



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Stay At Home

Post Office Box 15102

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Volume Seven, Number Three

September 2015



REMEMBERING NAOMI KAMINSKY

CC@ H Co-Founder and Past President Naomi Kaminsky died peacefully at home in the arms of her family on August 11 after a brief illness. Joan Urban (Co-Founder) and Fran Pitlick (Past Vice-President) offer their thoughts below.

From Joan: Many of you have heard Naomi and me speak about the origins of Chevy Chase At Home. Fellow dog walkers for years, Naomi and I discovered during the fall of 2008 – when everything seemed possible – that we harbored a similar dream of creating an aging in place village. We had even saved identical articles from the national press about the pioneering Beacon Hill Village in Boston. We began to talk up the “Village idea” among neighbors but quickly realized the need to include areas beyond our immediate Town of Chevy Chase. So in February 2009 we created a steering committee of like-minded, dedicated individuals from all five municipalities that

would comprise the organization at its outset. The committee met every three weeks until September 2009, when it was able to form Chevy Chase At Home as a legal entity and name the first CC@ H Board of Directors, with Naomi as President.

Naomi remained President for three formative years. She did not seek this position but accepted with grace and integrity our need for a leader to mediate among the multiple, sometimes conflicting notions about how to proceed. Naomi’s boundless energy, enthusiasm and grit made the dream a reality. Her “generosity of spirit, joyful outlook on life” (to quote Fran Pitlick) and welcoming smile won our hearts. As Susan Kahn, one of the original steering committee and Board members, put it: “we all lost such a kind soul and leader and visionary and good person.” The meeting spots and byways of our neighborhoods will be hauntingly empty without her.

And from Fran: Not only was Naomi head of our organization, she also chaired the committee to identify and develop access to services that older members might need and established a working CC@ H office as a central contact point. One of her most significant additional activities was to form a small working group to identify several organizations that could deliver quality home-care services to members.

But that wasn’t all; she persuaded the Town of Chevy Chase to provide substantial start-up funds once we were incorporated. The Town Council also acted favorably upon her plea for benches at strategic locations in the Town, places for tired walkers to sit and relax for a few moments.

If asked, Naomi would tell you that her greatest achievement was her role in the founding and growth of Chevy Chase At Home. So many of us are pleased to see it grow and succeed, and most of all, help us continue to live in our homes. We agree - it has been a great achievement!

COME ONE, COME ALL!

ANNUAL MEETING FOR ALL MEMBERS AND VOLUNTEERS

When: Saturday, October 17, 1:30 p.m.

Where: B-CC Regional Services Center, 4805 Edgemoor Lane, Meeting Room A/B, 2nd Floor

CHEVY CHASE AT HOME continues to thrive, but we'd like to do even more if our members want other services and activities. We really need to hear from you as we look to the future! We have a great Village thanks to our dedicated Board of Directors and committee leadership, but your ideas and input are critical to our ongoing development. The Annual Meeting is the perfect time to share those ideas.

Join us for an important afternoon of lively discussion, fun, good fellowship, and delicious refreshments provided by Suburban Hospital. We'll share with you what's been accomplished in the past year, but we especially want to hear from YOU!

- ❖ What have we done well and how might we do better?
- ❖ Have we done something that makes you feel special or truly a part of CC@ H?
- ❖ Would you be willing to organize an informal group activity (such as our knitting and walking groups)?
- ❖ What other services could we offer to members?
- ❖ How can we attract more members? More volunteers? More donors?
- ❖ How can we best communicate with you: e-mail, snail mail, the website, the forum?
- ❖ Who among your community connections who might be interested in:
 - serving on the Board or a committee?
 - helping us set up a Matching Fund appeal in our neighborhoods?
 - offering a corporate or in-kind donation that would help us enhance current programs or initiate new ones?



CC@ H needs more people to get involved and bring new ideas and energy into this wonderful organization -- in short, we need all of you!

So **Save the Date:** Saturday, October 17, 1:30 p.m. We look forward to seeing you then!

Full members may request rides by contacting the office at 301-657-3115.

Free parking is available in the public lot **under the building**, accessible from **Woodmont Avenue** or **Edgemoor Lane**.

SEPTEMBER EVENTS

September 19, 11 a.m. Alan Fern will discuss the use of **Cartoons and Caricatures** as art forms that often convey provocative reflection on current topics of public interest. CC Village Hall.

September 27, 2 p.m. See the film **The Sum Total Of Our Memory**, meet producer/director **Barbara Klutinis** and join the discussion about how families cope with memory loss. CC Village Hall.

