



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume Nine, Number 3

September 2017

QUICK CALENDAR

PUBLIC PROGRAMS **CC VILLAGE HALL**

AGING IN AN ERA OF DISRUPTION & OPPORTUNITY

MR. HOWARD GLECKMAN
Wed., Sept. 6, 7:00 p.m.

DANCE & MUSIC FOR PARKINSON'S

**ROBERT SACHELI &
ROY BARBER**
Tues., Sept. 19, 2:00 p.m.

CREATE A MONOPRINT

MILLIE SHOTT
Tues., Oct. 3, 2:00 p.m.

TWENTY-SIX SECONDS

ALEXANDRA ZAPRUDER
Sun., Oct. 15., 2:00 p.m.

TECH TUESDAY

KATHLEEN MCGUINNESS
Tues., Oct. 24, 2:00 p.m.

TECH SATURDAY

**ONE ON ONE, HANDS ON
(CC LIBRARY, DC)**
Sat., Oct. 28, 10 a.m. to Noon
Registration Required
**** See pg. 3 for details ****

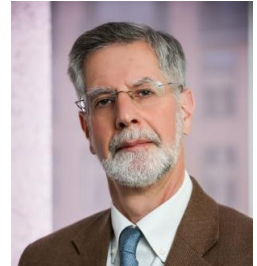
FREER & SACKLER GALLERIES

UPDATE
Frances Li
Tues., Nov. 14, 2:00 p.m.

See pg. 2 for other activities

AGING IN AN ERA OF DISRUPTION AND OPPORTUNITY

Howard Gleckman, Senior Fellow of The Urban Institute and President of Suburban Hospital's Board of Trustees, will be our guest on **Wednesday** evening, **September 6, at 7:00 p.m.** He will discuss how we will deliver—and receive—aging services in a rapidly changing political, financial, and demographic environment. He will describe the key role that villages, such as Chevy Chase At Home, and other community-based organizations play at a time when we are living longer, public resources are limited, and families are shrinking. Join us at **Chevy Chase Village Hall** to hear this final lecture of our three-part series on health-care issues we face as we grow older.



ALEXANDRA ZAPRUDER TO SPEAK ON OCTOBER 15

Almost all of us of a certain age can probably remember exactly where we were and what we were doing at the very moment on November 22, 1963, when we heard the shocking news of President Kennedy's assassination. And seared into our collective consciousness are the horrifying images captured on Abraham Zapruder's home movie filmed that day in Dallas and first shown to the world in LIFE magazine. On **Sunday, October 15**, from **2:00 to 3:30 p.m.**, Alexandra Zapruder, who grew up in Chevy Chase, will discuss her absorbing 2016 book, ***TWENTY-SIX SECONDS: A PERSONAL HISTORY OF THE ZAPRUDER FILM.***



Using previously sealed archival sources, family documents, and exclusive interviews she has eloquently traced the complex history of her grandfather's film and its lasting impact on our nation, as well as its enormous impact on the Zapruder family.

This fascinating talk by Alexandra Zapruder will take place at the **Chevy Chase Village Hall**. Register online at www.chevychaseathome.org or call 301-657-3115; space is limited.

Continued on pg. 2 . . .

"...Alexandra Zapruder.....has written a moving and enlightening account that is part memoir; part detailed history of the film and its (inestimable) role in the nation's understanding of the assassination; and part overview of the film as an inspiration for countless, often bizarre conspiracy theories..."

Joyce Carol Oates in *The Washington Post*

About autographs -



Please note that Ms. Zapruder will autograph copies of the book that you bring with you; however the book will not be on sale at the event. Politics & Prose (P&P) offers hardback or paperback copies of **TWENTY-SIX SECONDS: A PERSONAL HISTORY OF THE ZAPRUDER FILM** at discounted prices if you order the book online through our website

(www.chevyCHASEathome.org). During check-out, you choose

whether to pay in the store, to pick up your copy at the event, or to have it shipped to you (with shipping fees).

