



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 Nine, Number One

March 2017

QUICK CALENDAR

MEET & MINGLES
CC VILLAGE HALL

ST PATRICK'S DAY CELEBRATION
RICK AND BRIDGET KEMPER
IRISH PIPES & HARP
Tues, March 14, 2:00 p.m.

NEW CARE MODELS FOR
CHRONICALLY ILL SENIORS
DR. K. ERIC DE JONGE
Tues, March 21, 7:00 p.m.

END OF LIFE CARE
FILM & DISCUSSION WITH
DR. CHRISTINA PRATHER
Thurs, June 1, 7:00 p.m.

CELEBRATION FOR MEMBERS,
ASSOCIATES & FRIENDS
La Ferme
Sat, April 29, 1:00 p.m.
RSVP REQUIRED

BRUNCH BUNCH
Thurs, Mar 9, Apr 6, May 11
10:00 a.m. to 11:30 a.m.
Olympia Café

GENTLE PILATES
(WEDNESDAYS AND FRIDAYS)
ZUMBA® GOLD
(WEDNESDAYS)

HOME SAFETY VISITS
APRIL 18-21

BE SURE TO CHECK OUR
WEBSITE CALENDAR
FOR LATEST EVENT INFORMATION!

NEW MEMBERSHIP YEAR STARTS APRIL 1

By now all of you, our Members, Associates and Friends of CC@ H, have received an invitation to renew your connection to our Village. What is different about this year's renewals and what does your continuing support signify to Chevy Chase At Home?

New Names for Membership Categories

As CC@ H has grown, so has our presence in the community. Quality events and activities have engaged neighbors across generations. To *emphasize* that Associates may join CC@ H at any age, we have shortened the Associate category by dropping the word "Member." Also, this allows us to replace "Full Member" with the simpler term "Member."

It's True - the Renewal Date is Changing

In case you have not noticed, we have changed the dates of our membership year from a calendar year to April 1 to March 31 (this will greatly simplify our accounting and administrative activities). Members, Associates and Friends who renew before March 31 are invited to our **Celebration at La Ferme** (April 29, 1 p.m.). Invitations go out soon but space is limited, so respond by March 31.

Whether you are a Member, Associate, or Friend, your renewal is vital to the work of our community and the future of Chevy Chase At Home.

HEALTH CARE ISSUES FOR AN AGING POPULATION

Chevy Chase At Home is planning three programs featuring leading experts on health and long-term care decisions that many of us will face as we age. These programs are scheduled for March 21, June 1 and September 6.

1. New Models of Care for Chronically Ill Seniors

Medicare recently has undertaken a demonstration project that brings multi-disciplinary, coordinated and integrated in-home care to elderly individuals who have severe chronic illnesses. The program's goal is to improve the quality of care and the quality of life for these individuals while saving money for Medicare.

Continued on pg. 2



(Continued) **Health Care Issues & Aging**

Join **Dr. K. Eric De Jonge**, Director of Geriatrics at MedStar Washington Hospital Center, for a discussion about the challenges of caring for these individuals under the current healthcare system, how this demonstration works, and the initial results. **Tuesday, March 21, 2017, 7 p.m. to 9 p.m., Chevy Chase Village Hall.**

2. When Times Get Tough: Facing Chronic Illness and End-of-Life Care

Despite advance directives, elderly patients, their families, and their caregivers often struggle with medical intervention decisions as the end of life approaches. **Dr. Christina Prather**, specialist in geriatrics and palliative care at George Washington University Hospital, will lead a discussion of the medical and ethical issues surrounding end-of-life care. A short documentary, "The Last Campaign of Governor Booth Gardner," which follows the governor's intensely personal effort to enact an assisted suicide law in Washington State, will be shown as part of the program. **Thursday, June 1, 2017, 7 p.m. to 9 p.m., Chevy Chase Village Hall.**

3. Facing the Future of Long-Term Care in a Rapidly Aging Society

Howard Gleckman, Senior Fellow of The Urban Institute, and President of Suburban Hospital's Board of Trustees, is a renowned economist and journalist with an intense interest in how to plan economically and organizationally for an ever larger aging society. **Wednesday, September 6, 2017, 7 p.m. to 9 p.m., Chevy Chase Village Hall.**

CC@ H OFFERS HOME SAFETY VISITS AGAIN

Montgomery County Fire and Rescue Services will partner again with CC@ H to offer Home Safety Visits during April 18-21. A member of MCFRS and a CC@ H Volunteer will come to homes in the neighborhood to install up-to-date smoke and carbon monoxide detectors, discuss the File of Life and review emergency evacuation options for your home. Call the CC@ H office for more information and to set up an appointment.

