



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

Telephone 301-657-3115

Volume Ten, Number 1

March 2018

NEW MEMBERSHIP YEAR BEGINS APRIL 1

It's that time again — time now to renew your membership in Chevy Chase At Home. Renewing as a **Member, Associate** or **Friend** before the new membership year starts on April 1 will guarantee that your valuable benefits will continue uninterrupted for another year.

By now you will have received a letter from Membership Co-Chairs Judith Silber and Karen Bokar, inviting you to renew your commitment and describing in more detail the benefits CC@H offers. And everyone who renews or joins by March 31 will receive an invitation to our annual **Member Celebration** at La Ferme on April 14, at 1 p.m. This is always a wonderful event, one that you won't want to miss.

And something new has been added this year. Refer a neighbor who becomes a new Member or a new Associate, and you will receive a **\$30 credit** as a thank you which may be used any time during the year for an activity or event, with any remaining balance applied to the following year's renewal fee. So spread the word to help us grow our Village, and be sure to renew yourself.

NEW YEAR, NEW BOARD MEMBERS

During the Board meeting in December 2017, three departing Board members, **Jan Augustine, Gaby Gandal** and **Janet Regan**, were **recognized for their years of service** and thanked on behalf of CC@H. Jan concluded her four years as Treasurer while Gaby and Janet completed their second terms as Board members. Although they are leaving the Board, Jan and Janet are still active CC@H volunteers. At the beginning of 2018, the CC@H Board of Directors welcomes **Barbara Bryniarski** and **Kathleen McGuiness** as **new Board members**. Barbara Bryniarski is also the new CC@H Treasurer.

Barbara is currently an executive editor with Parker Tax Publishing, an online tax research product. Barbara volunteers both with CC@H and the Bethesda-Chevy Chase Rescue Squad where she is an EMT and ambulance driver.

Kathleen has long been active in the local business community. She is currently serving on a Montgomery County Tourism Board of Directors and is President/Chairperson Emeritus for WSRG, a non-profit serving Twelve Step Communities.

More information about all Board members is on our website (Committees).

QUICK CALENDAR

PUBLIC PROGRAMS
CC VILLAGE HALL

ST. PATRICK'S CELEBRATION
CULKIN'S DANCERS
Tues., March 13, 2:00 p.m.

IDENTIFYING SPRING BIRDS
KAREN STUART
Wed., April 18, 1:00 p.m.

IMMIGRATION LAW
JOAN CHURCHILL
TUES., APRIL 24, 2:00 P.M.

SEARCH & RESCUE
MC K-9 UNIT
TUES., MAY 8, 2:00 P.M.

MEMBER RECEPTION
LA FERME
SAT., APRIL 14, 1:00 P.M.
(RSVP)

BRUNCH BUNCH
2nd Thursdays,
Mar. 8, Apr. 12, May 10
10:00 a.m. to 11:30 a.m.
OLYMPIA CAFE

CLASSES
DANCE & SONG
(Wednesdays)
GENTLE PILATES/BALANCE
(Wednesdays & Thursdays)

ZUMBA® GOLD
(Wednesdays)

WALKING GROUP
10:00 a.m. Fridays

KNITTING GROUPS
(Mondays & Thursdays)

CHECK OUR WEBSITE CALENDAR
FOR LATEST EVENT
INFORMATION!

COMING UP -

NEW CLASS STARTS IN MARCH: DANCE & SONG FOR SENIORS

Last September we had a wonderful introductory session of Dance and Music for Seniors, led by dancer Robert Sacheli and pianist and vocalist Roy Barber. Based on the great response, and supported by a grant from Suburban Hospital, we are thrilled to launch a new weekly exercise class, Dance & Song for Seniors. A free demonstration class will be held on **Wednesday, March 7, 2018 from 2:30-3:30 p.m.** at the Chevy Chase Village Hall. The following week on Wednesday, March 14, the seven week class will start at the same time. Registration and payment can be completed through our website or by calling the office.

Dance provides an enjoyable and creative way for anyone—no matter the nature of their mobility challenges—to increase coordination, flexibility, balance, freedom of movement, and strength. All dance material, much of which is done seated, is adaptable for people with varying levels of physical ability, including participants who use walkers.

In addition to being lots of fun, singing and vocal exercises can benefit articulation, breath support, and listening skills, as well as short- and long-term memory.

ST. PATRICK'S DAY PARTY

Celebrate a wee bit early – get out your green for our party on Tuesday, March 13, 2:00 p.m., CC Village Hall with Irish refreshments galore. Culkin's Dancers will provide the entertainment.

CURRENT STATUS OF IMMIGRATION REFORM

As Judge of the Immigration Court for Washington, D.C. for more than 25 years, the Hon. Joan Churchill presided over numerous cases involving removal, asylum and refugee status. Now retired, she will discuss the latest nuances of laws, regulations and Executive Orders affecting immigration—April 24, 2:00 p.m., CC Village Hall.

