



# 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 3

September 2018

### QUICK CALENDAR

#### PUBLIC PROGRAMS

##### CC VILLAGE HALL

#### COASTAL BIRDS NEARBY

KAREN STEWART

Wed., Sept. 5, 1:00 p.m.

#### DECLUTTER & ORGANIZE YOUR SPACE

DONNA EICHELBERGER

Tues., Sept. 11, 2:00 p.m.

#### WHERE IN THE WORLD?

JAN AUGUSTINE

Sat., Oct. 13, 11:00 a.m.

#### SMART DRIVERTEK WORKSHOP

##### AARP SMART DRIVER TEAM

Tues., Oct. 16, 2:00 p.m.

(RSVP)

#### BE A PAL

Wed., Nov. 7, 1:00 p.m.

#### AN AFTERNOON WITH

MARVIN KALB

Thurs., Oct. 25, 1:30 p.m.

TOWN OF CC TOWN HALL

MORE ON PG 2.

CHECK OUR WEBSITE CALENDAR  
FOR LATEST INFORMATION!

### AN AFTERNOON WITH MARVIN KALB

You are cordially invited to join us on Thursday, October 25, at 1:30 p.m. at the Town of Chevy Chase Town Hall for a talk by Marvin Kalb about his new book, *Enemy of the People: Trump's War on the Press, the New McCarthyism and the Threat to American Democracy*. CC@H is co-hosting this event with the Fossils, a local non-profit membership organization for retired men, which presents a speakers program monthly and conducts weekly discussions of foreign affairs, politics and economic issues, and book reviews.



To be published on September 25, the book is a searing indictment of the Trump administration's attack on journalists in particular and the American press in general. Mr. Kalb argues that this policy is a threat to freedom of the press, an essential bulwark to the preservation of democracy at home and abroad.

Mr. Kalb, a long-time resident of Chevy Chase and an early supporter of CC@H, is one of America's most experienced and admired journalists. He was the founding director of the Shorenstein Center on Media, Politics and Public Policy. Earlier in his career, he spent years as a reporter for CBS and NBC.

There is **limited seating** at the TOCC Town Hall, so reservations are required; priority will be given to CC@H and Fossils members until 9.15.18. We urge those interested in what surely will be a stimulating talk to register now via email ([info@chevychaseathome.org](mailto:info@chevychaseathome.org)) or call 301-657-3115. Copies of *Enemy of the People* will be available for purchase at the event or may be pre-

purchased online through Politics and Prose. After the talk Mr. Kalb will be pleased to sign copies of his book.

### SPECIAL SUPPORT FROM TOWN OF CHEVY CHASE



On Wednesday, July 11, 2018, the Town of Chevy Chase Council passed a proposal to provide \$5,000 to Chevy Chase At Home. With the support of Mayor Barney Rush, Town Council member Wicca Davidson introduced the proposal for funding and invited Catherine McCallum to make remarks and to respond to questions regarding CC@H's services and operations. The funding is being provided in recognition that CC@H makes

it possible for many senior Town of Chevy Chase residents to receive additional support and services. The funds will be used for 2018 general operations, including dues assistance for the Town residents who currently qualify for the Naomi Kaminsky Membership Support Fund. In addition, the Council committed to assist CC@H

Continued next page - - -

volunteers and staff in outreach efforts for new members and volunteers who reside in the Town, and to publicize CC@H programs and services. Of the outcome, Ms. Davidson said, "I am thrilled that my first action as a Town Council Member and the Town Community Liaison will increase the ability of Chevy Chase At Home to serve more Town residents. For me, it was a natural first step."

CC@H is grateful for the recognition by the TOCC of the services that we provide to Town residents.

## COMING UP –

### SCHOOL IS IN SESSION- IT'S TIME FOR PEN PALS AGAIN!

Last school year, twenty-two CC@H Members, Associates and Friends were Pen Pals with students in the "English for Speakers of Other Languages" (ESOL) class at Chevy Chase Elementary School (CCES). The program received high marks from CCES staff and we are excited to do it again this year. As ESOL teacher, Maria York, wrote, "Despite being products of the digital age, my students loved receiving *snail mail*. They felt so very special each time they received a letter from their Pen Pal. The time and care that your members took with each correspondence was very evident. They went out of their way to answer all the questions each student asked. Some letters even included sketches and/or pictures of places they had recently visited."

