



# NEWSLETTER

## CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase MD 20825

Telephone 301-657-3115

Volume Eight, Number Three

September 2016

### QUICK CALENDAR MEET & MINGLES

CC Village Hall

AN INTERLUDE WITH GERSHWIN

Sat, Sept 17, 11 a.m. - 1 p.m.

Ann Joseph, Pianist

### FALL PREVENTION MONTH - IMPROVING YOUR BALANCE

Karis Cavender, DPT

Tues, Sept 27, 2 p.m. - 4 p.m.

### WHAT JUST HAPPENED?

Charlie Cook

Thurs, Nov 17, 7 p.m. - 9 p.m.

### HOLIDAY PARTY & COOKIE EXCHANGE

Tues, Dec 13, 2 p.m. - 4 p.m.

### LUNCH AT LA FERME

Oct & Nov

!! Watch for Details !!

*Be sure to check our  
website calendar  
for latest event information!  
See "Activities" on pg. 6*

## CC@ H WELCOMES CHEVY CHASE WEST & THE VILLAGE OF DRUMMOND

For the second time in its history, Chevy Chase At Home is expanding its service area. The first expansion was in 2012, the year after CC@ H began offering services, when the adjacent neighborhoods of Rollingwood and the Old Hamlet were added to the service area. That expansion might be thought of as correcting the omission of those communities when CC@ H was created.



The current expansion, effective

October 1, has a different genesis.

CC@ H invited the areas served by the Chevy Chase West (CCW)

Neighborhood Association and the

Village of Drummond (VOD) to join when both communities

responded very positively to interest surveys circulated by community members.



Chevy Chase West serves more than 400 homes in the area between Nottingham Drive to the north and Drummond Avenue to the south. Its eastern border is Wisconsin Avenue; its western border is Little Falls Park. In contrast, the Village of Drummond is the smallest incorporated municipality in Maryland because it includes only 43 homes on the eastern end of Drummond Avenue. The other residences on Drummond Avenue are in the CCW area.

CC@ H already has trained several volunteers from CCW and VOD; more are scheduled to be trained in September. This strengthened volunteer corps will give CC@ H the additional resources required to meet service demands by

Full Members in all the areas we serve, including those who will join from CCW and VOD. All of us at CC@ H are delighted to welcome even more Neighbors Helping Neighbors Live At Home.

## BROOKS / RAZ "CONVERSATION" A MAJOR SUCCESS

Almost 200 members of Chevy Chase At Home and guests from the community were delighted to hear Geraldine Brooks and Guy Raz discuss writing, and specifically, her latest book, "The Secret Chord," at a Chevy Chase At Home event on the evening of June 6 at the Chevy Chase United Methodist Church. Brooks, a Pulitzer



Nathan Billig, Geraldine Brooks and Guy Raz

[www.chevychaseathome.org](http://www.chevychaseathome.org)

Prize-winning author, delighted the audience with a frank discussion of her life as a writer in the same household as her Pulitzer Prize winner writer-husband, Tony Horwitz. In conversation with NPR TED Radio Hour host Guy Raz, she discussed growing up in Australia, her education as a journalist in the United States and her early work as a foreign correspondent in dangerous places in the Middle East and Africa. She also talked about the challenges of writing novels, based on historical events or characters, each requiring years of research. In her latest work, Brooks gives us her take on the life of the biblical King David, who rose from shepherd boy to powerful King of Israel. She recounts in detail the great appetites and skills which governed his life and their profound effect on his countrymen.



An active question and answer period followed the “conversation” between the two guests. There was considerable curiosity about

Ms. Brooks’ life and her future writing endeavors.

Mr. Raz was a skillful interviewer in bringing out her history and career for interesting discussion. The large audience appreciated a spirited evening which provided rare insights into the creative process of a famous writer.

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## YOU ARE PART OF A MAJOR TREND!

Chevy Chase At Home is part of a movement that originated in 2006 on Beacon Hill in Boston, based on the overall concept that neighbors could help their older neighbors continue to live at home. In a mere decade such “Villages” have proliferated across the country, though weighted to the East Coast.

