



Chevy Chase At Home Newsletter

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

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Volume 5 , Number 3

December 2015

Quick Calendar

Events at Chevy Chase Village Hall

HOLIDAY PARTY & COOK-
IE EXCHANGE - Tues, Dec
15, 2:00 p.m. to 4:00 p.m. Early
winter merriment, Celtic Fid-
dler, Special refreshments

A WIDER CIRCLE'S
NEIGHBOR TO NEIGHBOR
PROGRAM - Tues, Jan 12, 2:00
p.m. to 4:00 p.m.

GUITAR MASTER CLASS -
Zoran Dukic, Sun, Jan 24, 2:00
p.m. to 4:00 p.m.

PIZZA PARTY - Provided
by Manoli Canoli, Tues, Feb
9, 2:00 p.m. to 4:00 p.m. Pre-
registration and prepayment
required.

MEMBER CELEBRATION
AT LA FERME - Sat, Jan 16th,
1:00 p.m. until 3:00 p.m. See
Page 5

TRAINING FOR NEW VOL-
UNTEERS - Town Hall, Town
of Chevy Chase, Thurs, Jan 28
10:00 a.m. until 12:00 p.m.

GUITAR MASTER CLASS -
XueFei Yang, Sun, Feb 21, 2:00
p.m. to 4:00 p.m.

FOR FURTHER INFORMA-
TION check the calendar at
www.chevyCHASEathome.org

President's Message

As my first year as President of Chevy Chase At Home ends, I think about what we have accomplished this year and what we are planning for the next.



This year we had over 800 requests for service, ranging from rides to medical appointments to short respite visits and help with household repairs. We initiated a "Storm Buddies" program to assist members who might need some comfort and aid during a storm which prevented them from leaving their homes. Elizabeth King, a student intern from BCC High School, is working with us for 15 hours per week. She will learn how our organization functions, help us with some important tasks, and bring us new perspectives.

Looking forward, we will increase the number of members enrolled in "Storm Buddies" and we are seeking grant funds to expand an initiative which includes fire safety visits and installation of smoke and carbon monoxide detectors to all older adults in our community. We are introducing a Medical Note Taking program, which we began with a training session in October for volunteers who will accompany members who wish to have "another set of eyes and ears" during a medical visit. This is particularly exciting to me, as a physician, because I know how valuable this can be to our members. We will continue with our array of usual programs, including brunches at Olympia Cafe, lunches at La Ferme, afternoons at the CC Village Hall, classes at several locations, and our at-home and transportation services, which our members know well.

None of these would be possible without the hard work of

Continued on Page 2

President's Message continued from Page 1

our staff-- Catherine and Deb -- who daily make everything run smoothly for our members and volunteers. They have also been active in seeking funding from local businesses and foundations. We are indebted to our volunteers on the Board of Directors and committees, and those who perform the many services that we promise to our members. We appreciate their faithful commitment to Chevy Chase At Home. Lastly, we thank all of our donors whose contributions allow us to function at the level we do. We look forward to continuing the excellence in service for which we are known, and to being innovative in making sure that we assist our neighbors to continue to live comfortably, safely and meaningfully in our community.

Nathan Billig



Steve Schmal: Giving Back

Steve Schmal is Secretary of the CC@H Executive Committee and also co-chair of the Membership Committee. But most CC@H folks, especially among our full members, know him mainly as the volunteer who cheerfully fulfills an astounding number of transportation requests

--131 during the first 10 months of 2015 alone.

Steve's mother and physician father emigrated to America in late 1938 to escape Nazi Germany. After getting certified to practice medicine in New York State, his father set up practice in Ithaca, NY. Steve, born in 1941, feels he was fortunate to be raised in a physician's household while enjoying the cultural and academic amenities of the Cornell University community in Ithaca.

Steve studied political science at Cornell, earned a Master's Degree at American University, and went to work for the federal government, first at the National Labor Relations Board

and later at the General Accounting Office. As Steve tells it, there were two key turning points during his years as a federal employee. The first was in 1978 when he moved to the GAO, where he met Deb, his future wife. The second was in 1980 when an inheritance from his father enabled Steve to buy the Summit Avenue house in Martin's Additions where he and Deb still live.

Steve began a life of volunteer activism even before his retirement from the government in January 2002. While still employed, he served a total of 10 years on the Village Council of Martin's Additions. Once retired, he campaigned for Chris Van Hollen's elections to Congress and also supported Friends of the Chevy Chase Library, soon becoming membership chair and later president. When CC@H was formally launched in November 2010, Steve was present with Deb, eager to join. Judging by his subsequent service, that's when the fun began! It was the ideal way to keep giving.

Joan Urban

Successful Member Meeting On October 17

More than 30 people attended the Annual Member and Volunteer Meeting on Saturday, October 17 at the B-CC Regional Services Center. It was a lively and productive event characterized by a useful exchange of information, as well as suggestions for additional initiatives to benefit our members.

