



Across the Fence

July 27, 2017

Introductions from Julia Winkler

Hey, Palisades Village! My name is Julia Winkler, and I'm the new intern at the office. Between now and mid-August, you might receive a few emails from me or talk to me on the phone.

I'm also going to be answering technology-related questions, so please come by individually or attend a tech camp if you need help from a qualified millennial!

Anyway, if you're wondering where in the world I came from...

I grew up in the neighborhood, so I'm quite familiar with the Palisades Village headquarters here on Cathedral. In fact, I attended preschool in this building, and I used to come to church here. I'm also a Key School graduate and Georgetown Day School alum.

Now, I live in Ann Arbor, Michigan for most of the year, where I attend the University of Michigan. I'll be entering my fourth year in the fall and will (hopefully!) have completed my Bachelor of Arts in International Studies and German by the end of the coming term. I'm still not quite sure what I'd like to do after undergrad, but I've considered living and working in Germany for a year or two. TBD.

Some quick fun facts about me:

Age: 20 (21 in August! So close!)

Hobbies/talents: Running, drawing & painting, singing

Favorite colors: Red, black

Favorite animals: Dolphins, lions

Favorite type of cookie: Chocolate chip-obviously

Kale or bacon? Kale: I'm vegetarian

Favorite thing to do in DC: See DJs on U St.

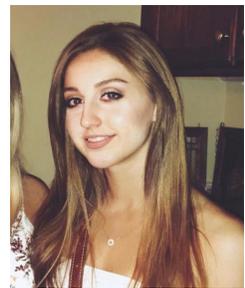


Photo Gallery



We won an honorable mention at the Palisades Parade.



The stars: Duke and his Sibley Hospital robot



Music and Ice Cream Social



DC Youth Orchestra Soloists



Palisades Farmer's Market



Textile Museum Outing

Member Profile



Molly Buck, Confirmed Traveler and Teacher

The need for a larger home to house her parents', grandparents', and great-grandparents' furniture led Molly Buck from her condo in Glover Park to the Palisades and her home on Q Lane. Though content in her condo, the beautiful antique furniture that now graces her home demanded more space, and so she accommodated it some 15 years ago and has been living happily in the Palisades ever since. As she notes, "Every thing in here means something to me," and clearly is dear to her for the memories of her family each piece carries. With some initial renovation and the addition of a charming conservatory, her home now perfectly fits her needs.

Teaching, tutoring, and libraries have claimed Molly's professional life. She grew up in Baltimore's Roland Park and became an assistant teacher while she finished her degree in English at Johns Hopkins. After teaching 1st grade at the Maret School, an interest in special education led to a training course at the Kingsbury Day School, and then to a master's degree in special ed at American University.

A traveler from an early age, she had the enriching experience of living for a year with a family in Woodstock, near Oxford, England, getting to know and love England's village life and its people. It was, she says, "A really, really fun time."

When she returned, Molly worked at the Enoch Pratt Library in Baltimore, then, ready to return to teaching, started at the Potomac School, where she taught 3rd grade for three years. The opportunity to spend nine months in Brussels took her to Europe, where she resumed her traveling ways. She later returned to England for another year with the same family friends from Woodstock who by then had moved to Oxford, so she got to know even more of the English countryside and still be close enough to London for quick trips.

Back in the States again, Molly tutored at Our Lady of Victory School here in the Palisades, and soon was asked to run the school library. She loves working with children, particularly tutoring and now, in her so-called "retirement," still enjoys tutoring them.

In addition to tutoring and playing tennis, Molly is a docent at the Kreeger Museum and has developed a deep interest in art. Her favorite piece at the Kreeger is Picasso's "At the Café de la Rotonde or L'Hippodrome." As she says, "The more I know about a particular piece, the background and the artist, the more I appreciate things I didn't like before and I learn to respect the work. I find that, thanks to my studies of art (courtesy of the Kreeger), I'm becoming a better observer." In fact, she's become so interested in art, that she's taking an art excursion to Texas in August with nineteen of the other docents and an art

teacher to guide them. They'll explore museums in Houston, Dallas, and Ft. Worth.

Through her work at the museum, Molly has discovered a new group with which she enjoys working: people with memory problems. The Kreeger sponsors conversations with them and their caregivers in which they all discuss a particular piece of art and look, really look, to see and understand beyond the immediate visual. She has found a resonance of her love of working with children in spending time with those with memory problems: "Both groups take things as they are, there are no hidden agendas, they live in the present."