MC K-9 SEARCH & RESCUE UNIT

On Tuesday, May 8 CC@H will have a special four-legged guest at our 2:00 p.m. gathering at Chevy Chase Village Hall. A member of the nationally recognized Montgomery County K-9 Unit will give a presentation, assisted by his or her handler. The Unit's dogs have successfully completed 16 weeks of training, covering the skills of article searching, tracking, agility, apprehension, and obedience.

Of particular interest to our members, this unit is well known for successfully tracking wandering adults and children.

Weather permitting, we will meet in the small triangular park opposite the parking spaces for the Village Hall (otherwise, inside the building). You won't want to miss this. Woof!

LOCAL BIRDING

If you'd like to learn more about the birds that visit or live in our area, come to CC Village Hall on April 18, 1:00 p.m. Karen Stewart will discuss the birds that are often here in the spring. She also will be able to tell us about some local Bird Walks.

OTHER NEWS –

NEW: FRIENDLY PET VISITS

Big news for 2018! CC@H will now provide “friendly pet visits” to requesting Members. CC@H has partnered with People Animals Love (PAL), a nonprofit that has been providing therapeutic and friendly pet visits for over 40 years. Beginning this April, Members may use the normal procedures for requests to schedule a friendly visit with a PAL certified pet and their handler. If the handlers have not completed CC@H volunteer training, we will match them with one of our trained, vetted volunteers who also love pets.

LA FERME LUNCHEONS



Once again Alain Roussel generously offered several lovely luncheons at La Ferme for CC@H Members, Associates, Friends and Volunteers in January &

February. The three-course lunch is always a big success, and as one happy Member put it, "...a delicious meal at a very reasonable price."

La Ferme will also host our annual Member Celebration for those who renew their membership by March 31. There is no fee for this festive event which will be held on April 14th at 1 p.m. — just one more reason to be sure to renew!

HELP FOR SPRING CLEAN-UP!

Get ready for Spring- On Saturday morning, April 7- Scouts can help Members set up hoses, move furniture, other tasks; call the Office by April 2.

Town of Chevy Chase Trash & Treasure - Friday afternoon, April 20- Volunteers can help you get your stuff to the curb. Members call the Office by April 16 (301-657-3115).

CHEVY CHASE ELEMENTARY ESOL PEN PALS

Twenty-two Members, Associates and Friends volunteered to be Pen Pals with students in Chevy Chase Elementary School's ESOL program. In December, the students wrote letters to their Pen Pal and in January CC@H Pen Pals wrote back. The students' letters included what country they were from, what languages they spoke, what subjects they liked in school and what they like to eat. Our Members and Associates responded to the students' questions and expanded on their experiences. Pen Pals will have one more round of letter writing and then gather to meet each other at a party at the school in May. The students' teacher said this: "I received the letters today and they are

WONDERFUL!!!! Each letter was kid friendly and full of interesting information. My students have asked about them each week, so they will be so excited to read them in the coming weeks."

2017 VOLUNTEER SERVICES REPORT

2017 saw a decrease in the number of new volunteers trained. However, the involvement of our new volunteers along with our veteran volunteers made it possible for CC@H to provide 1,960 services — including 1,420 one way rides — for our members. In addition to rides, our volunteers gave over 190 hours in other support of our members.

CC@H will hold a New Volunteer Training class on May 3, 2018. If you have neighbors who would like to participate, especially those who are certified by People Animals Love, please encourage them to contact the office.

CC@H'S SUCCESSFUL ANNUAL FUND-RAISING CAMPAIGN

This past Fall the Board of Directors (and former Directors) and the current committee chairs of Chevy Chase At Home agreed to raise \$15,000 among themselves to challenge the community to give generously to CC@H by matching that amount. Both the Board and our community exceeded our expectations and more than met the stated goals.

Chevy Chase At Home is supported by dues from Members, Associates and Friends; by contributions from members of the community we serve; from some businesses in our area; and by fees paid for exercise classes. These funds are used to compensate our two part-time staff members, to support operational expenses (including equipment, supplies, utilities, insurance) and to rent space for some of our various programs. We are grateful for the generosity of the residents of Chevy Chase Village, The Town of Chevy Chase, The Village of Martin's Additions, Chevy Chase Sections 3 and 5, Rollingwood, The Village of Drummond, and Chevy

Continued - ->

Chase West for supporting our programs for older adults in our community.

It's never too late to make a contribution. You can mail a check to Chevy Chase At Home, P.O. Box 15102, Chevy Chase, MD 20825 or call 301-657-3115 for other giving methods.

IS YOUR FILE OF LIFE UP TO DATE?

