



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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THANKS FOR THE MEMORIES

This will be my last column as President of Chevy Chase At Home and it has been an honor to have served in this role for the past four years. I have had the privilege of working with dedicated, committed, and hardworking officers, board members and committee chairs. Our efforts were supported by you wonderful members and volunteers, without whom we would not exist.

These four years have been both exciting and challenging. The onset of the COVID pandemic profoundly impacted services and program options. Thanks to the quick action of staff, and the desire to continue to serve you, we were able to rapidly pivot to online programs, exercise classes and weekly informational updates on the virus as well as a weekly Boredom Busters. And of course, we continued to provide essential rides, no-contact errands for food and prescriptions, and weekly phone check-ins as we dealt with the lockdowns. Though this was a trying time, it did demonstrate the value of neighbors helping neighbors during crisis.

There are so many memorable events, but a few truly stand out. In 2019, CC@H celebrated its 10th anniversary and had a smashing party to celebrate. The event was attended by several local politicians, but more importantly, by some of the founding members, many of whom were still actively involved. We are lucky to have had many prominent local speakers, such as Murray Horowitz, Michael Dobbs, Fiona Hill, and Susan Stamberg, who were willing to share their experiences and wisdom with us. There was an expansion of interest groups such as a book club and a movie club, as well as monthly lunches, and trips to interesting local activities and museums. We updated the Bylaws and Policies and Procedures.

This year we embarked on a strategic planning process, which will lay the foundation for CC@H's continued growth and success over the next three years. It was an exciting and motivating experience. More information about the strategic plan is in the article below.

There are so many people to thank that for their incredible efforts on behalf of CC@H that it would take much of this newsletter to list them all. However, there are a few people who have served above and beyond expectations. Karen Bokar, Vice President, was always available to step-up and serve, Nathan Billig, Past President, provided counsel, Barbara Bryniarski did an incredible job as Treasurer, Karen Spangler produced the minutes flawlessly, and Mary Ellen Bittner, as Parliamentarian, made sure we followed proper procedures. In addition, the Board members have served ably. The Committee Chairs have worked incredibly hard, including Betty O'Connor, Fran Pitlick, Peggy Mercorella, Caroline Michaelis, Susan Hamburger, and Nathalie Bramson.

I also want to thank the Executive Directors who served during this period, Catharine McCallum, Eriko Kennedy, and Wendy Finn. They were instrumental in our success these past 4 years. I am delighted to welcome our new Executive Director, Jennifer Riesch.

I look forward to continuing to volunteer and work with CC@H, and to maintaining the many friendships I have made at CC@H. It has been a pleasure to have had this opportunity. Many thanks to all for the memories.

Linda Kaplan

WELCOME JEN RIESCH



We are pleased to announce that Jennifer Riesch, MSW, was appointed as Chevy Chase At Home's new Executive Director in November. Jen served as our Member and

Volunteer Programs Manager since September and is uniquely qualified for her new position.

Jen has worked in the human services and non-profit sector for over 25 years. She brings experience in program development, operations and management. Jen has spent her career working with individuals and families in community-based organizations. In her various positions Jen has collaborated with other organizations and worked with volunteers, boards, and committees.

During her tenure at Chevy Chase At Home, Jen has demonstrated the qualities needed for the position. She has ably managed all aspects of member and volunteer services, and worked well with our members, volunteers and the leadership.

Jen has a Masters in Social Work from the University of Pennsylvania and a Bachelor of Arts in Education and Human Development from The George Washington University. She lives in Chevy Chase, MD with her family.

If you see Jen at an event, please wish her a warm welcome! You can reach Jen at 301-657-3115 or director@chevyCHASEathome.org.

ENSURE CC@H'S CONTINUED SUCCESS

This year, Chevy Chase At Home has continued to provide member services, opportunities to socialize with friends and educational programs with renowned speakers, as well as exercise programs, and outings to local venues. Membership dues are a critical funding source, but to continue to provide the level of programming and services for which we

are known, we need your support for our Annual Campaign, which runs through December 31, 2022. Even better, now through the end of the year, every dollar you contribute will be matched by the CC@H Board of Directors up to \$30,000 so the impact of your support is even greater.

Every donation makes a difference. If you haven't had a chance to donate, please help us continue our work by contributing on our website (chevyCHASEathome.org) where you can press the DONATE button or by sending a donation to Chevy Chase At Home, PO Box 15102, Chevy Chase MD, 20825. You can call the office at 301-657-3115 if you prefer to donate by credit card over the phone.

CHEVY CHASE AT HOME STRATEGIC PLAN

We wanted to share with you a very exciting development in CC@H's history. With its thirteen years of experience and illustrious history, Chevy Chase At Home undertook a strategic planning process to set the stage for its next three – five years of growth. This ambitious plan was developed by the Strategic Planning Committee with input from the Board of Directors and several focus groups, and guided by a Steering Committee composed of Ronie Nieva, Chair, Linda Kaplan, CC@H President, and Wendy Finn, then the Executive Director.