We also received many positive responses from the CC@H Pen Pals, including this comment from a CC@H Friend, "Thanks for your efforts to create activities for those of us who choose to live in the community where we have many fond memories."

This year we are modifying the program slightly. We are increasing the letters from two to four during the course of the school year. This will allow the Pen Pals to get to know each other better, and for the 8 to 10 year old ESOL students, it provides the opportunity to increase the practice of written communication using their new language.

We would love to have all Pen Pals return as well as welcome new ones to this wonderful inter-generational activity. If you are interested, please contact the CC@H office by **September 7<sup>th</sup>** at 301-657-3115 or [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org).

### STIFLED BY YOUR STUFF?

Are you in a longtime home, surrounded by the accumulated possessions of a lifetime? Are your children not interested in what you consider family treasures and heirlooms? Do you have boxes and files of paper records you haven't looked at in years? Is your kitchen fully equipped for a scale of entertaining you no longer do? Does coping with all this cause you anxiety and stress? Does tackling all this feel overwhelming?

Then you will want to attend CC@H's Meet & Mingle on **Tuesday, September 11<sup>th</sup> (2 p.m., CC Village Hall)** for a presentation by Donna Eichelberger, owner of Graceful Transitions, a firm that grew out of her experience in dealing with her parents' things. "There's a technical term," she notes with a smile, "dealing with *stuff*."

Donna will walk us through the process of decluttering. She'll highlight those challenging problem areas like papers, photos and clothing. She'll offer suggestions for what to do with possessions you no longer need. Find out those local resources available to help with the accumulated furnishings and items you no longer want or use. Imposing order on your space will help free your mind and let you enjoy a tidy, more organized home. So come, join Donna for guidance on downsizing and decluttering in an age of *stuff*.

### CALENDAR (CONT.)

**BRUNCH BUNCH**  
**2<sup>nd</sup> Thursdays,**  
**Sept. 13, Oct. 11, Nov. 8**  
**10:00 a.m. to 11:30 a.m.**  
**OLYMPIA CAFÉ**

**CLASSES**  
**DANCE & SONG**  
**(Wednesdays)**  
**GENTLE PILATES/BALANCE**  
**(Mon., Wed. &/or Thurs.)**  
**ZUMBA GOLD®**  
**(Wednesdays)**  
**WALKING GROUP**  
**10:00 a.m. Fridays**  
**KNITTING/CRAFT GROUPS**  
**(Mondays & Thursdays)**

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

## COASTAL BIRDS ON OUR WATERWAYS & BIRDING VIDEO LINK

Karen Stewart will give an illustrated talk about coastal birds you may see along our waterways on **Wednesday, September 5, at 1 p.m. at CC Village Hall**. An audio and slide presentation of her popular talk, *Spring Birding*, is now accessible through a link to "Archived Presentations" on our website.

---

### SATURDAY BIRD WALKS

And . . . The Audubon Naturalist Society at Woodend Sanctuary (on Jones Bridge Road) offers free bird walks for beginners at 8:00 a.m. each Saturday beginning September 1. Our CC@H website calendar includes links to register for these walks.

---

### WHERE IN THE WORLD?



Our intrepid traveler continues her ramblings by foot, ship, plane, car and bus to a few of the more far-flung corners of the world. On Saturday, **October 13**, join Jan Augustine for virtual travel to Armenia, Nuuk, El Calafate, Hanga Roa, Durness, Akureyri, Cabo de Hornos, and who knows where else! Check out page 6 and the event listing on our website to

see if you can identify the mystery sites. See you at **CC Village Hall, 11:00 a.m. – 1:00 p.m.!**

---

### AARP SMART DRIVERTK WORKSHOP

Developed by AARP and The Hartford, this program was offered in July and was "sold out." AARP has agreed to offer it again on **Tuesday, October 16, 2:00 p.m., CC Village Hall**. This 90-minute workshop identifies new vehicle safety technologies and demonstrates how they work. Understanding and using these technologies may improve your safety as a driver and possibly extend your years as a safe independent driver. Even if your current automobile is not equipped with all of these technologies, the information presented may be

helpful to you in purchasing a new car or when you rent a car that is newer than the one you own.