Suburban Hospital's Director of Community Health and Wellness, Monique L. Sanfuentes, M.A., was introduced and spoke briefly, describing her job of building alliances with organizations such as ours to help Suburban play a greater role in the health of the community. She also brought a delicious assortment of refreshments contributed by the hospital for the meeting.

CC@H President Nathan Billig welcomed everyone, provided a general review and update, and asked for new ideas from the members. He recalled that last fall's meeting produced several important new initiatives. (See President's Message on page 1). He also reminded us that

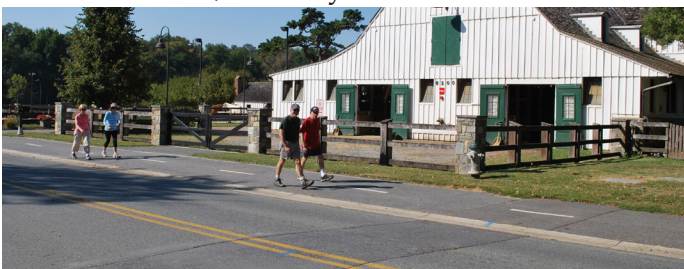
despite the large number of services CC@ H delivered during the past year, there are still people in the community who don't know about us. This year for the first time we will send out a request for donations to everyone within our borders, which should let people know who we are and what we do.

Responding to our president's challenge for new ideas, two members separately proposed periodic discussions on global issues and current events, possibly to be held at Brunch Bunch. Another suggested that CC@ H offer regular trips to the grocery for those who find it difficult to do this errand alone. Yet another idea put forth was for each of us to remember to offer a ride to the market or the movies or even for a drive in the country to friends and acquaintances who may be reluctant to ask, but would be grateful for the gesture and the companionship.

Finally, Vice-president Susan Hamburger introduced the committee chairs, who each briefly described what their committees do, and what needs they have. All would welcome new people with fresh ideas to work with them! A description of each committee is on our website, www.chevyCHASEathome.org.



A Nice, Healthy Walk in the Sun



Changes to Dues Structure

By the time you read this, you should have already received a letter from CC@ H asking that you renew your membership for 2016.

There are many reasons for renewing your membership. In addition to the services CC@ H provided in the past, new services have been added and existing ones have been expanded. During 2015, the "Storm Buddies" program was put in place, new classes were added to those previously offered, several museum trips took place and many members and Friends took advantage of discounted lunches at La Ferme and one discounted dinner at Macon Bistro and Larder.

In 2016, CC@ H will add Medical Note Taking to the services provided Full Members, enabling them to have written records of what doctors say during appointments. And, provided that grant money is obtained, CC@ H will expand the fire safety program piloted this year.

In order to provide the new and expanded services and programs, CC@ H found it necessary to raise membership dues – for the first time in three years – to \$600 for Full Family Memberships, \$450 for Full Individual Memberships and \$300 for Associate Memberships. (Dues for Friends Memberships will remain at \$125.) Even with the increases, CC@ H's dues are lower than almost all of the area aging-in-place villages that offer similar services. For example, one such near-by village charges \$825 for full family memberships and \$550 for full individual memberships.

Please note that the pot for renewing memberships has been sweetened in two ways. The first is a literal sweetener. All those who renew by January 4 will be invited to join in a member celebration at La Ferme on January 16, with pastries, coffee, tea and wine compliments of proprietor Alain Roussel. And all 2016 memberships will run through March 31, 2017, so renewal this year will cover 15 months, not 12 months. In the future, CC@H's membership year will run from April 1 through March 31.

Recent Events

Age-Related Macular Degeneration (AMD)

Drs. Richard Garfinkel and Suleiman Alibhai kept an audience in rapt attention for more than an hour on a Wednesday evening in October. Both speakers were upbeat and generated optimism about maintaining the vision you have and possibly halting or slowing a decline with new medications.

First, Dr. Garfinkel outlined the process of macular degeneration, describing changes in the retina that can be detected in the dilated eye before the patient is even aware that there is a problem. Some of the symptoms of AMD are difficulty seeing in low light; noticing blurry, dark or distorted areas in a simple vision grid (the Amsler grid - most eye doctors provide this grid to their patients at their regular exam for use at home); and problems reading the newspaper - that the print doesn't seem dark enough. His colleague, Dr. Alibhai, talked about the various tools that can be used to enhance the vision you have.

Although AMD cannot be reversed, there is a good possibility that its progression can be slowed or stopped with regular use of vitamins consisting of the AREDS 2 formula (resulting from clinical trials testing various formulas) and ensuring that leafy greens (spinach, kale, etc.) are a regular component of your diet.

AREDS 2 Formula (to maintain retinal health in most patients with AMD)

- 500 mg vitamin C
- 400 IU vitamin E
- 10 mg lutein
- 2 mg zeaxanthin
- 80 mg zinc (as zinc oxide)
- 2 mg copper (as cupric oxide)

A Warm Welcome To Our New Volunteers

On November 5, a group of recently trained volunteers joined our ranks for our yearly Volunteer Appreciation Party at Janet and Patrick Regan's home. What a good time we all had! We were happy to see old friends and make new ones. The refreshments offered by the Volunteer Committee were delicious and abundant, the atmosphere festive.

