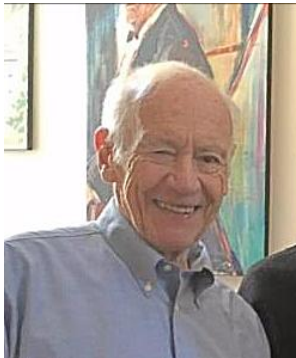


Sing Along with Palisades
Preschool



Our Hosts for the Volunteer
Cocktail Party

Volunteer Profile



Gerry Slater

Palisades Village member Gerry Slater has completed his third two-year term on the Board. Born and raised in New York City, Gerry graduated from New York University with a B.S. in business administration. While in college, he worked as an usher, and then as a chief usher, at CBS to help pay for his college expenses. After graduating college in 1960, Gerry went to work full time at CBS, starting as a log clerk, and ultimately becoming the production manager for all the CBS news shows, including the Walter Cronkite Show. Gerry attributes his success in the news business in part to his ability to deal easily with stressful situations.

In 1967, Gerry left CBS to become the Director of Operations for the Public Broadcasting Lab, an experimental weekly public television program funded by a grant from the Ford Foundation. His work with public television continued from 1969-1970 as a Communications Specialist responsible for the administration of the Ford Foundation's television programming grants. In 1970, Gerry became the Executive Vice President of PBS, the first U.S. public television network. Over the years 1970 - 1975, he established the operating procedures for the network, set policies for the relationship between PBS and member stations, and directed the programming, public information, business affairs, advertising, station relations, operations, and engineering departments.

From 1975 - 1989, Gerry was the Executive Vice President of WETA TV and radio, with the responsibility for managing all the operations of these stations. Among his many accomplishments include the conception of the "In Performance at the White House" series, the creation of the "Smithsonian World" co-production series with the Smithsonian Institution, and the creation of a division to produce programs for schools and colleges using new video technology. In 1989, Gerry formed his own production

and consulting company; his work has involved the production of several PBS series, as well as consulting work for such clients as the American Museum of Natural History, the Corporation for Public Broadcasting, the Maryland Public Broadcasting Commission, and the New York City Board of Education.

Gerry's wife of 30 years, Halcy Bohlen, is a psychologist and painter. Halcy recently presented Aging Challenges to Palisades Village members which included a lively and thoughtful discussion, including coping skills, new adventures, gratitude and joy. She and Gerry spend a lot of time with their children and grandchildren. Gerry's son is an attorney in New York; his daughter, Helen Slater, is an actress in Los Angeles. A granddaughter is graduating this year from NYU. Halcy has three daughters and seven grandchildren. In addition to keeping busy with his grandchildren, Gerry keeps in touch with a number of people in the public broadcasting industry, and participates in an exercise program at Gold's Gym. He reports that membership in the Gym is free for senior citizens who have Medicare. Palisades Village has greatly benefited from the non-profit and financial experience that Gerry brought to the Board, and we are very grateful for his many years of service to Palisades Village.

Thank you Gerry!

Submitted by Cara Jablon, Village Volunteer

DC Resources

AARP Legal Counsel for the Elderly-Self-Help Office.

Free assistance every Friday with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Iona Senior Services, 4125 Albemarle St. NW. Call 202-8959448 (option 4) for appointment.

Snow Tips

- Sidewalk **snow shoveling exemption** available for residents age 65+ and residents with disabilities. Qualifying residents must apply annually for the exemption (<http://dpw.dc.gov/service/sidewalk-shoveling-exemption>).
- Volunteer snow shoveling, for senior residents and residents with disabilities, may be available from the city's Volunteer Snow Team (<http://serve.dc.gov/page/dc-volunteer-snow-team>).
- DC's Snow Plow Tracker map (https://www.511portal.com/dc_dpw).

In Memorium

PEGGY BARTLETT (Age 84)

Margaret J. Bartlett, "Peggy," passed away December 23, 2016, in Washington, DC. A graduate of Roosevelt High School in Washington, Peggy worked for the Defense Department for many years and was a member of the Association of Oldest Inhabitants of D.C., the Phi Beta Kappa Association of D.C., and many other local organizations. She was a graduate of Stanford University. She was preceded in death by her husband of 51 years, Fred B. Bartlett. She is survived by her son, James F. Bartlett of Manassas, VA, and her daughter, Christina Whitcomb, and grandson, Thomas Whitcomb, of Washington DC.

Neighbors may know her from the PTA, DC School Board, the PCA and the Palisades Community Orchestra as well as volunteer work at the Clara Barton House.

She will be missed out and about walking the dog in the neighborhood and remembered fondly as a member of our Village.

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](#).

Mileage Deduction: the rate one can deduct for charitable driving is \$.14 per mile for 2017, the same rate as for 2016.

Interesting article in the *New York Times* on December 30, 2016 – "[Loneliness Can Be Deadly for Elders; Friends are the Antidote.](#)" Members may request rides to visit friends, as well as doctors, or we can have a volunteer come visit you in your home.

Do you miss playing Bridge, Scrabble, would you like to start an Italian or Spanish Conversational Club? Do you have other **clubs** in mind? If so, let Andrea know and we'll work on trying to connect interested members.

An **investment club** is starting soon led by Phil Mause. Topics may include yield-oriented equity strategies – stocks that produce dividend yields higher than what is generally available in the bond market. Let us know if you are interested. The first meeting will be at the **Palisades Library** on **January 23rd** at **4 p.m.**

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

Help Wanted: 2017 Salon Guests and Hosts

Do you have fabulous friends? Do you want to host interesting 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 Salons. 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 an idea for guest speakers or for an event or if you would like to host for a salon, please contact Andrea at **202-244-3310** or asaccoccia@palisadesvillage.org.