The basics elements of the plan include CC@H's Vision, Mission and Values, as well as six goals are below. A complete version of the plan with the objectives and action steps can be found through a link near the top of our home page at chevyCHASEathome.org.

Vision

Chevy Chase is a neighborhood that supports the well-being and connectedness of everyone in the community.

Mission

Chevy Chase At Home, a volunteer-based non-profit organization, builds a vibrant community supporting neighbors 55+ to age successfully and with dignity by

offering services, activities, programs, and information.

Values

Caring: We are compassionate, kind, and generous.

Respect: We honor the wish for independence, control, and privacy.

Relationships: We support social interactions to enrich our lives.

Engagement: We encourage an active lifestyle to help us thrive and grow.

Direction & Goals

Overall Strategic Direction: To ensure a vibrant and growing Chevy Chase At Home that responds nimbly to the evolving needs of the older adults in our community.

Membership Goal: To grow our membership for organizational sustainability.

Community and Member Marketing and

Communications Goal: To expand the organizational brand from providing services to also engaging mature active adults in enhanced social activities with their neighbors and distinguishing CC@H programs from those offered by other providers.

Social and Educational Programming Goal: To develop social and educational programming that appeals to all our target audiences, including active mature neighbors and new retirees, and offers value to members while encouraging others to explore membership.

Services and Volunteers Goal: To provide high-quality service to our full members.

Financial Sustainability Goal: To ensure the long-term financial stability of the organization to allow the organization to grow and adapt to changing needs and times.

Organizational Structure, Staffing, and Roles Goal: To evaluate our organizational structure to provide the foundation for an effective and sustainable organization.

We look forward to implanting this plan with your participation in the years ahead.

MEDICAL NOTE-TAKING

Chevy Chase At Home volunteers are again providing medical note-taking to Full Members for medical visits. The volunteer will go with the Member to an appointment with a physician or other health care provider to take notes and provide a written summary to the Member afterwards. The summary can also be sent to a family member if the Member so wishes. The Member can elect to have the summary sent via email, USPS or delivered to his/her home.

The volunteer is not the Member's patient advocate and will not interrupt the visit but will take notes on what the doctor says and may ask clarifying questions. Doctors tend to be pressed for time, talk quickly and use words unfamiliar to us laypeople. Also, there is an emotional component to hearing a doctor's diagnosis that can interfere with retention. It can be hard for the patient to remember afterwards everything that was said and what the doctor's instructions were so having a volunteer to write it down can be very helpful. Volunteers will maintain Members' confidentiality.

Full Members can contact the office to request a medical note-taker.

MEMBER PROFILE

Our intrepid traveler and volunteer, Jan Augustine, has been very busy since retiring from a career in international management consulting, which took her to far-flung corners of the world including Egypt, Mali, El Salvador, and India (among others!). She was a member of the first class of volunteers for Chevy Chase At Home, subsequently serving as web master, contributing editor to the newsletter, and Treasurer for the Board. In addition to CC@H, Jan volunteers with the Smithsonian, Ford's Theatre, and most recently with the Capital Area Food Bank where she helps load emergency food



relief boxes in a setting reminiscent of “Lucy and the Chocolate Factory.”

Jan’s travels didn’t end when her career did, they just became more adventurous! She has walked across Spain and England; traveled the Silk Road through Central Asia; sailed to Antarctica and on the Great Lakes; and most recently, hiked the cliffs of the North Sea and the North Atlantic in the Shetland Islands.

And although she had never been in a chorus before, Jan has been singing with Encore (see more about Encore below) in both their regular Chorale and Rocks groups for 8 years. As a tenor, she is part of a small but important section carrying the lead or providing harmonies. It’s been a thrill to perform on-stage at the Kennedy Center’s Concert Hall, Strathmore, and Constitution Hall with the massed chorales. Jan hopes that some of you will join her!

DO YOU LIKE TO SING? ARE YOU 55+?

Encore Creativity for Older Adults is the nation’s largest choral organization for adults 55 and older. Encore has 16 chorales and 5 rock & roll choruses in the area, plus additional groups around the country, all led by experienced professional conductors. Encore’s newest program, Sentimental Journey Singers (SJS), teaches individuals (and their care partners) with early to mid-stage cognitive change vocal techniques and harmony. On December 26, the combined choruses will sing at the Kennedy Center’s Millennium Stage free presentation. Encore’s next sessions start in early January, with rehearsal sites in Silver Spring, Glen Echo, and downtown DC (among others). No auditions! For more information and to sign up, visit <https://encorecreativity.org> or email info@encorecreativity.org today.