Ever the committed traveler, even a serious winter car accident this year couldn't stop Molly from a planned cruise in the South Pacific two months later. On the way, she stopped in England for more time with her friends there. Summer travel plans, in addition to the Texas art tour, include a trip to Albuquerque, NM, to visit her brother and his family.

Molly recently adopted Trap, a 2-year-old bundle of energy. Her previous dog made weekly visits with her to an elderly, house-bound friend and she's hoping Trap will soon be able to do the same.

Interested in volunteer work and in getting to know new people, she accepted a friend's invitation to a meeting of the Palisades Village in its early days and soon became a driver and docent at our House Tours (and banner-carrier for our 4th of July Parade contingent). An unexpected benefit she's found is the gatherings the Village hosts for the Volunteers. She appreciates the opportunities we provide for our Volunteers to socialize and meet interesting people of the Palisades, thus strengthening community ties for everyone. As Molly notes, "Being a Volunteer with the Palisades Village helps me to get to know more people and enjoy life in the Palisades even more!"

Jude Michaels, Palisades Village Volunteer and Member

Name Tags

Don't you hate when you can't remember the name of the person sitting next to you? Jody McPherson has been distributing name tags at most events to remind us. We are now taking it a step further and giving our volunteers their very own name tag that they can use when helping our members on service requests. We hope this makes our members more comfortable as well as front door staff, receptionists and others we meet while helping members.

Volunteers and members will also be getting these name tags at social events. Members may turn them back in at the end of an event as usual. Volunteers, please hold on to yours and use it for future service requests. Tuck it in the car and you will always have it.

Extreme Heat Message and Precautions

Be Informed, Make a Plan, Build a Kit, Get Involved

Summer is here, and it's hot! Be prepared and please take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation.

The following steps will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect

you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.

- Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

Reprinted from Village to Village Network electronic newsletter.

Making Family Gatherings Easier for Seniors Who Can't Hear

Family gatherings are a wonderful opportunity to come together with the people you love, however, for someone with hearing loss, large gatherings can be overwhelming. One-third of people over the age of 70 have a form of hearing loss, and some members of your family may not be open to sharing their struggle.

Communication for someone with a hearing impairment can be challenging, but you can make a few simple adjustments to ensure the family gathering is an inclusive and pleasant experience for everyone.

Position Yourself to Be Heard and Seen

It is important that you are in the best position to be heard, as well as seen, by a person with hearing loss. Face the person directly so that your face, especially your mouth, is in plain sight. Do not obstruct your mouth with your hands, or eat or drink, while trying to communicate.

If the person with hearing loss has a favorable ear, be sure to sit on that side of them. When initiating conversation, be sure you have their attention so that you are both focused on the conversation and no words are lost or misunderstood. It is difficult for anyone to jump into a conversation or respond to questions when they have not heard what was spoken or asked of them.

Consider the lighting or other distractions as well, and avoid interferences from obscuring the vision of the person with hearing loss.

Communicate Clearly

Speak in a clear, concise manner without shouting and overemphasizing. It is a common mistake for people to speak excessively slowly or loudly to a person with hearing loss, which can lead to unnecessary hurt feelings and embarrassment. In fact, exaggerated speech may even make it more difficult for the person to hear what you are saying, as words can sound distorted.

If the person is having trouble understanding what you are saying, try rephrasing your words rather than repeating them. Sometimes saying something in a different way can be less complicated and make it easier for him or her to understand you.

Consider the fact that we don't just communicate with our words, we also use facial

expressions and gestures, so be sure to use these visual cues when speaking with someone with hearing loss.

Reduce Background Noise

Background noise can be very distracting as well. The noise of the television, radio or multiple conversations taking place around you can obscure the words you are saying. Turn off background noise and relocate to a quieter area to have the best possible conversation.

In addition to hearing loss, people with hearing impairments can also be sensitive to loud noises. Be mindful of this when considering background noise.

Encourage Seniors to Wear Their Devices

Seniors have lots of legitimate reasons for not wearing their hearing aids or other hearing devices. Often, the cause comes down to simple discomfort. Help ensure that the senior is wearing the hearing aid properly, the volume level is adequate and that it fits properly. If they complain about any of these issues you should get them in touch with their doctor or audiologist so that modifications can be made, or their hearing can be checked to identify any additional loss or problems.

