



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Stay At Home

Post Office Box 15102

Chevy Chase MD 20825

Telephone 301-657-3115

Volume Seven, Number Two

June 2015

QUICK CALENDAR

MEET & MINGLES

CC Village Hall

June 9, 2 p.m.

TEA WITH THE AMBASSADOR

William Bodde, Jr.

July 21, 2 p.m.

SUMMER MOVIE TIME!

THE MALTESE FALCON

August 18, 2 p.m.

ICE CREAM SOCIAL

WHAT'S YOUR FAVORITE TRIP?

SPECIAL TOUR

June 23, 11:30 a.m.

National Portrait Gallery

GENTLE PILATES/BALANCE

Summer Mini-Session

Begins July 17

CC United Methodist Church

BRUNCH BUNCH

June 11

Olympia Café, 10 a.m.

WALKING GROUPS

Fridays, 9:00 a.m.

Brookville Market

KNITTING CIRCLES

Alternate Mondays &

Wednesdays, 1 p.m.

*Be sure to check the
calendar on our
website or call the office
(301-657-3115) for latest
event information!*

PRESIDENT'S MESSAGE -

Members, volunteers, staff, and all of us who help make Chevy Chase At Home work well know the advertised benefits that we provide -- rides to medical appointments and other places; assistance with household chores; respite visits at home; computer help; company on walks around the neighborhood; "storm buddies"; many social, cultural, physical activities; and much more. We say that we are "neighbors helping neighbors." I have become aware, in the almost six years we have been doing this, that we also get a valuable benefit that I had not expected -- friendships.

For me, maybe the most important benefit I have gotten from Chevy Chase At Home is renewing some old acquaintances and getting to know people that I might not have otherwise met in the community. CC@ H provides opportunities for new relationships, sometimes begun around a volunteering trip, sometimes at a "Meet & Mingle," a lunch together, a lecture, a class, a committee meeting, and then fostered by participating in other CC@ H functions. We realize that we live nearby, have some similar interests and enjoy activities we might not have otherwise joined. From talking to other CC@ H members, volunteers and staff, I know that I am not alone in finding this "unadvertised benefit" of new friendships.

I encourage others in the neighborhood to join our membership, to volunteer in our activities, to become involved in the several committees that allow CC@ H to function, and to generously contribute so that our work can continue, and we can all reap all the obvious and unexpected benefits of our organization.

Nathan Billig

HELP WANTED, PLEASE!!!

Since the "Cupcakes and Conversation" gathering in fall 2009, before the formal launch of CC@ H, the Social Networking and Program Committee has been planning and hosting regular Meet & Mingle sessions as well as many other events. But we are an organization that is "aging in place" and a number of original committee members have departed for one reason or another. So, if you have new ideas for programs and/or a flair for serving up cool drinks and cookies, please join the Social Networking and Program Committee. We really

do need your help! Just call the office (301-657-3115) and climb on board!

Betty O'Connor, Chair, Social Networking and Program Committee

www.chevychaseathome.org

WHY I VOLUNTEER WITH CC@ H

I volunteer for two reasons: I help our members stay in their homes as long as they wish and, in return, I receive from them invaluable and tangible benefits. What I do for them may appear to be insignificant, but everything done to make our members comfortable and confident is important. And their gratitude and appreciation are equally important to me.

Although my husband and I have lived in Rollingwood for over 40 years, I have met members and volunteers whom I had never laid eyes on. They are fascinating people, I enjoy their company and they have given me valuable information about the resources in our area. Our members and volunteers are educated, have had interesting careers in a variety of fields, have traveled extensively and are well-read, which make them so interesting and their company so pleasurable. They have taught me about classes available in the area for life-long learning, organizations that offer trips in the D.C. area and further afield, and the politics of the incorporated areas within our boundaries.

My volunteer activities have included driving, helping a member walk his dog, accompanying a member on the Friday morning walks, co-hosting Thursday brunches, paying visits to members who could not get out and acting as a Storm Buddy. I have also taken advantage of the knitting group meetings and Meet & Mingle programs. The different activities attract different members so, by participating in a variety of activities, I have met more people.