MORE UPCOMING PROGRAMS -

DANCE & MUSIC FOR PARKINSON'S: MOVEMENT, SONG, & COMMUNITY

Dancing offers people with mobility challenges a satisfying opportunity to exercise both their bodies and their creativity. It also provides an enjoyable and effective way to increase coordination, flexibility, balance, freedom of movement, and strength.

On September 19th, you're invited to explore—and perhaps reconnect with—the joy of dancing and music by taking part in a class based on the Dance for PD[®] model developed by the renowned Mark Morris Dance Group and the Brooklyn Parkinson's Group. The one-hour session combines live keyboard accompaniment and easy-to-do movement drawn from a wide range of dance styles, all of which are adaptable to varying levels of physical ability, including participants who use walkers.

Music plays a key role in the session. In addition to being lots of fun, singing and vocal exercises can provide value for breath support, articulation, and listening skills, as well as short- and long-term memory. No dance or singing experience

is needed, and family members and care partners are welcome to participate.

Beyond the physical benefits, dancing and singing together to live music also is a great way to break down some of the social isolation that people living with movement limitations might face—as well as create a shared sense of community.

This session is led by **Robert Sacheli**, a teaching artist in the Dance for PD program trained at Mark Morris Dance Group, and musician-composer **Roy Barber**, who leads a Parkinson's choir in Chevy Chase sponsored by the National Capital chapter of the Parkinson Foundation. Do join us on **Tuesday, September 19, 2:00 p.m., at CC Village Hall.**

- Robert Sacheli

CREATE A MONOPRINT WITH MILLIE SHOTT

Take a break and try your hand at developing a monoprint using traditional techniques. What's a monoprint? Come and find out! **Millie Shott** will lead the group on **Tuesday, October 3, 2:00 p.m., at CC Village Hall.**

QUICK CALENDAR

ACTIVITIES

HOME SAFETY VISITS

October 26 & 27

CPR AWARENESS CLASS

Nov. 9, 1 p.m.

**** See page 3****

BRUNCH BUNCH

2nd Thursdays,

Sept. 14, Oct. 12, Nov. 9

10:00 a.m. to 11:30 a.m.

OLYMPIA CAFÉ

**GENTLE PILATES/BALANCE
(WEDNESDAYS & THURSDAYS)**

**ZUMBA[®] GOLD
(WEDNESDAYS)**

**WALKING GROUP
10:00 a.m. FRIDAYS**

**CHECK OUR WEBSITE CALENDAR
FOR LATEST EVENT INFORMATION!**

TECH TUESDAY

Texting, Uber & Lyft, and More

Kathleen McGuinness returns to demonstrate how texting works with a few minutes of hands-on activity. She will then discuss Uber and Lyft and how to use them even if you don't have a smartphone. No experience required. If time permits, she may also discuss some "apps" (programs) that she finds particularly helpful in juggling her time. **Tuesday, October 24, CC Village Hall, 2:00 p.m.**

TECH SATURDAY – OCTOBER 28

10 a.m. to Noon

Chevy Chase At Home is pleased to partner with **Generation to Generation Technology** (GTG Tech), a local nonprofit founded by three tech-savvy teen girls. GTG teens will provide **one-on-one 30 minute** tech coaching sessions for Members, Associates and Friends at the **DC's Chevy Chase Library (5625 Connecticut Ave. NW)**. **Pre-registration is required.** Please reserve your time slot through the office. Our web calendar entry ("**Events**" at www.chevychaseathome.org) includes a helpful link to the GTG list of topics – from the very simple to a bit more complex. **Saturday, October 28.**

FREER & SACKLER GALLERIES UPDATE

The renovation of the Galleries will be finished for re-opening in October. To keep us up-to-date Freer & Sackler Galleries Docent Frances Li will highlight some of the favorite treasures of these museums. **Tuesday, November 14, 2:00 p.m., at CC Village Hall.**



Happy
Thanksgiving

AND ACTIVITIES -

FALL EXERCISE CLASSES

Registration is Open

Gentle Seated Pilates/Balance

Wednesdays, Sept. 6 - Oct. 11, 10:30 a.m. - 11:30 a.m.
or

Thursdays, Sept. 7 - Oct. 12, 2:30 p.m. - 3:30 p.m.

