



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

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SPRING IS COMING

As we begin our 15th year, we are most appreciative of those who envisioned and created CC@H, those who have supported our vision and mission, the individuals who have provided services for our members, those who work behind the scenes to enrich our offerings to members, the board that provides guidance and direction, and our staff that sees that it all comes together. Thank you all.

We have spent the past year working on the implementation of our strategic plan. It is exciting as we begin to see things take shape. Thanks to the work done by our staff and committee chairs, we now have a clearer picture of where we are and where we need to be. One of the first visible changes you will see is in our newsletter format. We are now digital. This will help to reduce our printing and postal costs but, more importantly, it will allow us the opportunity to expand our newsletter content and increase our distribution of the newsletter itself. Have a friend you think might be interested in CC@H? You will be able to forward the newsletter.

The CC@H Board has elected three new members. Lynne Pratt, Chevy Chase At Home's new Treasurer, Mary O'Donoghue, and Doug McDaniel. Our calendar is full of events and activities for you to explore. Try the Brunch Bunch, lunch at Clyde's, Happy Hour at La Ferme or our annual St. Patrick's Day celebration to be held on March 15th. Check out our interest groups. Listen in on our speakers' program.

Spring is almost here and we can all look forward to warmer days. It is also the time for our spring membership renewal so please renew by March 31. *Peggy Mercorella, President*

MEMBERSHIP RENEWAL: Important Information For FULL MEMBERS, ASSOCIATES, and FRIENDS

It is time to renew your status as a Full Member, Associate or Friend of Chevy Chase At Home. By now you should have received a renewal application form in the mail. You may renew your annual membership by mailing in the form with a check, by calling the office with a credit card number or by going to our website and renewing online. You will be renewing for the year from April 1, 2024 through March 31, 2025. Please renew by the March 31 deadline so there is no interruption in your member benefits.

We want our Full Members to continue receiving the many services that our volunteers provide, such as rides to stores and medical/dental appointments, tech help, friendly visits, extra support after an adverse life event, etc. Many of our members enjoy attending our exercise classes and our many interest groups (book, movie, walking, coffee and conversation, poker group, bridge group, and knitting); going to Brunch Bunch and occasional lunches out with other members; and other social events. We have a very successful Happy Hour at the bar at La Ferme restaurant every Thursday at 5 p.m. and hope you will join us. Some come to socialize and have something to drink while others also come to have dinner with the group. We continue to have Zoom as well as in-person events. CC@H is also collaborating with other Villages to bring a greater variety of Zoom lectures and guest speakers to us.

An updated directory of Members, Associates and Friends will be issued after the March 31 renewal deadline. You may opt out of being listed in the directory by checking that box on the renewal application form. *Karen Bokar, Membership Co-Chair*

CC@H WELCOMES NEW BOARD MEMBERS



Lynne Pratt is currently a consultant with O'Connor Consulting Services after serving as the CFO of the John F. Kennedy Center for the Performing Arts for the last 22 years. At O'Connor Consulting Services, she serves as interim CFO for client organizations. During her tenure at the Kennedy Center, Lynne was responsible for and had oversight of the entire finance and accounting function, including budgeting, financial and tax reporting, grant management, treasury and debt management, and contracting. She also provided general analytical support for the Kennedy Center and its affiliate organizations. Lynne began her career with Mobil Corporation, where she spent 17 years in a variety of finance positions. She started her time there in the domestic Marketing and Refining division before moving into the Corporate Financial Associate Program. From there she went overseas, with assignments in both Turkey and New Zealand. She returned to the States as Mobil's Treasurer, North America. Lynne earned her MBA in Finance at the University of Southern California and her Bachelor of Science in Physics from UC Irvine. She has been active in many volunteer capacities, and currently serves as a trustee on a large multi-employer pension fund board. When she's not working, you will find her reading, needlepointing, gardening, or attending an opera or theater performance. She lives in Chevy Chase, MD where she raised her four children.

Mary O'Donoghue

is the founder and CEO of Corewood Care, a home care and care management company licensed in MD, DC, and VA. Corewood's multidisciplinary team follows a client-centered approach to care, supporting older adults through the continuum of care. Mary's connection to home care is a deep and personal one. From an early age, her father's diagnosis of early onset Alzheimer's had a significant impact on her life. She and her family became his caregivers and directly experienced the many unforeseen challenges brought on by the disease. It was thanks to her father and her experience as a family caregiver that Mary decided to



leave her legal career in 2015 and start a company through which she could meaningfully impact the lives of others.

