



Across the Fence

February 7, 2018

From the President

As we start 2018, I wish everyone a healthy and happy new year. I realize that some of our members are struggling with health issues and we are doing our very best to provide comfort and services. We are indeed fortunate to have such dedicated staff and volunteers who care about our members and community.

We ended 2017 in a strong financial position thanks to the generosity of donors, a successful House Tour, and carefully managing our budget. The annual appeal raised over \$33,000, surpassing last year's fundraising. These donations are critical to our efforts to serve our members. Your generosity is truly amazing!

Palisades Village begins 2018 with four new board members, Sharon Hays, Frank Langhammer, Arne Paulson, and Kate Perry. They all have been long-time supporters of Palisades Village and you can read about them on our website (www.palisadesvillage.org). The Board is now 12 members and we will benefit greatly by their contributions.

As we look forward to this new year, we are excited about all the events planned for our members. The House Tour in October this year will focus on homes around the Foxhall area. The House Tour involves our members, volunteers, neighbors and businesses and we hope you will support this major, annual event. You can become involved in many ways, including volunteering as a docent, offering your home for the tour, sponsoring an ad, and buying tickets! Please let Andrea or Erica know how you want to participate.

I look forward to seeing you soon,

John Stiner
President
Board of Directors

2018 Annual House Tour is a "Team" Effort

It's time to mobilize for Palisades Village's Sixth Annual House Tour that will be held on Saturday, October 13. The Tour will showcase homes in neighborhoods around Foxhall Road that are part of our Village community. This event is one of the most important fundraisers for our Village and its success is crucial to the fulfillment of our mission. *Over 15% of the Village's annual operating budget is dependent on your participation as well as the community's participation.*

It takes a Village to make our Village **and** it takes a Team Effort to make a

successful House Tour. Whether you are a Palisades Village member, volunteer or a donor, **we need your help!** You are such an integral part of our success and community.

Every house has a story. This year we're seeking a mix of homes that will have a broad appeal to many tastes. They may be large or small, old or new, original or renovated, traditional or modern or have unique features, furnishings or collections that will be of great interest to our ticketholders. Does this describe your home or that of a neighbors' home or is it a home that you've long admired? If so, we are eager to hear about it from you.

It takes about 200 volunteers to make this a successful fundraiser. You might say how can I help? I have trouble walking or health challenges. **WE HAVE A JOB FOR YOU!** Most can be done from the comfort of your own home with your personal touch!

- **House Tour Ads:** Can you reach out to your favorite retailer, restaurant, insurance agent, pharmacist, doctor, cleaner, landscaper, banker, auto mechanic, etc. and see if they are interested in purchasing an ad in the House Tour booklet? Ads are reasonably priced from \$250 to \$1,500.
- **House Tour Sponsors:** Palisades Village would like to have 6-8 homes on the House Tour. Do you know of a realtor or a business that you can reach out to ask to sponsor one of the homes? A \$1,500 sponsorship includes a full-page ad in the House Tour booklet, showcases your business at the house with marketing materials.
- **Docents:** We need head docents for each of the 6-8 houses who will recruit volunteers for 2 hour shifts for the duration of the House Tour. We need lots of docents! Do you belong to an organization or group that would like to volunteer to staff the house? In-home training will be provided prior to the day of the House Tour.
- **Marketing and Publicity:** We need your fresh ideas about how to advertise our House Tour. In the past we have sold about 300 tickets...the more we sell, the more it benefits your Palisades Village. Can you help?
- **House Tour Co-Chairs:** The committees described above need a chair or co-chair. Do you have great organizational skills and like a job that is challenging, rewarding and fun? You'll meet all sorts of great people that are just as passionate as you are about your Palisades Village.

This is the time for you to get involved in the House Tour! If we all do our part, then no one will be over-burdened. Let us know how you'd like to help. We look forward to hearing from you. Please contact Andrea at asaccoccia@palisadesvillage.org or **202-244-3310** to sign-up today!