In short, there are many, many ways to volunteer to help our members. Driving is just one of them. Anything you can do is useful and appreciated and rewarding - to you and to our members! I guarantee that you will receive more than you give. Join us!

Karen Bokat

EXECUTIVE DIRECTOR'S SPOTLIGHT

CC@ H volunteer, Noa Krakoff, is a generous young person with an exceptionally mature view on life. Noa, a 2014 graduate of Georgetown Day School, lives with her parents in her Chevy Chase childhood home. She completed her volunteer training for CC@ H in the Fall of 2014 and, when not working as a certified yoga instructor, has spent time with us assisting participants in CC@ H exercise classes, helping staff in the office, and during the winter storms, removing snow and ice for more than one member household in need of a Storm Buddy.

"I knew that since I was taking a gap year I wanted to do something [in addition to] work...I did not want a huge place to help in small ways; I wanted a small place to help in a big way," says Noa. She sought out and found Chevy Chase At Home.

As a yogi, her approach to volunteering has been to have no expectations, to be open and to test



out new ways to assist others in order to grow her capacity for giving. Working with CC@ H members and class participants she has discovered that stereotypes of older adults are incorrect. "[Older adults] can be cynical and funny...and

confident," she says with a smile. And on a more serious note, "There are things a young person can take for granted." Spending time with others who struggle with mobility and face the limitations of an aging body with courage, determination and humor, she says, has given her a sense of gratitude.

Noa will enter Georgetown University in Washington, D.C. this fall and she goes with our gratitude.

Post Script: Noa Krakoff was already 18 years old when she joined our volunteer group. Other young volunteers not yet 18 years of age have assisted members this year, including members of Scout Troop 225 and high school students Maleek and

Jameel Brown, sons of CC@ H volunteer Jay Brown. To find out more about becoming a volunteer, please contact the office.

Catherine McCallum

WHAT WAS IT WORTH? TRASH OR TREASURE?

On May 16th, over 60 people fled July-like temperatures for the air-conditioned Chevy Chase Village Hall, and the cool eyes of Sloans & Kenyon's appraisal team. Attendees were given verbal appraisals of up to three items. A long table offered lines for valuations of silver, jewelry, rugs and several other collectors' categories for this second Appraisal Day, sponsored by CC@ H. Icy drinks and delicious edibles were available, as people mingled and compared notes on their treasures.

Stephanie Kenyon, president of Sloans & Kenyon, gave a talk on "What's Hot, What's Not." It was not good news for those possessing what has come in recent years to be known as "brown furniture."

She noted that there are many underlying cultural and demographic trends that bear on present valuations. Prior to about ten years ago, virtually all old and antique items had considerable value. Then there was a period where there was little buying during the recession. This evolved to a new purchasing mentality directed at "bargain-priced" items. Now it is a question of what the Millennials like – and it is not much. Mahogany sideboards do not command the prices they once did; lighter woods are in fashion, and the streamlined look is hot. Mid-century modern is a current favorite.

Stephanie said that there are many reasons for these changes, an important one arising from our increasingly multi-cultural society. Formal things no longer resonate as they once did. Age and use used to be important in choosing antiques; but whether George Washington may have sat in a certain chair, or a colonial eminence once graced an inlaid dining table, traditionally adding enormous value, is no longer relevant to the backgrounds of the young or

those whose parents or grandparents were born outside America. Silver and china are not in favor now, inasmuch as china one actually uses is expected to go in the dishwasher, and silver needs someone with the time and inclination to polish it. All these things have value, just at lower levels. Many traditional antiques do not fit the current sensibility and informality is key, she noted, taking several questions before enthusiastic applause.

T. A. D. Tharp spoke of paintings and art in a presentation titled "What's Smart about Art?." The most important point he made was that one shouldn't buy for investment, but buy what you like. Most importantly, buy originals, not prints, not number X in a run of Y. He noted that when they get a piece to appraise they are not limited to the Internet but have a number of reference books to consult. He told of a \$200 painting of Mt. Fuji, done in Japan by Lilla Cabot Perry, an American Impressionist painter who was one of the people who brought Impressionism to the U.S. This painting, found in a local sale, was probably worth thousands. You can still find hidden gems. "Buy what you like," he urged, and noted that "Antiques Road Show is for real!"