As an entrepreneur and small business owner, Mary has direct experience with streamlining and systemizing business operations while maintaining high levels of client satisfaction. Mary has also served as a member of the Board of Directors for two local Maryland organizations. In 2017, she joined the Board of Senior Connection and served as Board Secretary. During her term, she assisted the organization to improve their internal operations and to increase brand awareness through local television and social media campaigns. In 2018, Mary served as a member of the Board for the Little Falls Village and led the Volunteer Committee as Chair. Currently, she serves as a member of the Board of Directors for the Maryland National Capital Homecare Association, MNCHA, which represents health care providers in MD, DC and VA including home health agencies, personal care agencies, and durable medical equipment businesses. Mary holds a law degree from New York Law School and is bilingual in French and English. In her free time, you will find Mary running after her son and daughter at Leland Park.

Doug McDaniel

has lived in Chevy Chase Village for eight years after having lived in Kensington for more than 30 years. He and his wife Mary Beth have three children and 9 (soon to be 10) grandchildren who all live close by. He spent his professional career working for newspapers and magazines, including 12 years as the Washington correspondent for the *Indianapolis Star*, where he reported on local and national events related to Indiana. From there, he became editor and publisher of *Tee Time Magazine*, a regional golf magazine that he ultimately merged with GolfStyles Media Group, where he served as associate publisher. Doug ended his career with a six-year stint as president of Montgomery County Media Group, a specialty publisher with lifestyle, dining, and direct home-mail titles. Probably his best job, however, was serving as coach for several CYO, MSI and club youth soccer teams.



MEMBER SPOTLIGHT*Bernice and Joel Breslau*

Meet Bernice and Joel Breslau, CC@H Members since 2012. The Breslaus have lived for 66 years in the Rollingwood home they built, joining CC@H when it extended membership to the Rollingwood community. They originally joined as Associate Members but recently changed to Full Members. Asked what has motivated them to maintain their membership for more than a decade, Joel summed it up in one word: "People." Bernice elaborated, saying "we like the social opportunities, for sure. We rarely miss a Brunch Bunch or a Social." The Breslaus also enjoy the group trips that CC@H offers, such as a visit to the C&O Canal. "Everything that CC@H offers we like," Bernice adds. "The new Bridge Group is the biggest plus."

Regarding their shift to Full Membership, Bernice finds that the opportunities to request a ride or assistance with household tasks from CC@H volunteers, rather than depending on family members, contributes to the couples' independence. "The volunteers are amazing. I'd like to invite them all over for dinner!"

In addition to their CC@H commitments, family is very important to Bernice and Joel. They have four children, and many grandchildren and great-grandchildren. They are looking forward to a visit from their granddaughter and newborn great-granddaughter and hosting 5 of their granddaughters for a "cousins' weekend". Every summer, the generations reunite on a family property in Lake George, NY, enjoying kayaking and time together. Before their active retirement, Bernice was a full-time caretaker and then worked as a school social worker for students with special needs. Joel operated the

family business, Mill End Shops, a home decor company now owned by their son.

If someone were considering membership in CC@H, Joel would encourage them to join. Bernice added that it would be a plus in their lives, and said she'd love to talk with any prospective members.

If you are interested in membership with CC@H, contact the office at (301) 657-3115 or info@chevyCHASEathome.org.

CURRENT BOARD MEMBERS & OFFICERS**Board Executive Committee:**

Peggy Mercorella, President
Ronie Nieva, Vice-President
Lynne Pratt, Treasurer
Karen Spangler, Secretary

Board Members:

Mary Ellen Bittner
Karen Bokat
Susan Hamburger
Susan Kahn
Bob Leibenluft
Doug McDaniel
Mary O'Donoghue
Susan Post
Deborah Scheck
John Ydstie

Committee Chairs:

Membership – Karen Bokat and Mary Ellen Bittner
Guest Speakers – Deborah Scheck
Interest Groups – Susan Post
Governance - Linda Kaplan
Social Programs – Kathleen Shortley and Betty O'Connor
Communications/Marketing – open
Newsletter – open
Volunteer Services – open
Development – open

Staff:

Jennifer Riesch, Executive Director
Cristen Sargent, Member and Volunteer Programs Manager

CC@H SEEKING VOLUNTEERS

Want to get more involved, meet other members, do something fun or rewarding, or both? We are seeking volunteers to serve on our development, communications and other committees, work on the newsletter, handle special projects, assist in the office, answer phones, and more! Email for more information at director@chevyCHASEathome.org and let the office know you are interested.

