



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume Nine, Number 4

December 2017

LOOKING BACK ON 2017



What a great year this has been for Chevy Chase At Home! I feel honored to have been the President for this, our seventh year of assisting our member-neighbors with over 1500 individual services and so many activities for all to enjoy in the company of interesting and enthusiastic people. As usual, although we help each other in many important ways, I am always reminded that perhaps the best thing we do is to provide venues, interactions, and events for all to enjoy, while being with old friends and neighbors we may have never known before CC@H existed.

In addition to our regular, essential activities, such as rides to appointments, help with computers and other technology, household chores, walks in the neighborhood and brunches, there were some real highlights this year. We have embarked on a relationship with Chase Chase Elementary School: in the celebration of its 100th birthday, reading to students on Dr. Seuss's birthday, and now, a Pen Pal program for young students with older correspondents of CC@H. We have had the benefit of talented high school musicians at some of our events, and were lucky to have the expertise of GTGTech, a consulting group of high school women who teach older adults about computers and other devices. We hope to have more inter-generational activities in the year ahead.

We have continued the Storm Buddy program where every member can feel secure during inclement weather that a nearby volunteer is available to assist, if needed. With Montgomery County Fire & Rescue, we visited more homes in our community and replaced smoke and carbon monoxide alarms to meet the 2018 deadline of the state of Maryland law. Our local firefighters also gave tips on home safety and emergency measures in case of a fire and CC@H Volunteers assisted with completing the File of Life. We held a most informative CPR class for older adults. Our dance class designed to improve mobility and provide strong social interaction was a gratifying success and we hope to continue this activity.

In May, we were mesmerized by David Duberman's talk, **The Intelligence Cold War in Western Europe: KGB vs. CIA** and in October we were treated to a talk by Alexandra Zapruder, a life-long Chevy Chase resident, who has written "**Twenty-Six Seconds**," a fascinating book concerning the effects, over decades, of the home movie taken by her grandfather, Abraham Zapruder, of the assassination of President John Kennedy. A memorable success was a three-part series on **Health Care and Aging** from the perspectives of three professionals - a gerontologist, a palliative care

QUICK CALENDAR

PUBLIC PROGRAMS

CC VILLAGE HALL

HOLIDAY PARTY

SING-ALONG, MERRIMENT,
REFRESHMENTS

ROY BARBER, PIANO

Tues., Dec. 19, 2:00 p.m.

WHAT'S HAPPENING IN OUR NEIGHBORHOODS

KEN HARTMAN

Tues., Jan. 9, 2:00 p.m.

JAZZ GUITAR RECEPTION

STEVE HERBERMAN

Sat., Feb. 10, 3:00 p.m.

STRATEGIES TO SUPPORT YOUR MEMORY

MARTI BAILEY

Tues., Feb. 13, 2:00 p.m.

ST. PATRICK'S CELEBRATION CULKIN'S DANCERS

Tues., March 13, 2:00 p.m.

BRUNCH BUNCH

2nd Thursdays,

Dec. 14, Jan. 11, Feb. 8
10:00 a.m. to 11:30 a.m.

OLYMPIA CAFÉ

GENTLE PILATES/BALANCE (WEDNESDAYS & THURSDAYS)

ZUMBA® GOLD

(WEDNESDAYS)

WALKING GROUP

10:00 a.m. FRIDAYS

CHECK OUR WEBSITE CALENDAR
FOR LATEST EVENT INFORMATION!

specialist and an economist. Their insights provided their audiences with greater awareness of current medical practices and the future of long-term care for all of us and our families.

So, it has been a most successful year for us, and we look forward to more in the future. We are now in the midst of our annual Fall fund-raising campaign and appreciate the generosity of every neighbor in Chevy Chase, and beyond, so that Chevy Chase At Home will be able to provide services and activities in the coming years. Lastly, we could not have done all that we do without Catherine McCallum and Laura Fenves, our staff members, and the more than 100 volunteers who provide our services, and those who serve on committees and on the Board of Directors. We are so indebted to all of them.

Best wishes during the coming holiday season.

Nathan Billig, MD, CC@H President

COMING UP -

WINTER HOLIDAY PARTY

Join us for holiday treats and sing songs of the season with Roy Barber, musician-composer and leader of the Parkinson's Choir in Chevy Chase. Bring a friend and have fun! (December 19, 2 p.m.)

WHAT'S HAPPENING IN OUR NEIGHBORHOODS!

