



Across the Fence

April 21, 2017

From the Front Porch

Recently, I was reading an article by Jeff Anderson, from A Place for Mom, on the growing percentage of older adults living alone. Social isolation is a growing problem that can impact your health, well-being and quality of life. According to The Journal of Primary Prevention, "Social isolation has been demonstrated to lead to numerous detrimental health effects in older adults, including increased risk for all-cause mortality, dementia, increase risk for re-hospitalization, and an increased number of falls."

Considering the demonstrated risks and the increasing prevalence of this issue, the article recommended fourteen ways to promote social health and connectedness:

1. Make Transportation Available (Luckily the Village has you covered).
2. Promote a Sense of Purpose (The Village has lots of activities and clubs (but we are still looking for interested people to start an Italian Conversation Club, and players for Scrabble, Canasta, Knitting Group, Current Events, etc.) How about Volunteering for a Committee or in the Office. Do you have a hobby? Is this calling you to volunteer to take the lead?
3. Attend a Religious Service at a Place of Worship (Need a ride?).
4. Get a Plant or a Pet to Take Care of or Tend to a Garden. In the article, "Emotional Benefits of Dog Ownership", "Pet owners remain engaged socially, have less depression, suffer less loneliness, feel more secure, have more motivation for constructive use of time and require less medication than non-pet owners. Animal companionship facilitates establishing friends, is a social lubricant, gives a reason to get up in the morning and is an icebreaker." (I have a dog I'd be happy for you to dog sit).
5. Have a Positive Body Image. Poor images can lead to limited social interactions.
6. Schedule Regular Hearing and Vision Tests. Undiagnosed or untreated hearing or vision problems may result in avoiding social situation because of embarrassment and difficulties communicating.
7. Make Adaptive Technologies Available. Palisades Village recently had a presentation about available technologies for hearing, vision and mobility.
8. Be Neighborly. It's great to rely and build community with those living next to you. Some of our members have a system that they pull up a shade and the neighbor knows they are ok.
9. Encourage Dining with Others. Not only is this inherently social but it also helps promote better nutrition. If you would like to arrange a lunch or dinner with other Village members at your home or a restaurant, let us know and we'll be happy to set something up.
10. Address incontinence issues and other medical issues. This could lead to folks being hesitant to leave their homes and become isolated.
11. Give a Hug. Friendly platonic touching can lower stress and promote feelings of well-being.
12. Give Extra Support to Seniors Who Have Recently Lost a Spouse. When you've

shared your life with a beloved spouse and companion for decades, it can be like losing the foundation of your existence when that person dies. It's important to provide extra emotional and social support to recent widows and widowers while they are grieving. Spend more time with the senior in the days and weeks following his or her loss. This can make all the difference for the bereaved senior's well-being, and it helps to encourage a healthy grieving process rather than a spiral into prolonged depression and isolation.

13. Help Out a Caregiver. The caregiver is often so concerned about the social well-being of the person that are caring for that they neglect their own social well-being. Studies have shown that up to 70% of the caregivers have clinically significant symptoms of depression. Take care of the caregiver and ask the Village to schedule a Friendly Visitor to stop by.
14. Identification of Socially Isolated Seniors by Public Health Professionals.

Palisades Village is so fortunate to have Barbara Scott, a licensed case manager, working with us. Barbara joins us through a DC Office on Aging Grant that will help you, our members receive guidance and support through life transitions. These may include a medical event, feeling physically challenged or overwhelmed with financial information, managing mail, daily living or household task, assessing the safety of your home, connecting members with resources to help make your life safer and easier or simply helping with planning for the future. While the work of the Village Case Manager is a free service to members, a case manager may make recommendations for community services that can incur out of pocket expenses for the member. Whenever possible, the member may be referred to volunteer services offered by the village and/or directed to take advantage of discounted services that are available through membership.

If you would like to schedule an appointment with Barbara to help connect you to resources to make your life safer and easier, please call the office at 202-244-3310.

Looking forward to Seeing You on the Front Porch!