PEN PAL PROGRAM GROWS FOR 2023-2024 SCHOOL YEAR

For many years, CC@H has had a Pen Pal Program with the ESOL Students at Chevy Chase Elementary School. The ESOL teacher, Maria York, finds it extremely valuable for the students to gain real life experience in written English. This school year, 2023-24 we have 10 students and volunteers with an ambitious goal to exchange 4 letters throughout the year.



The first letters from the students were received in mid-November and the assigned volunteer completed their letter back to their Pen Pal shortly before the Christmas Break. Ms. York wrote to tell us how excited the students were to get their letters.

In late January, volunteers received their second letter from the student and completed their second letter back to their student in mid-February. The third letter from the students will arrive at the end of March and volunteer replies will go back to the school at the end of April. The fourth round of letters will be exchanged before the end of the school year.

Only first names are used in correspondence. The letters are printed or typed by students and volunteers alike. The student letters contain a variety of colorful artwork and decoration. They have lots of questions for the volunteers; in return the volunteers have several questions for them. Volunteers find this program a most enjoyable and rewarding experience.

Sandie Deighton, Pen Pal Coordinator

CC@H FROM THE HEART IN FEBRUARY

Chevy Chase At Home is always looking for ways to celebrate the holidays and its members, whether it is a holiday gathering in December or a St. Patrick's Day party. The month of February affords us a special opportunity to celebrate Valentine's Day by showering our Full Members with special attention and letting volunteers show their love.

This year, CC@H gave all Full Members special Valentine bags. A team of volunteers assembled candy and a custom-designed card made by Jean Sperling. The gifts were hand-delivered to members' homes by a team of wonderful volunteers and the Membership Committee.



The recipients were appreciative and happy to be thought of on this holiday. As Cristen reported, "We got a call from [a member] who was overjoyed to have received her Valentine this morning. She said it made her feel so good to be thought of and wanted to send her thanks and love to everyone involved."

The volunteers who made the deliveries enjoyed their contact with our members. As one



volunteer said, "I delivered my assigned Valentine's gift packages to members today. It was fun and very easy."

Karen Bokar delivering a Valentine to member Barbara Vivona.

Thanks to Jean Sperling, Susan Post, Susan Hamburger, Mary Ellen Bittner, Susan Kahn, Deborah Scheck, Nancy Rubenstein, Nancy Benner, Victoria Van Roden, Barbara Presnall, and Karen Bokar.

SPRING GUEST SPEAKER SERIES

Chevy Chase At Home continues the success of the Guest Speaker Series with virtual presentations by well-known and respected experts. Please mark your calendar for our March 13th and April 22nd speakers. Sign up for any of the talks by calling (301) 657-3115 or emailing info@chevychaseathome.org.

TURNING FAMILY STORIES INTO A HISTORICAL NOVEL WITH CHRISTINE KESSIDES

Wednesday, March 13, 1:00 – 2:00 p.m.

Via Zoom, free, and open to all. Register in advance to receive the Zoom link.



Christine Fallert Kessides, author of the recently-published debut novel *Magda, Standing*, will discuss how she took fragments of family lore to create a well-grounded story of German immigrants in the era of the Great War and the Spanish flu. After reviewing her family genealogy and reflecting on some of her relatives' history as German immigrants, Christine was inspired to write *Magda, Standing*—a novel that may resonate with multiple generations — seniors who may recall their own grandparents talking about World War I, while younger audiences may relate to the teenage protagonist.

The story takes place in Pittsburgh in the years 1916-1919. It centers on a 16-year-old girl, Magda, who has to leave school to care for her ill mother and little brother. Faced with the looming Great War and a global pandemic (Spanish flu), Magda embarks on a journey of self-discovery that leads her back to embracing her family and caring for a wider community.

Christine was born and raised in Pittsburgh, PA. Before she retired, she was a policy analyst for the World Bank. Since then, she has served on the board and as grant committee co-chair for Giving Together. She lives in Chevy Chase Village with her

husband, and sees their four children, grandchildren, and grand dogs as often as possible.

**HIKING EL CAMINO
WITH KATHLEEN MCGUINNESS**

Thursday, April 11, 1:00 – 2:30 p.m.
Chevy Chase Village Hall, 5906 Connecticut Avenue



Enjoy a guided photo journey of the most famous walking route in the world—the Camino de Santiago, known in English as the Way of St. James. It has become one of the world's most popular walking holidays and spiritual journeys. For more than 1,000 years, pilgrims and adventurers have made their way across Europe to visit the shrine of St. James the Great, now the Cathedral of Santiago de Compostela in northwestern Spain. Declared a UNESCO World Heritage Site in 1985, the cathedral is the epitome of Romanesque architecture in Spain and the reputed burial place of the apostle Saint James the Great.