Join us for a question and answer session with Ken Hartman, the Director of Bethesda-Chevy Chase Regional Services Center and County Executive Ike Leggett's representative on local matters. Ken works with local, state, and federal officials to improve services to his region and collaborates with businesses and civic leaders to solve problems and deliver information. This puts him in the know about what is happening in Chevy Chase and beyond, especially regarding current construction projects, transportation and services, as well as what is being discussed and planned for the future. Ken has been an early and consistent supporter of the Village movement in Montgomery County, and particularly of Chevy Chase At Home. (January 9, 2 p.m.)

JAZZ RECEPTION WITH GUITARIST STEVE HERBERMAN

Steve Herberman, local jazz guitarist, will play selections from the Great American Songbook. Bring a neighbor, bring a friend. Relax, and enjoy the music, the company, and the refreshments. (February 10, 3 p.m.)

EXTRA!! EXTRA!!

Lunch at La Ferme – January 22 and February 26, 11:30 a.m. For CC@H Members, Associates, Friends & Volunteers. Make reservations through the Office – info@chevyCHASEathome.org or 301-657-3115.

STRATEGIES FOR SUPPORTING YOUR MEMORY

With all the information about Alzheimer's and related dementia in the news today, it is helpful to learn strategies that may be supportive or protective to your brain. Marti Bailey, Certified Senior Advisor and Director of Sibley Memorial Hospital's Senior Association and Community Health program will discuss specific strategies in some of the different domains of wellness, such as Physical, Emotional, Intellectual, Social and Spiritual. When you leave this session, you will be able to create a plan for yourself for building cognitive reserve. (February 13, 2 p.m.)

ST. PATRICK'S CELEBRATION

Wearin' of the Green with performers from the Culkin School of Traditional Irish Dance. Mark your calendars for March 13, 2 p.m.

WINTER EXERCISE CLASSES

Exercise Classes will start soon: Gentle Seated Pilates (January 10 & 11) and Zumba Gold (January 10). Sign up is now available.

Not sure whether one of these is right for you? Please call the office and talk with Laura.

WHAT IS BRUNCH BUNCH ANYWAY?

On the second Thursday of each month, a CC@H representative is at the Olympia Café on Brookville Road at 10 a.m. to meet and greet members and neighbors who want to get together and chat and/or learn more about Chevy Chase At Home. It's an informal way to meet neighbors who have similar interests, or just to find out what's going on around the corner. If you haven't been there yet, try it some time. No cost (but food and drink are on your own).

BIRDING AT AUDUBON - SATURDAYS

Interested in learning more about the birds in your backyard? At 8:00 a.m. on selected Saturday mornings, an Audubon Naturalist Society volunteer leads a bird walk at Woodend Sanctuary (8940 Jones Mill Road). Several CC@H members, volunteers and neighbors recommend this opportunity. Reservations are required, but there is no charge. More info: <http://www.meetup.com/Audubon-Naturalist-Society/>

STORM BUDDIES

Bad news! This winter is forecasted to be colder and snowier than last. Good news! Our popular Storm Buddy program will continue. Each member is paired with a volunteer who will check in with them during winter storms. Members and buddies are grouped into clusters and assigned a section coordinator as an additional resource. In December, the office will get in touch with each member to identify their storm buddy.

- NOTICE TO WALKERS -

Friday walks leave Brookville Market at 10:00 a.m. Not a fast walker? Don't worry. A CC@H volunteer will always be the last person on the walk. The usual route is through Rollingwood towards Rock Creek Park & East-West Highway. The slower walkers turn around and head back whenever they wish.

DID YOU MISS THESE?

ALEXANDRA ZAPRUDER AND HER GRANDFATHER'S HOME MOVIE



After her fascinating talk about her recent, highly regarded book, *Twenty-Six Seconds: A Personal History of the Zapruder Film*, Alexandra Zapruder autographed copies and chatted with participants.

DANCE & MUSIC FOR SENIORS: MOVEMENT, SONG & COMMUNITY FOR PD & BEYOND

On September 19th, the Village Hall was rocking with Dance and Music for Seniors. The large group of attendees enjoyed the program lead by Robert



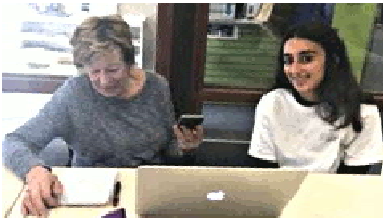
Sacheli and Roy Barber. Bob is trained in Mark Morris' Dance for Parkinson's model, and Roy, a pianist, leads the Parkinson Foundation Choir in Chevy Chase.