You **must register** to participate; **\$5 donation** required on site (cash only, please). (Oct. 13, 2:00 p.m., CC Village Hall)

**Important disclaimer:** The Smart DriverTEK workshop is distinct from AARP Driver Safety's Smart Driver course. Taking the Smart DriverTEK workshop **will NOT** lower your auto insurance rates. You may be asked to take an AARP Survey after the event.

---

### IT'S A NEW YEAR FOR CHEVY CHASE AT HOME'S EXERCISE CLASSES

Many of us see the fall as the beginning of the new year. What better way to start another year than with the new season of CC@H exercise classes. All of our classes are member-initiated, some of which have been going on a long time and some new. Explore the options and try a class that best suits your interests or needs.

**Gentle Pilates** - Irene Koegel has been running this class for several years. Gentle Pilates focuses on improving strength, flexibility and balance. Activities are designed to improve the center of gravity, posture, gait pattern, strength, endurance and flexibility in a safe and supportive environment. Participants rave about Irene and, due to popular demand, we are **adding a third weekly class** to the other two offerings (**each one hour, six sessions**). The new **Monday** class begins **September 17, 2:30 p.m.** In addition, we offer classes on **Wednesdays** at 10:30 a.m. (**begins Sept. 5; no class on Sept. 19**) and **Thursdays** at 2:30 p.m. (**begins Sept. 6**). Register early as these classes are capped at 12 participants and fill up quickly. Gentle Pilates classes are held at the Chevy Chase United Methodist Church.

**Zumba Gold®** - Sharon Gelboin-Katz leads this long running class at CC Village Hall. Zumba Gold® classes are fun and active way to add exercise to your day. Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. We use easy to follow steps which include Salsa, Cha Cha, Merengue, Flamenco and Tango.

Register early! This **popular one hour class fills up quickly** (capped at 12 participants). It is offered on **Wednesdays** at 11:30 a.m. for **six sessions**; class begins **September 5 (no class on Sept. 19)**.

**Dance and Song for Seniors** - Dancer Bob Sacheli and Pianist/Vocalist Roy Barber lead this energetic class adapted from the Dance for PD® program developed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. This class provides a fun way for anyone—no matter their mobility—to increase coordination, flexibility, balance, and freedom of movement. All dance material, much of which is done seated, is adaptable for people with varying levels of physical ability. Familiar Broadway show tunes and classic popular songs provide the musical elements. In addition to being enjoyable, singing and vocal exercises can offer benefits for articulation, breath support, and even memory. This one hour class meets **for six sessions** on Wednesdays at 2:30 p.m. at the Chevy Chase Village Hall **starting on September 5 (no class on Sept. 19)**.

*To register for any of these classes, go online to our event calendar or call the office (301-657-3115).*

### BE A PAL

How about something warm and fuzzy after the elections? Join us on **Wednesday, November 7,**



**1:00-2:30 p.m.**, at CC Village Hall for refreshments and learn more about our friendly neighborhood canine volunteers and their handlers affiliated with People, Animals, Love (PAL). Volunteer Helga Butler and her dog Teddy will describe the

training PAL provides for dogs and handlers to become therapeutic visitors. Come meet Teddy and other PAL dogs and experience pet therapy that is available to our Members.

***This just in...***we are scheduling Home Safety visits for Tuesday, October. 18. Call the office (301-657-3115) if you haven't had one of these visits yet.

## OTHER NEWS –

### NEIGHBOR-RECOMMENDED LIST OF SERVICE PROVIDERS

What is the definition of “Hero?” Someone who is at the center of an epic? How about someone(s) who deals with mountains of data to help their neighbors? That would be Elaine and Tom Collins who have just finished another revision of the CC@H Neighbor-Recommended List. The list includes service providers in categories from A/C Repair through Yard Work, ending with Zipper Repair, and requires 376 pages to list them all! The list is divided into manageable subsections and is available online at [chevyCHASEathome.org](http://chevyCHASEathome.org) to Members, Associates and Friends who log in to website.

