



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume Ten, Number 2

June 2018

2018 BOARD OF DIRECTORS



Standing: Linda Kaplan, Karen Spangler, Elizabeth Cullen, Monique Milhollin, Lois Fern, Mark Nadel, Ava Kaufman, Elaine Collins, Catherine McCallum
Sitting: Kathleen McGuinness, Barbara Bryniarski, Karen Bokot, Susan Hamburger, Nathan Billig, Laura Fennes
Not present: Jay Brown, Barry Passett, Fran Pitlick

TECH #101: WHAT ALEXA & OTHER SMART DIGITAL ASSISTANTS CAN DO FOR YOU

Kathleen McGuinness will show us some of the things smart digital assistants and associated hardware can do and explain what is currently available such as Amazon's Alexa running the Echo Dot; Google's Assistant paired with Home Mini; and Apple's Siri working with iPhone or iPad. Alexa, Google Assistant and Siri are programs that convert voice commands to an action – to answer a request or activate a smart device. For example, these programs can search the internet to play a music request or be programmed to turn a light in the basement on or off if it is connected to a “smart” outlet.

There are innumerable programs already available that provide useful applications for seniors (and programs that can link them to their distant families). Kathleen will be ready to answer your questions about what some of the most useful applications might be. (June 12, 2:00 p.m., CC Village Hall)

QUICK CALENDAR

PUBLIC PROGRAMS CC VILLAGE HALL

**TECH 101 – ALEXA & OTHER
DIGITAL ASSISTANTS**

KATHLEEN MCGUINNESS

Tues., June 12, 2:00 p.m.

**HAVING THE LAST WORD
SAM SLOANE**

Wed., June 20, 7:00 p.m.

SMART DRIVERTEK WORKSHOP

AARP SMART DRIVER TEAM

Tues., July 17, 2:00 p.m.

(RSVP)

GAME DAY

Tues., Aug 14, 2:00 p.m.

BRUNCH BUNCH

2nd Thursdays,

June 14, July 12, Aug. 9

10:00 a.m. to 11:30 a.m.

OLYMPIA CAFÉ

CLASSES

DANCE & SONG

(Wednesdays)

**GENTLE PILATES/BALANCE
(Wednesdays & Thursdays)**

ZUMBA® GOLD

(Wednesdays)

WALKING GROUP

9:00 a.m. Fridays 'til Sept.

**KNITTING/CRAFT GROUPS
(Mondays & Thursdays)**

**CHECK OUR WEBSITE CALENDAR
FOR LATEST EVENT
INFORMATION!**

COMING UP -

DANCE & SONG FOR SENIORS



This spring we successfully launched a new class, Dance & Song for Seniors. With several enthusiastic, continuing participants, we are thrilled to have started a second session in May. Our wonderful instructors, dancer Bob Sacheli and vocalist and pianist Roy Barber, lead the class by exploring movement and song. All dance material, much of which is done seated, is adaptable to participants with varying levels of physical activity from the very fit to those facing challenges. As one of the participants noted "I am very enthralled by the combination [of dance and song]. I told my doctor about the class and he is thrilled. "

The classes are held on Wednesdays from 2:30-3:30 p.m. at Chevy Chase Village Hall and run through June 27. Come try out a class. We are sure you will enjoy it.

HAVING THE LAST WORD

Often, having to create an obituary at the time of loss can be overwhelming and almost too much to handle. Pre-writing your obituary is a gift you give those whom you've left behind. Learn to write an obituary to fit who you are as a person and to ensure you've left a lasting tribute to yourself.

Sam Sloane has led this workshop numerous times and has the knack to put a positive spin on the topic. Do plan to join the discussion and bring someone else with you. (June 20, 7:00 p.m., CC Village Hall)

AARP SMART DRIVERTEK WORKSHOP

AARP offers this 90-minute workshop that identifies new vehicle safety technologies and demonstrates how they work. If you understand and use these technologies, they may improve your safety as a driver and possibly extend your years as a safe independent driver. Even if your current automobile is not equipped with all of these technologies, the information presented may be helpful to you in purchasing a new car or when you rent a car that is newer than the one you own.

You **must register** to participate; **\$5 donation** required on site. (July 17, 2:00 p.m., CC Village Hall)

Important disclaimer:

The Smart DriverTEK workshop is distinct from AARP Driver Safety's Smart Driver course. Taking the Smart DriverTEK workshop **will NOT** lower your auto insurance rates.

GAME DAY

How about a card game? Or Monopoly or some other board game? Or even just some parlor games? Let's get together to enjoy some cool summer refreshments, clear out the mental cobwebs and test our skills at some of the games we used to play. (August 14, 2:00 p.m., CC Village Hall)

SATURDAY BEGINNER BIRD WALKS & BIRDING VIDEO LINK

Karen Stewart reviewed some of the birds we are most likely to see in the spring and some of the best places to find particular species. See her presentation at <https://youtu.be/962BoIAcYhg> complete with audio.

