



# Chevy Chase At Home Newsletter

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102 Chevy Chase, MD 20825 Phone: 301-657-3115

Volume 8, Number 1

March 2016

**NEW!!!  
Medical Note  
Taking  
See Page 2**

## **Quick Calendar**

Meet and Mingles

Chevy Chase Village Hall

**Heirloom of the Artist: Rethinking  
Whistler's Peacock Room**

Illustrated lecture by Curator Lee Glazer.  
Tuesday, March 1, 2 pm to 4 pm.

### **St. Patrick's Day Party**

Tuesday March 15, 2 pm to 4 pm.  
All things Irish!

### **Guitar Master Class**

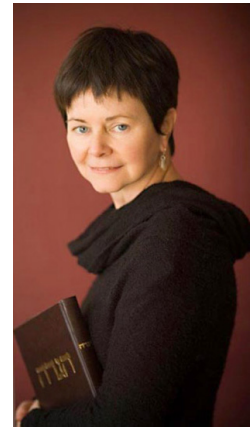
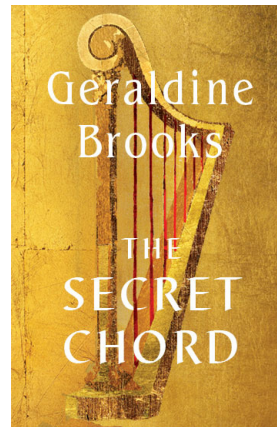
John E Marlow Guitar Series, Co-sponsored with  
The International Conservatory of Music  
Sunday, March 13, 1 pm to 4 pm  
\$10 Donations Appreciated

## **Town of Chevy Chase Hall**

**Volunteer Training**

Wednesday, April 13, 10 am to 12 pm

**Coming June 6 at 7 pm: A  
Conversation with Geraldine  
Brooks. Save the date!**



Pulitzer Prize-winning author Geraldine Brooks will discuss her latest book, "The Secret Chord", in a conversation with Guy Raz, the host and editorial director of NPR's "TED Radio Hour." In this new novel Brooks imagines the life and character of David, the shepherd boy who used his slingshot to kill the giant Goliath and ultimately rose to become King of Israel.

The New York Times has described the book as a "thundering, gritty, emotionally devastating reconsideration of the story of King David." (NY Times Oct. 22, 2015). This fascinating conversation will take place at the Chevy Chase Methodist Church, Phillips Hall, at 7 pm on Monday, June 6. Following the talk, Politics and Prose will have copies of the book available for sale which the author will be happy to sign.

Although all are welcome, space is limited, so register now at [www.chevychaseathome.org](http://www.chevychaseathome.org) to reserve your place. (Special discounted ticket price for Members and Friends of CC@ H).

## Recent Events



**Dr. Bergel with a job skills graduate and  
Housing Opportunities Commission leader  
Gina Smith**

### A Wider Circle

Dr. Mark Bergel, the Founder and Executive Director of A Wider Circle, spoke at this year's first Meet & Mingle and held his audience in rapt attention with his inspirational message as he described how he founded the organization in 2001. While teaching at American University, Dr. Bergel volunteered along with his students to deliver food to people living in need in the Washington area. There they found family after family living with literally nothing -- no furniture at all, not even beds.

His deep conviction that we could do better for those living in poverty led to his starting A Wider Circle in his own living room. With its mission to end poverty one family after another, A Wider Circle has now served more than 180,000 people, furnishing thousand of homes (more than 4,000 last year) with basic necessities -- tables, chairs, dishes, pots and pans, even mattresses -- all donated by the community and provided to recipients free of charge. The organization has also launched an intensive job training program and accepts donations of clothing appropriate for wear in the workplace to give to those trainees. A new wraparound program just getting under way will match

volunteers with those trying to rise out of poverty to offer long term support.

Q & A continued well beyond Dr. Bergel's time at the podium as, needless to say, those who attended this program were enormously impressed with his message. If you would like to volunteer, donate, or just learn more, go to [www.awidercircle.org](http://www.awidercircle.org).

### Medical Note-Taking

Following a doctor's visit, how many times have you reached home and had difficulty recalling all of the suggestions the doctor made about tests, procedures, follow-ups, etc.? It is easy to miss important details. CC@H can help by providing a second set of trained, neutral ears to provide a record of your appointment with your doctor.

