



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

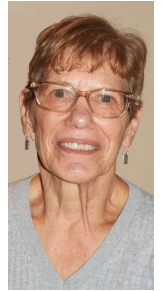
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NEIGHBORS HELPING NEIGHBORS

Chevy Chase At Home (CC@H) is founded on the concept of neighbors helping neighbors. It is based on the village movement which is dedicated to helping people remain in their homes and be part of the broader community for as long as they wish or can. As a member of CC@H I have seen the importance of the village concept—witnessed the friendships made and sustained, the caring for each other, the opportunities to socialize with friends, to learn, have fun, to make new friends, and stay active.



CC@H also affords the opportunity to give something back to the community by volunteering to work on committees, participating in programs and spreading the word about what CC@H does to build a stronger and more viable neighborhood. It has given me a chance to meet new neighbors, expand my circle of friends and deepen connections to the neighborhood. I do feel like I am living in a village that gives me comfort and support.

This year is CC@H's 10th anniversary and we plan to celebrate a decade of *neighbors helping neighbors*. A group of active volunteers started this grass-roots organization, which has grown impressively over the decade and now has a strong member base and support from the community. We will show our appreciation to and acknowledge the extraordinary service, wisdom and passion of our past leaders, many of whom are still actively involved in the organization. CC@H's many achievements will be noted this year with a special celebration on **May 19, 2019**, so please put that date on your calendars and respond to your invitation as soon as it arrives in your email box.

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QUICK CALENDAR

PUBLIC PROGRAMS CC VILLAGE HALL

ST. PATRICK'S DAY
CULKIN DANCERS
Tues., Mar. 12, 2:00 p.m.

JOHN EATON
TUES., MAR. 19, 2:00 P.M.

REGISTRATION REQUIRED

LIFE STORY WORKSHOP
April 10

REGISTRATION REQUIRED

RELAXATION SESSION &
RESOURCES

SHAWN BRENNAN
Tues., Apr. 16, 2:00 p.m.

SCAMS: WHAT YOU NEED TO
KNOW

JEANNINE ROBINSON-HURLEY
Tues., May 7, 7:00 p.m.

Refreshments at 6:45 p.m.

CC@H CELEBRATES 10 YEARS
AT LA FERME

Sunday afternoon, May 19
RSVP to INVITATION



CC@H CELEBRATES 10 YEARS

'Midst all these storms, look ahead to spring when we will mark the 10th Anniversary of Chevy Chase At Home. On **May 19**, we will gather for an

afternoon reception of wine and iced tea at La Ferme on Brookville Road, accompanied by the restaurant's signature French pastries and delicious savories. The event will include a Silent Auction, with terrific items for varying tastes. All members of the CC@H family will receive invitations by email, and you will be asked to register if you plan to come. You will also be invited to be a Patron. Members who need rides can request them through the office as usual. We plan on short introductions, remarks that are brief, and perhaps a few congratulatory proclamations from elected representatives and other VIPs, who may or may not be able to stop by. A computer loop of pictures covering our first decade is in the works.

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Message from CC@H President . . . *(continued from previous page)*

The organization could not thrive without a dedicated Board of Directors and Officers, who take seriously their fiduciary responsibility, and the committees, which are the lifeblood of CC@H. These volunteer efforts are well supported by our staff, the Executive Director and Administrator, who ensure the implementation of activities and provide necessary administrative tasks.

As I look to the future, my goal is to continue our forward momentum. I envision a CC@H that has more volunteers, more members and reaches further into the community. I see robust programs, social engagement and opportunities to learn, stay healthy and befriend neighbors.

It is an honor to serve as the President of CC@H and I am grateful to all the leaders who came before me. I look forward to meeting and seeing you soon.

Linda Kaplan, CC@H President

CC@H Celebrates 10 Years . . . *(continued from previous page)*

An exciting part of our gala celebration will be the Silent Auction, where the emphasis will be on services and experiences, usefulness and fun, rather than on objects needing care, space and dusting. Caroline Michaelis and Nathalie Bramson are co-chairs of the event. We welcome your ideas, suggestions and contacts. What would you like to bid on? Have a donation to suggest? Nathalie is the contact for the auction; please email her at nathaliehb@mac.com.

CALENDAR (CONT.)**BRUNCH BUNCH**

2nd Thursdays,

Mar. 14, Apr. 11, May 9

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

OLYMPIA CAFÉ

CLASSES BEGIN MARCH 18**MUSIC & MOVEMENT**

Wednesdays

PILATES/BALANCE

Mon., ~~Wed.~~ & Thurs.

ZUMBA GOLD®

Wednesdays

WALKING GROUPS

10:00 a.m.

Mondays & Fridays

KNITTING/CRAFT GROUPS

Mondays & Fridays

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

COMING UP -**SPRING CLASS SCHEDULES**

Spring Classes **begin** the week of Monday, March 18th and run through the week of May 20th. The first day for each class is as follows:

Gentle Seated Pilates

Monday, 3/18/19, 2:30 to 3:30 p.m.