Our engaging and entertaining speaker, Kathleen McGuinness, is a Commissioner on the Council on Aging for Montgomery County. Her 500-mile foot journey was written up in *The Washington Post*. She is a 3rd generation Washingtonian who, while recuperating from a fall and four fractured vertebrae, decided to set a goal of walking the Camino. One year later, she started that trek. Enjoy Kathleen's stunning photographs! Find out about her adventures and how she regained her footing in life upon her return.

This event will take place at the Chevy Chase Village Hall, 5906 Connecticut Ave. Parking is available on neighboring streets. The event is free, but please register in advance.

DID YOU KNOW? CC@H Volunteer Care Circles

CC@H has created **Volunteer Care Circles** by assembling small teams of volunteers to provide short-term assistance to CC@H Full Members who temporarily need more intensive help than solo volunteers can provide, such as a member who experiences the loss of a spouse or family member or who is recovering from surgery, or another significant life event. The additional support may include delivery of a home-cooked meal, running an errand, or a friendly visit or phone call.

If you would like to volunteer to be a part of our Care Circle team or if you are a Full Member in need of short-term additional support, please contact the office.

RECENT EVENTS:***HOLIDAY PARTY and ROUND HOUSE THEATRE***

Kathleen Shortley and Mary Ellen Bittner enjoy the festivities.

CC@H members and volunteers celebrated in style at the CC@H Holiday Party in December. A member, Ann Joseph, played holiday songs on the piano while everyone had an opportunity to enjoy homemade holiday cookies and eggnog. All enjoyed being entertained by our local a cappella singing group, Mix & Match. The festive wreath centerpieces were raffled to six lucky attendees to decorate their homes. It was the perfect way to start the holiday season on a festive note!



Kathleen McGuinness and Bob Blaemire at the holiday party.

Members and volunteers enjoyed a great performance of "Next to Normal," a masterpiece of modern musical theatre and a powerful depiction of the ripple effects of mental illness, at Round House Theatre on the evening of January 25th. Round House Theatre provided free tickets to Chevy Chase At Home as part of its program to partner with nonprofit community organizations. It was a fun evening for everyone who attended. We look forward to continuing to offer more theatre events throughout the year through this special program.

UPCOMING EVENTS: ST. PATRICK'S DAY SOCIAL and SPRING TOUR OF HILLWOOD GARDENS

Come join fellow members and volunteers for some shamrock-inspired cheer! CC@H's St. Patrick's Day Social will take place Friday, March 15 from 2:00 to 4:00 pm at the Chevy Chase Village Hall, 5906 Connecticut Ave. Parking is available on neighboring streets. Rick Kemper will play the music of Ireland and Scotland on the traditional instruments of these countries, which may include the Celtic Harp, Uilleann Pipes and Penny whistle. Rick has built over 250 harps and trains luthiers and is an expert throughout the United States and Europe on lever harp construction.

And on **April 30th**, please join CC@H members and volunteers on a visit to Hillwood Estate, Museum & Gardens, the historic estate of discerning collector Marjorie Merriweather Post. From 10:30 a.m. to 11:30 a.m. tour the gardens with a docent knowledgeable about the history and plantings of the gardens. In late April to early May, the gardens are full of blooming plants including tulips and other spring flowers, and azaleas that are planted everywhere in the manicured garden. Follow the tour by enjoying

lunch at Hillwood with the group. After lunch, leisurely explore the mansion, gardens, special exhibition and greenhouse at your own pace.

This event is open to members and Volunteers. Limited, free parking is available on site and carpooling is strongly encouraged. Cost: \$15 to Hillwood on the day of the visit for the garden tour. Any lunch costs are on your own. Please register by April 22nd for Hillwood. Please RSVP for either event by contacting info@chevyCHASEathome.org or (301) 657-3115 to join in the fun.

ENSURE CC@H'S CONTINUED SUCCESS

Chevy Chase At Home continues to provide members services, opportunities to socialize with friends, and an extensive array of education programs. Membership fees cover about 25% of our income so your support helps us cover our operating expenses and maintain the quality of services for which we are known.

Please consider honoring someone special on the occasion of a birthday, anniversary, or this coming Mother's Day or Father's Day with a donation to CC@H in their honor. Every donation makes a difference. You can contribute on our website at www.chevyCHASEathome.org by pressing the DONATE button, or by mailing a donation to Chevy Chase At Home, PO Box 15102, Chevy Chase, MD 20825. If you prefer to donate by credit card over the phone, you can call the office at 301-657-3115. If you would like us to send a card to the honoree, please call the office at 301-657-3115.