CC@H can now provide a trained volunteer who will accompany you to the appointment with your doctor and take notes to document the information given to you during the session. These notes will be typed up or neatly written and given/sent to you for later reference and to share with family members.

We currently have 6 volunteers trained in medical note-taking, and we will be training more. They are ready and happy to help you have a successful appointment with your doctor.

One of our members is very enthusiastic about this service: "I have used a medical note-taker twice and plan to continue. .... One night after seeing my doctor, I was very concerned about what I thought I had heard him say in a series of comments. So I called the note-taker and asked if she had heard what I thought I had. 'Yes', she said. That confirmation, though painful, was invaluable to me. Without it, I would have been left to worry alone until the next appointment. I urge you to take advantage of this wonderful new service, especially for more complicated and emotionally laden doctor appointments. I guarantee you will be glad you did."

*Lanny Johnson*

## Cookies, Anyone?

Meet and Mingle held an unusual cookie convention at the Chevy Chase Village Hall on December 17. Invitations to the gathering included a request that those attending bring their own home-baked cookies.

Many did. Some of us discovered cookies we did not know existed. But all were delicious. Coffee and soft drinks were also available. As a special treat, we were privileged to hear a lively bagpipes and fiddler concert by William Shropshire. After we had eaten our fill (and more), there were still some cookies left. We were encouraged to take them home. We required no encouragement. When we left the Hall, the two tables full of cookies when we arrived were empty.

Who knew that our membership included master bakers? What other undiscovered talents await discovery?

Judging by the attendance and enthusiasm, this event might well become an annual fixture of the Meet and Mingle calendar.



The Cookie Convention

## A Very Special Gift

On January 16, Monsieur Alain Roussel graciously hosted members of Chevy Chase At Home at a beautiful afternoon tea at his restaurant, La Ferme. The lovely central area opposite the fireplace was the festive setting where more than 80 guests gathered to enjoy a delectable array of French treats -- everything from tea sandwiches to tiny lemon tarts, raspberries dipped in chocolate, and even miniature cups of amazing crème brûlée -- all served with freely flowing wine, as well as coffee and tea.

The guests mingled freely, too, and the mood was distinctly celebratory. It was a perfect opportunity to meet new members and to see old friends, many of whom had been among the pioneering volunteers and early committee members who helped start CC@ H almost seven years ago. As we all gathered to celebrate, there was a real sense of how vibrant and dynamic the organization has become. Surely our late, much loved co-founder, Naomi Kaminsky, would have been so proud.

Merci, M. Roussel. Thank you so much for giving Chevy Chase At Home such a splendid gift.



Member Appreciation Tea at La Ferme

## Manoli Canoli Provides Respite from Winter

More than three dozen members and neighbors held out for pizza on Tuesday, February 16. This event was postponed once due to the 'blizzard' and almost didn't make



it through the second time! Stavros Manolakos, Manoli Canoli's owner, provided the pizzas and salads while the Social Networking and Program Committee hostesses provided beverages and cookies. And . . . a good time was had by all. We're ready to try something like this again.

Thank you, Stavros, for giving our members a taste of something they might be missing.



### Regular Informal Gatherings Brunch Bunch

2nd Thursdays, 10:00 am - 11:30 am. Olympia Cafe  
No Host event; drop in and join your neighbors.

### Friday Walking Groups

Every Friday, 10:00 am. Meet at Brookville Market  
(Weather Permitting)

### Jewelry

Alternate Mondays, 1:00 pm

### Knitting Circles

Alternate Mondays and Wednesdays, 1:00 pm.

### Exercise Classes

#### Gentle Seated Pilates

Wednesdays, 10:30 am.; Fridays 2:30 pm.

### Zumba Gold

Wednesday, 11:30 am.

Check the "Event Calendar" on our website at [www.chevyCHASEathome.org](http://www.chevyCHASEathome.org) for further details.

## A Warm Welcome To Our New Board Members!

Chevy Chase At Home is pleased to announce the election of six new Members to the Board of Directors. They are Karen G. Bokar and Jay Brown of Rollingwood; Lois Fern of Section 3; Sydney Hoffmann of Martin's Additions; Monique Milhollin of the Town of Chevy Chase; and Mark V. Nadel of Chevy Chase Village. Together they bring a wealth of talents and experience to the Board, including, but not limited to, legal, financial, public health, and fund-raising backgrounds, and most of them have already been active volunteers with CC@H. We are delighted to welcome them all!