The session began with singing and vocalizations from the Great American Songbook and then simple dance movements got the group in action. Everyone was moving across the floor by the end of the class. Attendees loved the class. We are exploring starting a weekly session with Bob and Roy early next year.

TECH TUESDAY

In October, **Kathleen McGuinness** discussed the ins and outs of Uber and Lyft. She also talked about GoGoGrandparent (GGG), a service for those who don't have a smartphone. For a fee, GGG contacts and pays Uber or Lyft for you and monitors the ride to see that you arrive safely.

G2GTECH



Who better to help with technology issues than teenagers? On the morning of October 28, several Chevy

Chase At Home members met with teenagers from GTGTEch to help solve their tech issues. GTGTEch was founded by three enterprising local teen women. They work with seniors on a one-on-one basis to resolve technical issues. Comments after the sessions included "My session was great!" and "These kids are great."

CHOKING & SAFETY AWARENESS



Thanks to a generous grant from Montgomery County, a session for volunteers, members and neighbors was well attended. Rescue One, an American Heart Association contractor, led the course that dealt with breathing, choking and other emergency issues. Attendees

learned how an aware bystander has a good chance to provide life-saving support until help arrives.

WHAT IS A MONOPRINT?

Millie Shott guided enthusiastic members through the process of creating a monoprint – a single print image using various tools to impress ink onto paper to create the design. Artistic ability was not a prerequisite and everybody had fun.



TREASURES OF THE FREER/SACKLER

CC@H Volunteer and Freer/Sackler Docent Frances Li guided an enthusiastic audience on a virtual tour through some of the treasures of the galleries and pointed out significant features that revealed their history of travel - sometimes by ship but also along the Silk Road.



Frances Li & Lois Fern in animated discussion

AND NEWS –

CC@H SEEKS PEN PALS FOR CCES STUDENTS

A group of non-English speaking children at nearby Chevy Chase Elementary would love you as a pen pal! These children, ages 8 to 10, are enrolled in the English for Speakers of Other Languages program (ESOL) and their teacher has started a Pen Pal Club to assist the children in learning written communication using their new language! This program calls for just two letters a year. The Pen Pal connection will be initiated by the student (under the supervision of the teacher of course) in December with a Pen Pal response in January and a second letter from your Pen Pal in March needing a reply from you in April. There will also be an optional in-school party in May for the Pen Pals to meet. All letters will go through the CC@H office so only first names are used.

If you are interested in joining this program please contact the CC@H office (301-657-3115 or info@chevychaseathome.org) by **December 6**.

HOME SAFETY VISITS

Our Partnership with Montgomery County Fire & Rescue continues. This fall we visited 24 homes with MCFRS to update smoke and carbon monoxide detectors and provide guidance in the case of an emergency in their homes.

STOCKING STUFFERS



Stumped by what to give CC@H for the holidays? Of course sweets would be nice, but even better are stamps (a roll would be wonderful, but books are very useful also); HP 61 black or tri-color ink cartridges for our printer; a box of No. 10 self-sealing envelopes; or a Staples gift card!

CC@H CELEBRATES ITS VOLUNTEERS

In recent years, Patrick and Janet Regan have hosted an annual Volunteer Appreciation Party. It represents collective applause for Chevy Chase At Home volunteers, who exemplify the Village concept of "Neighbors Helping Neighbors Live at Home", and are superlative examples of how the concept is carried out every day. Around 45 volunteers and guests attended, each enjoying the delicious food and collegial atmosphere, celebrating another year of "Job Well Done."

Peggy Mercorella, the Chair of the Volunteer Services Committee, addressed the volunteers, gratefully acknowledging the importance of their service. Special guests included Scott Boyd, our pro



bono accountant, and the Scout Leader, Aaron Presnall and his wife, Biljana. Special member Hailey shown here with new friend, Barry Passett, felt the food tables were too high but some good ear rubs seemed to brighten her spirits.

OUR SUPPORTERS * -

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

CONTRIBUTORS

GRANTS

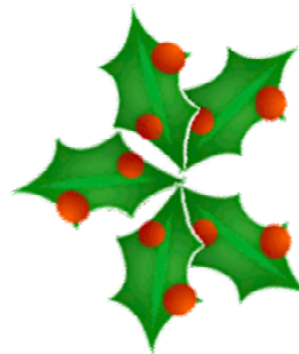
Montgomery County
Geico Philanthropic Foundation

COMMUNITY PARTNERS

Fitzway Auto Malls
TW Perry

* Data are for donations received between
August 15 and November 22.

*Individual Donations are not included in the web
version*



**!! HAVE A WARM
& CHEERFUL
HOLIDAY
SEASON !!**

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