SCOUTS ARE READY !

Are You?

Get Ready for Spring -
Saturday morning, March 25 - Scouts can help set up hoses, move furniture, other tasks.

TOCC Trash & Treasures -
Friday, April 21, 4 p.m. to 8 p.m., Scouts can help you get your stuff out to the curb.

Members should call the office at 301-657-3115 by March 20 to be on the March 25 list and by April 17 for the April 21 list.



VOLUNTEER NEWS

Training For New CC@ H Volunteers

Thursday, May 18, 10 a.m. to 12 noon

Contact the office by Friday May 12 if you are interested. We welcome non-members.

* * * *

Medical Note-taking Training

For active Volunteers willing to accompany Members to medical appointments
Contact the office for more details.

* * * *

CC@ H contact info: 301-657-3115 or
info@chevyCHASEathome.org

HAVE YOU HAD YOUR SHINGLES SHOT?

Did you know that shingles (herpes zoster) can cause not only an irritating skin rash, but may also leave you with ongoing pain, vision loss, neurological problems (including inflammation of the brain or facial paralysis), or bacterial infections? If you are over 60, you are a candidate for this vaccine, whether or not you have ever had chicken pox or shingles. The vaccine is effective in preventing shingles or reducing its effects in more than half of those vaccinated. Please check with your doctor about getting vaccinated against this annoying, and potentially life-threatening, disease.

And while you're at it, have you had both pneumonia shots???

2017 BOARD OF DIRECTORS



Seated: Karen Spangler, Karen Bokar, Lucy Cook, Jan Augustine, Elaine Collins, Linda Kaplan

Standing: Susan Hamburger, Monique Milhollin, Ava Kaufman, Janet Regan, Catherine McCallum, Nathan Billig, Lois Fern, Mark Nadel, Elizabeth Cullen

Missing: Jay Brown, Gaby Gandal, Barry Passett

Photo: John Barnes

NEW BOARD MEMBERS (2017-2019)

Lucy Cook (Town of Chevy Chase) - Lucy and her husband have lived in the Town since 1988. An active Volunteer for CC@ H, she also volunteers for other organizations. She previously served on the board of St. James School and for a foundation providing scholarships to young women for public service internships.

Linda Kaplan (Rollingwood) - Linda has lived in Rollingwood for 31 years. Thanks to support from CC@ H, her mother was able to remain at home the last years of her life. Linda has extensive experience in non-profit management, including a two-year term as President of the Jewish Council for the Aging. She worked in a federal agency as an expert on substance abuse and mental health work issues.

Ava Kaufman (Chevy Chase West) - Ava is a practicing geriatrician and the Chairman of the Department of Medicine at Suburban Hospital. She was instrumental in the expansion of CC@ H into her neighborhood, Chevy Chase West, and the Village of Drummond.

Barry Passett (Rollingwood) - Barry has had a distinguished career in health management at the local and national levels. He founded the Maryland

Hospital Education Institute in the 70's, ran the Greater Southeast Healthcare System in the 80's and was chairman of the board of the first globalized health system in the 90's. Barry also served as an advisor to the President of the American Hospital Association.

Karen Spangler (Chevy Chase Village) - Karen has lived in Chevy Chase Village since 2001. She became interested in CC@ H after admiring the work of the Social Networking and Program Committee. She is an active Volunteer for CC@ H and other organizations, including the Lab School and Somerset Elementary School.

HOW DO YOU DO SOCIAL MEDIA?

Who knew there were so many interesting varieties of social media? On February 14 at the Chevy Chase Village Hall, Kathleen McGuinness, a Friend of CC@ H and Volunteer, provided an



energetic and informative talk on social media to a room full of eager, interested listeners. She highlighted the most requested types of social media - Facebook, Twitter, Skype, and Instagram,

but she also described other programs (apps), such as YouTube, LinkedIn, Pinterest, and Wikipedia.

Most of the audience was familiar with Facebook as a place for communication with friends and family but learned that it can also be used widely in the business and non-profit worlds, including Facebook pages dedicated to the Village movement (such as ours). There were many questions about privacy and some about copyright issues. Kathleen assured the group that Facebook provides multiple layers of controls to protect your site. Shorter discussions of Twitter, Skype and Instagram wrapped up the presentation, with lots of questions and hands-on help afterwards.

HAPPY ANNIVERSARY!

This spring marks the fifth anniversary of the arrival of Chevy Chase At Home's first employee.