Andrea



Introducing Barbara Scott



We are pleased that Barbara Scott has agreed to become our new Village Case Manager (Shared with Dupont Circle Village, Northwest Neighbors and Palisades Village). Barbara has five years' experience working with seniors in both the nursing home and rehab setting, as well as in the community. During her studies at Howard University, Barbara interned at Stoddard Baptist Nursing Home. After graduation, she went on to provide comprehensive case management to residents of Ward 7 at the East of the

River Senior Program.

Barbara truly enjoys working with older adults. Her other passion is cycling. When she lived overseas, she ran a business that provided bicycle tours to tourists; she also competed in both professional and amateur cycling matches. Barbara now coaches athletes preparing for bike races and looks forward to working with both of her passions in her new role as the Village Case Manager.

Why did you go into Social Work?

Growing up in rural Appalachia I saw many people in my community who were an at risk population in terms of economics and age. There was a dearth of available resources. And that still continues today. My interest in geriatrics comes from being raised in large part by my grandmother, Nola. Even from my childhood there has been a lasting impact.

Were you familiar with the Village movement?

Yes I was familiar with Village movement. In graduate school I focused on geriatrics and studied alternatives to the more institutional types of approaches to geriatric care. I interned at a nursing home and a DC Lead Agency for the elderly doing home visits. What both approaches lacked was a real sense of community.

What do you hope to accomplish as the case manager?

I hope to be part of a broader team that is able to promote the Village concept in aiding our members. I will take a proactive approach to helping members before a crisis occurs. In particular as a case manager I will try to assess the security and safety of members in their homes. And I hope to achieve a greater understanding of the needs of our members.

Tour of Carlos Rosario School

What an amazing school we have here in the District. The Carlos Rosario School was started as the first public charter for adults in the nation in 1970. Marcia Sternfeld arranged a tour for Palisades Village to see their newest campus. We were graced by the presence of her friend Amelia Riveras who was instrumental in the success of the school.

Carlos Rosario serves adult immigrants. After they master language skills, they can study culinary arts, health or technology, all with the aim of helping them succeed in this country. They not only have classes but support services from mental health counseling to job placement. There is no fee to attend the school but they must have DC residency.

We were treated to a breakfast buffet prepared by the culinary students and the principal took us through the history of the school. We then toured the school and got to see the teachers and students in action. The new building is beautiful and was designed to support the students with wraparound support services literally wrapping around the library in the center of the school.

The piece de resistance was the kitchen. It has all the latest equipment available so that students can learn how to cook in a professional kitchen. Ask in your favorite restaurant and you will find a Carlos Rosario student in the kitchen.

The staff from administrators, to support staff to teachers, were so committed and modeled such gracious professionalism. They showed us the meaning of hospitality with a delicious lunch prepared by the students.



Not unlike Palisades Village, Carlos Rosario has built a community that helps its members thrive.



MaryAnn Griffin, Active and Engaged

One would be hard-pressed to find someone with a more varied career in the various aspects of health care administration than MaryAnn Griffin. With a degree in human development from Penn State, Altoona, MaryAnn became the social service director at a long-term care facility, after which she earned an MSW in administration from the University of Pittsburgh. After graduate school, she accepted a position with a small Catholic college in Dodge City, Kansas. Returning to Pennsylvania, she served as

the Director of Social Work at Butler Memorial Hospital, where she established an Employee Assistance Program and a clinical pastoral care program. Subsequently, she relocated to Phoenix where she served as Social Work Director at Samaritan Health Services/Phoenix Children's Hospital. She later moved to Cleveland, where she headed up the Social Work Department of Rainbow Babies and Children's Hospital.

In 1993, MaryAnn was recruited to become the Administrator of the Division of Cardiology at Georgetown University Medical Center. Since moving to DC, she has held senior level management positions in two hospice programs, as well as serving as the Executive Director of Americans for Better Care of the Dying. In 2003, she went to work as the Director of Aging and Adult Services for the City of Alexandria, from which she retired in January of 2015.