Photo Gallery



New Board member Kate Perry
with Ellen and Jim Myerberg and
Carol Lynn Halal



Erica Blanton, new Board member
Sharon Hays and Judy Watson



Bill Halal and new Board
member Frank
Langhammer



Outing to see the Renoir exhibit



Cindy Guell, author of
Lipstick Brigade



Lipstick Brigade Talk



Sylvia Blake



Dr. Ernest Brown



Presentation on the Etiquette of Illness

Member Profile



Larry Beaver, Community Advocate

I met Larry in his trophy, plaque, picture, and memento-filled study at his home on Hurst Terrace. A devoted Palisades partisan, he was born in DC, but moved to Ohio at 18 months when his father was posted there. After his father died in 1941, Larry's mother moved the family back to DC to be with her family in Lincoln Park. He attended the University of Maryland, but soon enlisted in the Army Air Corps where he was a fighter pilot in WWII, stationed in Cambridge, England. After his military service, Larry moved back to DC and has lived in the Palisades ever since. He attended GWU, where he earned his bachelor's degree in Allied Health Sciences and met his future wife, Carol. Carol worked with the Army/Defense Mapping Service, traveling all over the world for her work. She transferred to the National Oceanic and Aeronautics Administration, where she eventually completed her career as NOAA's Director of Aeronautical Charting. At her death last year, she and Larry had been married for 69 years.

With interest and experience in electrical engineering, Larry took classes at Rensselaer Polytechnic Institute and began working at General Electric. He started his own electrical engineering company and soon bought into Alenco, a company that developed and sold communication and signaling equipment. He designed the new electrical signaling system (for fire, smoke, and water flow) in the Howard Johnson's after the Watergate break-in and was able to explain to the investigators what he calls the "fraudulent mechanics" the burglars set up for espionage at the Watergate. Along the way, he became a manufacturers' representative for Alenco and other signaling and electric communications companies and established distribution outlets for them in the mid-Atlantic region. He continued in that work until his retirement.

Larry has enjoyed a long and varied life of community involvement and advocacy for local civic organizations. In his 50 years with the Palisades Lions, he's held every office in the Lions Club (composed of Palisades, Georgetown, Chevy Chase, and Friendship Lions). During his time with the Lions, Helen Keller approached the Lions Foundation to become Knights of the Blind and soon the business owners of DC and Maryland became known for their advocacy for the blind. Larry was also

active in the Masons and the American Legion, particularly the POW/MIA work of the latter. In addition to those involvements, he served in the volunteer DC Metropolitan Police Reserves, working to support the work of the police department. Members of the Reserves receive Police Academy training and share a close working relationship with the regular police force. Larry served in the Reserves for more than 30 years and retired as a Captain. Among his many mementos from those years is a thank-you pennant from Pope John Paul II from when he was in charge of the Pope's police detail during his DC visit in 1979 and a note of congratulations from President Bill Clinton on his and Carol's 50th wedding anniversary.

Until 1973, in the olden, pre-Home-Rule days before the Congress created the District Charter, Washington was organized into regional councils; there was no Mayor or City Council. Larry was the president of the Palisades Citizens Association and the representative from the Palisades to the Northwest Council. As president of the Northwest Council, he and some of the other regional association representatives persuaded the Northwest Council to drop its constitutional requirement that only white people could serve on the Associations in the Council and open membership to all.

Larry likes the diversity of living in the Palisades and still supports our famous 4th of July parade and picnic. While in his 90's he feels that "I pretty much do what I want to do," he values the work of the Palisades Village because he believes in helping people in the community live in their own homes as they age. He appreciates our various programs and the transportation our Volunteers provide. As he says, "The formation of the Palisades Village was one of the smart things we've done in this community; it allows people to meet and become friends with people we otherwise might not have had the opportunity to meet."

Jude Michaels, Palisades Village Associate Member and Volunteer

Falling Safely

We have offered classes in how to prevent falls but in the Netherlands they are teaching people how to fall safely. The New York Times published this article on the subject:

<https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>

A number of our members were intrigued by this and we are looking into classes that we can offer.

