



Across the Fence

March 9, 2018

From the Front Porch

What a week! The winds were so strong that many lost power and trees fell causing significant damage to our homes and properties. At my house, it was very frightening to hear a tree crash onto our roof in the wee hours of the morning. We were fortunate that we only had a couple of trees fall on our house and cause minor damage to our home but others weren't so lucky. Some families are forced to evacuate their homes until repairs are completed. My Mom was out of power for days up north and was able to stay warm at my sister's house. She is now bracing for another winter storm. We hope that you made it through the storm with minimal damage. But what if you hadn't? What if it was a major event? Would someone be able to pick up the important pieces of your life if you were not in your home due to an emergency? Fortunately, there are many things ways to prepare for an unexpected emergency. The following article written by Stephanie Chong of Northwest Neighbors Village addresses how you can prepare for those moments.

Here is an overview of planning tools and recommendations that can help you maintain a sense of control and ease stress during a crisis.

Organize information: Organize important documentation, information and passwords for your designee(s) to have access to in the event of an emergency. The location of this information should be clearly identified and updated as necessary. Make sure your designee knows where you store your information. It can be helpful to set aside time to gather the information together, review it and store it in an agreed-upon location. Examples of important information include:

- Health documents: Advance Directive, Healthcare Power of Attorney, copies of health insurance cards, list of current diagnoses and medications, list of physicians and pharmacy of use.

- Financial documents: Financial Power of Attorney, Long Term Care Insurance policy, investment paperwork, banking information, information on regular bills, i.e. cable bill, mortgage, rent, etc.
- End-of-life documents: Last Will and Testament, trusts, prepaid burial information, list of your personal wishes that designee(s) should adhere to for end of life and following death.

Special Considerations:

- Check with the building manager at your apartment or condominium for a format they will accept that identifies whom you allow to have access to your apartment in the event of a hospitalization or other emergency OR entrust your house key to a few trusted individuals. Make sure they all know how to reach one another.
- Refrain from including your Power of Attorney on your bank account. Instead, check with your bank regarding what paperwork is required for the bank to recognize a Power of Attorney and complete the paperwork accordingly. Be sure to visit your bank with your POA and complete all necessary paperwork.
- Explore options of direct deposit for Social Security, pensions, etc. so regular income continues in the event of an emergency.
- Create online accounts with the various companies that require regular billing (i.e. telephone, cable, insurance, etc.) so your designee(s) or Power of Attorney can maintain daily money management in the event of an emergency. Check with the provider for its requirements for authorizing an exchange of information between the provider and your designee.
- Update your emergency contact information with Palisades Village, so we can reach out to your designee if necessary. Likewise, share our contact information with them. Get legal affairs in order. It is important that you complete and organize your legal documents.

To ensure that your wishes are clearly expressed and carried through appropriately, you may want to consult an eldercare attorney who can help devise the following documents:

- Advance Directive
- Healthcare Power of Attorney
- Financial Power of Attorney

- Last Will and Testament

Need help? Palisades Village has a list of helpful resources, including attorneys, private care managers and a financial information checklist to help keep all your important information in one place. To learn more, call the office at **202-244-3310**.

We also have a workshop on estate planning coming up on **May 23** at 7 p.m. at the Palisades Library with an elder care attorney and tax accountant that will address these topics.

The Search is On! 2018 House Tour

We are looking for homes up and down the Foxhall corridor from Battery Kemble to Glover Archibold Parks. Many thanks to those who have identified interesting potential homes for our Sixth Annual House Tour. We want to have an eclectic mix of all types of homes. Do you know of homes in Foxhall Village, Berkley or Wesley Heights? We need your help to find them!

The House Tour raises a significant portion of Palisades Village's annual budget that provides vital services and programs for our members. This is where you come in. Could you reach out to the local businesses that you support to buy an ad or sponsorship? How about marketing and publicity? How about being a docent? How about coordinating the efforts of all the volunteers as a co-chair? We need **everyone** to make the House Tour a success.

To offer your assistance, please contact Andrea at asaccoccia@palisadesvillage.org or **202-244-3310**.

Photo Gallery



Judy and Alec Watson from the Bottom of the Earth



Pam Holland
demonstrating Alexa



The Singing Starobas
on Valentine's Day



Suzanne Forsyth and Janet Bullinger

Member Profile



Mary and Peter Clute: Housing Interests Here; Travel Interests There

I met with Mary and Peter in their lovely home on Bending Lane, a charming, almost hidden street off of Reservoir, with interesting houses and deep back yards overlooking the Potomac and across to Virginia. Both had previously lived in DC, met one another in Chicago, lived in San Francisco for 10 years, and

moved back to DC where they have lived in their home here for 39 years.