Thank you for your support!



Volunteer Mike Zielinski helps remove an old mattress.

OUR SUPPORTERS:

MEETING/OFFICE SPACE

Chevy Chase Village
Town of Chevy Chase
Bethesda Chevy Chase Regional Service Center

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney

CORPORATE SUPPORT

Bernstein Management Corporation
Heritage Investment Management Corp
Kelly & Kate Real Estate Services
Sarah's Handmade Ice Cream

COMMUNITY SUPPORT

Rollingwood Citizens Association
Town of Chevy Chase
Village of Martin's Additions

NEWSLETTER SUPPORT



SPRING DECLUTTERING AND CLEANING

Chevy Chase At Home's volunteers can help Full Members with a Spring cleaning or decluttering project. Spring is a great time to address the pile of papers on your desk, that overflowing kitchen drawer, or a holiday decoration storage bin. Volunteers are also available to move bulky items to the curb, light gardening and planting flowerpots, setting up garden hoses for the spring and summer, setting up outdoor furniture or moving light indoor furniture, installing hooks for clothing or garden tools, and other seasonal activities. If you are a Full Member with a decluttering or spring cleaning project and you would like some assistance, please contact us at info@chevyCHASEathome.org or call (301) 657-3115.

ACTIVITIES, EVENTS & INTERESTS GROUPS**PHYSICAL ACTIVITIES****WALKING GROUPS****Low Intensity Walking Group**

Tuesdays, 10 a.m.

Friday Walking Group

Fridays, 10:00 a.m.

ZUMBA GOLD (Note 1)

Mondays, 9:30 a.m.

Zoom Event

TAI CHI (Note 1)

Wednesdays, 10:00 a.m.

Feb. 21 – Mar. 27

Chevy Chase Town Hall

MUSIC & MOVEMENT (Note 2)

Thursdays, 11:00 a.m.

Zoom Event

(Note 1) This Activity requires a fee.

(Note 2) This Activity requests a donation.

CC@H Newsletter

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CC@H Communications

Committee Writers & Editors:

Peggy, Karen B., Karen S. Sandie,
Jean, Roberta, Jan, Fran, Cristen,
JenPhotography: Jean, Bernice,
Cristen, Jen*CC@H is a 501(c)(3) non-profit
organization***SPECIAL EVENTS****GUEST SPEAKERS SERIES***Turning Family Stories into a Historical**Novel with Christine Kessides*

Wednesday, March 13

1:00 – 2:00 p.m.

Via Zoom

ST PATRICK'S DAY SOCIAL

Friday, March 15

2:00 – 4:00 p.m.

Chevy Chase Village Hall

5906 Connecticut Ave

GUEST SPEAKERS SERIES*Hiking El Camino with*

Kathleen McGuinness

Thursday, April 11

1:00 – 2:30 p.m.

Chevy Chase Village Hall

HANDS-ONLY CPR WITH MCFRS

Thursday, April 25

10:00 – 11:30 a.m.

Chevy Chase Village Hall

MEMBER/VOLUNTEER TOUR OF**HILLWOOD GARDENS**

Tuesday, April 30

10:00 a.m.

4155 Linnean Avenue, NW

Washington, DC

Questions? Check the Events Calendar on our website at chevyCHASEathome.org/calendar & click on the red **EVENTS** button in the menu on the left side, and then click on the event for which you want more details.

DISCUSSION/INTEREST GROUPS**KNITTING/NEEDLEWORK**1st and 3rd Thursdays, 1:00 p.m.

Chevy Chase Village Hall

MOVIE DISCUSSION GROUP2nd Mondays, 3:00 p.m.

Zoom Event

BOOK CLUB4th Thursdays, 2:30 p.m.

Zoom Event

COFFEE & CONVERSATION3rd Wednesdays, 11:30 a.m.

Zoom Event

 Downsizing Group3rd Mondays, 4:00 p.m.

Zoom Event

SOCIAL GROUPS**HAPPY HOUR**

Thursdays at 5:00 p.m.

La Ferme Bar

BRUNCH BUNCH2nd Thursdays, 10:00 a.m.

Olympia Café

MEN'S POKER GROUP1st Tuesdays, 7:30 p.m.

CC@H Member's Home

BRIDGE GROUP

Mondays, 1:30 p.m.

CC@H Member's Home