



Across the Fence

September 22, 2017

Please Come to the 2017 House Tour on Saturday, October 14!

The Palisades Village House Tour is our most important fundraiser. It supports the programs and services that members rely on, so your participation is key.

This year's house tour will feature the lovely Kent neighborhood, one of Palisades Village's six neighborhoods that include Berkley, Foxhall, Palisades, Spring Valley and Wesley Heights. Attendees will explore eight historic and beautifully appointed homes featuring traditional, colonial, Tudor, and contemporary. Some of the houses have been remodeled and the interiors have been updated with contemporary amenities. Many of the homes showcase a variety of art and period furniture. Several of the homes have impressive gardens and landscaping that feature ponds and fountains.

Tickets are on sale now at www.palisadesvillage.org or stop by the Palisades Village office. We are also still recruiting **volunteers** to serve as docents at the houses. If you are interested, you may get details and sign up at <http://www.signupgenius.com/go/5080a4fafa92aa4f94-palisades>.

Remember that proceeds of our house tour have enabled the Village to develop and enhance its member services. Your support is essential to its success!

Photo Gallery



Malcolm and Sandy Pritzker at the Summer Picnic



Bill Wilson and Martin Berstein



Carlota Pardini



Tea and Music



Marcia Sternfeld routes on the Nats!





Woodrow Wilson House

Member Profile



Susan Elliott, Still Playing in the Mud

On entering Susan Elliott's spacious grounds, one immediately encounters Frank Frog, an imposing sentry amphibian of cement and tiles (created by Susan), who stands guard over the land. Two cats and a dog also attest to Susan's love of animals, both breathing and still life. A lawyer by training, Susan practiced law for 33 years, 17 of them spent working for the government with the Federal Trade Commission and the Commodities Futures Trading Commission. She was always most happy when dealing with consumer protection policies. Other segments of the rest of her professional career were spent in private practice. She met her future husband, Pat Nicolette, at the CFTC; they married in 1992. Like Susan, Pat is also a retired lawyer and also like Susan, he has enjoyed a new venture of a different sort: He's a writer of mystery novels, having written 13 of them, to date.

Susan's two daughters live in Southern California, so cross-country flights keep them close. Her younger daughter, Kimberly, spent 10 years in Hollywood as an actress before returning to her other early love, computers. She is now a software engineer at Google. Older daughter Tara, loves her work as a celebrity stylist and counts Kristin Stewart as her oldest and dearest client. Tara's daughter, Jordan, at 5 ½, is the apple of her grandmother's eye. Jordan's pet pygmy pig, Sprinkles, is the apple of Jordan's eye. Susan, Tara, and Jordan recently enjoyed a vacation together at Hershey Park (Sprinkles stayed home).

Susan grew up in Palm Springs, CA, where in the 1940s, her father was the first surgeon in town. Her great-grandfather, a Presbyterian minister, founded 39 churches in Colorado. She has three sisters, one of them, her twin, Sally, lives in Concord, MA. Another sister, Cindy, has lived in DC for many years, and her other sister, Nancy, lives in Santa Cruz, CA. At 17 Susan, headed East to Harvard for her undergraduate degree and then Boston University for law school. Eight Boston winters were enough: she moved to DC, where she met her first husband and moved into a home in Wesley Heights. The arrival of daughter Tara spurred a search for a larger house, which led them to Spring Valley, where in 1980, they chanced upon a house overwhelmed by unruly trees on an expansive, wild hill. Susan has lived there ever since, performing a determined pas de deux with the trees. She would eventually remove 27 of them, many diseased and dying; some left of their own accord. The removal of one giant tree opened up the front yard to sun for the first time in decades and "changed the dynamics of the house and yard." It incited a beech tree to grow so fast and large that it became, in her word, "suicidal." Unable to carry its own weight, its trunk

split down the middle and became homicidal; one side took aim at the house. An emergency tree removal request, placed with the city on a Friday and approved the next Monday allowed the tree to be taken out before it did the same to the house. Another gigantic tree gave up the ghost in a major storm and smashed down, shearing off the front peak of the house. A different angle to the fall would have destroyed the house (not to mention those inside). Meanwhile, a casually voracious gang of deer enjoyed free range in the yard, taking full advantage of any shrubbery or flowers Susan might plant. A 10' fence finally kept them at bay and she now grows day lilies and hostas with impunity.