Mary was born in Iowa, then lived in Oregon and Ohio until her family settled in Chicago when she was 10 years old. She lived there until Smith College took her to Massachusetts. She spent her junior year abroad, studying in Paris and Geneva and traveling around Europe. After graduation, a 3-year internship with the former Department of Health, Education and Welfare (HEW) took her to DC. The time with HEW gave her additional opportunities to experience other parts of the country: She worked in the Chicago Regional Office as the HEW representative to the Model Cities Program; in the San Francisco Regional Office with the Head Start Program; in the Berkeley City Manager's office; with the Department of Housing and Urban Development in the San Francisco Regional Office; and in the San Francisco Mayor's Office, with the Community Development Program. She returned to DC in 1978, as Legislative Director for the National Association of Housing and Redevelopment Officials.

Mary's government work segued into her own consulting business, a DC government relations firm. She worked with residential developers, schools, and other institutions to help them navigate the District's administrative structure -- zoning, historic preservation, building codes, permits, etc. In the 30 years she owned her company, she particularly enjoyed being her own boss, working with her clients, and the sense of accomplishment that came with each successful project's journey through the DC system.

Peter is from upstate New York and graduated from Colgate University, then earned his MA at Columbia in NYC, after which he became the assistant Dean of Students at Sacramento State College. He was selected for the CORO Foundation's public administration training program in San Francisco, where, among other assignments, he worked on the reelection campaign of Congressman Jeffrey Cohelan. Cohelan's election took Peter to the House of Representatives for 7 years as Cohelan's legislative assistant. He then moved to HUD's Model Cities Program for 13 years as the desk officer for 10 Midwestern cities, working on housing and urban development. That led him to Mary, whom he met at a Model Cities conference in Chicago. HUD's invitation to be the assistant regional administrator for Model Cities in San Francisco was a welcome offer, as Mary was already there. They married in Mary's home town and remained in San Francisco until

returning to DC.

Peter's post-government work was in residential real estate which he enjoyed so much, he stayed for 25 years. He joined the former Pardoe Real Estate company and worked with clients in DC, Maryland, and Virginia until he retired. As a Realtor, he most enjoyed "Successfully matching buyers with available homes, which allowed me to meet so many interesting people and see so many wonderful homes. It was a great challenge that I found very rewarding. I was also blessed with wonderful partners who made the journey all the more enjoyable."

Peter and Mary have found international travel has enriched their lives significantly. They particularly enjoy hiking, small towns, and out-of-the-way places, including in the English countryside and Mexico's small colonial towns and west and east coasts, especially Isla Mujeres, and the Incan ruins. Other trips have been to Italy (Rome, Florence, Tuscany, Cinque Terre, and Venice), France (Paris, Antibes, and Aix-e-Provence), and Switzerland. They highly recommend Croatia, where they experienced agro tourism, staying on a farm and enjoying meals fresh from the fields. Zagreb, Dubrovnik, and the lakes and waterfalls in Plitvice in the center of Croatia were, in a word, "wonderful." They took a small boat trip to several islands off the coast, with brief inland trips to Bosnia and Montenegro. In the Istria Peninsula on the Adriatic, Mary had a successful adventure hunting truffles - not with pigs, but with specially trained truffle-hunting dogs. They prefer small boat tours (as opposed to massive ocean liners) and have been lucky in their travel companions. One adventure had them on a "motor sailor" (schooner) around Greece's islands in the Aegean Sea, where they developed a still-close friendship with an Australian couple with shared interests.

Three trips to Canada (Victoria, Montreal, Quebec, Ottawa, the Thousand Islands, and the Maritime provinces) only whetted their appetite for next summer's excursion to Calgary, Banff, and Lake Louise.