The Audubon Naturalist Society at Woodend Sanctuary offers free bird walks at 8:00 a.m. each Saturday in June. The CC@H website calendar includes links to sign up for these walks. There will be no walks in July and August.

OTHER NEWS –

PEN PALS



On May 18th, sixteen CC@H Members and Associates went back to school—Chevy Chase Elementary School, in fact. They were a part of the Pen Pals program with the school's ESOL class that began last fall. Members and Associates were partnered with a student; they wrote two letters to each other during the year. In this process they learned about each other and the students were able to meet their teacher's goal of improving their written communication skills. At the party, the Pen Pals met and were able to spend time together and learn more about each other. We're thrilled to bring this opportunity to our Members and students. Many thanks to CC@H Friend Sandie Deighton for her wonderful idea and Ms. Maria York for sharing her class with us!

HAVE YOU HEARD THE LATEST ABOUT SHINGLES?

The Center for Disease Control and Prevention (CDC) recommends that healthy adults 50 years and older (that's most of us) **get two doses** of the new shingles vaccine called Shingrix which is over 90% effective in preventing shingles and complications from the disease. The doses should be separated by two to six months. Your doctor or pharmacist can inject Shingrix in your upper arm, but be sure to verify ahead of time that the vaccine is available. No prescription is needed; the pharmacist can administer the injection at the counter.

JUST HANG UP!

They're at it again: callers from "The IRS" or "Microsoft" or your "grandson" or your "credit card company" are never who you think they are! Recently we have had reports of more and more of these types of calls and, unfortunately, a few people succumb to the spiel. If you receive a call that's even remotely suspicious, HANG UP immediately. DO NOT engage the caller in any type of conversation – despite what our parents taught us, you don't have to be polite to scammers. In addition to taking over your computer or your money, these people can capture your voice and use it to create false authorizations to get credit cards, open bank accounts and generally wreak havoc with your lives.

If in retrospect you think that you may have given out too much information to someone over the phone, change passwords on your computer (and router) immediately and notify your bank if financial information was involved. Of course, Members can always call CC@H for assistance in handling the technical issues as needed – but we'd rather not have to respond to this type of call, so please just HANG UP on scammers!

HOUSE NUMBERS IS YOURS REALLY VISIBLE?

Is your house number visible from the street? If your number is not visible, it is the same as not having one, which unfortunately is the case for too many residents.

A visible number is not a decorative item. It is essential, not only for deliveries of important goods - medications, for example - but for emergency services. Not having an easily visible number, particularly at night, could be dangerous and harmful to your well-being if the police, fire or ambulance services cannot find your house quickly.

Montgomery County recommends that house numbers have the following characteristics:

1. Numbers should be visible from the street and, in existing houses, be at least 3 ½" high;

2. Numbers should be placed on or near the front door and near a light;
3. If the front door is not visible from the street, place the numbers on a post, fence or tree at the driveway entrance. Use reflective or lighted numbers;
4. Get numbers with a reflective coating so that they are visible at night if your lights are off;
5. Prune or remove any vegetation obscuring existing numbers from the street.

We hope residents will follow these excellent guidelines. If you have trouble installing new numbers or moving existing numbers so that they are visible from the street, a CC@H Volunteer is available to help Members.

MEMBER-INITIATED ACTIVITIES

Walking Group Walkers meet Nathan Billig or Karen Bokar nearly **every Friday morning** for a vigorous one-hour loop to Meadowbrook Stables beginning in front of Brookville Market at **9:00 a.m. sharp**. A volunteer is present for each walk to adjust to a slower pace or to turn back, as needed. Interested? Please contact the Office to add your email address to the distribution list.

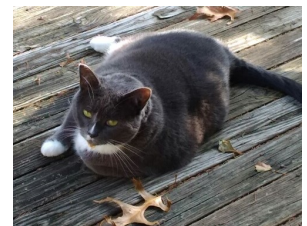
Knitting & Crafts This hand-work and companionship group is eager to welcome newcomers. Here's some info from one participant: "Bring your own projects such as knitting, crochet, bead work, needlepoint or another craft or just come to share conversation and good company. We are very informal and welcoming. We meet **alternate Mondays and Thursdays** from **1:00-3:00 p.m.** but people drop in when they can get there and leave when they need to. Carol Sutherland hosts on Mondays and Karen Bokar hosts on Thursdays. When they are out of town and can't host, others fill in." Contact the office to be added to the notification list



Brunch Bunch is an informal gathering which meets on the **second Thursday** of each month between **10 and 11:30 a.m.** at the Olympia Café (7021 Brookville Road). There is no registration and this is a "no-host" event; that is, refreshments are not provided; however, you may purchase breakfast or a beverage to bring to the table. You may come alone or bring friends, whether they are associated with CC@H or not. CC@H Board member Lois Fern, the coordinator, or another volunteer, is always there to welcome guests and to answer questions about CC@H. There are 8 to 12 persons who attend regularly, so the conversation and company is always lively.