Senior Home Sharing

Want to stay in your own home as long as possible, but finding it increasingly difficult to do so? The New York Times recently published an article about a growing trend among seniors trying to deal with this issue - getting a roommate. Sharing part of one's home with the right roommate can provide seniors with extra income, personal security, and companionship. On-line groups, such as Silvernest and Senior Homeshares, have been created to help seniors identify the best roommate prospects, based on one's own preferences (e.g., are you looking for someone who works during the day and only comes home at night; do you want someone who is interested in cooking or who has the same hobby interests that you do; do you want someone who might help mind your pet or help with odd jobs?). For a modest fee, such organizations match prospective roommates and do background checks on both the homeowner and the prospective renter; some of them also

provide additional services such as preparing leases, overseeing payments, and resolving disputes.

Although this was well before such online services were available, my own mother rented out part of her basement in Foxhall Village for many years to a music student who eventually played with the George Mason Symphony Orchestra. In her case the primary reason for having a roommate was personal security - she did not like living in an empty house on her own. And frankly we, her children, were also grateful that someone else was around in case of an emergency.

Here is a link to the full NYT article: <https://nyti.ms/2Ezs6e8> If you are interested in participating in a discussion about this issue or wish to consider this option, please let the Palisades Village Office know by phone at **(202) 244-3310**, or by email at info@palisadesvillage.org, and we will try to set up something.

Arne Paulson, Village Board Member, Member and Volunteer

Aging in Place Begins Early

Homeowners are getting older, and to continue on in their current house, improvements are necessary.

"Aging in place," however, is not just about adding railings and ramps. In fact, 46 percent of homeowners aged 75-plus began improvements early with the expectation that they would grow older, but stay put, according to a HomeAdvisor [report](#). The most common remodels, the report shows:

- Add Lever-Style Doorknobs
- Add Pull-Out Shelves
- Add a Smart Fire Detection System
- Add a Smart Security System
- Replace Stone/Tile With Carpet/Wood

Homeowners at an earlier stage, aged 55-75, are also making modifications, but not necessarily due to aging concerns (though they are, fortuitously, ideal for just that). These include adding automated features like a programmable thermostat or voice activation, and in bathrooms, grab bars and higher toilets.

According to HomeAdvisor, a "holistic" movement is occurring—a comprehensive, and, at times, preventative, approach to living over the years. Early on, that could mean addressing issues that could be unsafe, like a cracked walkway. Later, that could mean cutting clutter and organizing (accessible storage, for example), or eliminating labor-intensive chores, such as adding gutters that clean themselves. The outcome is a lifestyle that is not only beneficial currently, but also crucial down the line, when age can impede the ability to carry out chores and upkeep.

Other key improvements to consider:

- Lighting
- Modifications in Shower (Bench, threshold)
- Moving Master Bedroom to First Floor
- Ramps
- Wider Doorways

