



Across the Fence

February 10, 2017

The Village Movement Turns 15!

President's Message

We have had some wonderful events and activities already in 2017. Our member, Patty Goodman, hosted a gathering of 20 members and guests at her home to hear Dr. Jim Hollis talk about "Aging as a Spiritual Journey." Jim Hollis' book "What Matters Most" is one of my favorites. We received rave reviews and many of our group were captivated by the ideas we all discussed. The main takeaway for me was that in these later years we have the opportunity to explore our lives in a new and enlightening way. Instead of a bucket list of places to go, we can take the inward journey and avoid those long TSA lines at the airport!



Warm regards,

John Stiner

Conversations on Aging...and a Little Politics



Aging Challenges
with Halcy Bohlen



Aging as a Spiritual Journey with Jim Hollis



10 Signs of Alzheimer's Seminar



Ambassador Thomas Pickering



Happy Hour for our Volunteers

Volunteer Profile



Lydia Benson

New Board member Lydia Chopivsky Benson became involved with Palisades Village as the Co-Chair of the 2016 house tour. From this experience, she learned a great deal about the mission and programs of Palisades Village, and was very impressed with the importance of the Village for the community. Lydia grew up in a small town in Illinois and saw first hand the necessity of company and assistance for older people, as her grandparents lived with her family.

She graduated from Stanford University in 1982, with a degree in

film and broadcasting, and continued at Stanford to obtain a master's degree in Russian and Eastern European Studies. After finishing school, Lydia worked for a CBS affiliate in San Francisco, followed by a position at the International Broadcast Center for the 1984 Los Angeles Olympics. When the Olympics were over, she moved to DC because her cultural and family heritage drew her back to the east coast. For eleven years, she worked for a hospital development corporation. Lydia met her husband, Dr. Randy Benson, in DC and they were married in 1990; he is a veterinarian at the Benson Animal Hospital in Bethesda, and has been in practice since 1985. For 25 of their 26 years of marriage, they have lived in the same house in Spring Valley, and love the neighborhood. The Bensons have two daughters - Lida, age 24, a DC-based actress who has performed with Forum Theatre, Vermont Stage Company, and Arena Stage, among others, and Fia, age 20, who is a junior at Georgetown University, majoring in both pre-medicine and American Musical Culture. Family members also include a Corgi, a Shiba-Inu and a white Van cat.

In 1996, Lydia left her corporate work to raise her children, and care for her mother, who had moved in with the family. Five years ago, she started her own residential real estate business, focusing primarily on upper Northwest DC. She enjoys being able to run her business by putting her clients first. Lydia particularly enjoys working with first-time buyers, educating them about the home buying process, as well as working with older sellers, giving second lives to their lifelong homes. Her priority of giving back extends to her business - she donates a portion of her commissions to charities of her clients' choice. Lydia is the current president of the All Hallows Guild at the Washington National Cathedral, and she is also a three-time chairman of "Flower Mart." Lydia also served as a president of the National Cathedral School Parents Association. Other activities include attending all of her daughters' performances; membership in the St. Andrews Ukrainian Orthodox Cathedral; traveling with her husband and daughters, particularly to locations where they can scuba dive; exercising with a womens' heart health group at the National Cathedral School (where her daughters went to school and where she was a Board member); and walking in the neighborhood.

As a Board member, Lydia would like to help make the mission of Palisades Village more widely known and to enlist more people as members and volunteers, so that they, too, can enjoy the benefits of this wonderful organization. We look forward to Lydia's participation on the Board.

Submitted by Cara Jablon, Village Volunteer

We are joining with Beacon Hill Village to celebrate their 15th anniversary

Palisades Village is proud to announce that renowned surgeon, public health researcher and writer Dr. Atul Gawande will be the guest speaker at the 15th Celebration of the founding of Beacon Hill Village, and the subsequent Village Movement they inspired, on Monday, February 13, 2017.

The conversation, entitled "Being Mortal's Villages: The Value of Community and Choice as We Grow Older," will be moderated by Robin Young, host of NPR's *Here & Now*, and feature a discussion on aging, living life with purpose, and how we can transform the possibilities for the later chapters of everyone's lives. The event will begin at 5 p.m. and be simulcast from Boston to more than 150 of the 350-plus villages open and in development across the country. All are welcome to join Palisades Village, Cleveland and Woodley Park Village and Northwest Neighbors Village for a viewing party at Sibley

Beacon Hill Village was the inspiration for Palisades Village. The *AARP Bulletin* ran a story about Beacon Hill in 2005 and it resonated with a group of Palisades residents. The Village Movement is now a burgeoning, world-wide movement that champions an alternative approach for adults as they grow older. Villages are unique in that they are created by and for older adults, empowering their members to make wise, safe, and vibrant choices about how they wish to live.