?? WHO IS KIMMIE CHEVY ANYWAY ??

You may have been wondering who in the world this is when you get a CC@H Forum message from Kimmie Chevy. Well, it can now be revealed that... SURPRISE... she's Jan Augustine's cat! Kimmie, adopted from the Washington Animal Rescue League in 2008, was instrumental in helping set up our website and is happy to chair the Forum.



KimmieChevy is the Forum username for the CC@H office. Every week or so, we post local events that are not our own, but may be of interest to our members, such as **talks presented by The Fossils**, or **an activity at the Woman's Club of Chevy Chase**, or **classes at Sibley or Suburban Hospitals**. In that way, the Forum differs from our quarterly printed newsletters (sent only to our membership) and the public E-Blasts that the office sends out periodically to alert members, volunteers and neighbors about up-coming CC@H activities.

From time to time, a member may ask for a suggestion about professional service providers, but these queries are rare. The Forum is well-moderated and open only to our membership, so the number of messages each week is indeed limited. If you have opted out of the forum, why not think about coming back in?

YOU MIGHT HAVE MISSED –

CELEBRATING AT LA FERME

More than 60 new and renewing Members, Associates and Friends gathered on April 14 at the lovely La Ferme restaurant to celebrate the start of our new membership year. People in spring finery chatted, mingled, nibbled on delicious pastries, imbibed various liquid refreshments, and heard short welcomes from Betty O'Connor (the organizer of our events) and Nathan Billig, President of CC@H.



We would like to thank the 68 Member households, 71 Associate households, and 15 Friends who have already made their 2018-2019 commitment to CC@H. It's not too late to renew (or join) if you haven't done so yet! Contact the office or check our website for more information.

ST. PATRICK'S DAY PARTY



On March 13, in honor of St. Patrick's Day, jigs, reels, and hornpipes resounded in the Chevy Chase Village Hall as two students from the Culkin School of Traditional Irish Dance entertained the CC@H members. In the first part, the students, in their colorful costumes, slid, shuffled, and brushed in quick ballet-like

steps that hardly touched the floor. In the second part, the students changed into hard shoes and performed step dances in the "Riverdance" style. The music and dances were introduced by the master himself, Sean Culkin, who joined in many of the dances. He provided a historical summary of the dance steps and how they have evolved, as well as his personal history of learning to dance.

CURRENT STATUS OF IMMIGRATION REFORM



The Hon. Joan Churchill (ret.) discussed several upcoming court cases centered on immigration law. Her detailed presentation invited numerous insightful questions from her audience.

MONTGOMERY COUNTY POLICE K-9 UNIT

On May 8 members and friends were treated to a visit from Axel and his handler, Police Officer



Andrew Richardson of the Montgomery County Police K-9 Unit. They were accompanied by Sgt. Ari Elkin, head of the Unit. Most police dogs are either German

Shepherds or Belgian Malinois; the latter is the most commonly used breed in police and military operations in the world. Axel is a mix of the two. P.O. Richardson, who has worked in the Unit for six years, said that after 9/11, the demand for search dogs skyrocketed, with airports having the most need. Dogs begin their training early, and from that initial group, only certain particularly skilled dogs are selected for further training. Of a litter of 6 or so, only 2-3 might make the cut. Trained dogs specialize in one of two areas: detector dogs learn to find drugs, guns and explosives; tracker dogs train to find people and objects.

Detection situations carefully follow the law; P. O. Richardson cited an example of a car that has been stopped for something. Without a warrant, officers cannot search the car; the exception, which obviates the need for a warrant, is when the detector dog finds the scent, after moving around the car smelling the door handles for residue, or the exhaust. Dogs, with a sense of smell 50 times that of

humans, can detect substances we would never know were there, even through gas fumes. If he or she detects a prohibited item, that permits a police search. (Of the 30 or so dogs in the Montgomery County unit, only two are female, because females are reserved for breeding). Generally dogs live with their handlers but can only become indoor pets after they retire, usually around age eight.

P.O. Richardson described one typical training exercise in which a dog is presented successively with bags each full of meat or French fries or a variety of non-targeted smells; dogs sniff at each in turn and when they come to the bag of the scent they are being trained to find, are given a treat, thus associating correct identification with a reward. Airport dogs are trained, additionally, to find agricultural products that may be banned from entry. As the audience sat in the Village Hall, facing Connecticut Avenue, the French doors were opened and Axel entered with a flourish, going through his command routines in admirable fashion. The audience absolutely loved it, and if we were counting, would have awarded the presentation five woofs.

!! HAPPY

SUMMER !!



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

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