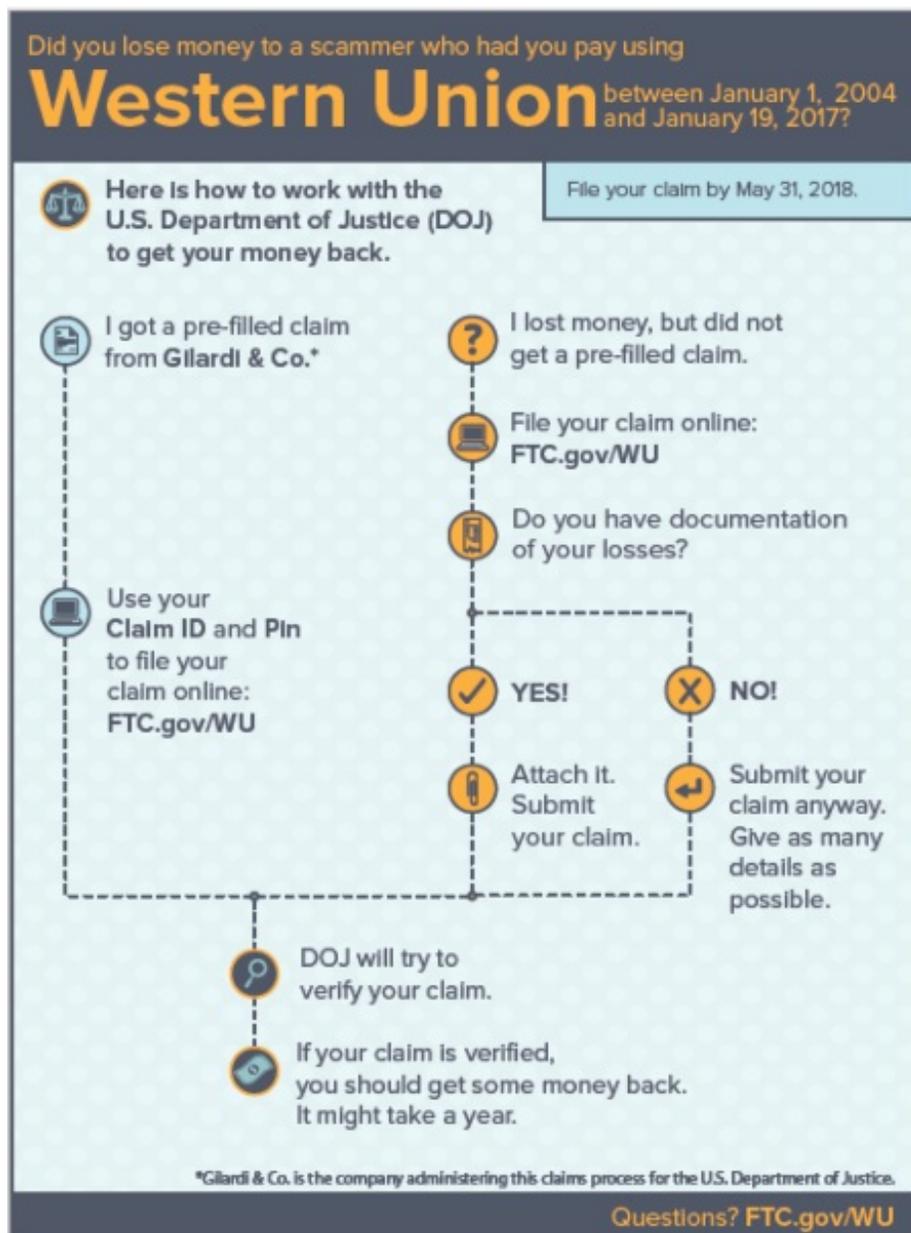
Aging Matters

Aging Matters is a live weekly interview program on Arlington's community radio station, WERA-LP Arlington 96.7 FM. Every Tuesday from 2 to 3 p.m. and replayed from 6 to 7 a.m., host Cheryl Beversdorf interviews guests from local and community organizations to provide information about aging-related services. To listen to all Aging Matters programs at any time, log on to www.mixcloud.com/AgingMatters/ or www.facebook.com/agingmatterswera.

Western Union Compensation

Last year, Western Union agreed to pay \$586 million to compensate the victims of financial scams who sent money to fraudsters through the company's money transfer service.

If you, or someone you know, sent "payment" to a con artist through Western Union between January 1, 2004 and January 19, 2017, you are entitled to submit a claim by the May 31 deadline at www.westernunionremission.com. For more information, see the graphic below or visit the Federal Trade Commission's [Frequently Asked Questions](#) page.



Always remember that if you ever receive a suspicious call asking for money, ask a family or friend about it before sending!

Amazon Echo and Voice Command System Alexa

I recently had the opportunity to attend a presentation on Amazon's Echo. There are about nine different models beginning with the most basic model which is moderately priced to the one that features a screen for an additional cost. The Echo brings the internet to you with a voice command that is called Alexa. You must have internet access. There is no keyboard; you just use your voice and speak to Alexa.