Last Spring, the inaugural appraisal event raised about \$5,000 for CC@ H. This year's total is as yet unknown as several donated items are to be auctioned by S & K at a future date. Happily, among the "proceeds" were one new member signed on the spot, and two more considering joining Chevy Chase's group of "Neighbors Helping Neighbors Stay at Home."

Nathalie Bramson

Thinking About Collecting Your Memoirs?

Madeline Lundberg and another CC@ H member have started a memoir writing group with the working title: *SMOKING WITH THE WILD BOYS*. They meet once a week. Would you like to join them? Contact the office (301-657-3115) for more details.

CLASS UPDATE

Responding to member and community support for increased offerings in fitness, art appreciation and technology, Chevy Chase At Home earlier this year began offering a wider array of classes and educational programs. In 2014-2015, CC@ H expanded its fitness classes to include year-round Balance/Gentle Seated Pilates, with Irene Koegel, now offered twice weekly, and Zumba Gold®, taught by Sharon Gelboin-Katz, all of which have been well attended. A mini-session of Balance/Gentle Seated Pilates will start in July, while Zumba Gold takes a break for the summer.

Most recently, CC@ H kicked off a new series of technology classes offered through TechMoxie. The classes this Spring focused on the basics of exploring and using the iPhone and iPad. The response has been overwhelmingly positive, generating waiting lists and requests for more advanced classes in the fall. As Betty O'Connor, one of the students in the iPhone class said: "There was a range of ability among the students, but the instructor handled it well and the class was excellent. Most of the participants indicated interest in taking a more advanced class too." CC@ H will begin exploring ways to bring additional technology training to our members and others in the community later this year.

Elizabeth Cullen

Curious About Zumba Gold??

Drop into a class any Wednesday in June and try it out! 11:45 – 12:45 at the Chevy Chase Village Hall. \$12 for Members; \$14 for Non-Members.

THOUGHTS ON LONELINESS

The Volunteer Services Committee (VSC) meets regularly to discuss services provided by volunteers. We try to understand why CC@ H members do not reach out to us to take advantage of everything CC@ H offers. Please take a moment to consider these

questions and give us guidance on how we can better meet your needs and interests.

A few suggestions as example:

- When home-bound or confined in hospital or rehabilitation, how might one signal the desire for friendly visits?

- When separated from a long-time partner (due to death, dementia, or otherwise), how might one deal with a shrinking social circle? Perhaps CC@ H could support special gatherings of such folks at a member's home or local restaurant. The goal would be to laugh, to vent, to find kindred spirits if only for some brief moments.

If you have suggestions relating to this theme, the Volunteer Services Committee (VSC) would love to hear from you! Just send an email message to info@chevyCHASEathome.org with "VSC Suggestion" in the subject line.

Joan Urban, VSC member and former Chair

RECENT EVENTS

Meet & Mingles

Everybody's toes were tapping at the St. Patrick's Day celebration where piper Andrew Donlon entertained a green-clad crowd with his expert playing of the Great Highland Pipes.

On March 21, Alan Fern, former Director of the National Portrait Gallery, gave an informative and enjoyable talk on "The Many Faces of Portraiture" to an overflow audience at the Chevy Chase Village Hall. The program was such a success that CC@ H currently is organizing a docent-led tour of the National Portrait Gallery for June 23.



More recently, Pam Holland of TechMoxie offered a lecture on May 5th open to all on navigating the internet safely

Fire Security Visits by Montgomery County Firemen

On April 21 and 22, 16 of CC@ H's Full Members had the privilege of receiving a visit from Mr. Jim

Resnick, retired Montgomery County Battalion Fire Chief who is currently the county's Program Manager for Senior Outreach and Education. During a long, careful visit Mr. Resnick installed 10 year lithium battery fire alarms and carbon monoxide monitors as needed, and inspected each house for home security and the best fire escape route. CC@ H Vice-President Susan Hamburger and Volunteer Services Committee chair Monique Milhollin took turns accompanying him on his caring and very thorough visits.