Do you see the scissors on Page 8? Cut off the page and hang it up to remind you of upcoming events.

UPCOMING MEMBER EVENTS AND GROUPS

Chevy Chase At Home is delighted to offer several in-person events and ongoing groups this winter (see Page 8). Learn more about all our activities and register at chevychaseathome.org/calendar. You can also sign up by contacting the office at info@chevychaseathome.org or 301-657-3115.

CC@H HOLIDAY PARTY

It’s the time of year to celebrate, so please join CC@H for our Holiday Party at the Chevy Chase Village Hall at 5906 Connecticut Ave., on Friday, December 16, 2022, from 2:00 – 4:00 pm. We will have entertainment by our local singing group, Mix & Match, holiday themed refreshments such as homemade holiday cookies and eggnog, and plenty of opportunity to visit with friends old and new. It will be a perfect way to start the holiday season on a festive note. Register on the CC@H website, chevychaseathome.org, or send an email to info@chevychaseathome.org so we know you are coming. We hope to see you there!

NEW TAI CHI CLASS

Chevy Chase At Home members are invited to weekly Tai Chi classes with internationally recognized Master Nick Gracenin teaching at Chevy Chase Town Hall. Nick brings 45 years of experience from China and North America. Study the essentials and forms of traditional Tai Chi, and improve balance, circulation, strength and relaxation. Nick tailors each class to the participants, allowing him to focus on their specific goals. The classes can be adapted to accommodate all levels of mobility and health.

Classes will meet 10-11 a.m., Wednesdays through December 21. Participants may drop in for a fee of \$15 a class. Reference materials will be available. Beginners through advanced practitioners are welcome. Register through Chevy Chase At

Home and pay at the class via cash, check, mobile payment or credit card. Tai Chi classes are offered through a partnership between Chevy Chase At Home, Bethesda Metro Area Village, and Bradley Hills Village.

WINTER GUEST SPEAKERS SERIES

Chevy Chase At Home continues the success of the Guest Speakers Series with a monthly **online** presentation by well-known and respected experts. Please mark your calendars and sign up at chevychaseathome.org/calendar or by sending a note to info@chevychaseathome.org.

ELDER FINANCIAL ABUSE: WHAT DO WE NEED TO KNOW?

With Barbara C. Mulitz, Vice President and Senior Trust Officer, Sandy Spring Trust
December 7, 1:00 p.m.

SENATOR BIRCH BAYH: MAKING A DIFFERENCE

With Robert Blaemire, Author of Birch Bayh: Making a Difference
January 25, 1:00 p.m.

ONLINE ART & TRAVEL LECTURES CONTINUE

TRAVELS WITH JAN: EXPLORING THE LEVADAS OF MADEIRA

December 5, 1:00 p.m.

Join intrepid traveler and CC@H volunteer Jan Augustine as she relives another of her memorable trips. This time she will take us along the levadas of Madeira, an autonomous region of Portugal, to share photos and stories about this island known for its wine and historic laurel forest.



Chevy Chase At Home will continue to offer online art and travel presentations. See what's next at chevychaseathome.org/calendar.

RECENT EVENTS

FALL SPEAKERS

In case you missed our recent **Speaker Series** guests, check out their presentations in our Guest Speakers Program. Nathan Billig, one of our founders, shared observations from his career as a psychiatrist. His long-time friend and CC@H member Mark Nadel served as moderator by leading the conversation. In a similar format, CC@H member and retired WAMU reporter and host John Ydstie chatted with Susan Stamberg about her award-winning career as a radio journalist, including her role with other women and men at WAMU in the development of public radio. John Ydstie also interviewed journalist and author David Shipler about the US Constitution and the current political climate.

Videos from these presentations and others are available on our YouTube channel:

ccathvideo.org/playlists.

VOLUNTEER APPRECIATION

We had a gorgeous fall day for our Volunteer Appreciation event on October 15. CC@H members and volunteers gathered at the home of Board Member Karen Spangler to enjoy coffee, apple cider donuts, cookies and each other's company! Thank you to all the volunteers who continue to share generously of their time and talents with their member neighbors.



LUNCH BEFORE C&O CANAL BOAT TOUR



LUNCH AT CLYDE'S




HELPFUL RESOURCES

HOW TO ACCESS WASHINGTON CONSUMERS' CHECKBOOK

Looking for a plumber? electrician? podiatrist? Washington Consumers' Checkbook may be able to help you. But how can you find it? Through Montgomery County Public Library. You will need your library card for your account number; your birth year is your password. Enter "Washington Consumers' Checkbook," choose "keyword" search and "library website" for providers of the services you need and reviews by those who have received their service. If you lose this information, see the Library Presentation on our YouTube channel ccathvideo.org/playlists then "View full playlist."