A quiet retirement, however, was not in the cards for someone with as much energy and engagement in life as MaryAnn possesses. Having originally moved to her home to be close to her Georgetown job, she stayed and deepened her interest in the community. She soon became the informal "Mayor of Foxhall Village," a title, she says, not hard to earn when you walk a dog 3 times a day. She and Gracie, her 3-legged rescue who became a therapy dog, enjoyed visiting the residents of nursing homes. Her current rescue dog, Coco, "the wild child" of the neighborhood, is not yet ready for prime time, but is getting calmer with age and MaryAnn's TLC.

Last year, she set up a private practice, Griffin Healthcare Solutions, LLC, to help clients understand their health insurance, navigate the health care system, and make sense of their long-term care options. She also develops and conducts training programs for various organizations, including financial services firms, home care agencies, and non-profits.

MaryAnn loves living in Foxhall Village because, as she notes, it is an amazing community where "everybody knows your name" and people watch out for one another. When Andy Mollison and others encouraged her to join the embryonic Palisades Village, she became a member of the Board of Directors and served on the search committee that brought Sonia Crowe, our first Executive Director, to us. She served another term on the Board recently, and has taught classes for us, most recently a 3-session series in "Navigating the Health Care System" and a workshop in "Advance Care Planning."

Other volunteer work includes 20 years of weekend delivery of meals for Iona's members and most recently, a new adventure for someone whose career has been predominantly with seniors. She's moved to the other end of the age spectrum and recently begun volunteering with toddlers at the Community Preschool of the Palisades. MaryAnn takes life as she finds it and makes it better!

Art and Dementia

There are now two programs at local museums for those with dementia and their caregivers.

The Kreeger has a program called Conversations which includes art and music. Together they provide a forum for dialogue and connection. Each program includes a musical component provided by their partner, Levine Music, and is designed to stimulate reflection, reduce stress, and increase communication and sociability. This program is free but registration is required in advance. It is offered the second and third Monday of each month at 11 a.m. and 2 p.m. Please call 202-337-3050 x 318 or email conversations@kreegermuseum.org.

The National Gallery is launching a pilot program called "Just Us at the National Gallery of Art". It's a program designed for people with early stages of dementia and their care partners. At each session of the eight week program, a discussion on two to three works of art will be facilitated by staff educated in art and dementia. Folks can sign up for one program or all eight. Since this is a pilot program, participants will be asked questions so the staff can make adjustments for future sessions, which will likely begin in September.

The National Gallery of Art has been careful not to broadcast the fact that this program is for people with dementia. As you know, many people who have dementia either lack insight into their disease or prefer not to call attention to it. The focus is on the art and provides an opportunity for the individual and his/her care partner to enjoy something meaningful together.

If you know someone who could benefit from this program, please reach out to Lorena Bradford at the National Gallery of Art at **202-842-6905**. The programs will run from April - July from 2:00-3:00. Lorena can give you the exact dates and location for the programs.

Membership Directory

We are planning on releasing the directory of members and associate members to the PV community. If you don't wish for your contact info to be released, please call the office and we'll remove you.

Volunteer Training

The DC Office on Aging's (DCOA) collaborative grant awarded to Palisades Village, Dupont Circle and Northwest Neighbors is funding two-part volunteer series throughout the spring, summer and fall. The first part, entitled the Essentials of Volunteering covers establishing healthy boundaries with members, effective communication and helping resistant members. This interactive session helps volunteers identify concerning situations and offers solutions on how to handle them. Volunteers will be introduced to the Babrbara Scott, Village Case Manager and her role with three DC villages: Dupont Circle, Northwest Neighbors Village and Palisades Village. This is a great refresher course for

current volunteers who are looking to provide basic services more effectively. The next Training Session will be held on Thursday, **May 25** from 9 a.m. to 12:30 p.m. Lunch is included.