The list was developed after much enthusiastic discussion in CC@H’s original Service Providers Committee; they thought that a list of reliable service people would be a key component for members to age in place comfortably. Elaine and Tom agreed and took on the task. The first version was published in 2011 and it has been updated by the Collins team five times since then.

Tom scours neighborhood listserves (100 to 200 emails per day) for recommendations related primarily to home maintenance services. Together, Tom and Elaine categorize the selected e-mails and Elaine adds them to the list. The names, contact information and experiences of individuals who recommend the service provider are included, as well as negative experiences.

As a home maintenance list, it does not include physicians, dentists, lawyers (except estate planning), or nannies. Home care providers are also not included, but the CC@H Community Service Providers Committee does maintain a separate list of In-Home Care Providers that is also available on the website to Members, Associates and Friends.

CC@H does not “vet” the providers on these lists, but encourages those who do use the list to 1) review the neighbor recommendations carefully and 2) check other for other resources that may rate the quality of their services.



## ***YOU MIGHT HAVE MISSED –***

### **HAVING THE LAST WORD**

On a very warm late June evening, Sam Sloane guided CC@H members and neighbors on the advantages and details of writing your own obituary. With multiple examples, many questions, and engaging discussion, this process can not only relieve family and friends from performing this task under stressful conditions, but helps them focus on your own perspective of your life history, joys and the contributions in which you took most pride. Time and again Ms. Sloane helped the group realize that the process could be positive and engaging.

### **TECH #101 – ALEXA & OTHER SMART DEVICES**

Not only did Kathleen McGuinness lead her audience through this new technology, she also brought an Alexa Echo Dot with her for an on-the-spot raffle. In her presentation she identified the requirements for using these devices (wifi in your home and a computer or SmartPhone - Android or iPhone). There are three voice-driven systems in use (Amazon's Alexa, Google's Home Assistant and Apple's Siri [Homekit]) and numerous system-specific smart devices that can respond to voice commands from the source (lights, thermostats, door locks, clocks, etc.). Each of these tasks is accomplished through a small speaker or other system-specific device that picks up your voice command and delivers information or entertainment such as the weather forecast, arcane facts, jokes, music, etc. The device can also make a phone call, create a grocery list, add a reminder to your calendar or turn on a smart-enabled device at a requested time.

Ms. McGuinness also discussed Siri and Google Assistant services on newer SmartPhones – answering questions, adding dates to your calendar, reminding you of appointments. The session closed with lots of questions and answers and the raffle for the Alexa Echo Dot (courtesy of SmithLife Home Care.)

### **ICE CREAM SOCIAL & MOVIE**

Sand in our toes, ocean breezes – all figuratively as we watched “Something’s Gotta Give” at the August Ice Cream Social. Written by famed filmmaker Nancy Meyers especially for Jack Nicholson and Diane Keaton, this romantic comedy brings out the best in both, as two successful people in their ‘50’s and ‘60’s who fall in love in spite of their many differences. In an interview just last month, Meyers said she was considering doing a sequel, which bodes well for another vicarious visit to the beach in the Hamptons.



#### **Rosh Hashanah**

Sundown, Sunday Sept. 9

#### **Yom Kippur**

Sundown, Tuesday Sept. 18

***!! HAPPY***

***THANKSGIVING!!***



***THURSDAY, NOVEMBER 22***



**Holiday Party  
December 18, 2 p.m.  
CC Village Hall**



## OUR SUPPORTERS \* -

### FINANCIAL SUPPORT

#### NON PROFIT FOUNDATIONS & GRANTORS

The Town of Chevy Chase

#### BUSINESS COMMUNITY

### GOLD



PEOPLE FIRST.

**GOLD:** Bernstein Management Corporation

### SILVER



**SILVER:** SmithLife HomeCare

### BRONZE



**BRONZE:** The Estridge Group

### 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

\*Data are for contributions received between May 12 and August 3. Names of individual supporters are not included when the Newsletter is published on the Internet.

Where in the World . . .  
would you find these sights?



Looking for answers? Come to CC Village Hall  
October 13, 11:00 a.m.

#### 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

Photos: Jan Augustine

Printing Support:

The Estridge Group  
Jason D. & Tamara W. Kessinger

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