~~Wednesday, 3/20/19, 10:30 to 11:30 a.m.~~

Mat Gentle Pilates

Thursday, 3/21/19, 2:30 to 3:30 p.m.

Zumba Gold

Wednesday, 3/20/19, 11:30 a.m. to 12:30 p.m.

Music & Movement

Wednesday, 3/20/19, 2:30 to 3:30 p.m.

Make-up classes for any class that was canceled will take place the week of March 11th. If any class missed more than one session, registrants will receive a credit for the second missed class.

IRISH EYES ARE . . .DANCING

The annual St. Patrick's Celebration will be Tuesday, March 12, with the Culkin Dancers. These dancers were a hit last year and we're sure that you will delight in their lively performance this time as well. Enjoy the entertainment and the wonderful Irish refreshments at Chevy Chase Village Hall, 2:00 p.m.

"SOMETHING WONDERFUL" COMES TO CC@H

Be sure you have this event marked on your calendar because the coming performance on **Tuesday, March 19 at 2 p.m.** by pianist extraordinaire **John Eaton** shouldn't be missed. Chevy Chase At Home is honored to have such a well-recognized, distinguished guest and friend in our midst. Eaton has taken his program of jazz, observation as a



musicologist, and humor and craggy vocals to extreme heights that you can to enjoy right here close to home.

Eaton is renowned for promoting American popular music, especially the music of the great names that you'll recognize and your foot will be tapping along with him. **Chevy Chase Village Hall** will indeed be humming for two solid hours of entertainment with John Eaton at the ivories.

"What's the Use of Wond'rin?" Make sure you're in the audience so you won't have to wonder what you missed. (**Note:** Seating is limited so **registration is required**, the sooner the better!)

RELAXATION SESSION AND RESOURCES ESPECIALLY FOR CAREGIVERS

Shawn Brennan, an experienced member of the County's Aging & Disability Services Program, will lead a discussion about helpful resources for caregivers followed by a caregiver-focused Mindfulness Relaxation. **Tuesday, April 16, 2 p.m. CC Village Hall.**

WRITING YOUR LIFE—ONE STORY AT A TIME

Beginning April 10, CC@H offers a free five-session Life Story Workshop led by Bea Epstein, a Certified Life Story Writer with a passion for helping people of all ages preserve their life stories. Twelve participants will discuss ideas each week that evoke life memories, and will write both in class and at home producing a treasured gift for their families. Registration was opened to Members, Associates and Friends in February and will open to the general public on March 2 if space is still available.

SCAMS: WHAT YOU NEED TO KNOW

Jeannine Robinson-Hurley, MPS, the Education, Training and Outreach Coordinator for the State of Maryland will give a presentation on this important topic to all older adults. **Tuesday, May 7, 7:00 p.m., CC Village Hall.**

MOVIES AT THE AVALON THEATRE – A NEW CC@H CONNECTION

Chevy Chase At Home is inaugurating a new program to facilitate members' access to the exceptional film offerings at the Avalon Theatre, near Chevy Chase Circle, Washington's only non-profit theatre. For certain movie showings CC@H will recruit volunteer drivers to provide a shuttle service to and from the CC Village Hall to the Avalon theatre before and after the movie. This will allow participants (Members, Associates, Friends) a comfortable and timely arrival and return without the hassle of parking or extensive walking. Members may use the carpool or request pick up and drop off from their homes. Advance ticket purchase is advised and will be available online and at the box office. Tickets for those 62 and over are \$10 (otherwise, \$12.75). The next two films will be:

REMBRANDT, Tuesday, April 16th

VAN GOGH AND JAPAN, Tuesday, June 11th

Shuttle service leaves CC Village Hall at 9:45 a.m.; the movie starts at 10:30 a.m.

FYI – Avalon also hosts a morning show for seniors on third Thursdays for a ticket price of \$5. [Information about date and title of the next showing is not yet available as we go to press.]

OTHER NEWS –

NEW MEMBERSHIP YEAR STARTS APRIL 1

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

About now or soon you will receive a letter from Membership Co-Chairs Judith Silber and Karen Bokotich inviting you to renew your commitment and describing in more detail the benefits CC@H offers, including two new benefits: four free one-hour in-home personal training sessions, and friendly pet visits from People Animals Love (PAL) certified pets and handlers.

Everyone who renews or joins by March 31 will receive an invitation to our 10th Anniversary Celebration on May 19. It will be a wonderful event to mark the years Chevy Chase At Home has thrived with your support.

CC@H 2019 BOARD

For 2019 there have been a number of changes in the CC@H Board of Directors, including in the Executive Committee. The new President is Linda Kaplan (previously a Board Member); Karen Bokar is now Vice-president (previously Secretary); Elaine Collins, a Board Member, is also serving as Acting Secretary; and Barbara Bryniarski continues her role as Treasurer.

We welcome new Board Members Bryan Arling, Mary Ellen Bittner, and John Fleder, who join Nathan Billig, Elizabeth Cullen, Lois Fern, Susan Hamburger, Ava Kaufman, Kathleen McGuinness, Monique Milhollin, Mark Nadel, and Karen Spangler. Brief biographies of all the Board Members may be found on the **Board & Committees** page on the CC@H website.