In our region there are now 190 Villages open, and another 150 in development, all of which have formed a group called WAVE. This could mean part of a wave of the future (as it certainly is), but actually it stands for Washington Area Village Exchange. According to a WAVE study just over one-third of participants live in urban areas, and 38% in a suburban neighborhood

The structure of such Villages varies widely as does size, range and cost. Most such movements start with one or more persons identifying the problem many older citizens have staying in their longtime homes. In our case those persons were Naomi Kaminsky and Joan Urban. Virtually all start with a community “needs assessment.” Pazit Aviv, Montgomery County’s Village Coordinator, promotes and supports the Village movement, especially through programs to coach local Villages through the initial formative process.

The idea has grown so much that such local entities now form a national movement, one with its own annual convention. This is held under the auspices of the Village to Village Network (VTV), an organization helping to establish Villages and assisting their development, which holds a “National Gathering.” There will be one in October 2016 in Columbus, Ohio; 2015’s was last October in Seattle, Washington.

Some of the Villages in our area that might not be so familiar to you are Bannockburn Neighbors Assisting Neighbors, East County Senior Village (east of Silver Spring), Foggy Bottom West End Village, Mount Vernon at Home (the first in Virginia), Olney Home for Life, Silver Spring Village, Village of Takoma Park, and Wyngate Neighbors Helping Neighbors.

All of us, as neighbors, help our neighbors sustain a high quality of life as they “age in place.”

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## GETTING READY FOR DAY ONE

In preparation for Chevy Chase At Home's expansion in October to cover Chevy Chase West and the Village of Drummond, our Volunteer Services Committee held a special training session on the evening of July 20th to prepare volunteers. Nine prospective volunteers from those communities attended, as did two individuals who are preparing to work with CC@ H in other than volunteer capacities. CC@ H President Nathan Billig welcomed them all and gave a short presentation about the formation and growth of our Village. Then training began with an amusing playlet about a

service encounter gone wrong-- ably performed by thespians from the Committee. As it was meant to do, this demonstration generated lively discussion, moderated by Committee Chair Monique Milhollin, on the correct way to interact with CC@ H members requesting assistance, and it was followed by further



discussion raised by many hypothetical situations described in written form and based on actual experience. The CC@ H Volunteer Handbook had been distributed earlier to all trainees, who, having studied it, left well prepared to

enter the fray. This was also a good time for Executive Director Catherine McCallum to brief the group about the responsibilities and workings of the office in setting up appointments and in addressing potentially problematic issues.

It should also be noted that in addition to the novice CC@ H volunteers and committee members present, three observers from Villages in the early stages of formation in nearby communities (North Chevy Chase and Friendship Heights) attended. Though their needs may be different from our model, all would depend on competent volunteers, and our guests were appreciative for what they were able to learn about that aspect of our activity. Moreover all who attended had reason to be grateful to Volunteer Services Committee members for sharing not only their time and experience, but providing delicious refreshments in the bargain. In every respect it was an evening well spent.

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### EXECUTIVE DIRECTOR'S SPOTLIGHT

The spotlight this month shines on our community partners at the Montgomery County Fire & Rescue Service (MCFRS) and the Chevy Chase Village Police Department.

Since the spring of 2015 CC@ H volunteers and Fire Fighters (and police officers in homes within Chevy Chase Village) have visited over 60 homes in

our community. I have accompanied Jim Resnick, Program Manager, Senior Outreach and Education for MCFRS, and other fire fighters on several visits and I can say that I left each time feeling gratified that the visit was appreciated and the home was a safer place in which to live.

This program is open to all of you and to all seniors in our community, even if they are not members of CC@ H. The home safety visit is a FREE community service that will ensure that you are safe and prepared when Maryland's new law regarding smoke alarms goes into effect on January 1, 2018. Please do consider signing up for the next series of visits beginning this month, and if you have already taken advantage of this program, encourage your older neighbors to do the same. To register, contact the office at 301-657-3115 or email [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org).

