



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

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WELCOME TO FALL

A Message from CC@H President

In early spring I received an invitation to attend the 60th reunion of my high school. Since we now live within driving distance, we decided to go. There was a lot of laughter as we caught up on each other's lives. The night of the dinner I was intrigued by the fact that individuals selected their tables based not on high school activities, programs, or classes but rather the elementary school each had attended. Spending kindergarten through 6th grade with the same classmates had created ties that had not weakened with time. That sense of belonging, being a part of a community, is essential for both our physical and mental health and helps to reduce loneliness and isolation. This is what we work to create for our Chevy Chase At Home community.

In June, the CC@H Social Networking and Program Committee hosted a Welcome Summer gathering which was attended by 32 of our members. A couple of interactive games resulted in enthusiastic competition and a great deal of laughter. Everyone enjoyed the root beer floats, watermelon slices and sweets. Kathleen Shortley, the new Committee Co-Chair, and Betty O'Connor have begun planning our next event, which will be held on Friday, September 29 from 2:00 pm to 3:30 pm. So, mark your calendar and think pumpkins! Our Volunteer Services Committee trained four new volunteers in early July. A big welcome to John Riesch, Kathy Philbin, Doug McDaniel and Bob Kaylor, who are now active members of our volunteer team. Thank you to Karen Bokar, Jean Sperling, Susan Hamburger, Nancy Benner, Mary Ellen Bittner, Carol Sutherland and Barbara Presnall, who graciously hand delivered our 2023 Membership Directory to all Full Members. Associates and Friends received an online copy.

Fall is just around the corner, and it is time for our Annual Appeal. CC@H's income comes from our membership fees, which account for about 25% of our budget; the generous donations of our members, friends, and local community, which makes up about 70%; and other sources that make up about 5%. The funds raised during our Annual Appeal are critical to our ability to maintain the high quality of the services and programming for which we are known, and to address new needs. The Annual Appeal letters will be sent out in early fall to all residents of Chevy Chase. I hope you will join me in supporting Chevy Chase At Home. You can also help us make a bigger impact if you would be willing to mail an appeal letter with a personal note to neighbors, friends, and family members asking them to consider making a donation to CC@H. We will provide the letters, envelopes and stamps along with suggestions as to the sentence or two you might write. If you are willing to help, please let Cristen know at info@chevyCHASEathome.org.

Thank you to all who have so generously supported us in the past. Together we can make a difference.

Peggy Mercorella, President

MEMBER SPOTLIGHT: ROSS HELLER

Meet Ross Heller, an active CC@H member and dedicated volunteer. Ross became involved with CC@H almost two years ago. A recent widower who was semi-retired from his publishing business, Ross found himself with extra time on his hands. Ross had heard about CC@H and knew it to be a worthwhile organization to get involved in. Having been involved in the association industry in his professional life, Ross understood the importance of membership to an organization, and became an Associate Member of CC@H.

Early in his time as a member, Ross attended a social event at another member's home and had a great time, and in turn offered to host a Wine and Cheese gathering at his home earlier this year. Ross shared that "it was good fun for everyone, and I got to meet some new people myself." Ross also relishes his role as a CC@H volunteer and shared that "you get to meet people that you would not otherwise, and you may find yourself making a friend, even lifelong friends." Ross finds volunteering with CC@H to be the best thing for him to do at this stage of his life and a worthwhile way for him to participate in CC@H. Ross enjoys the fact that he got involved in CC@H and says he may someday find himself a Full Member. Ross shared that he hopes more people participate.

"I'm glad that I joined and glad that CC@H exists. The value is the people you get to meet."

SAVING A QUILT

Recently, Chevy Chase At Home connected a member with a damaged quilt to another member who volunteered to perform the repair work herself, in an example of the connections our organization creates and the expertise and generosity of our members.

Ann Trocchio, mother of our recently deceased member John Trocchio and mother-in-law of member Julie Trocchio, began quilting late in life,

inspired by friends who were in quilting groups. Ann became a skilled and prolific quilter and created many quilts for her children and grandchildren. John and Julie were the lucky recipients of two.