If you are interested in joining us, please register with the office at 202-244-3310 or ebanton@palisadesvillage.org.

Foreign Affairs in the New Administration



Ambassador Thomas Pickering and Judy Watson

Ambassador Thomas Pickering joined us for an evening at the home of Judy and Alec Watson for a sellout event. He served under many administrations in different roles, as Under Secretary of State for Political Affairs, Ambassador to the United Nations, the Russian Federation, India, Israel, El Salvador, Nigeria and Jordan. He is currently Vice Chairman of Hills & Company, an international consulting group to assist businesses abroad.

Attendees gained a better understanding of the current international environment and the challenges that face the new administration. He impressed upon us how we (and the new administration) can't think of economics and politics without recognizing the implications of climate, food, development and trade.

We were lucky that the Palisades Pan Handlers put out a lovely antipasti spread so that we could focus on the vast knowledge that our guest speaker shared so eloquently.

Palisades Village Volunteer John Giacomini covered the event for the *Kent Connection* so keep your eyes open for his perspective and analysis.

DC Resources

Alert DC

AlertDC is the official District of Columbia communications system that sends emergency alerts, notifications, and updates to your devices. This system enables the District to provide you with critical information in situations such as traffic conditions, government closures, public safety incidents and severe weather. Get the alerts you want – directly from the District of Columbia's public safety officials and emergency manager. When an incident or emergency occurs, District officials can quickly notify you using this emergency alert and warning system. [Create a profile](#) and select your neighborhood, what kinds of alerts you would like and how you want to receive them.

Emails or texts will alert you of local outages, crimes, street closures and more.

Example: *WASH GAS reports at Dana Pl. and Sherier Pl. between Macarthur Blvd NW is closed for repairs until 4:00 PM. Please take an alternate route.*

Free Smoke Alarms

The A'sia Sutton Smoke Alarm Giveaway and Installation Program is a DC Fire and EMS Department District-wide initiative to ensure that all District of Columbia homes have working smoke alarms. Working smoke alarms are the single most important appliance in the home because they have been proven to save lives.

Statistics shows that most fire fatalities occur in homes where either no smoke alarms were present or those that were present, did not operate properly. In 2009 alone, the District lost 19 residents due to home fires. Statistics show that working smoke alarms in homes can substantially reduce the risk of fire death in residential fires.

The requirements for receiving a smoke alarm are:

- You must live in the District of Columbia and show proof of residency.
- You must be a homeowner and living in that home (not rental property).
- The Department will install Smoke Alarm.

Smoke alarms may be requested by submitting a [service request online](#). Use the plus sign to search for and complete a Smoke Alarm Request form or make any other Fire and EMS service request. Please allow a minimum of 24 hours for your request to be processed. For questions or concerns, call 202-727-1614 or 202-673-3331.

Home Fire Safety Inspections

Home fire safety inspections are available by appointment. These home inspections are conducted as a courtesy of the DC Fire and Emergency Medical Services (F&EMS) Department's Firefighting Division. They will look for overloaded outlets, working smoke detectors, unobstructed exit routes from your home, and good visibility from the street. A copy of the inspection findings will be given to the resident along with suggestions. A follow-up appointment may also be requested. The goal in providing this service is to make sure that your home is as free of fire hazards as possible. Call 202-673-3331 for an appointment.

In Memorium

CAROL BEAVER Aged 89

Member Carol Beaver died on January 19, 2017. She was married to Larry for over 67 years and shared her home with her beloved dog, Princess. Carol spent her career working for Army Map Service and NOAA. A fervent reader, Carol was a member of Zonta International since 1965 and received the International Meritorious Service Award in 2015 for the leadership roles that she held. She is an active parishioner at the Metropolitan Methodist Church. Carol lived in Palisades for over 50 years. A memorial service will be held at a future date.



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

When was the last time that you checked your **smoke detector**? Contact the office if you need assistance.

Have you changed your phone number or email address? Please let the office know so that we can update our records.

The office will be closed Monday, February 20 in observance of Presidents Day.

Full Members – in case of an emergency, don't be surprised by a phone call from a volunteer in your neighborhood to check in with you. We have set up an emergency phone tree.

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.