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### MUSIC & MEMORY

Chevy Chase At Home invited members of JSSA's Hospice Team to join us on Tuesday, August 9, to present the award-winning documentary "Alive Inside." Ellen Lebedow (Community Clinical Liaison) presented the film and then introduced her colleagues Deborah Vaughn (Hospice Chaplain) and Arlen Gaines (Hospice Social Worker) to discuss their experiences using personalized music playlists to bring back memories, and even joy, for Alzheimer's and dementia patients.



This amazingly powerful film brought up some excellent, and potentially useful, points:

- Musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize and stay present.
- When a person's favorite music is heard through earphones (as opposed to just a radio or CD player), it seems to be more effective, perhaps because of the physical resonance in the head.

- This technique, Music & Memory, is now an established program to train caregivers, especially in nursing homes, how they might brighten the lives of their clients. Do watch the video about Henry (with Kleenex handy...) at <https://musicandmemory.org/> - and think about donating those old iPods sitting around your house.
- If you're dealing with someone with Alzheimer's or dementia (and perhaps Parkinson's - music can encourage people to move), it may be worth a try to offer the person their favorite music on an iPod. Or there might be other triggers, such as smells for a baker (e.g., cinnamon) or an assortment of fabrics (silk, wool, corduroy, etc.) for a seamstress, that may work.
- Consider creating your own iPod playlist now with your favorite songs, especially if they link to a specific memory - for future reference, of course!

Sometimes this is all hard to think about, but it is something that affects so many people these days.

### **PUT YOUR MONEY TO WORK FOR CC@ H**

CC@ H serves a large "Village" of neighbors. Its vetted and devoted volunteers provide a wide range of requested services to members, over 1,000 per year. These include rides to medical appointments, computer tune-ups and trouble-shooting, minor household chores, friendly visits and respite for caregivers. These services fulfill the basic objective of enabling our members to continue to live in their homes and neighborhoods of many years. In addition, CC@ H has initiated programs such as "Storm Buddies" to check in on neighbors during difficult weather conditions, and home safety visits to make sure that our homes are up-to-date for fire prevention. CC@ H organizes regular events including exercise classes, lectures, social gatherings and more, to keep us engaged with others in the neighborhood.

CC@ H purposely keeps its annual membership dues at a modest level to stimulate new memberships and to encourage current members to renew. The inevitable result is a gap between our income from membership dues and our expenses. So far, this gap has been filled by generous

contributions from a variety of sources, including individual donors in our neighborhoods and some of the businesses we frequent.

Donors in 2015 doubled in number from 2014 and their contributions increased by 60%. This boost in resources enabled CC@ H to seek external support to sponsor and organize, at no cost to members, an important and highly successful program: The Home Safety Program. (See the Executive Director's Report for details.)

This year, some donors have an opportunity to double their contribution. Members in Section 3 and Chevy Chase Village have challenged their neighbors to match their contributions, up to a total of \$3,000 each; if you think this might work in your neighborhood and are able to create or contribute to such a challenge, please let us know by September 15! In any event, watch your mail for our annual appeal and consider your donation. Even a modest contribution, especially if doubled by a donor, will be helpful. Donations by check may be made to CC@ H and addressed to P.O. Box 15102, Chevy Chase, Maryland 20825. . . . Thank You!

### **AN INTERLUDE WITH GERSHWIN**



Here's a Meet & Mingle you won't want to miss. Ann Joseph, our star pianist, will share some of her favorite Gershwin tunes with us on **Saturday morning, September 17, 11 a.m., at CC Village Hall**. Ann will almost guarantee that you won't recognize all of these tunes, although some of them will be familiar. She will tell us a bit about what Gershwin was up to at the time he composed the piece and how that is reflected in the music. Join us for an informal concert with a bit of morning refreshment.

### **ADDITIONAL WAYS TO DONATE**

CC@ H received two noteworthy donations this summer. The first was from the Grafton St. Café Lemonade Stand. This is the second summer a small group of children in our area used their talents and charm to raise money for us. We thank them and their patrons!