To read a more complete biography of each new Board Member, please go to [www.chevyCHASEathome.org](http://www.chevyCHASEathome.org) and click on the section Governance and Committees.



### Board Members

(Left To Right)

Back Row: Jay Brown, Nathan Billig, Sydney Hoffmann, Ernie Liebman.

Middle Row: Steve Schmal, Jan Augustine, Susan Hamburger, Lois Fern, Janet Regan.

Front Row: Gaby Gandal, Karen Bokar, Catherine McCallum, Monique Milhollin, Elaine Collins.

Missing: Elizabeth Cullen, Mark Nadel, Fran Pitlick

## Executive Director Spotlight

This Executive Director spotlight shines on our storm buddies, interns, teens, managers and the scout troops who assisted members during winter storm Jonas. Before the storm, full members were matched with 23 volunteer "storm buddies," while CC@ H intern Elizabeth King and BCC-RSC intern Mateo Gracia recruited and matched members with teens from B-CC High school interested in removing snow.

When the big storm hit, our storm buddies did more than make friendly phone calls. Some shopped and delivered food and supplies, provided transportation and technological assistance and made friendly visits, including dinner out. The storm left nearly 20 inches of snow on the ground which proved a challenge for the snow shoveling matches.

Thanks to the response of many of the teens, the local managers and the assistance from local scout troops #225 and #2831 led by scout leader Aaron Presnall, all members received the assistance needed to weather the storm. The community response to winter storm Jonas demonstrates how CC@ H provides opportunities for neighbors from all generations to support one another and in many cases, to become friends.



Scouts shoveling snow on  
Thornapple Path

*Photo by Aaron Presnall*

## RIDE SCHEDULE TIP

Appointments scheduled on Tuesdays and Thursdays and after 3 PM on any day present a bigger challenge to make the volunteer driver match. If you can avoid those times when scheduling appointments a larger number of volunteer drivers will be available to take you where you need to go.

## Six New Volunteers

Our Volunteers are the heart and backbone of Chevy Chase At Home. As Monique Milhollin, Volunteer Services Chair, described the February 4, 2016, training session, we got "an excellent and diverse group of six already experienced new volunteers." The next volunteer training will be on Wednesday, April 13, from 10am to noon in the Town of Chevy Chase Hall. Check our website for more information.

A seasoned volunteer made the following comment: "Why volunteer? Why not? If you have the time, you can make life a little easier for your neighbors....You can also meet a lot of nice people who are finding ways to stay in their homes in their senior years." Then he added "One day, when you've aged, you'll be glad that CCH volunteers are waiting to help you out."

## What We're Working On

Your Membership Directory will be coming to you soon. Thanks to all of you who have responded to our requests about your participation.

Plus there might be more computer classes or informal computer coaching in the Spring if folks are interested, let us know.

The Neighbor Recommended List updated by Tom and Elaine Collins, will soon be accessible online through password protected member only access.

More Fire Home Safety Visits in partnership with MC Fire and Rescue Senior Safety Program.

**Donation Report from  
November 11, 2015 to  
February 16, 2016**

**Donations In  
Kind**

**Facilities & Other  
Resources**

Chevy Chase Village  
Town of Chevy Chase  
Montgomery County  
CC United Methodist Church

**Professional Services**

Scott Boyd, Accountant  
Rebecca Laird, Attorney  
Christopher Regan, Attorney

**Organizations/  
Businesses**

Evers & Co.  
La Ferme  
Suburban Hospital Community  
Health & Wellness  
Manoli Canoli

**Monetary  
Donations**

**Corporations/  
Organizations**

**SILVER LEVEL**

Geico Philanthropic Foundation  
The Columbia Foundation  
Catalyst Foundation  
Heritage Investors Management Corp.

**BRONZE LEVEL**

Pepco Holdings, Inc.

**Bequest Received**

Even though she is no longer with us, Naomi Kaminsky continues to support the work of CC@ H: we recently received a munificent bequest from her estate. Her husband, Irving, told us that he and Naomi hope that her generosity would inspire others to include CC@ H in their wills. Many thanks to the Kaminsky family for all they have done and continue to do for us.



**Remember To  
“Spring Forward”  
Saturday Night, March 12**

CC@ H Newsletter Published By: Chevy Chase At Home Communications Committee

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Editor: David Duberman  
Compositor: John Barnes

Photos: John Barnes, Fran Pitlick  
Color Printing: Evers & Co.