International travel has not caused them to neglect travel around the United States, however. They've been to Hawaii several times and they particularly enjoy hiking and tent and caravan camping. Mary's two sisters in California and Peter's brother in Vermont make for frequent cross-country travel and family reunions. Recent journeys have been with family to Jackson Hole, the Grand Tetons,

Yellowstone, and Sonoma's wine country ("the Napa of the future," Peter calls it). A family excursion to Santa Cruz, CA, is scheduled for June. Twelve years of frequent and regular trips to Wilmington, NC, where their daughter, Christy, her husband, and their 5- and 8-year-old daughters live, led them to buy their own condo overlooking the ocean nearby, at Wrightsville Beach (of Orville and Wilbur flight experimentation fame). Their son Andrew's recent move to Albuquerque will likely occasion more visits to the Southwest.

Mary and Peter have been Associate Members of the Palisades Village for three years; Mary is a Volunteer, driving our members and helping out at our events. They came to the Village after a friend of Mary's passed away and Mary introduced her friend's caregiver to our then-director, Peggy Newman, to help her connect with Village members who were looking for a caregiver. Very impressed with Peggy and the Village, Mary joined us as a Volunteer. One of the pleasures of the Palisades Village for Mary and Peter has been the opportunity to reconnect with friends from the past, from when their children were young. They've also enjoyed the new friends they've met through the Village and are big fans of the Pan Handlers. What do they like about living in the Palisades? "Everything; the canal, parks, and open space. It's convenient and there's a great mix of people!"

Jude Michaels, Village Associate Member and Volunteer

In Memoriam



John Schappi

John V. Schappi passed away on February 21, 2018 in Washington, DC, after two recent strokes and a long battle with Parkinson's disease. He was 88.

A 1952 graduate of Cornell University's School of Industrial and Labor Relations, John spent nearly 40 years working at the Bureau of National Affairs (now Bloomberg BNA), a legal publishing company. Hired in 1955, he later became associate editor overseeing BNA's human resource publications. He also authored the book, *Improving Job Attendance*, named to Princeton University's 1988 [list](#) of "Noteworthy Books in Industrial Relations and Labor Economics." He retired as vice president of BNA's HR department in 1994 but remained on the company's board of directors until 1998, completing 20 years of board

service.

Outside of BNA, John was actively involved in the Washington, DC community. From 1982 to 1992, he served on the Whitman-Walker Clinic's board of directors and as board president in 1990-91. He was selected for Leadership Greater Washington's class of 1990-91 and served on its board of directors in 1993-94. While a member of the vestry for St. John's Episcopal Church on Lafayette Square, he also served on the board of directors of the Pastoral Counseling and Consultation Center from 1988 to 1994.

During his retirement, John enjoyed biking, playing bridge, gardening, and attending theater and dance performances. He travelled frequently, collected friends around the globe, and developed a particular love affair with Nepal. He also continued to write, sharing his thoughts and experiences on his blog [Aging, Parkinson's and Me](#), recognized by Healthline as one of the [best Parkinson's disease blogs](#).

John is survived by his brother Roger Schappi in Ithaca, NY; children Todd Schappi in Thurmont, MD, and Ann Schappi in Alexandria, VA; grandchildren Jessica Dreisonstok, Emily Schappi-Fuller, and Colin Schappi; and seven great-grandchildren. He also leaves behind his long-time housemates, Nimesh Thapa, Bhawana Khadka, and their daughter Nivah, as well as scores of close friends who enriched his life.

A service to celebrate John's warmth, wit, intelligence, irreverence, and humor will take place at **10 a.m. on May 26** at the Unitarian-Universalist Church of Arlington, 4444 Arlington Blvd., Arlington, VA.

Dana Dalrymple



Palisades Village member, Dana Dalrymple passed on March 7 at age 85.

While an undergrad at Cornell, an agricultural geography course taught by the late professor Herrell DeGraff opened Dalrymple's eyes to the field that would become a source of lifelong fascination for him: combining biology with policy and economics, with an international focus. He started his career in extension at the county, state and federal levels and was a senior science adviser and agricultural economist with the USDA on detail to USAID for international work from 1972 until his 2008 retirement. An expert in

Soviet agriculture, the adoption of high-yielding green revolution crop varieties, and the impact of international agricultural research, in retirement Dana completed a book on science, tradition and public policy with regard to Artemisia, a medicinal plant used in Africa for treating malaria.

With his late wife, Helen, Dalrymple was a co-founder and later co-president of the Friends of the Palisades Library in Washington, D.C. He is father to sons Daniel and William Dalrymple and grandfather of three. Services to be announced.