Having retired a few years, ago, Susan has found that for her, the secret to a successful retirement is to feed your soul by finding ways to be creative and offering service to others. In addition to being a Village Volunteer, she and Pat help lead a monthly worship service at Grand Oaks Apartments and Assisted Living Residence, sponsored by her church, Metropolitan Memorial United Methodist Church.

The creativity component started in earnest when she and Tara took a mother-daughter sculpture class at the Corcoran School of Art. That sparked a new creative avenue for Susan. As a child, she always enjoyed tiles and playing in the dirt. Now, working with cement and creating tiles enables her to do both as a grown-up. Following the Corcoran class, she continued to take classes and practice her art until she was accepted as a member of the cooperative at the Lee Arts Center in Arlington, VA, in 2011. She has been working there in clay and cement ever since. Her specialty is creating tiles of various sizes, shapes, and colors that she superimposes on a cement foundation to build bowls and basins of various sizes, shapes, and colors. Ask to see her impressive Tablet portfolio of her works sometime. She's also built by hand the walkways around her house, long, snaking paths made of pavers of various forms and dimensions that she gathers from friends and acquaintances and breaks up as needed (I've even contributed a few pavers left over from a walkway project at my home). She's currently collecting shards of broken pottery from other potters for "a project, as yet unidentified." For now, there's a growing collection of broken pottery in her garage and basement. If you break a treasured vase or bowl, send it her way!

Having traveled widely, Susan has enjoyed introducing Pat to various countries in Europe, particularly Paris and Barcelona. Given her love of unique cement and mosaic design, one would expect her to love Gaudi's Sagrada Familia Basilica in Barcelona, which she does, but even more than that, she loves the nearby Parc Guell garden and park with Gaudi's mosaic benches. The large mosaic lizard at the entry to the park was the direct inspiration for Frank Frog.

Susan found her way to the Palisades Village via Metropolitan Methodist and our own Phil Potter, who persuaded her to join the Board when Spring Valley was incorporated into the Village. She looks forward to seeing the Village become more visible in Spring Valley and Kent, especially through the House Tours: last year it was Spring Valley, this year, it's Kent's turn. Now as an Associate Member, she still volunteers, driving and "pitching in" where she can. She has also hosted Volunteers gatherings at her home and garden, where we've become acquainted with her various critters, breathing and stone-still. She's enjoying getting to know the people of Palisades Village. As she notes, "Most everyone has an interesting background. You might not know what it is, but it's fun to find out."

Jude Michaels, Palisades Village Associate Member and Volunteer

Recipe from the Palisades Pan Handlers

Spicy Fried Eggplant - serves 4 as a side.

Ingredients:

4 Asian or Japanese eggplants, sliced lengthwise 1/2" thick.

1/2 tsp Turmeric, 1 tsp Ground Coriander, 1 tsp Garam Masala. 1 tsp minced Garlic, 1 tsp minced ginger, 1 tsp chili powder or cayenne, Pinch of Accent (optional but it makes a big difference)

Method.

Place the slices on a dinner plate in a radial pattern on the plate so that one end rests on the plate edge and they converge in the middle. Microwave the eggplant slices for 6 to 7 minutes on high. This removes 90% of the water and pretty much prevents the slices from absorbing oil - a major problem, when frying eggplant.

Mix all of the spices with a little water (2 Tbs) and spread on both sides of the eggplant slices.

Heat 2 Tbs of oil in a non stick fry pan on medium heat. Fry until golden brown. Delish result!

Serve hot.

Note: Once the slices have been nuked, you can simply add your own spice mix onto the eggplant slices before frying in the oil, like salt, pepper, and lemon zest, or garlic and parsley and on. The critical step is the nuking.

From Bob Bourdaud'hui

Advance Directives

Healthcare Advance Directives Explained: Understanding the legal forms

We hear far too often from family caregivers that they wish they had prepared earlier, started the difficult conversations sooner, or discussed their loved one's wishes before a health crisis.



While difficult, planning ahead and preparing now can ensure you or a loved one receives the care you want in the future. That's why we encourage everyone to complete a healthcare advance directive.

Healthcare advance directives are legal forms in which you can share your future healthcare and end-of-life care wishes with medical professionals and family members or friends. These forms may include living wills and/or powers-of-attorney (more on that below).