VOLUNTEER TRAINING - OCTOBER 1

Do you know someone who might be a great CC@ H Volunteer? It need not be someone who is a member but just wants to help, such as drive, walk the dog, house sit, visit the homebound, be a storm buddy.

Our next training class will be October 1 at 10 a.m. Potential applicants should look at the volunteer section of our website and contact Catherine McCallum at 301-657-3115.

In Memory of Naomi Kaminsky



At the time we went to press, more than \$5,500 had been contributed to Chevy Chase At Home from 46 households in honor of Naomi Kaminsky.



EXECUTIVE DIRECTOR SPOTLIGHT SEPTEMBER 2015



The CC@ H office is a combination of staff, volunteers, and community partners and this month we will welcome student intern Elizabeth King to our team.

Elizabeth is a senior at B-CC High School. Elizabeth will assist in the office to update our data base and to launch our social media outreach effort as well as provide support for events and activities. She also will participate in class offerings, assisting in the development and teaching of *Your Computer is Your Friend*, offered this fall at the Chevy Chase Village Hall.

Elizabeth will work closely with Office Coordinator Deb Schmal, who has added class coordinator to her other myriad responsibilities, and with committee members.

This past spring we welcomed new office volunteer Peggy Mercorella. Peggy has professional experience in volunteer coordination and continues to improve our administrative processes for volunteer documentation. Our “virtual office” includes web masters Fran Pitlick and Jan Augustine as well as a team of call managers, including Janet Regan, Michael Pollard and Sue Keisler.

We have the use of office space at the Bethesda-Chevy Chase Regional Services Center (B-CC RSC) thanks to Ken Hartman, one of the earliest county officials to recognize the importance of the Village movement. Karen Thon, Bethesda Urban District Manager, and Catina Tyson, Office Assistant, have welcomed and supported us as partners serving seniors in our community.



National Portrait Gallery Tour, June 23, 2015

NEW! JEWELRY CLASSES AVAILABLE!

Mary Daly Gorman has offered to teach basics of jewelry crafting to any and all. Tap into your creative juices. Be not afraid. . .there's no such thing as a mistake. Mary makes bracelets, anklets, beaded watches, earrings, and necklaces. She will bring a selection to the first session.

We won't be working with gold, diamonds and rubies, but we will have on hand a variety of lovely glass, ceramic and wooden beads. Mary has the tools and all the basics to get started. So come on out (**10:30 a.m., Tuesday, Sept. 22 at CC Village Hall**). If you like it, we'll go from there with a field trip to a supply store so you can pick your own tools, beads, etc.

Interested? Send your name, phone number, e-mail address to postmaster@chevyCHASEathome.org and tell us if you have a preference for what type of jewelry you might like to make.

FALL CLASSES

EXERCISE

Gentle Pilates/Balance*

\$96 Member/\$112 Public (8 classes)

Wednesdays 10:30 a.m.

Sept 9 to Nov 4

Fridays 2:30 p.m.

Sept 11 to Nov 6

Zumba Gold*

\$70 Member/\$84 Public (7 classes)

Wednesdays 11:45 a.m.

Sept 16 to Nov 4

*** Each class will miss one week in Sept.**

TECHNOLOGY

SmartPhones (Androids)

Oct 14, 21, and 28, 1 p.m.-2 p.m.

\$45 Member/\$50 Public

(3 classes, TOCC Town Hall)

Your Computer Is Your Friend

Oct 22 & 29, 1 p.m. to 2:30 p.m.

\$45 Member/\$55 Public (2 classes)

**Check our website calendar or call the office
(301-657-3115) for details!**



OCTOBER EVENTS

October 6, 11:00 a.m. We'll meet at the **Freer|Sackler Galleries** for a docent-led tour of **Whistler's Peacock Room** and then see **Waterston's Filthy Lucre**, a depiction of the fate the room might have seen if it had been neglected.

October 17, 1:30 p.m. Member Meeting at the B-CC Regional Services Ctr. See pg. 2 for details.

October 21, 7:30 p.m. Drs. Richard Garfinkel and Suleiman Alibhai will discuss **Age-related Macular Degeneration** at CC Village Hall.

October 25, 1 p.m. Guitar Master Class with Marco Socías. CC Village Hall.

October 31 - last day of Daylight Savings Time

NOVEMBER EVENTS

November 10 & 17, 2:00 p.m. Millie Shott will lead a **two-part class** in **creating a mosaic plaque**. If you wish, bring small pieces of glass or ceramic that are meaningful to you. The first session will be to lay out the design in plaster. The second will be to finish the piece after the plaster has dried. This is a first for us - why not try it? CC Village Hall.