Do you shop at Amazon.com? If so, you can now donate .05% of many purchases to Palisades Village. Use this link <https://smile.amazon.com>. Select Palisades Village as your charity. It's as simple as that – same Amazon products and prices.

Would you like to speak with others about **current events**? Let's start a monthly group! We are looking for a facilitator.

Need a little help remembering when to take your **medication**? We have volunteers who can call and remind you.

This month's **Senior Cinema** film is *Moonlight*. The \$5 showing at the Avalon Theatre is on Thursday, February 16 at 10:30 a.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.

Full Members – Membership in **Sibley Seniors Association** (SSA) is included in your membership to Palisades Village. If you are not a member of SSA and would like to be, please let us know.



Painting by member Penelope Woolley. See more of her work in the Palisades Post Office this spring.

Referrals

A long-time volunteer, Molly Buck, recently needed short term, home care assistance. Through a friend, she found Trusted Touch Healthcare and was thrilled with their help and professionalism. She called the office and let us know about her experience so that we may share that information through our referral process.

Have you had an experience with a business that would benefit Palisades Village members? We maintain a book for referrals to share with members, but that information is only as good as the feedback we receive. Shoot us an email or call us with your experiences. Please include the service provider's name and contact information.

Palisades Library

The Palisades Library, 4901 V St. NW, will close for an interior renovation on Saturday, March 4 at 5:30 p.m.

When the library re-opens this fall, it will feature:

- Expanded space, including more space for children, adults and teens
- Upgrades to the heating, air conditioning and electrical systems
- New, larger elevator and new windows
- New, more welcoming entrance
- More meeting and study spaces in varying sizes
- New furniture, carpet and fixtures
- An environmentally friendly design including a green roof

The nearest library to the Palisades Library is the Georgetown Library, 3260 R St. NW. Any holds that are not picked up by March 4 will be relocated to the Georgetown Library on March 6.

Learn more about the project at dclibrary.org/palisadesrenovation

Home Burglaries

According to the U.S. Department of Justice, American homes are victims of burglary about every 15 seconds. The typical homeowner suffers a loss of nearly \$2,000 in stolen goods or property damage. "With the national economy getting worse, burglary is again becoming a more common crime," says Charles Sczuroski, a former police officer and now senior trainer for the National Crime Prevention Council.

If you have a high deductible on your homeowners insurance policy, you'll likely have to pay out of pocket to replace your stuff. But for a small investment, you can make your home less appealing to burglars.

There have been a rash of burglaries in the area lately and we want you to be vigilant and consider taking these nine important steps to protect you and your family:

- Prune your Shrubs
- Draw your Blinds
- Don't Advertise new purchases when you take out the trash
- Get Motion Sensors
- Set timers indoors
- Reinforce entry points
- Shield windows near doors
- Install deadbolts
- Use common sense

Indoor Safety

Keeping doors and windows tightly sealed is important to keep out the winter cold. However, be careful that efforts to keep chilly air out isn't keeping poisonous air in.

Carbon monoxide (CO) poisoning is a silent killer. It cannot be seen or smelled. According to the Centers for Disease Control, infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.

Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide. They must be cleaned regularly and checked to ensure they work properly and safely. Carbon monoxide and smoke detectors should be placed strategically throughout the home, especially near fireplaces, wood stoves, or kerosene heaters. The local fire department can provide guidance on the best locations for detectors.

The warning signs of carbon monoxide poisoning are subtle. If your loved one is at home and complains of these symptoms, without the presence of illness, urge them to go outside into the fresh air immediately and call 911. Breathing in fresh air will help to combat the inhalation of poisonous carbon monoxide. Some of the warning signs of carbon monoxide poisoning include:

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion

- Blurred vision

At its highest levels, carbon monoxide poisoning will cause a loss of consciousness.

To make sure that your loved one's home is protected against carbon monoxide leaks, here are the most important precautions to take:

- Call an inspector to have your chimneys and flues inspected each year.
- Open a window just a crack if using a kerosene stove for heat.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating.

It is just as important to protect your loved one and their home against fire and related dangers:

- Know at least two ways to get out of your apartment or home.
- When cooking, don't wear loose clothes or clothes with long sleeves.
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year when the time changes for daylight savings time.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Turn off space heaters when you leave the room.

Alzheimer's Association Trial Match

[Alzheimer's Association TrialMatch](#) is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. You can easily see what studies you may qualify for.

Our continuously updated database of Alzheimer's clinical trials includes more than 250 promising clinical studies being conducted at sites across the country and online.

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