While health care advance directives may be completed with or without an attorney's assistance, if you have concerns that are not addressed in basic templates, you might

consider consulting with an attorney to draft something customized. An attorney can also help answer any specific legal terms or issues.

Healthcare advance directives typically include information on:

- Specific medical preferences
- Aging-in-place or legacy preferences
- Your assigned trusted individual for any healthcare decision-making, in the case that you are no longer physically or cognitively able to make such decisions

Additionally, a Power of Attorney, Advance Medical Directive, and Last Will and Testament may also be part of your advance planning. All are very important to obtain while you're in good health and sound mind.

Power of Attorney (POA):

This document appoints a specific person chosen in advance to handle someone's financial matters if they are unable to do so. In Washington, DC POA documents do not have to be drawn up by an attorney, as the statute provides a template. However, a financial power of attorney must be notarized.

The POA is empowered to take over a person's financial affairs - such as making sure bills are paid on time - when the person can no longer handle his or her own business matters. For older adults with no family, the POA is often a trusted friend who agrees in advance to take on this responsibility. With a POA document, a person is able to choose who will help him or her if they become incapacitated. Without a legally valid POA, a petition often is filed in court to name a Guardian to handle the incapacitated person's affairs. The Guardian almost always is a lawyer and a stranger appointed by a judge.

Advance Medical Directive (sometimes called a Living Will, or healthcare/medical power of attorney)

This document spells out exactly what sort of medical care a person would wish to have if they were not able to speak for her or himself. If someone went into the emergency room unconscious after a fall, for example, the Advance Medical Directive would tell doctors whether or not the person wanted feeding tubes or life support measures. A healthcare power of attorney does not have to be notarized, but it must be witnessed by two adult witnesses, one of whom cannot be related to the person preparing the document.

Last Will & Testament

This document specifies a person's wishes for what should happen to their property after they die. The District of Columbia does not require a will to be prepared by an attorney; however, in some instances using an attorney is strongly advised.

You can find advance directive forms available online:

- [Free \(state-specific\) forms are available from the National Hospice and Palliative Care Organization here.](#)
- [Low-cost forms \(valid in multiple states\) are available in various languages from Aging with Dignity here.](#)

A [Geriatric Care Manager](#) or Aging Life Care Expert can also help with planning ahead.

Concerned about Equifax?

Over the past weeks a lot of news has come out about a security breach at Equifax affecting upwards of 145 million credit files. This breach could negatively affect your credit. Here are suggestions in a nutshell...

The first thing to do is to put a security freeze on your credit file at each of the credit agencies. There is a fee (\$10 in DC) to do this. Once in place, no one should be able to take out credit in your name.

The links for the security freezes are:

<https://www.experian.com/freeze/center.html>

<https://www.transunion.com/credit-freeze/place-credit-freeze>

https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp

<https://www.innovis.com/personal/securityFreeze>

In addition, Equifax is offering those they believe were affected a free year of credit monitoring at <https://www.equifaxsecurity2017.com/trustedid-premier/>

Iona Senior Services has compiled a detailed list of [resources](#) to help you protect your credit.

You can also see this article in the *New York Times* for more information: <https://www.nytimes.com/2017/09/08/your-money/identity-theft/equifaxs-instructions-are-confusing-heres-what-to-do-now.html>

New Medicare Cards

[At long last, Medicare cards get a makeover to protect seniors from identity theft](#)

by Michelle Singletary - *Washington Post*

The standard advice for people to protect themselves from identity theft is to be sure you don't carry around documents that can be stolen by a crook.

So when it comes to your Social Security card, please leave home without it - unless there is a specific reason you must have it. We all know that our 8-digit number is the key to opening doors to a lot of our financial information.

But such advice often frustrates those 65 and over.

Why?

Because our government idiotically made people's Social Security number also their Medicare claim number and put it on their medical card, something that they shouldn't leave home without.

For years, seniors and consumer advocates begged the federal government to remove Social Security numbers from the cards.

Well, the time has come - or at least will be here in 2018.

Last week, the [Centers for Medicare and Medicaid Services \(CMS\)](#) revealed the new look for Medicare cards, which will - thankfully - now have unique and randomly assigned numbers and uppercase letters that replaces the current Social Security-based number. The agency will mail out the cards in April.