Unfortunately, over the years, the quilts were damaged, and Julie wanted to have them repaired because a beloved member of her family had created them. She asked the CC@H Knitting/Needlecraft group if they knew of a business that repairs quilts. While the group didn't know of such a business, two members of the group, Sally Maran and Nathalie Bramson, volunteered to look at the quilts and see what could be done. Julie brought them to a meeting and sadly one was deemed too badly damaged to repair, but Sally Maran volunteered to take the other home to study to see if she could fix it. Sally worked previously at the Smithsonian with two quilters who encouraged her to move beyond baby quilts and do the creative stitching on top of the pieced design. She has since sewn a variety of quilts.



Photo of the repaired quilt.

Happily, because of Sally's extensive quilting experience, she decided she could repair Julie's quilt and volunteered to do so. Julie and John's sister (Ann's daughter), are delighted that the quilt could be resurrected. Some of the fabric had been torn and many seams needed to be re sewn. Two small pieces of fabric had been lost but Sally was able to find replacements in her own stash of fabrics. She had to shop for new material to replace the frayed binding around the edge. She said she found the design charming and loved the colors the quilter had chosen and thoroughly enjoyed the repair project.

Sally succeeded beautifully, as you see from the photo, and Ann Trocchio's quilt can again adorn Julie's home.

Karen Bokar, Sally Maran, Julie Trocchio

INTEREST GROUPS: COMMITTEE UPDATE

One of the goals of Chevy Chase At Home is to bring members together to socialize around their particular areas of interest. To that end, we have active Book, Movie, Coffee & Conversation, and Downsizing groups that meet monthly on Zoom. In person groups include Knitting/Needlecraft, Happy Hour at La Ferme, Brunch Bunch, two walking groups, and Men's Poker.

The Men's Poker group and the Downsizing group are the latest to form and both got off to a great start. Men's Poker is low stakes: nickel, dime, mostly, and rotates between a few homes. This lively group has actually led some people to join as members of CC@H.

The Book and Movie groups have been going strong. This spring/summer we've read *Dinners with Ruth*; *Olive, Again*; *Grey Bees*; and *Passing*. Recent films have included *Tar*; *A Special Day*; *Three Colors: Blue*; and *After Love*.

Downsizing: now there's a topic! This new group has attracted a huge membership, as most of us – even those not planning a move – feel overwhelmed by many decades of stuff in our attics and basements. We encourage and support each other in taking action and figuring out when and where to donate, sell or simply trash.

Each of these groups welcomes new members; just let the office know you'd like to join us!

Susan Post, Interest Groups Committee Chair

THINKING ABOUT DOWNSIZING OR GETTING RID OF STUFF?

The first meeting in July of the newly formed Downsizing Group was a great success! Many of us think a lot about downsizing, whether we are planning to move or just hope to spare our children an experience in hell. We thought it might be helpful to form a group to meet on Zoom periodically that would inspire and support our individual efforts to "get rid of STUFF." We talk about how to get started, how to work with partners who are recalcitrant, and where to donate or sell things. We encourage each other and congratulate one another on our progress. Sharing in the process makes this task feel more like a

worthwhile accomplishment than simply an odious chore. We feel lighter and younger!

Going forward, the group will meet on the third Monday of each month at 4:00 pm via Zoom, with the next meeting scheduled for September 18. All members and volunteers are welcome to join the group anytime. Please let the office know at info@chevychaseathome.org or (301) 657-3115 if you have any interest in being part of this group.

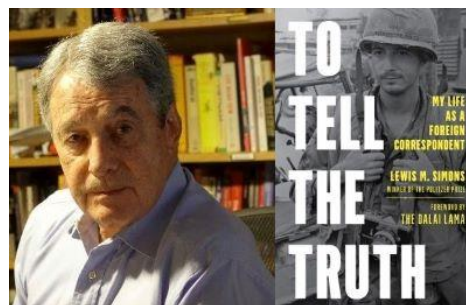
Susan Post, CC@H Board Member

SEPTEMBER GUEST SPEAKER SERIES

Chevy Chase At Home continues the success of the Guest Speaker Series with online presentations by well-known and respected experts. Please mark your calendar for our September 19th speaker, Lewis Simons, and sign up by calling (301) 657-3115 or email info@chevychaseathome.org.