Introduce the Concept of Perceptive Listening

What is perceptive listening? It's using perception, context, visual cues and pieces of the conversation the person *has* heard to figure out what has been said. Encouraging the senior in your life to use perceptive listening (which is a skill that, like any other, should be practiced), will help them to regain some independence when it comes to communicating with family, as well as with people outside the home.

Show Patience and Understanding

Most importantly, when communicating with someone who is experiencing hearing loss, be patient and understanding. Hearing loss can have a profound effect on a person's life and can cause frustration, social withdrawal and depression. It is important to include people with hearing loss in conversation, and make your best effort to accommodate their needs. Doing this will ensure that family gatherings are a fun-filled experience for *everyone!*

By : Kimberley Fowler, A Place for Mom

Summer Recipe from the Palisades Pan Handlers

Sue Bourdaud'hui discovered this wonderful recipe courtesy of Jamie Oliver.

Bob Bourdaud'hui shared "This is terrific (yeah I know that he's a Brit and I am biased), and we add fresh basil and mint instead of the oregano – but you could add the oregano too. Again, it is technique that defines the dish – salt and strain to remove excess moisture and concentrate flavor! Use heirloom tomatoes for best results."

The Mothership Tomato Salad

Ingredients

- 2 1/4 pounds mixed ripe tomatoes, different shapes and colors
- Sea salt and freshly ground black pepper
- A good pinch dried oregano
- Red wine or balsamic vinegar
- Extra-virgin olive oil

- 1 clove garlic, peeled and grated
- 1 fresh red chile, seeded and chopped

Directions

This is an incredible tomato salad, but there are two things to remember if you want to wow your guests with something so simple. The first is that you should try to get a mixture of different, tasty, local (if possible) tomatoes in all different shapes, sizes and colors. Second, the flavor is brought out by salting the tomatoes, so don't skip this bit. Some people get worried about putting this much salt on their food, but the bulk of it will drip off, leaving you with really beautiful, intensely flavored tomatoes.

If you can get hold of some dried flowering oregano then do, as it has the most heavenly flavor. Feel free to use the dried stuff that you get in a little container, but it can taste a bit like sawdust when compared to the fruity, fragrant flavor you get from the flowering variety. Oregano is also great to grow in the garden.

Depending on the size of your tomatoes, slice some in half, some into quarters and others into uneven chunks. Straightaway this will give you the beginnings of a tomato salad that's really brave and exciting to look at and eat. Put the tomatoes into a colander and season with a good pinch of sea salt.

Give them a toss, season again, and give a couple more tosses. The salt won't be drawn into the tomatoes; instead it will draw any excess moisture out, concentrating all the lovely flavors. Leave the tomatoes in the colander on top of a bowl to stand for around 15 minutes, then discard any juice that has come out of them.

Transfer the tomatoes to a large bowl and sprinkle over the oregano. Make a dressing using 1 part vinegar to 3 parts oil, the garlic and the chile. Drizzle the tomatoes with enough dressing to coat everything nicely.

This is a fantastic tomato salad, which is totally delicious to eat on its own. It's also great served with some balls of mozzarella or some nice, grilled ciabatta bread.

2018 European River Cruise

The Great Rivers of Europe

Foggy Bottom West End (FBWE) Village has invited Palisades Village to cruise through history along the Rhine, Main, and Danube rivers in October 2018 through the Netherlands, Germany, and Austria, uncovering local cultures along the way. See these wonderful sites with people you know and to help support the Village. You do not have to be a Village member to sign up for this trip.

Travelers on the Grand Circle river cruise will leave Dulles Airport for Amsterdam on October 14 and return on October 29, 2018.

To read details on the trip, [click here](#). Or, call **800-597-2452, option #2**, mention Group Code G8-27717, and say you want to reserve The Great Rivers of Europe with the Foggy Bottom West End Village. A deposit is required to hold reservation. Villagers will contact Grand Circle Travel directly to book their travel and make payments. Please do not call the Village office with questions about this trip.

10 Apps to Help You Stay Connected

As more seniors than ever before own smartphones, connect to the internet and use social media, they're exploring a whole new world. Americans age 50 and older are quickly catching up to younger smartphone users, according to the Pew Research Center. About three-quarters of people age 50 to 64 owned a smartphone last year, up 16 percentage points from 2015.

Mobile technology can make daily life easier, simpler and more fun. Check out these 10 free mobile apps with that goal in mind.

CareZone: This comprehensive app combines medication and caregiving management. Upload documents and photos; schedule care and medicine through a calendar; track health metrics; and create a journal, a to-do list, and contacts. It's all shareable, and email help is available.