The second gift, from an anonymous donor, was the transfer of stock shares to our brokerage account. Cashed in immediately, these provided a significant addition to our coffers!

If you're considering donating stock and would like to find out how you can donate shares to CC@H, please contact the office for details. We'd like to make it as efficient for you as we can.

In addition, do you need to withdraw funds from your IRA by the end of the year? Please consider Chevy Chase At Home as a charitable recipient of an income-tax-free stock transfer. Here are some rules to keep in mind:

- You must be age 70½ or older on the day of the gift.
- You may transfer any amount up to \$100,000 directly from your IRA to one or more qualified charities.
- This opportunity applies only to traditional IRAs and certain Roth IRAs.
- A gift needs to be made by Dec. 31, 2016, in order for it to qualify this year.

As always, please consult your broker and your tax advisor before making any significant donations.



Unexpected gifts make us smile



**SETTING UP  
FOR JULY'S ICE  
CREAM SOCIAL**

### **! JUST AROUND THE CORNER !**

**Bethesda-Chevy Chase Regional Services Center** offers a variety of programs for Seniors from meditation & exercise to discussion groups & classes.

**CHECK OUT THEIR BUSY CALENDAR:**

(<http://www.montgomerycountymd.gov/bcc/>)

## **?? WHAT JUST HAPPENED??**

### **You Won't Want To Miss This!!**

Charlie Cook, well known political analyst and founder and publisher of the *Cook Political Report* will give us his take on the election and what to watch in the future.

This will be **Thursday evening, November 17**, at the **Chevy Chase Village Hall**. Light refreshments will be served at **7:00 p.m.** before his presentation begins.

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## **POSTPONED**

Our October 8 program on Compassion & Choices has been postponed until a later date, when it will be presented as part of a wider discussion of health-care as well as "end of life" issues.

Watch your e-mail for other programs and activities in October - perhaps a lunch at La Ferme, perhaps a Meet & Mingle.

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### **HOME SAFETY VISIT DATES**

September 23 & September 29

Contact CC@H for a visit: 301-657-3115 or email [info@chevychaseathome.org](mailto:info@chevychaseathome.org)

### **OUR VOLUNTEERS**

#### **They Do Stay Busy**

Between June 1 and August 14, 34 volunteers gave a collective average 24 hours per week responding to 201 requests for services, more than half for rides.

## RECENT DONATIONS

### DONATIONS IN KIND

#### Facilities

Chevy Chase Village  
Town of Chevy Chase  
Montgomery County/B-CC RSC  
CC United Methodist Church

#### Professional Services

Scott Boyd, Accountant  
Christopher Regan, Attorney  
Evers & Co.

### FINANCIAL SUPPORT

#### Organization

Fitzgerald Auto Malls

#### Individuals

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

N.B. These lists reflect donations received between May 15 to August 7. 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](http://www.chevyCHASEathome.org) or call 301-657-3115

#### CC@ H ONGOING ACTIVITIES

**BRUNCH BUNCH**  
**2ND THURSDAYS**  
**OLYMPIA CAFÉ, 10 A.M.**

**KNITTING CIRCLES**  
**ALTERNATE MONDAYS &**  
**WEDNESDAYS, 1:30 P.M.**

**JEWELRY MAKING**  
**ALTERNATE MONDAYS**  
**1:00 P.M.**

*CHECK OUR WEBSITE FOR EXACT DATES*



**WALKING GROUPS**  
**FRIDAYS, 8:59 A.M. THRU SEPT;**  
**9:59 A.M. BEGINNING OCT 7**  
**BROOKVILLE MARKET**

#### WHO'S ON YOUR SPEED DIAL?

Our wonderful Brooks/Raz event (see pg. 1) came about because generous members who knew both of them were able to encourage them to volunteer their time for our enjoyment. Do *you* know someone who would be an interesting speaker at one of our programs?

Please contact the office with your ideas!

#### CC@ H NEWSLETTER

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