Priscilla Staples Goodby

Priscilla Staples Goodby died of complications of lung cancer at Sibley Memorial Hospital in Washington, DC on February 2, 2018. She was the wife of Ambassador James Goodby, a career diplomat and scholar. She worked by his side in several diplomatic assignments in Europe, including arms control negotiations and the Embassy to Finland. When they returned to private life Mrs. Goodby assisted her husband in researching and writing or editing several books about international security issues.



In her own right Priscilla Goodby was a strong advocate for social justice, beginning with her active early life at All Souls Unitarian Church, one of the few public places in Washington at that time open to African-Americans not only for worship but also for sports and social activities. She was a Lifetime Member of the Southern Poverty Law Center. One of her passions was equal medical care for Americans suffering from mental illnesses. She was an officer of the Board of PLAN of Maryland-D.C. for several years, a non-governmental group that helps people so afflicted to live independently.

Priscilla was born in Washington on January 7, 1932, the daughter of Laurence and Ruth Staples. Dr. Laurence Staples was Executive Director of All Souls Unitarian Church for 35 years at a time of dynamic growth in the Unitarian Church membership in the Washington area. Priscilla was a 1949 graduate of Wilson High School and a 1953 graduate of Wellesley.

She joined the staff of the Federal Reserve Board in Washington in 1953 and served for nearly a decade with the International Division of the Fed, resigning to accompany her husband on his overseas

assignments and to care for their two children, James Laurence Goodby and Sarah Walcott Goodby, both born in Washington. They survive her, as does her sister, Dorothy Staples Egbert, of Stillwater, OK.

For the past several years, Mrs. Goodby and her husband have been living part of the year in the Bay Area of Northern California while working with former Secretary of State George P. Shultz at Stanford University's Hoover Institution. On hearing of Priscilla's passing, Secretary Shultz wrote to Ambassador Goodby that "She was a wonderful woman and a superb partner who shared in your many avenues of public service."

Her memorial service will be held on April 15 at 3 p.m. at River Road Unitarian Universalist Church, 6301 River Road, Bethesda.

Maria McKitterick

A memorial service will be held to commemorate the life of an unforgettable woman on **April 14, 2-4 p.m.** in Glen Echo. RSVP to 202-251-3725. 7300 MacArthur Blvd., Glen Echo, MD.

Charles Hoyt

Charles Hoyt died on December 20, 2017, after a brief illness, surrounded by his loving family. He was born in New York City on January 30, 1937, to Red and Betty Hoyt and grew up in Cold Spring Harbor, Long Island. Charlie graduated from the Phillips Exeter Academy in 1955 and from Yale in 1959. He then spent three and a half years in the US Army, followed by the University of Virginia Law School. After graduation he joined the law firm of Winthrop, Stimson, Putnam & Roberts, then spent the remainder of his career at Mobil Oil Corporation.



Charlie was an avid sportsman, photographer, lover of music and fine wine shared with friends. He actively supported academic and musical not-for-profit organizations, serving on the boards of Washington Area Lawyers for the Arts, Choral Arts Society of Washington, and Levine Music, as well as fund-raising for Exeter, Yale, and UVA Law.

He is remembered for his infectious enthusiasm, adventurous spirit, passion for music, love of people, generosity and compassion, and lifelong friendships.

Charlie is survived by his wife, Deborah Weinberger; daughters Samantha Lindgren (Don) of Alfred, ME, and Victoria Hoyt Dick (John) of Orinda, CA; his brothers Anthony S. and William W. Hoyt; two grandchildren (Charlie and Hawley), and many nieces and nephews.

Tech Tip from Erica

One of our members had problems using Uber on her tiny phone screen. It was too small to read. I have my phone set to flash because I can never hear it. What other accessibility features are available on our devices? There are a plethora of options on the iPhone for those who have challenges with vision, hearing, physical and motor skills or learning. My phone is a lit magnifier for menus in dim restaurants and my friend can situate her phone to act as a microphone for her hearing aid. You can even take a picture and the phone describes what you are seeing if you can't.

There are options to change the font size, to zoom in, and to change colors and contrast to make text easier to read. There are features to use TTY and alert for hearing impairments. Your phone can read to you or you can read to it and turn it to text.

Both iPhones and Androids have features that are already built in to your phone. There are also apps to help with challenges.

If you want assistance using features on your phone, please call the office to have a volunteer come to your house or come to our next Tech Clinic on **Friday, March 23**. The Apple store in Georgetown has classes in "Using a Mac or iPhone or iPad with Vision Loss". Palisades Village is working with the Apple store in Bethesda on a class for our members on a broader range of accessibility features. Stay tuned.