The second session, Helping Safely, is a follow-up to the first session. This training will address more complex volunteer services. This training will increase volunteers' understanding of how to safely transport members, help volunteers identify and report behavioral changes in a member, and provide examples of common risk factors in the aging population. This class will explain the role of the Village Case Manager in helping our more vulnerable members. Specialized volunteer services, such as Medical Note-taking and Care Groups, will be introduced. *Session 1 is not a required prerequisite for this training*, but participation in both sessions is encouraged. This session will be held on Thursday, **June 15** from 9 a.m. to 12:30 p.m. Lunch is included.



Both sessions will be held at Forest Hills Rehab Center at 4901 Connecticut Avenue, NW.

There will be another two-part training session available in the summer and fall. It will be offered by Palisades Village. Please RSVP to the office at 202-244-3310. Volunteers from all DC Villages are encouraged to participate.

In Memoriam

ELLY ANDONYADIS (Age 88)

Elly died on March 22, 2017, at the age of 88. In 2015, Elly and Avyeris celebrated their 60th wedding anniversary. They have a daughter in California and a son in Cabin John.

Since retiring as a Prince George's grade school teacher, Elly could devote much time to her love of art and gardening. Her paintings have been shown at the Phillips Collection and in the Palisades.



With the World Bank they traveled the world and spent time in the Middle East and Africa. Their native Greece and Turkey were also favorite destinations.

We will miss her joyful smile, her chuckle, and her generous good nature.

NANCY T. STEWART (Age 95)



On Thursday, April 6, 2017 at home. Beloved wife of Charles T. Stewart; mother of Eileen, David and Jocelyn; grandmother of Ariana and Gavin; aunt and cousin to many nieces and nephews and cousins. Born and raised in Puerto Rico, she and her sister, Betty (Tewes), came to the Baltimore/Washington area for college and stay ed when their family joined them. She taught piano at her home in the Palisades area until 2013.

DC Resources

Potholes!

As chair of the transportation committee with oversight of DDOT, Councilperson Mary Cheh is encouraging residents to report potholes officially through 311. When making the report, be as specific as possible and, if possible, include pictures.

To officially report a pothole to the agency; you may either:

- Phone 311
- Make a 311 report online through the Service Request Center
- Use DC's 311 smartphone app

Reporting the pothole or any issue to 311 is helpful because it officially documents the problem with the District and allows you to track the issue to completion. Understand that 311 is a call intake center; their task is to gather information from the resident and report it to the responsible agency in a matter that is easily discernible. Therefore, while tracking the issue, please note that when 311 marks an issue as "closed," that means the case has been brought to the correct agency assigned to follow up. It is not synonymous with "resolved." Continue to check back on your request for updates from the agency.

Finally, she wants to keep an internal list of road repair requests submitted to 311 by residents. After reporting the repair to 311, please feel free to send the tracking number and location associated with the request to Dee Smith, Deputy Chief of Staff, at dsmith@dccouncil.us. They will follow up with these requests and do our best to see them to completion.

Legal Advice for Homebound Seniors

Legal Counsel for the Elderly provides free legal services for those who are physically unable to leave their homes and are a DC resident over 60 (income eligibility applies).

Call LCE's Legal Hotline at **202-434-2120** and ask for Project Help. They can help with Wills, Powers of Attorney, Social Security, Medicare & Medicaid Benefits, Landlord/Tenant Disputes, Creditor Issues, Consumer Problems and more.

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](#).

Suzanne has offered her house for **Canasta** and is interested in playing. Does anyone want to play or join her?

Mark Your Calendars - The **2017 House Tour** will be on **October 14th** in the Kent neighborhood.

Dolphins in the Potomac? Fascinating article on our member **Janet Mann** and her studies of dolphins at <https://www.georgetown.edu/dolphins-in-the-potomac>.

Do we have any **volunteers** with the time and skills to help our members work with contractors?

We are looking for **volunteers** to chat with their neighbors about Palisades Village at the **Farmer's Market**.

Members and Volunteers - You may have received an electronic **survey** from Palisades Village recently. Thank you to all who have responded. If you have not, please do so by the end of the month. If you would prefer a paper copy, please call the office.

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