CC@H's YouTube CHANNEL

The CC@H YouTube Channel carries different types of videos including weekly exercise class (member-only), recent guest speakers, and the **seven-part series** available here [Navigating Life's Journey](#) or click the small red icon just under the banner  on the left side of our website's home page. If you need assistance, contact the office at 301-657-3115.

FULL MEMBERS: PLEASE CALL FOR HOLIDAY ASSISTANCE!

Full Members are eligible for an array of services. At this time of year CC@H volunteers can also assist Full Members with holiday-related tasks including putting up decorations, wrapping gifts,

transportation for shopping, and other seasonal activities. If we can ease your day, get in touch and let us know. You can call us at 301-657-3115.

CCES PEN PALS SEEKING VOLUNTEERS

Several years ago, CC@H began our Pen Pal Program with ESOL students at Chevy Chase Elementary School. We are happy to offer this program for this school year. CC@H participants will receive three letters from the students (December 20, March 10, and May 18) and send their replies to the students by February 1, April 13, and June 5. All letters between students and CC@H participants volunteers are collected and distributed through a designated coordinator. Only first names are used. No personal data is exchanged. Letters from volunteers are in unsealed envelopes and read by the teacher before being given to students.

The Pen Pal Program is an authentic writing experience for the ESOL students and helps them learn about a person from a different generation. If you are interested in volunteering for this enjoyable and worthwhile activity, please contact the office at info@chevyCHASEathome.org or 301-657-3115 by December 16th. If you would like more information, please contact Sandie Deighton at SandieLee322@gmail.com or 301-526-5707.

Pre-COVID, the Pen Pal program finished the year with a small party at the school; the tentative date for the 2023 party is June 8.

WANT TO GET MORE INVOLVED?

Meet other members, do something fun or rewarding or both. Check out our website for interest groups, committees, and activities. Let the office know you are interested.

CC@H NEWSLETTER

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CC@H is a 501(c)(3) non-profit organization.

OUR SUPPORTERS

MEETING/OFFICE SPACE

Chevy Chase Village
Town of Chevy Chase
Regional Service Center

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney
Pamela Sislen, Exercise Instructor

FINANCIAL SUPPORT

CORPORATE SUPPORT

Bernstein Management Corporation (GOLD)
Fitzgerald Auto Malls (SILVER)
Heritage Investment Management Corporation (SILVER)
Kelly & Kate Real Estate Services (SILVER)
Kathleen McGuinness/SmithLife Homecare (SILVER)
Sarah's Handmade Ice-Cream (SILVER)

COMMUNITY

Town of Chevy Chase (DIAMOND)

INDIVIDUALS

*Dates covered: August 16 thru November 22.
Individual contributors are not identified online.*

ACTIVITIES, EVENTS & INTEREST GROUPS



SPECIAL EVENT:

ANNUAL HOLIDAY PARTY

Dec. 16, 2:00 – 4:00 p.m.

CHEVY CHASE VILLAGE HALL

PHYSICAL ACTIVITIES

TAI CHI (Note 1)

Wednesdays, Dec. 7, 14 & 21

10:00 – 11:00 a.m.

Chevy Chase Town Hall

WALKING GROUPS

Low Intensity Walking Group

Tuesdays, 10 a.m.

Friday Walking Group

Fridays, 10 a.m.

CARDIO & STRENGTH TRAINING

Mondays, 12:00 noon

Zoom Event

MUSIC & MOVEMENT (Note 2)

Thursdays, 11:00 a.m.

Zoom Event

UPCOMING SPEAKERS

EXPLORING THE LEVADAS OF MADEIRA

Jan Augustine

December 5, 1:00 p.m.

Zoom Event

ELDER FINANCIAL ABUSE: WHAT DO WE NEED TO KNOW?

Barbara C. Mulitz,

Sandy Spring Trust

December 7, 1:00 p.m.

Zoom Event

SENATOR BIRCH BAYH: MAKING A DIFFERENCE

Robert Blaemire

January 25, 1:00 p.m.

Zoom Event

DISCUSSION/INTERESTS

KNITTING/HANDCRAFT GROUP

Alternate Thursdays, 1:00 p.m.

Chevy Chase Village Hall

MOVIE DISCUSSION GROUP

2nd Mondays, 3:00 p.m.

Zoom Event

BOOK CLUB

4th Thursdays, 2:30 p.m.

Zoom Event

COFFEE & CONVERSATION

3rd Wednesdays, 11:00 a.m.

Zoom Event

SOCIAL GROUPS

BRUNCH BUNCH

2nd Thursdays, 10:00 a.m.

Olympia Cafe

(Note1) This Activity requires a fee.

(Note2) This Activity requests a donation.

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.



Are you an Amazon shopper? Do you know that Amazon will donate 0.5% of the cost of each order to your designated charity? Our web page shows how to designate Chevy Chase At Home for this benefit and we'll all smile!

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