"The goal of the initiative to remove Social Security numbers from Medicare cards is to help prevent fraud, combat identify theft, and safeguard taxpayer dollars," CMS Administrator Seema Verma said.

Read more: [Get Ready! Medicare Will Mail New Cards to 60 Million People](#)

Read more: [New Medicare cards are coming](#)

As the rollout continues, please be careful of the scams that are sure to crop up.

"Scam artists may try to get your current Medicare number and other personal information by contacting you about your new Medicare card," CMS says.

Here are some clues that someone calling is trying to con you:

- You are asked to confirm your Medicare or Social Security Number so they can send you a new card.
- You are told that you have to pay a fee for the new card and you need to verify your personal information.
- You may be told your health benefits will be cancelled if you don't share your Medicare number or other personal information.

CMS says if someone calls you and asks for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

DC Resources

Safe At Home Program Adds Cameras

Since 2016, the Safe at Home program has installed safety modifications in over 700 resident's homes. To ensure that the program continues to provide innovative and low- cost options for seniors to remain safe in their residences, the District has added a new security camera installation component.

Safe at Home's Private Security Camera Program enables eligible DC seniors and residents with disabilities to receive a private security camera system free of cost. This program is intended to help deter crime and assist law enforcement with investigations. Restrictions apply. [Click here](#) for more information.

DC DMV Inspection Station

Senior citizens are expedited when they arrive at the inspection station. They should proceed to front of line and let inspection station employee at the gate know they are senior.

Community Resources

Forest Side Memory Care Opens Adult Day Program

Forest Hills of DC, a private not-for-profit organization, which has been serving seniors since 1889, is expanding its Forest Side Memory Care Assisted Living service to include an Adult Day Program.

"Senior leadership at Forest Hills has identified the need to expand our memory care services to assist individuals with dementia remain at home with spouses and families," according to Mary Savoy, MS, Administrator and Executive Director.

"We are well aware that many spouses and family members choose to have their loved ones remain at home as long as possible. But we know these acts of love frequently result in what is known as caregiver burnout," she added. "A local memory care day program can provide those family members with much needed support to better meet day-to-day challenges that cognitive decline may present."

"The opening of our Forest Side Memory Care Day Program represents a core belief of our organization, which is to create a safe, compassionate and supportive community that inspires seniors to remain active and healthy."

Are you a Veteran over 50 living in the District of Columbia?

AARP DC is currently seeking veterans that are interested in volunteering with our office to help support our older veteran DC residents. We hope to work with a volunteer to advise us on the planning of new events and how to provide AARP resources to our prior service members. If you are interested in serving as a volunteer advisor for our veteran outreach in 2018, please register below. We will follow up with all those who register with more information!

To Register - <https://www.surveymonkey.com/r/AARPVet>

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? Do you want to share some important news? Submissions can be made by calling the office at 202-244-3310 or by clicking [here](#).

Sweet Agave Bar & Grill is open. Have you tried it? Send us a review to share.

Our dear neighbor **Mat Thorp** passed away on August 16, 2017. A celebration of his the life will be held this Saturday, September 23, 1:30 p.m. at the Palisades Community Church, 5200 Cathedral Avenue NW. The gathering will be followed by a reception at Salt and Pepper 5125 MacArthur Boulevard.

Volunteers needed to sell House Tour tickets at the **Palisades Farmer's Market** on October 1 and 8.

The Palisades Library may be closed but the new **Palisades Village Free Library** is open for business. Thanks to a wonderful suggestion by Palisades Pan Handler and member Nancy Dutro, the office's Lending Library is up and running. Come by and visit the friendly folks at the office and check out our book inventory. Take a book and/or leave a book. Please also consider writing a short review, creating a reader's recommendation. As the weather begins to cool down, what's better than cozyng with a great book while sipping a warm beverage.

Member Pat Nicolette's latest Nick Mercante Mystery is now available on Amazon—***A Campaign For Murder***.

Welcome new members: **Carlota Pardini, Anna-Stina Ericson, Pat McCarthy** and **Julie Lester**, and new volunteer **Alec Graham**!

Help Wanted: We are looking for hosts and hostesses to offer their home for social gatherings of Palisades Village members and volunteers for about 30 and 40 people.

Palisades Village | PO Box 40403 | Washington DC 20016
202-244-3310 | info@palisadesvillage.org
www.palisadesvillage.org
Andrea Saccoccia, Executive Director