The evening of the April 22 Mr. Resnick gave a well-received presentation at the Chevy Chase Village Hall. His talk was so successful that it led to three firemen's teams doing 21 more visits on May 5th.

Prior to the visits, the manager of T.W. Perry, Chevy Chase, met with Mr. Resnick to determine the best devices to order, made a special order and then agreed to a 25% discount for members and 10% discount on products needed for the safety visit.

Thirty-seven households are now safer, 37 families can now rest better at night. We hope to repeat this program in the fall to reach more of our members and neighbors.

THANK YOU MR. RESNICK AND T.W. PERRY!!

DO YOU KNOW?

The MOLST form (Maryland Medical Orders for Life-Sustaining Treatment), which can be downloaded from the internet or requested from the CC@ H office, is one of the few forms which Emergency Medical Services are required to honor legally. Even If you have an advance directive or health care proxy, these do not come into play until you are already hospitalized so it is crucial that everyone get this form and fill it out, otherwise you will be required to accept life-saving treatment you may not want. This form must be signed by a physician, nurse practitioner or physician assistant as well.

http://marylandmolst.org/pages/molst_form.htm

(Thanks to Section 3 for sharing this information from their Senior Safety talk.)

Interested in Serving on a Committee?

Call 301-657-3115 or see

www.chevyCHASEathome.org

!! SUMMER SPECIALS !!

June 23, 11:30 a.m. - Special trip for Members.

Visit the Portrait Gallery with a docent (depart ~10:30 a.m.).*

July 21, 2 p.m. - Movie: ***"The Maltese Falcon"*** with brisk refreshments @ CC Village Hall.*

August 18, 2 p.m. - "What's Your Favorite Trip?" We'll gather some images & stories from you about your favorite @ CC Village Hall.*

* See www.chevyCHASEathome.org for details (time, location, logistics) or call 3016573115

New on Our Website

We've recently added a link to our **2014 Annual Report** (on the Home Page), and two new links on the Resources for Seniors page: one for the above-mentioned **MOLST form**, and another for and **AARP's HomeFit Guide** to help you ensure your house really is set up as a "lifelong home".

There is lots of useful information on www.chevyCHASEathome.org – have you found it all? If you do not have access to the Internet, please call our office, 301-657-3115, to request a copy of any document.

RECENT DONATIONS

DONATIONS IN KIND

Other Resources/Services

La Ferme
TW Perry, Chevy Chase
Chevy Chase Wine & Spirits
Vamoose Bus
Whole Foods – Friendship
Heights

Individuals - Items/Services

Anonymous
Jan Augustine
Mark & Catherine McCallum

Facilities

Chevy Chase Village
Town of Chevy Chase
Montgomery County
CC United Methodist Church

Professional Services

Scott Boyd, Accountant
Rebecca Laird, Attorney
Evers & Co.
Darka Jordan Bondaruk

*Your generous support is vital to the success of our
programs - Thank you!!*

FINANCIAL SUPPORT

ORGANIZATONS

Family and Nursing Care

INDIVIDUALS

17 Individuals and families

*Thank you all for your generous
support. We are indeed
"Neighbors Helping Neighbors
Stay At Home"*

N.B. These lists reflect donations received between February 14 and May 27; the tax deductible portion of dues from Associate Members and Friends is not included. To protect privacy, the names of individuals will not be included in the version of the Newsletter placed on the web.

Learn more from our web site

www.chevyCHASEathome.org

or call 301-657-3115

CC@ H NEWSLETTER

PUBLISHED BY:

Chevy Chase At Home Communications Committee

Caroline Michaelis, Chair

Fran Pitlick, Co-Chair

Jan Augustine, Co-Editor

Nathalie Bramson, Co-Editor

Photos: John Barnes, Noa Krakoff

Color Printing: Evers & Co.



Andrew Donlon Celebrates
St. Patrick's Day