Elevate: Studies show mental stimulation may reduce the risk of Alzheimer's disease. This brain-training app lets you customize a game-based program to strengthen analytical and communication skills. Plus, it's fun.

bSafe: Create your own personal safety social network. The app's GPS-based features include asking friends, family, or co-workers to walk you home, letting people know where you are, and sending out an SOS in an emergency.

AARP Now: View daily news briefs, videos and local events (music to sports). Some features, such as discounts, are only for AARP members. The app has been downloaded more than 1.2 million times since launching a year ago.

Shopwell: Created by dietitians, this app helps you find healthier food at the supermarket. Use it to scan barcodes, and then the app will score food and suggest better alternatives based on your profile. You can track purchases and get email notifications, health news and tips.

MapMyWalk: The app uses GPS to track your workouts (walking, cycling, and more) over time. Using an interactive map, create routes or find existing routes worldwide. It's a great way to explore new areas at home or when traveling.

Lyft: This ride-sharing app has programs geared to seniors, providing an alternative to public transportation that may be limited or nonexistent. If you're not comfortable creating an account by credit card or you don't have a smartphone, Lyft collaborates with GreatCall so seniors can book rides by calling a person. Uber is another option.

Skype: Research shows a strong link between social interaction and well-being as we age. Talk face-to-face with your kids or grandkids anywhere in the world with Skype, which makes Internet calls using your device's web camera.

Personal Capital: This read-only, money management app links all your accounts and bills and provides email notifications, cash-flow reporting, and customer service. It has a retirement fee analyzer and retirement calculator. A demo shows how it works.

Rain Rain: Sleep is important to maintaining your health. Choose from an impressive library of sounds – including thunderstorms, waves, a cat purring and a dishwasher – to help you snooze better. Simply select the sound, adjust the audio level and set the timer.

From the Dallas News by Sheryl Jean.

Need help installing an app? Call the office, and Julia or another volunteer can help you.

DC Resources

Senior Citizen or Disabled Property Owner Tax Relief

When a property owner turns 65 years of age or older, or when he or she is disabled, he or she may file an application immediately for disabled or senior citizen property tax relief. This benefit reduces a qualified property owner's property tax by 50 percent. If the property owner lives in a cooperative housing association, the cooperative will supply and collect the applications. The following guidelines apply:

1. The disabled or senior citizen must own 50 percent or more of the property or cooperative unit;
2. The total federal adjusted gross income of everyone living in the property or cooperative unit, excluding tenants, must be less than \$128,950 for the prior calendar year; and
3. The same requirements for application, occupancy, ownership, principal residence (domicile), number of dwelling units, cooperative housing associations and revocable trusts apply as in the homestead deduction.

The [Homestead Deduction, and Senior Citizen or Disabled Property Owner Application](#) [PDF] is available on the [Real Property Tax Forms](#) page.

If a properly completed and approved application is filed from October 1 to March 31, the property will receive the deduction for the entire tax year (and for all tax years in the future). If a properly completed and approved application is filed from April 1 to September 30, the property will receive one-half of the deduction reflected on the second installment (and full deductions for all tax years in the future).

Source: DC Office of Tax and Revenue

The 2017 House Tour is coming! Mark your calendars for October 14.

This year's house tour showcases Kent, one of the six neighborhoods that make up Palisades Village. Begun in 2013, proceeds of our house tour have enabled the Village to develop and enhance its member services, so your support and participation are key to its success.

The 2017 house tour information is available at www.palisadesvillage.org. If it does not display properly, please refresh your browser.

We are currently accepting **advertisers** for our 2017 House Tour booklet. Would you like to get your message out to all those attending? Call the office for details. We are also looking for **volunteers** to help follow up with advertisers.

We have "Save the Date" flyers if you would like to post them or share them with others. It is such a fabulous event and we wouldn't want anyone to miss it.

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](#).

Did you know that **Ruth Koczela** plays a mean harmonica?

John Giacomini is now a commissioner on the advisory group to the Mayor, District Council, Office on Aging, and the general public on needs and concerns of older Washingtonians. What an honor!

Rumor has it that Bistroquet is slated to become **Bistro Aracosia**, taking Afghan cuisine to a new level.

If you didn't get the flyer for our **Arena Stage Senior Matinee Series**, let us know. Great shows for only \$36!

We are looking for **volunteers** to chat with their neighbors about Palisades Village at the **Farmer's Market**. Available dates are: September 10 and September 24.

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