Many thanks to past President Nathan Billig and past Vice-president Susan Hamburger for their years of service in leadership positions for CC@H.



WELCOME AMY PROPPS

Amy Propps, our new Office Administrator, is a lawyer by training and for the past two years has helped her parents with age-related challenges so that they are able to keep healthy and active, while remaining in their home in Burning Tree.

Amy managed three Legal Aid offices in New Mexico and enjoys organization and management, as well as connecting with volunteers, board members and the community. Please join me in welcoming Amy to the team here at Chevy Chase At Home.

Catherine McCallum

DEMENTIA FRIENDLY MONTGOMERY COUNTY

As part of a growing global movement, Montgomery County is embracing the concept of Dementia Friendly America™, a public-private partnership designed to create dementia-friendly communities.

In mid-January, Catherine and a dozen volunteers attended a presentation by JSSA to learn about the signs and symptoms of dementia, and what does and doesn't work when dealing with people with dementia. Dementia is an umbrella term for cognitive impairment, which has various causes (including Alzheimer's) and worsens over time. By changing how people think, act, and talk about dementia, there is less fear and avoidance, and people living with dementia are included and supported to live independently for longer.

To learn more about the movement and become a Dementia Friend, visit the main website www.dementiafriendsusa.org or see the Montgomery County link on our **Resources for Seniors** page on www.chevyCHASEathome.org

MEET YOUR NEW COUNTY COUNCIL MEMBERS

On Friday, February 8, members of CC@H and eight neighboring aging-in-place villages had the opportunity to meet two newly elected Montgomery Council



Members, **Andrew Friedson** (District 1) and **Evan Glass** (At-Large). After introductions, the question-and-answer session provided a cross-section of issues of importance to the villages. The issues ranged from managing expectations of what can be accomplished by volunteers to possible funding to public meeting space. Both members urged people to contact them for further information or for voicing additional issues. The contact details are 240-777-7828 (Friedson) and 240-777-7966 (Glass) or Councilmember.Friedson@montgomerycountymd.gov or Councilmember.Glass@montgomerycountymd.gov.

HELP AFTER A HOSPITAL STAY

If you have been hospitalized, remember that once you return home Chevy Chase At Home can assist you by:

- Driving you to follow-up doctor's visits, physical therapy appointments, and prescription pickups at the pharmacy,
- Taking out weekly recycling and performing other minor household chores,
- Providing a friendly visit while you are home and can't get out.

While we do not provide direct medical care, such as administer pharmaceuticals or change bandages, we can help you contact services that do provide such care in the home.

LET'S WELCOME THE RESIDENTS OF RCCC!

In 2018, in response to the expansion of existing villages near to us, the County asked CC@H to review and clarify its geographic boundaries. The Membership Committee recommended and the Executive Committee approved the expansion of CC@H's boundaries along the west-northwest edge of the Town of Chevy Chase to the intersection of Wisconsin and Montgomery avenues. As a result of this expansion, The Riviera of Chevy Chase Condominiums (RCCC), a building with about 170 units, is now included in the CC@H service area. In January 2019, Dan O'Laughlin, a RCCC resident and Friend of CC@H, trained as a volunteer and joined the Membership Committee. In February 2019 an invitation to join CC@H and to attend an information session in the RCCC party room was sent to each resident. On the evening of February 13, Dan and Catherine McCallum met with RCCC residents and several expressed interest in participating in Chevy Chase At Home.

YOU MIGHT HAVE MISSED – **AARP SMART DRIVER COURSE**

Twenty-six hardy souls braved the prediction of imminent snow to appear at the CC Village Hall for the AARP Smart Driver Course on January 29.

The excellent AARP volunteer instructor, Kenneth Ow, wasted no time and whizzed us through the material in the provided workbook, so that we were back on the road by 2 p.m., as the first snowflakes were falling. Despite one's driving experience, there was certainly new information to be learned and old information to be reminded of!

MARK SHIELDS: REFLECTIONS ON THE MID-TERMS

On December 4 Mark Shields, PBS Newshour political analyst and commentator, spoke to an enthusiastic, overflow crowd at Chevy Chase Village Hall. His often witty, always spot-on comments covered a wide range of observations about the recent mid-term elections. He made many cogent points about the changes evidenced in the results and observed that beyond the normal discussions of red and blue trends, one of the most important factors to emerge was actually green – the tremendous, record-breaking sums that had been spent.

Though he did not specifically cite its report, the Center for Responsive Politics published figures that put total spending at \$5.2 billion, up 35% from the comparable 2014 figure. Non-party outside spending increased 84 percent over 2014 as it ballooned to nearly \$1.1 billion.

LUNCHES AT LA FERME

Many thanks to Alain Roussel for hosting more than 70 CC@H Members, Associates and Friends at lunches in January and February.



CC@H NEWSLETTER

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Montgomery County/B-CC RSC

CC United Methodist Church

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INDIVIDUALS

*Data are for contributions received between
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