



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Stay At Home

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Volume Eight - Special Edition

April 2016

HEAR YE, HEAR YE! SPRING UPDATE

IN THIS ISSUE

April & May Events

Your Thoughts: *New Benefit for Members*

June Special:

Geraldine Brooks & Guy Raz

Member Directory

Member Handbook

ANOTHER NEWSLETTER? WHY NOW?

Yes, you did just receive a CC@ H Newsletter on March 1, but we have been hard at work composing the Member Directory and updating the Member Handbook and since we're delivering them, we'd also like to bring you up to date on some of our upcoming activities that didn't quite make it into the March Newsletter.

Check out our programs, the next luncheon at La Ferme and our member-initiated activities, groups and classes.

FROM GUTENBERG TO TWITTER: MY 45 YEARS AT THE LIBRARY OF CONGRESS *

Mary Levering, JD, CC@ H Volunteer, wore many hats as a senior administrator and copyright expert at the Library of Congress. She will share some of her experiences with us on **Tuesday, April 12, 2 pm to 4 pm**, Chevy Chase Village Hall.



LIFE AT NPR - SOME OF THE MOST INTERESTING EXPERIENCES *

John Ydstie, popular NPR host, economist and seasoned observer of financial crises, will share some of his perspectives on current events and may have something to say about seniors and the economy. This evening program will be **Thursday, April 28, 7:30 pm to 9 pm**, Chevy Chase Village Hall.

FIRE PREVENTION & SAFETY IN YOUR HOME *

Jim Resnick, Manager of the Senior Outreach & Education Program, Montgomery County Fire & Rescue Service, will talk about the free home safety assessment developed for County seniors. Fire and rescue experts, assisted by CC@ H volunteers, will visit neighborhood homes (by invitation) to review the status of smoke and carbon-monoxide detectors, discuss personalized fire evacuation plans, and review injury prevention strategies. Chief Resnick is an engaging and informative speaker. This event will be **Tuesday, May 10, 2 pm to 4 pm**, Chevy Chase Village Hall.



LUNCH AT LA FERME *

Seniors to lunch? Moths to a flame? Guaranteed, but we have more fun than moths. Alain Roussel will again offer Members & Friends a special lunch at La Ferme, **Monday, April 4, 11:30 am to 1 pm**. Seating is limited - reserve your spot on our website or call 301-657-3115.



MEMORIAL PLAQUE DEDICATION

On Wednesday, **April 13 at 5:00 pm**, the Town of Chevy Chase and CC@ H will unveil a plaque honoring Naomi Kaminsky's contributions to the community. Please join us for this dedication at "Naomi's Bench" at the Town Hall parking lot at the intersection of Leland and Oakridge.

www.chevyCHASEathome.org

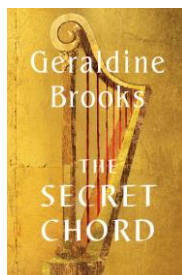
HOW ABOUT A DAILY CHECK-IN?



The Volunteer Services Committee would like your feedback to this suggestion: “We have received such a positive response from many members who appreciated a friendly phone call from our storm buddies that we would like to know if members **are interested in more regular contact with volunteers and/or one another**. Some of you may already have established a system of informal or formal daily phone calls with family members or friends, but for those who have not, this service would offer the opportunity to have the security of a daily check-in. Ideally, the calls would be made between members who had been matched with one another based on their mutual request for the service. Alternatively, a volunteer might be assigned to make or receive the daily call. The foundation of each arrangement would be a daily phone call, although members might opt to make the daily contact via email. Because the needs and schedules of all of our members are different, the details of each arrangement would vary and would be tailored to meet the needs of each participant.” Do you think this is a good idea? Would you like to be part of this activity? Let the Volunteer Services Committee know with a note to volunteers@chevyCHASEathome.org or leave a message at the office (301-657-3115).

VOLUNTEER TRAINING - APRIL 13; COFFEE HOUR - APRIL 6 *

Do you know someone who would be a great volunteer? Many of our Members know about our volunteer drivers, but do you know that some volunteers spend an hour or two, perhaps reading aloud, talking, or otherwise engaging an ailing family member while the caregiver has some time away from home? Some volunteers regularly provide administrative support and others serve on Committees. Want to know more? **Coffee Hour, Wednesday April 6, 10 am.** Call the office for details (301-657-3115). Our next **training session** is Wednesday, **April 13 at 10 am.** Prospective volunteers should contact the office at info@chevyCHASEathome.org or 301-657-3115 prior to the training session.

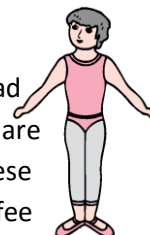


!! SAVE THE DATE - JUNE 6, 7:00 PM !! **SHARE THIS MESSAGE WITH YOUR BOOK CLUB AND FRIENDS** **A CONVERSATION BETWEEN PULITZER PRIZE WINNER GERALDINE BROOKS** **AND NPR HOST GUY RAZ ***

Copies of *The Secret Chord* will be available for purchase. Registration now - Members & Friends: \$10, General Public: \$15. The program will be in Phillips Hall, Chevy Chase United Methodist Church; parking will be available at the 4H Club on the west side of Connecticut Ave.

SOME OF OUR OTHER ACTIVITIES *

Have you ever been to **Brunch Bunch**? These informal gatherings at the Olympia Café on Brookville Road are a great place to meet your neighbors (**Thursday, April 14 & May 12, 10:00 am to 11:30 am**). Then there are the **Jewelry-making** and **Knitting Groups** and the **Walking Group**; see our website for more details about these free, member-initiated interest groups. Feeling a bit rusty? Try out our classes in **Gentle Pilates** or **Zumba** (fee required).



ABOUT THE MEMBER DIRECTORY & MEMBER HANDBOOK

This package includes the 2016 Member Directory and a revised Member Handbook, one of each for each household. The Directory lists only those who agreed to have their names published, so there are a few Members or Friends whose names are not included. Every household, however, is receiving a copy. Also, some new services for Members and Friends have been added since the last publication of the Member Handbook, so we are sending each household an up-to-date copy.

Contributions are always welcome. CC@ H is a non-profit 501 (c)(3) organization

* See website for details