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 Mondays, Wednesdays and Fridays. 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 from 10:30 a.m. to noon.

American University Community Audit Program

As you think of new endeavors and challenges for 2017, consider enrolling for a class during the spring semester as part of AU's Community Audit program.

Modeled after the Alumni Audit Program, the Community Audit program is coordinated by the Office of Alumni Relations in conjunction with the Office of Community Relations. The program offers adults ages 60 and older, who live in the 20016 Zip Code, the opportunity to attend university courses on a noncredit basis for a modest charge. Auditors may listen to the same lectures and work from the same texts as enrolled students.

For just \$100, \$75 of which serves as a donation to the Alumni Association Scholarship Fund, neighbors are provided with a rewarding way to enhance professional skills, take classes led by popular professors, or delve into a new hobby and pursue a commitment to lifelong learning. The Alumni Association Scholarship is awarded every other year to an AU freshman legacy student.

"The community audit program is another great benefit for those who live close to the university," said Andrew Huff, AU's Director of Community Relations. "Our neighbors have some very interesting experiences and life stories, so I believe our students and professors will learn just as much from the neighbors as our neighbors will learn from the class."

Registration for the spring semester is open now. The registration process for auditing courses has been streamlined to improve the user experience for both neighbors and alumni. For additional information, please visit <http://goo.gl/XEA13> or contact Emily Walrath at **202-885-5962**.

Reprinted from AU in the Neighborhood, January 2016

Oh the weather out there is frightful

To prepare for winter storms, residents are encouraged to heed the following suggestions:

For Your Family

- Make a family emergency plan. Your family members may not all be in one place when a winter event occurs. It is important to know how you will contact one another, how and where you will meet, and what you will do in case of an emergency. Plan how to communicate if you lose power, and keep a list of family members' phone numbers along with other important numbers that may be needed during an emergency.
- Charge your cell phone so you have a full battery. Consider buying a solar or battery powered phone charger.
- Have all prescription and other medications in full supply for family members and pet(s).
- Stock up on fresh bottled water and food that does not need to be cooked, along with a manual can opener.
- If going outside, dress for the weather. Wearing several layers of loose fitting,

lightweight, warm clothing is better than wearing one layer of heavy clothing.

For Your Home

- Keep flashlights, extra batteries, and a first-aid kit accessible.
- Ensure that worn out shovels are replaced.
- While shopping, stock up on deicer, rock salt or non-clumping kitty litter to put on steps and sidewalks before a storm starts. Early application of these abrasives makes clearing snow/ice easier after a storm ends.
- Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Keep water faucets open to a slow drip.
- Remove any dead, broken, or rotting tree branches that could fall during a winter/ice storm.

For Your Car

- Keep kitty litter on hand to provide traction when cars get stuck in snow or ice.
- Keep scrapers, blankets, flashlights and a charged mobile charger inside their vehicles

Seniors can get connected to needed services by calling the DC Office on Aging at **(202) 724-5626**.

For information about preparing for winter weather, the District's snow program, or seeing where District Snow Team plows are working, go to [snow.dc.gov](https://www.snow.dc.gov). During snow season, it's important to stay informed about weather conditions and how District services are affected. Use the following social media sites to stay informed:

Mayor Bowser Twitter: @MayorBowser

Mayor Bowser Instagram: @Mayor_Bowser

Mayor Bowser Snapchat: @TeamMuriel

Mayor Bowser Facebook: facebook.com/MayorMurielBowser

Mayor Bowser Website: mayor.dc.gov

DPW Twitter: @DCDPW

DPW Facebook: DPW on Facebook

DPW Website: dpw.dc.gov

DDOT Twitter: @DDOTDC

DDOT Facebook: facebook.com/DDOTDC

DDOT Website: ddot.dc.gov

Fall Prevention in the Ice and Snow

Every winter season fall accidents claim the lives of hundreds and leave many more with distressing long term injuries. It is very possible that a thin sheet of transparent ice covering your pathway puts you at potential risk for an accident. When you approach a sidewalk or roadway that appears to be covered with ice or snow, always use extreme caution.

This 9-tip checklist can help you avoid the potential injury that could lead to a painful surgery and a long term recovery:

- Take sidewalks when possible. If there is no sidewalk and the street is clear walk against the flow of traffic and stay as close to the curb as possible. Avoid walking in the streets at all costs if possible.

- If it's an emergency, and you can't avoid the street, wear bright or reflective clothing.
- Wear clothing that does not restrict your vision. Stay warm, but DO NOT impair your vision with hoodies, ski masks, scarves, hats, etc. This type of clothing could prevent you from spotting icy conditions leading to a fall.
- Snow and ice cause havoc quickly, so use extra caution when crossing roadways, and always cross at designated crosswalks.
- Ice hides under a light dusting of snow. Just because you don't see the ice doesn't mean it's not there waiting for your unsuspecting footfalls.
- When walking on unfamiliar sidewalks or roads, keep alert. You may not have knowledge of where potential danger exists.
- Where you can't avoid the ice and snow, bend your knees slightly and take slower, shorter steps reducing the probability of a slip and fall injury.
- When using the steps at someone's home, apartment, or public facility, walk slow and take shorter steps when descending. The same is true of driveways and other hilly terrain; these areas can be very dangerous when they become slippery. Steps especially can be hard to clear and build up ice easily.
- Be aware of overhead exposures! Falling icicles kill hundreds of innocent people annually. Icicles build up in size very quickly with dagger-like formations. Stay clear from the edges of buildings.

Source: Northern Virginia Fall Prevention Coalition

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