Alexa provides a wealth of benefits. There are more than 25,000 "skills" available for Alexa (a number that grows daily). You can think of an Alexa skill the same way you do an App for your Smartphone. Just as there is an App store, there is a skill store. However, the Alexa user doesn't have to download anything since it is all stored on the cloud, a simple voice command makes the skill available. For instance, if you want to listen to CNN; you'd say, "Alexa, enable CNN." A few seconds later, you can listen to CNN (or have the CNN skill available to you).

With Alexa, many day-to-day activities can be accomplished using voice only. Placing a phone call is as easy saying, "Alexa, call my daughter." When someone is calling you on your Echo, Alexa will announce who is calling. To accept the call, simply say, "Alexa, answer."

There are so many applications that you can incorporate in your day-to-day activities including reading books and podcasts, setting a timer, accessing flight information, managing your calendar, listening to your music and radio station, accessing news and weather, finding out your commute time, family or caregiving monitoring, etc. as well as shopping if you are an Amazon Prime member. And it's all done by voice. The Echo makes reordering products very easy. For instance, when low on soap, you'd say, "Alexa, reorder soap." In no more than a day or two, your favorite soap brand and size are at your door. Shopping by voice is not only convenient, it can restore a vital sense of independence.

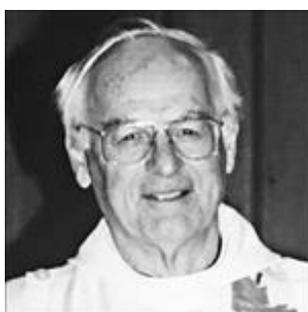
If you are in distress, Alexa can immediately alert family and friends. Alexa responds to your command for help by calling, texting, and emailing the people identified on your emergency list.

Join us on **Wednesday, February 21 at 2 p.m.** for a presentation at the Grand Lodge on these devices presented by Pam Holland of Tech Moxie.

Already own an Echo or similar product? Would you be willing to share your expertise with other members? There are several companies that offer to come to your home to install, configure, customize, and train you on the use of Amazon's Alexa. If you are interested in volunteering or would like to know about companies that offer this service, please call the office at **202-244-3310**.

In Memoriam

Rev. Canon Michael P. Hamilton



Palisades Village member died on Wednesday, January 10, 2018, at the age of 90. Born in Belfast, Northern Ireland on January 28, 1927, he served in the British Army in Palestine and emigrated to Canada in 1948. To pay his way through the University of Toronto, Michael worked at a logging company on Lake Superior and construction crew in Fairbanks, Alaska. He attended Virginia Theological Seminary and was ordained in the Episcopal Church in 1955. Michael went on to serve at the Church of the Advent, Cincinnati, Ohio where he lived for three years in a tenement slum. He next served as the Chaplain to the Faculty and Graduate Students at the University of Southern California for six years before embarking on a 29 year career at the Washington National Cathedral. There he started the Folk Eucharist, organized conferences and edited eight books on the relation of the Christian faith to new events and politics, often with a focus on ethics. He founded the first hospice in the District, DC Hospice Care of the District of Columbia, and retired from the Cathedral in 1993. He continued serving through much of his retirement, including St. Mary's parish in Rotterdam, Netherlands and three churches in Washington, DC, including Church of Our Savior and St. Mary's Parish. He is survived by his sister, Bridget Ballard of Canberra, Australia (John); his children from his first marriage to Sarah Clippinger Hamilton, Patrick Michael Hamilton of Sarasota, FL and Katrina (Katie) Hamilton Gewirz (Steven) of Washington, DC and their sons, Jack and Malcom; his stepchildren, Robert and Jeffery Raven and their families. His second wife, *Eleanor Raven-Hamilton* preceded him in death. His funeral was celebrated on January 22, 2018 at the National Cathedral. In lieu of flowers, contributions may be made to the Washington National Cathedral, Development Office, 3101 Wisconsin Ave., NW, Washington, DC 20016 or the Near East Refugee Aid, 1111 14th Street, NW Suite 400, Washington, DC 20015, or 202-266-9700.