Chevy Chase United Methodist Church

Zumba Gold

Wednesdays, Sept. 6 - Nov. 1, 11:30 a.m. - 12:30 p.m.

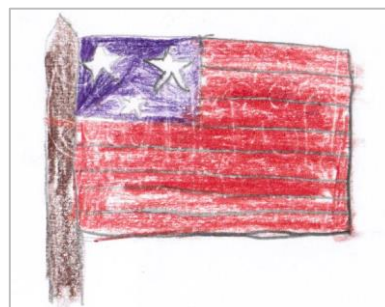
Chevy Chase Village Hall

GOING... GOING... GOING...

In case you missed the Home Safety Visits conducted jointly by CC@ H and the MC Fire & Rescue Service during the last few years, you still have time to schedule yours for **October 26 or 27**. This will probably be the last group to be sponsored by CC@ H, so don't delay! Please contact the CC@ H office to schedule your appointment now. Since the spring of 2015, 81% of our members' homes have received a visit. We hope that those of you who have not yet participated will do so this year!

CPR/AED AWARENESS CLASS

Great News! CC@ H is offering a new Safety Awareness class that will include Adult/Child/Infant CPR/AED Awareness and Choking Relief. Rescue One, an American Heart Association contractor, will teach this 90 minute class. Although this class is not for certification, it will provide awareness and a reminder of what to do in an emergency. Space is limited and **pre-registration is required** (go to "**Events**" at www.chevychaseathome.org). The fee is \$15 for each participant. **Thursday, November 9, 1:00 p.m. to 2:30 p.m., Town of Chevy Chase Town Hall.**



AND NEWS -

COMING IN OCTOBER

NEW HOME CARE LIST AVAILABLE

Five years ago the Service Provider Committee published the original Home Care Short List after intensive research and interviews with several recommended companies that provide in-home care services. Recently, we sent an invitation and questionnaire to the companies from the current list and to two other local companies recommended to CC@ H. The result is the "In-Home Care Provider Short List", which we hope will be a good start for those in need. Members, Associates and Friends can access the List online by logging in to the CC@ H website, or by contacting the office and requesting a copy. Those who use the list should do their due diligence to determine which of these companies best suit their needs.

COMMITTEE INVITATION: IS IT FOR YOU?

Working on a CC@ H committee is not only extremely rewarding, it can also be fun and a great way to get to know other "village" neighbors. The Membership Committee, co-chaired by Judith Silber and Karen Bokar, is the key group focusing on membership issues such as: developing ideas to recruit and retain members, Identifying services and benefits, and staffing the Membership table at CC@ H events.

Right now the Membership Committee is looking for a few new members. If you would be interested in bringing your ideas and enthusiasm to this important committee, please call the CC@ H office at 301-657-3115 or send an email to:

info@chevychaseathome.org



Did you know that 49% of CC@ H's projected income comes from generous donations from neighbors and local businesses? And that our projected income runs slightly behind our projected expenses? When you receive our request for donations in October, we hope you will be as unstinting as in previous years to keep our services and programs available to the community – seniors and neighbors alike.

Another way to donate is to clean up your portfolio, and donate those appreciated shares to CC@ H. For details, please contact the office. It's quick and easy.

In addition, do you need to withdraw funds from your IRA by the end of the year? Please consider Chevy Chase At Home as a charitable recipient of an income-tax-free stock transfer. Here are some rules to keep in mind:

- You must be age 70½ or older on the day of the gift.
- You may transfer any amount up to \$100,000 directly from your IRA to one or more qualified charities.
- This opportunity applies only to traditional IRAs and certain Roth IRAs.
- A gift needs to be received by CC@ H by Dec. 31, 2017, for the gift to qualify this year.