What's the File of Life? A red magnetic packet for your refrigerator containing your basic medical data. This is very important because first responders will look here first when called in an emergency.

Have you updated your File of Life recently? Why not review your information and make sure your File of Life is current? If you need a new one, please contact the office at 301-657-3115, as they have extras.

ISO "GUEST REPORTERS" FOR CC@H NEWSLETTER

If you frequently attend CC@H events and like to take notes, the Communications Committee is looking for you! We hope to enlist some "Guest Reporters" to help us cover our many interesting presentations for the quarterly newsletter. We'd be happy to use your notes, or, even better, if you enjoy writing, we'd be delighted to print your story--with by-line, of course. If you're interested, please contact one of the committee co-chairs: Caroline Michaelis (caroline.michaelis@gmail.com) or Fran Pitlick (frances.pitlick@verizon.net).

CC@H NEWSLETTER

Published by:

Chevy Chase At Home Communications Committee
Caroline Michaelis & Fran Pitlick, Co-chairs

Writers & Editors: Caroline, Catherine, David, Elaine,

Fran, Jan, Jean, Laura, Nathalie & Nathan

Photos: Jan, Catherine, Kathleen, John

Color Printing: Beverly Nadel & Melissa Brown,
Evers & Co. Real Estate, a Long & Foster Co.

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

YOU MIGHT HAVE MISSED –

WINTER HOLIDAY PARTY

A lively group of members and neighbors gathered for the CC@H holiday sing-along with Roy Barber, local musician-composer and leader of the Parkinson's Choir in Chevy Chase. Even the youngest generation joined the spirited group.



WHAT IS HAPPENING IN OUR NEIGHBORHOOD?

Five Regional Service Centers, located throughout Montgomery County and funded with County tax dollars, bring County services closer to the citizens and the neighborhood. On January 9, Ken Hartman (pictured on the left, with Nathan Billig), Director of the Bethesda-Chevy Chase Regional Services Center, provided a virtual tour of our regional services area which includes Chevy Chase, Bethesda, Cabin John, Friendship Heights, Garrett Park, Glen Echo, North Bethesda, Potomac and Rockville. The Center offers many programs and opportunities that create that "small town" feel right here in what is becoming "big town Bethesda."



As Ken said in his remarks, "We are the local government office and bring small town responsiveness to all the communities we serve." The Center is conveniently located at 4805 Edgemoor Lane in the heart of Bethesda.

With the wealth of knowledge Ken displayed about local matters and with his finger on the pulse of the area, the questions started flying—*Is the Farm Woman's Market safe from development? What kind of changes might be expected in Friendship Heights? How will the Purple Line affect our daily lives?*

Continued - ->

Ken suggested that citizens can stay on top of "Neighborhood News" from the Regional Services Center's home page at <https://www.montgomerycountymd.gov/bcc/>. Ken also urged residents to bookmark The Purple Line Website (www.purplelinemd.com/construction/) which is a great resource for all issues related to that transit development project.

NORMAL AGING AND THE BRAIN

Marti Bailey, Director of Sibley Senior Association and Community Health, spoke on February 13 to a large crowd on the subject of the aging brain, a topic anyone over a certain age is right to be concerned about. You're at the peak of brain sharpness at age 20, and after 85, the risk of dementia is close to 50%.

She first described what normal aging looks like— including slower recall, some changes in the brain's blood vessels, impaired ability to switch back and forth from one task to another, reduced ability to inhibit irrelevant information, and some reduced inhibitory control.

Some risk factors that can lead to impaired cognition are overall poor health (diabetes, high blood pressure/cholesterol), poor sleep, and stress, as well as head injury, and vision and hearing problems.

But there are things we can all do that may help protect the brain. Try something new and different, change the way you do things, take a class, improve your overall health, get active physically ("sitting is the new smoking!"), practice good sleep habits and healthy eating, and take part in social networks, such as CC@H! Another important recommendation is to take the self-administered Sage Gerocognitive Exam, which is available online. If it shows problems, see your doctor immediately.

More details about this presentation are available on our website.

JAZZ GUITAR & TIN PAN ALLEY



Steve Herberman, jazz guitarist, entertained an enthusiastic audience on February 10 with improvisations of the works of several popular "Tin Pan Alley" composers. To the delight of his listeners, he related vignettes about each

composer and the origins of the (mostly) familiar tunes. There was a lot of toe-tapping going on. . . .

!! HAPPY

SPRING !!



OUR SUPPORTERS * -

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

FINANCIAL DONATIONS

GRANTS

Suburban Hospital
The Columbia Foundation

COMMUNITY PARTNERS

Heritage Investors Management Corp.

* Data are for donations received between
November 22 & February 9.

Individual donations are not included
when the Newsletter is published on the Internet.