DC Resources

Senior Surveys

Marguerite Pridgen represents Ward 3 on the DC Commission on Aging. She is in the process of recruiting volunteers from each ANC Single Member District (SMD) who are able to respond to periodic surveys on the needs of seniors in their SMD. She would like participants to include both seniors who live in that SMD and providers of services to seniors in the SMD. The information received from the surveys will be used to inform the broader Commission.

Anyone interested in volunteering should email an expression of interest to her by February 15 that includes the following:

Name

Email address

Organization (if applicable)

ANC SMD (lookup at <http://dcatlas.dcgis.dc.gov/mar/>)

Budget Forums

Mayor Bowser is hosting her first ever **Senior Budget Engagement Telephone Forum** designed specifically to hear from senior residents. The mayor looks forward to hearing your ideas, suggestions, and priorities for next year's budget.

The **Senior Budget Engagement Telephone Forum** will take place on **Tuesday, February 20, 2018** at **12:00 noon**. To RSVP, please call 202-442-8150 or visit the

following website: www.engagement.dc.gov.

In addition, Mayor Bowser will host three in-person Budget Engagement Forums across DC. These forums are opportunities for the Bowser Administration to hear directly from residents about your community's priorities before the budget is finalized. The forums are also an opportunity for residents to share with neighbors about the issues you care most about, and to gain insight from the experiences of other residents.

The first of three in person Budget Engagement Forums will take place:

Wednesday, February 21, 6:30 p.m.
UDC, 4200 Connecticut Avenue, NW

To RSVP for a budget engagement forum, visit: 2018budgetforums.eventbrite.com.

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](#).

New Members:

Welcome new members: **Rosalind Jackler, Molly Donovan and Barry Wegman, Barbara and John Franklin, Mary Restifo, MD, Hakan Lonaeus and Ellen Maxwell, Phil Gignoux and Mary Alice Kleinjan**, and welcome back **Malcolm Ross**.

Calling all Palisades Village book lovers: Join the Book Club

Beginning **Monday, March 5th at 1:00 p.m.**, at the newly renovated Palisades Library, the Palisades Village book club will resume its monthly meetings. The library staff will assist us in securing books. For the March meeting we will be reading *The Hamilton Affair, the Novel* by Elizabeth Cobbs.

We would love to have additional PV members or your friends join us! We will be meeting the first Monday of each month at 1:00 p.m. in the library conference room. If you are not available to join us in March, keep us in mind for the following month(s).

If you have questions or need more information, please contact MaryAnn Griffin by email at magriffmail@gmail.com.

Widowed Persons Outreach (WPO) Group at Sibley is looking for Support Group Leaders

WPO is hoping to start a new bi-weekly ongoing Support Group and we need volunteers to lead it. A two week 1 1/2 hour group leader training is required, and at least one year since the loss of your partner. The training will be held at Sibley in mid March 2018 and led by Brad Bickford, licensed clinical social worker and widowed WPO Board member.

Please email Brad at samuel.bickford@gmail.com or call him at 202-306-0151 or John Swenson at 202-450-1171 or leave a message at the main WPO phone

at 202-537-4942.

Do you buy your groceries online?

We would like to hear about people's experiences with Peapod, etc. for a piece in an upcoming Across the Fence. If you are not familiar with this type of service, would you be interested in a workshop about using them?

Do you like to play games?

One of our members would like to host a group of folks to play games. She has a large selection from Scrabble to Rummikub. Call the office and let us know.

Are you a member of the Cosmos Club?

We are planning an outing to the Anderson House. We would like to have lunch there and are looking for a connection.

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202-244-3310 | info@palisadesvillage.org
www.palisadesvillage.org
Andrea Saccoccia, Executive Director