With each group of new volunteers we gather special talents, interests and ideas. As you may know, in 2016, we will relaunch our Storm Buddies program, as well as our fireman home



security visits. A new program is starting soon, as a few of our experienced volunteers received supplementary training and are now ready to assist you as Medical Note Takers. Most of our new volunteers will join in these programs, but we can only begin to imagine what new service ideas they will come up with!

Please remember that we are always looking for new volunteers. We need their talents, their generous input and suggestions.

The Volunteer Services Committee



Why not Try Your Hand at Jewelry Making? See the Calendar at www.chevyCHASEathome.org for times and location.

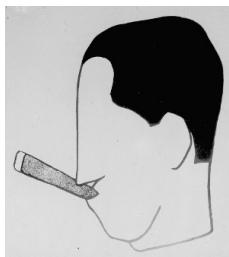
Home Alone?

(1) Don't open the door to strangers. Keep the door closed and talk *through* the door or a window. If you don't have a window in your door, think about adding a *peephole* to your door (or a video camera). (2) You can always say *we are busy or can't come to the door right now* (3) If unplanned deliveries arrive, indicate that packages may be left outside the door and you will retrieve them shortly and then do so after the delivery person leaves. (4) If you have any concerns, retreat into the house and call 911. Please tell the operator that *a stranger is at the door*. They will investigate. If possible, and only from a safe vantage point, take a smart phone picture of the suspicious individual and record the make, model and license plate of the suspicious individual's vehicle.... *Capt. Fitzgerald*

Remember that door to door solicitors in Montgomery County must have a County license and be able to show it to you. Our own neighborhoods may have additional restrictions. Chevy Chase Village even maintains a list of homes that will not accept door to door solicitations and all solicitors must be licensed by the Village and honor this list. If you have any uneasiness or doubt about solicitors, ask to see their license or simply tell them that you do not take door to door solicitations.

Cartoons and Caricatures

On September 19, 2015, CC@ H members and friends were treated to a very interesting and entertaining talk on "Cartoons and Caricatures" by Alan Fern, former director of the Portrait Gallery. With examples from the 1500s to the present time, he showed how artists have provided provocative commentaries on current topics and conditions by differing means. One of the fascinating points he made was that the identifiability of the caricature or cartoon has very little to do with the number of lines on the work, that a single outline could characterize and identify a person as well as a full page of squiggles.



From The Executive Director

CC@ H intern Elizabeth King is partnering with B-CC Regional Services Center fellow intern, Mateo Garcia, to recruit BCC High School students who live in your neighborhood to register for a snow removal jobs list in preparation for this winter season. In order to gauge interest and plan for this project, we need ALL MEMBERS interested in obtaining the list to please contact the office by December 3, 2015.

FULL MEMBERS, if you have not already done so, please do sign up for a storm buddy as soon as possible -- a friendly visitor during the cold, winter storms. Please contact the office, now.

Merci Beaucoup! La Ferme Special Events

Alain Roussel, proprietor of La Ferme, has graciously agreed to host a CC@ H member celebration for new members joining for the year 2016-17 and existing members who renew by January 4, 2016. This event will take place at La Ferme on Saturday, January 16, 2016, from 1 to 3:00 p.m. (snow date: January 30th, if available).

French pastries, tea, coffee and wine will be served, donated by Mr. Roussel. CC@ H will ask for sign-ups at a time closer to the event.

Monday luncheons at La Ferme will return in the spring! Mr. Roussel has agreed to again offer members and volunteers a festive luncheon with multiple courses plus wine, all at the generous price of \$20, including tip, to be paid to CC@ H representative upon arrival. The first luncheon will take place on Monday, February 22, 2016 from 11:30 a.m. to 1:00 p.m. After its March renovation, La Ferme will host a second lunch in April (date TBD).

Betty O'Connor is the CC@ H member who met with Mr. Roussel to discuss these delicious arrangements. Think of La Ferme for that special birthday/anniversary celebration or just a lovely luncheon with the gang!

Donors Between August 28th and November 14th

Regular Informal Gatherings

Brunch Bunch, 2nd Thursdays, 10:00 a.m. - 11:30 a.m.. Olympia Cafe, No Host event; drop in and join your neighbors.

Friday Walking Groups, Every Friday, 10:00 a.m. meet at Brookville Market

Jewelry - Alternate Mondays, 1:00 p.m.

Knitting Circles, Alternate Mondays and Wednesdays, 1:00 p.m..

Exercise Classes

Gentle Seated Pilates - Wednesdays, 10:30 a.m.; Fridays 2:30 p.m.

Zumba Gold - Wednesday, 11:30 a.m.

Check the CC@ H website at www.chevyCHASEathome.org for details on the above activities.

Business & Corporate Donors

FBB Capital Partners
Fitzgerald Auto Malls
T.W. Perry

Non Profit Foundations & Grantors

Bethesda-Chevy Chase Rotary Foundation

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