CC@ H was still a "start-up," when Catherine



McCallum arrived. Now, she notes, "We are part of a significant movement [aging in place "Villages"] that has developed quickly, mostly on the East and West

Coasts. Of these, Chevy Chase At Home is the largest and arguably the most active and with the broadest range of services in Maryland."

Although CC@ H has a two-person part time paid staff, Catherine says we continue to rely enormously on our fantastic cadre of Volunteers. "We would be nowhere without their talented contributions – to maintain our website and Internet presence, to develop community partners, to manage data, and to train other volunteers."

"Our mission has stayed the same," Catherine emphasized, "but it is not just a matter of doing an increasing variety of tasks for a growing membership. One of the necessary aspects of managing growth is astute decision-making. Our all-volunteer Board and Committee Chairs have been especially able in determining and navigating necessary and appropriate boundaries."

Catherine loves working for CC@ H. "Unlike my prior experiences [in professional counseling], with our small community I get to know the whole person, whether Member or Volunteer, and I love working in an environment that defines and supports that special human connection."

Celebration for Members, Associates & Friends of CC@ H



**Saturday, April 29
1:00 p.m. - 3:00 p.m.
La Ferme Restaurant
7101 Brookville Road**

**RSVP by March 31, 2017
Your invitation will be in the mail soon.**

CHEVY CHASE ELEMENTARY SCHOOL CENTENNIAL

Chevy Chase Elementary School (CCES), the vibrant 3rd through 6th grade elementary school that sits in the middle of our Village, is 100 years old in 2017. On June 10, the school will host "CheetahFest 2017" – being billed as a family reunion. There will be displays of mementos from years past, video recordings of alumni reminiscing about their days at "Rosemary," and much more.

In support of our younger neighbors, CC@ H has launched a partnership with CCES. We have wisdom and skills that we can share with our young neighbors - and in turn, they will share their energy and curiosity with us. Everyone wins!

Judith Silber and Karen Spangler have organized our first project with CCES: to collaborate in the school's semester-long celebration leading up to the June 10 public event.

Do you know someone (yourself, a child, grandchild or friend) who attended CCES in the distant past, who lives nearby and would give a short talk to students about what elementary school (and life in general) was like in the "olden days" and maybe answer students' questions?

Do you know someone who would lend (or scan) a CCES class picture, a team picture, an old report card or any other CCES mementos?

To share information and scanned mementos, please contact the CCES media coordinator at EILEEN_D_KIRKLEN@MCPSMD.ORG before the end of May.

Our Treasurer (and active Volunteer), Jan Augustine, has given her Kindergarten class photo to CCES in support of the Centennial Celebration. Can you identify her in the photo on the last page?

**March 14, 2 p.m. CC Village Hall
Rick and Bridget Kemper play
Pipes and Harp
plus
Blarney & Refreshments**



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. Real Estate Inc.

FINANCIAL SUPPORT*

GOLD

The Columbia Foundation

SILVER

FBB Capital Partners
Heritage Investors Management
Corporation

INDIVIDUAL DONORS

Between 11/20/2016 and 2/7/2017,
more than 90 donations were
received for a total of more than
\$20,000



INVERORAN, NORTHERN HIGHLANDS OF SCOTLAND
Finalist in annual photo competition among walkers. . . J.A.



ROSEMARY SCHOOL KINDERGARTEN, MISS ARMSTRONG'S CLASS OF 1957
CAN YOU FIND JAN?

BE SAFE ON THE INTERNET

Don't post personal contact information, never post pictures of checks or provide financial information, never post comments or schedules of when you will be away from home, and, in general, do not post anything that you do not want the entire world to know about.

Kathleen McGuiness
discussing *Facebook &*
Other Social Media

CC@ H NEWSLETTER

Published by:

Chevy Chase At Home Communications Committee

Caroline Michaelis & Fran Pitlick, Co-Chairs

Writers & Editors: Nathalie, David, Elaine, Jan,
Catherine, Laura

Photos: John Barnes, Jan Augustine, Catherine
McCallum

Color Printing: Evers & Co. Real Estate Inc.

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

*On behalf of the students, staff and
Chevy Chase parent community,
you are cordially invited to our
centennial celebration*

CheetahFest: Our Family Reunion
June 10, 2017
12:00 – 6:00 PM

Activities & Games from our Past & Present
Story Telling
Chevy Chase Historical Archive
Dancing
Alumni Meet & Greet
Student Galleries
Live Entertainment
Food Trucks

**Follow the events on Facebook – CCES 100 Years Celebration*

Chevy Chase Elementary School Campus
4015 Rosemary Street

**Chevy Chase Elementary School
1917-2017**

Come help us celebrate, a century of excellence.