TO TELL THE TRUTH: THE LIFE OF A FOREIGN CORRESPONDENT WITH LEWIS SIMONS

Tuesday, September 19, 1:00 – 2:00 p.m.



What is it like to be a foreign correspondent, covering the most dramatic stories in some of the world's most hostile places? How—and why—has the state of the American press changed in the last 20 years and what are the challenges facing journalists today?

Pulitzer Prize-winning journalist Lewis M. Simons, a New Jersey native, former U.S. Marine, and graduate of New York University and Columbia University, will address these questions and more. Join Chevy Chase At Home to learn more about Lew and his extraordinary career.

Simons began his career in 1967 as a foreign correspondent for The Associated Press, at the height of the Vietnam War. He went on to international postings for *The Washington Post*, *Time Magazine*, and Knight-Ridder Newspapers. Simons has been a foreign correspondent and investigative journalist for half a century, reporting throughout Asia and the Middle East. He covered the Vietnam War, opened the world's eyes to the terror in Tiananmen Square, was expelled from India for revealing Prime Minister Indira Gandhi's abuses and saved the life of a teen-aged Tibetan monk.

Simons won the Pulitzer Prize for International Reporting in 1986 for exposing the billions that the Marcos family looted from the Philippines. These events led to the People Power revolution and the fall of the government. Columbia's Graduate School of Journalism called the exposé one of the "50 Great Stories of the Century."

In his newest book, *To Tell the Truth*, with a foreword by the Dalai Lama, Simons chronicles a world of poverty living side-by-side with extreme wealth, war and murder, larceny and government corruption.

The talk is free and open to all. To register and receive the Zoom link, contact the office at info@chevyCHASEathome.org or (301) 657-3115.

DID YOU KNOW?

Maryland is the first state in the country to start a free automated telephone service to check in on older residents across the state. The program is available to any Maryland resident 65 years of age or older who has a landline or cell phone (TTY available). The participants and alternates should not have automated call blocking technology (or they should disable the feature for this program).

This is how it works. Every day a telephone call is placed to the participant at a regularly scheduled time. These calls will be placed between 8 a.m. and 4 p.m., as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be called two more times. If these calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during

program enrollment. This could be an adult child, a neighbor, a loved one, or the service will assign an alternate for you. The alternate will be encouraged to check on the participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service.

If you would like more information or to sign up for the program, call (866) 502-0560 and ask that a copy of the enrollment form be mailed to you, or go online to: <https://aging.maryland.gov/pages/senior-call-check.aspx>.

RECENT EVENTS:

CC@H WELCOME TO SUMMER SOCIAL

Everyone enjoyed the Welcome to Summer Social that was held on Friday, June 16 at Chevy Chase Village Hall. It was a fun way to celebrate the beginning of summer. There were sweet summer treats like root beer floats and ice-cream sundaes and lots of socializing and conversation over fun summer-themed games and trivia, and everyone earned a prize!



L to R: Susan Post, Betty O'Connor and Susan Kahn



At right, Social Committee Co-Chair Kathleen Shortley (L) and CC@H Board President Peggy Mercorella (R) smile for the camera while attendees enjoy the Summer Social.

ENSURE CC@H'S CONTINUED SUCCESS

It is hard to believe that holidays are just around the corner! Looking for a meaningful gift that does not have to be stored on a shelf or tucked away in a closet? Consider making a donation to CC@H in honor of or in memory of that special person. Every donation makes a difference and allows us to maintain the high quality of our services that we are known for and to address new needs.

You can contribute on our website at www.chevyCHASEathome.org where you can press the DONATE button, or by sending a donation to Chevy Chase At Home, PO Box 15102, Chevy Chase MD 20825. You can also call the office at 301-657-3115 if you prefer to donate by credit card over the phone. If you would like us to send a card to the honoree, please let the office know.

essentials and forms of traditional Tai Chi, and improve balance, circulation, strength, and relaxation.