Spring Forward - Daylight Savings Time

It's that time again, "Spring forward, fall back." Daylight saving time begins on Sunday March 11. You have to move your clocks forward one hour and sadly lose one hour of sleep.

If you have trouble with resetting any of your clocks...a hard to reach wall clock, a confusing stove, microwave or radio/alarm clock, call the Village! We'll send one of our great Palisades Village handymen or handywomen out to help! Don't forget to change out your smoke or carbon monoxide alarm batteries. Our

volunteers can do that too!

SmartTrip Card

The yellow Senior SmartTrip card is a must for people 65 and older who want to benefit from reduced fares on public transit. Older adults ride for half the peak fare on Metrorail, for \$1 on regular Metrobus routes and at discounted fares on other participating bus service providers, including the Circulator. The Senior SmartTrip card makes it easier and more economical to take advantage of public transit alternatives and exercise non-driving options.

How to get a card: To apply, seniors present a government-issued photo ID and pay \$2 at the Metro Sales Office from 8 a.m. to 4 p.m. weekdays at Metro Center. Senior cards may also be purchased at the Metro Commuter Stores near the Silver Spring Metro station and periodically at the Mobile Commuter Store in Friendship Heights, Md. Check www.montgomerycountymd.gov/commute.

How to use a card: You receive the senior card at time of purchase. The card is then "filled" from your credit or ATM card with the desired amount to pay for upcoming Metrobus and Metrorail trips. To pay for a trip, the user taps the card on the Metro farebox inside a station and the fare amount is deducted from the total on the card. Metro users tap the card upon both entering and exiting. Bus users tap upon entering the bus. Cards can be refilled at machines at Metro stations, using an online Metro account, at Metro Sales Offices or select Giant and CVS stores. Search here for locations in your Zip code: www.wmata.com/fares/stores.cfm. Create an online account linked to your card: Your card will be registered by Metro soon after purchase. However, if you create an online Metro account and link your card to that account, it is easier to replace the card if it is lost, stolen or damaged. The card balance will be forwarded to a replacement card. Cardholders can also go online to add value to their card and manage multiple cards, including family or friends as well as managing for older members who may not make online transactions. The first step is to create an online Metro account at: smartrip.wmata.com/Account/Create. After you activate your account and log in, the senior card can be linked to your Metro account.

Problems? Call the SmartTrip call center (888-762-7874) or Metro Customer Service (202-637- 1328). For more information,

including a fact sheet with more details about the Senior SmarTrip card, call **Transportation Outreach Manager Heather Foote at 202- 543-1778, Ext. 109**, or email info@capitolhillvillage.org (add "Talking Transportation" in the subject line). Villages in D.C. are working together on older adult transportation issues.

-Heather Foote, Capital Hill Village

New Medicare Cards Are On The Way

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking you eligibility and claim status. And it will all happen automatically -- you won't have to pay anyone or give anyone information, no matter what someone may tell you.

DC Resources

DC Departments of Parks of Recreation and General Services needs your input on Hardy Recreation Center. Here is a link to the survey: <https://www.surveymonkey.com/r/632XXJH>

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](#).

Do you remember house calls? Do you want to be interviewed?

Dr. Ernest Brown, Founder and CEO of Doctors to You, LLC is working with graduate film students at American University on a docuseries and is looking for people to interview who remember when house calls were common. Would you be interested in sharing your story and experiences with house calls and what it meant to you? Filming will begin in the next two weeks. If you are interested, please contact **Dr. Brown at 202-545-3279** or e-mail him at ebrown@doctorstoyou.com.

Did you know that barbers make house calls too? Need a name? Members can contact the office to get **referrals** for all sorts

of services. Have a great experience with a professional? Please forward the information so that we share your experience with our members.

April 11 is **National Pet Day**. Please send us photos of your pet so that we can include them in our next issue. You may email them to ebanton@palisadesvillage.org.

Haven't signed up for Amazon Smiles yet? Make 3x your impact! From March 12-31, Amazon is **tripling the donation rate** on your first smile.amazon.com purchase! Go to smile.amazon.com/ch/64-0957165 and Amazon donates to Palisades Village.

And don't forget about our **lending library** in the Palisades Village office. The Palisades Library may have re-opened but you are under no obligation to return the same book that you took out. Come by on **March 15** for a slice of pie in honor of **Pi Day** and pick up a book.

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