As always, please consult your broker and your tax advisor before making any significant donations.



Unexpected gifts make us smile



CCES CENTENNIAL REPORT

Chevy Chase Elementary School celebrated their 100 year anniversary in June. Sandie Deighton, Friend of CC@ H and indefatigable volunteer organized a successful book drive to provide reading materials for CCES's ESOL students. Several thank you note covers are included in this newsletter.

YOU MIGHT HAVE MISSED -

END OF LIFE CARE

Dr. Christina Prather, specialist in geriatrics and palliative care at George Washington University Hospital, was our featured speaker on June 1st for a discussion of the medical and ethical issues surrounding end-of-life care. She reviewed some of the basic principles of hospice care, including the patient's advance directives, provision of medical and physical support and comfort, pain relief, and family involvement. Dr. Prather's talk followed a short film, "The Last Campaign of Governor Booth Gardner," that documented his efforts to persuade the Washington State Legislature to pass what became the "Death With Dignity" law, all while his physical abilities were quickly fading with Parkinson's disease.

Dr. Prather described current practices in caring for terminally ill patients who do not wish to end their lives medically or who would not qualify to do so. She reviewed some of the basic principles of palliative medicine and hospice care, emphasizing the patient's advance directives, provision of medical and physical support and comfort, pain relief, and family involvement. Although sobering, it was a most illuminating presentation followed by animated discussion.

Editor's note: This was the second in a series of discussions about health care issues of the aging. Dr. Prather's handouts are available in the [Media section of the website](#). A recording of Dr. Eric De Jonge's presentation in March is also available on the [Media section of the website](#).



GARGOYLES & GROTESQUES

On June 20th, Dr. Wendy Gasch, author of **GUIDE**



TO GARGOYLES AND OTHER GROTESQUES AT THE WASHINGTON NATIONAL CATHEDRAL, provided an informative virtual tour of the sculptures at the Cathedral. We marveled at the intricate sculptures

and the specific stories of a number of the grotesques. We also learned the difference between gargoyles and grotesques—one has a function: gargoyles are downspouts!

MUSICALE & ICE CREAM SOCIAL

A group of prescient CC@ H members fled the heat and predicted storm to gather in the Chevy Chase Village Hall on July 18th. They were rewarded for their foresight with offerings of ice cream in various flavors and a selection of soft drinks.

The highlight of the afternoon, however, was a concert by Alistair Coleman, a young piano prodigy who is a Bethesda resident. Alistair has been accepted as a student next year at Julliard, one of the most prestigious and highly competitive music schools in the U.S. Alistair delighted the attentive and appreciative audience by playing a selection of classical and popular works. The highlight of his performance, however, was hearing Alistair's own compositions, created while he was in Middle School.



- NOTICE TO WALKERS -

Beginning September 1, Friday walks will start at 10:00 a.m., leaving from Brookville Market. Not a fast walker? Don't worry. One of our volunteers will always be the last person on the walk.

The usual route is through Rollingwood towards Rock Creek Park & East-West Highway. The slower walkers can turn around and head back whenever they wish.

MEMBER DIRECTORY *

By now all Members, Associates and Friends should have received the 2017 Member Directory.
Several changes are listed below. *

* Member contact information is not published on the web

DONATIONS IN KIND **

FACILITIES

Chevy Chase Village
Town of Chevy Chase
Montgomery County/B-CC RSC
CC United Methodist Church

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney
Evers & Co. Real Estate Inc.

OTHER **

The Columbia Foundation

FINANCIAL SUPPORT

INDIVIDUALS **



** Includes donations received between May 15 and August 14, 2017. Personal donations included here will NOT be published on the web.

CC@ H NEWSLETTER

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THE ZAPRUDER FILM* used with permission

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Betty O'Connor at Ice Cream Social
Banner courtesy of
The Columbia Foundation