With a diverse repertoire, Nick tailors each class to the participants, allowing him to focus on their specific goals. The classes can be adapted to accommodate all levels of mobility and health. Beginners through advanced practitioners are welcome. Chairs and reference materials will be available.

Classes meet at the Chevy Chase Town Hall, 4301 Willow Lane, Chevy Chase, MD 20815. The 6-week class series takes place on Wednesdays from September 13 to October 18 from 10:00 a.m. to 10:45 a.m.. Cost is \$75 for the 6 classes or \$20 drop-in per class, which can be paid on site via cash, check, mobile payment or credit card.

Email info@chevyCHASEathome.org to register.

THINK FALL! TOUCH OF FALL SOCIAL GATHERING

Join us for a Touch of Fall gathering at Chevy Chase Village Hall on Friday, September 29th from 2:00 p.m. to 3:30 p.m. Bring your competitive team spirit and your creative ideas for a pumpkin decorating contest (no knives involved). Small token prizes will be awarded to the winners. Best of all, we have an opportunity to meet with friends and friends yet to be made. Wear your favorite fall color. See you there.

TAI CHI CLASSES RETURN THIS FALL

Tai Chi classes will return this fall at the Chevy Chase Town Hall, taught by internationally recognized Master Nick Gracenin. Nick brings 45 years of experience from China and North America. Study the

OUR SUPPORTERS:**MEETING/OFFICE SPACE**

Chevy Chase Village
Town of Chevy Chase
Bethesda Chevy Chase Regional Service Center

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney

CORPORATE SUPPORT

Bernstein Management Corporation (GOLD)
Heritage Investment Management Corp (SILVER)
Kelly & Kate Real Estate Services (SILVER)
SmithLife Homecare (SILVER)
Sarah's Handmade Ice Cream (SILVER)

COMMUNITY

Town of Chevy Chase (DIAMOND)

PRINTING SUPPORT

ACTIVITIES, EVENTS & INTEREST GROUPS**PHYSICAL ACTIVITIES****WALKING GROUPS****Low Intensity Walking Group**

Tuesdays, 10 a.m.

Friday Walking Group

Fridays, 9:00 a.m.

(moving to 10:00 a.m. in October)

ZUMBA GOLD (Note 1)

Mondays, 9:30 a.m.

Zoom Event

TAI CHI (Note 1)

Wednesdays, 10:00 a.m.

Sept. 13 – Oct. 18

Chevy Chase Town Hall

MUSIC & MOVEMENT (Note 2)

Thursdays, 11:00 a.m.

Zoom Event

(Note 1) This Activity requires a fee.

(Note 2) This Activity requests a donation.

SPECIAL EVENTS**TOUCH OF FALL SOCIAL GATHERING**

Friday, September 29

2:00 – 3:30 p.m.

Chevy Chase Village Hall

GUEST SPEAKERS SERIES

To Tell the Truth: The Life of a Foreign

Correspondent with Lewis Simons

Tuesday, September 19

1:00 – 2:00 p.m.

Via Zoom

VACCINE CLINIC

Wednesday, October 25

3:00 – 7:00 p.m.

Chevy Chase Village Hall

Questions? Check the

Events Calendar on our website at

chevyCHASEATHOME.org/calendar &click on the red **EVENTS** button in

the menu on the left side, and

then click on the event for which

you want more details.

DISCUSSION/INTEREST GROUPS**KNITTING/NEEDLEWORK**1st and 3rd Thursdays, 1:00 p.m.

Chevy Chase Village Hall

MOVIE DISCUSSION GROUP2nd Mondays, 3:00 p.m.

Zoom Event

BOOK CLUB4th Thursdays, 2:30 p.m.

Zoom Event

COFFEE & CONVERSATION3rd Wednesdays, 11:30 a.m.

Zoom Event

DOWNSIZING GROUP3rd Mondays, 4:00 p.m.

Zoom Event

SOCIAL GROUPS**HAPPY HOUR**

Thursdays at 5:00 p.m.

La Ferme Bar

BRUNCH BUNCH2nd Thursdays, 10:00 a.m.

Olympia Café

MEN'S POKER GROUP1st Tuesdays, 7:30 p.m.

CC@H Member's Home

CC@H Newsletter

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