And, **sometime in November** you will receive your **membership renewal notice**. That will also be a good time to consider making a donation to Chevy Chase At Home to honor someone who is special to you in some way. See Page 5 for recent examples.

November 26 - Thanksgiving

Watch for

Guitar Master Classes

October 25, January 24, Feb. 21, March 13, April 10

Intermediate iPad Classes next spring

?? DID YOU KNOW ??

CC@ H members have initiated several small activities that recur on a regular basis. These include the weekly Friday Walking Group (10 a.m., Brookville Market) and the alternate Monday/Wednesday Knitting Circles (1 p.m. in member homes). Are you interested in making jewelry? How about writing a memoir? Or organizing a group to go out to lunch regularly? Or taking in a movie? If you are interested in something we are not offering, you might find others who would join you - one of CC@ H's attractions is the opportunity to make new friendships. It really does work! (And bring it up at the Member Meeting on October 17.) (see page 2)

REGULAR INFORMAL GATHERINGS

Brunch Bunch
Sept 10, Oct 8, Nov 12
Olympia Café, 10 a.m.

Friday Walking Groups
Sept 11, 9 a.m.; then Sept 18 on, 10 a.m. sharp!
Brookville Market

Knitting Circles
Alternate Mondays & Wednesdays, 1 p.m.

***Check our website calendar or call the office
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RECENT DONATIONS

DONATIONS IN KIND

Facilities & Other Resources

Chevy Chase Village
Town of Chevy Chase
Montgomery County
CC United Methodist Church
Evers & Co.

Professional Services

Scott Boyd, Accountant
Rebecca Laird, Attorney

ORGANIZATIONS

*Thanks to CC@ H for your efforts
and good work helping those in
our community*

Eagle Bank Foundation

FBB Capital Partners

Honoring Nathan Billig
The Wagner Family Charitable
Fund

INDIVIDUAL DONATIONS

In Memory of Michael Michaelis

At the time we went to press, 15
families had contributed more
than \$2,700 to Chevy Chase At
Home in honor of
Michael Michaelis

N.B. These lists reflect donations received between May 20 and August 28; 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.

QUICK CALENDAR

September 19, 11 a.m.

CC Village Hall

Cartoons and Caricatures

Alan Fern

September 27, 2 p.m.

CC Village Hall

The Sum Total Of Our

Memory

Film & Discussion

October 1, 10 a.m.

Volunteer Training

October 6, 11:00 a.m.

Freer|Sackler Galleries

Docent-guided Tour

Peacock Room &

Filthy Lucre

October 17, 1:30 p.m.

B-CC Regional Services Ctr.

Member Meeting

October 21, 7:30 p.m.

CC Village Hall

Age-related Macular

Degeneration

Richard Garfinkel, M.D., &

Suleiman Alibhai, O.D.

October 25, 1 p.m.

CC Village Hall

Guitar Master Class

Marco Socías

November 10 & 17, 2 p.m.

CC Village Hall

Make A Memorable

Mosaic Plaque

Millie Shott

*Check our website calendar
or call the office
(301-657-3115) for latest
event information!*

AROUND THE WORLD IN 90 MINUTES

At our August "Ice Cream Social" M&M, six intrepid members regaled an appreciative audience with tales of adventures around the world, to spots many of us have never visited. Joan Hoover took us to Iguazu Falls on the border of Paraguay, Argentina, and Brazil where, depending on the water flow, there are 150 to 300 falls at any given time. Charlotte Jones-Carroll traveled to southwest France on a river cruise during which she and her husband enjoyed visiting various chateaux and sampling the wines. Danny Conant has been to Tibet five times and presented a fascinating series of "Then and Now" photographs. Carol Sutherland walked along the Nakasendo, the mountain trail between Kyoto and Edo (now Tokyo), learning about Japanese culture, food, and bathing customs along the way. Steve and Deb Schmal drove for 11 weeks on an almost coast-to-coast trip of the U.S. getting to such out-of-the-way places as Sleeping Bear Dunes National Lakeshore (Michigan) and Mono Lake (California). The final treat was a home video recorded in 1963 by Evelyn Welebir and her husband of the area around Hammerfest in northern Norway showing the land of the midnight sun, setting and rising almost immediately, and cute Laplander kids. And of course, wonderful ice cream treats provided by the Social Networking and Program Committee were enjoyed by all.



Image Credits (from upper left):
Steve & Deb Schmal
Carol Sutherland
Charlotte Jones-Carroll

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