



# 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 14, Number 3

September 2022

### **GRATITUDE AND APPRECIATION**

As the seasons change from summer to fall, Chevy Chase At Home has also experienced several changes of note.

Since the founding of CC@H two of our original leaders, Fran Pitlick and Caroline Michaelis, have co-chaired the effort to create our newsletter. Starting with the first edition, in May 2009, these two members, volunteers, and consummate leaders have overseen the production of four issues of the newsletter every year. They designed the newsletter, convened meetings, coordinated the writing and editing of the articles, did the formatting and layout, and had it printed, addressed, and mailed to each member. With their can-do attitude, charm and wit, and the help of delicious cookies, they have been at this task for over a decade. Both have decided that it is now time to pass this task on to others. We are most grateful for their many years of service and involvement in so many of CC@H's activities and for all they have done to support the organization.

From publications to exercise programs, CC@H is fortunate to have a cadre of people who provide extraordinary services. Pamela Sislen is such a person. For more than two years she has provided a free weekly Cardio/Strength training exercise class on Zoom for CC@H members. Pamela has done this on a voluntary basis and included an opportunity for the participants to chat after the exercises are completed. In recognition of her commitment to the members, the CC@H Board voted to make Pamela an Honorary Member of CC@H. We thank her for bringing members a welcome weekly program.

In July, we said goodbye to Katharine Kosin, our Volunteer and Member Services Manager, who had been with us for two years. Katharine worked with members, volunteers, leaders, and committees, and provided excellent service to all our constituents. She has taken a full-time job at an association in Washington, DC and we wish her well in her new position. We are very grateful for all she did at CC@H and will miss her positive attitude. We look forward to announcing our new staff member shortly.

Thank you for your continued membership, and we hope to see you soon in person or on screen.

*Linda Kaplan, President*

*Wendy Finn, Executive Director*

### **INVITE YOUR FRIENDS AND NEIGHBORS**

Encourage your friends and neighbors to join us for a Wine and Cheese get-together to learn more about our organization. It is part of our effort to spread the word about CC@H throughout the community. The small gathering offers the opportunity to find out about volunteering and

membership. The event will be held on Susan Hamburger's porch in Section 3 on Monday, September 19 at 4 p.m.

Space is limited so reserve your spot at [info@chevychaseathome.org](mailto:info@chevychaseathome.org) or 301-657-3115.

## **BECOMING AN ARTIST**



*Ronie Nieva at art show in Kensington*

When Ronie Nieva approached retirement from her career as a social scientist and manager where she used her analytic left brain, one of her goals was to take advantage of newly freed-up time to grow her more artistic right brain. To this end she enrolled in a watercolor class series sponsored by the Northwest Neighbors Village. The students were, like her, active senior women and the teacher, Joey Manlapaz, a DC artist and Corcoran professor, is a fellow Filipina.

From a few previous classes, Ronie knew a little bit about thinking about shapes, and light, and color value but discovered that understanding how to work with water, how different papers and brushes behave, and which colors mix well revealed how much more there is to learn. She found that she did not at all mind being the novice in the room after a life of being the senior expert who provided most of the answers.

After several more years of classes, Ronie has begun participating in art shows and recently sold several of her paintings, another part of what it means to become an artist. And her enduring friendships from the watercolor class with NNV are another part of why our Villages can make such a difference in members' lives.

## **UPCOMING IN-PERSON MEMBER EVENTS**

Chevy Chase At Home is delighted to offer several in-person events this fall. You can learn more and register at [www.chevychaseathome.org/calendar](http://www.chevychaseathome.org/calendar). You can also sign up by contacting the office at [info@chevychaseathome.org](mailto:info@chevychaseathome.org) or 301-657-3115.

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### **FALL MEMBER SOCIAL**

September 11, 3 p.m.

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### **OUTDOOR LUNCH AT CLYDE'S**

September 21, 11:45 a.m.



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### **OUTDOOR LUNCH AND GEORGETOWN CANAL BOAT TOUR**

September 29, 12 noon  
(Rain Date September 30)



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### **VISIT TO JOSIAH HENSON MUSEUM & PARK AND OUTDOOR LUNCH**

October 7, 11 a.m.



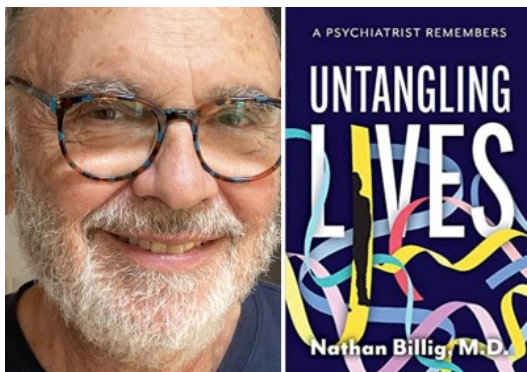
## **FALL GUEST SPEAKERS SERIES LAUNCHES**

Chevy Chase At Home continues the success of the Guest Speakers Series with a monthly online presentation by well-known and respected experts. Please mark your calendars and sign up at [www.chevychaseathome.org/calendar](http://www.chevychaseathome.org/calendar) or by sending a note to [info@chevychaseathome.org](mailto:info@chevychaseathome.org).

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### **UNTANGLING LIVES: A PSYCHIATRIST REMEMBERS PRESENTED BY NATHAN BILLIG, M.D. AND MODERATED BY MARK NADEL**

September 28, 1 p.m.



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### **PRESENT AT THE CREATION: A CHAT WITH SUSAN STAMBERG, FOUNDING MOTHER OF NPR WITH JOHN YDSTIE**

October 11, 1 p.m.



## **VACCINE CLINIC**

October 19

CC@H is partnering with Chevy Chase Village and Giant Foods to offer members a vaccine clinic for vaccines including flu and COVID boosters. More details coming soon. Registration is required.

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## **ONLINE ART LECTURES CONTINUE**

### **"FASHIONING AN EMPIRE" VIRTUAL TOUR WITH THE NATIONAL MUSEUM OF ASIAN ART**

September 9, 1 p.m.

Chevy Chase At Home will continue to offer online art presentations. For the latest offerings, visit [www.chevychaseathome.org/calendar](http://www.chevychaseathome.org/calendar).

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## **HELPFUL RESOURCES**

Have you looked at our website lately? We have a wide range of information available to you.

The Resources tab opens to a variety of valuable local and state resources. You can find information on everything from Fraud and Scam Prevention to how to recycle anything!

The CC@H YouTube Channel carries different types of videos including weekly exercise class (member-only), recent guest speakers, and the seven-part series, *Navigating Life's Journey*. To easily access it, click on the red icon just under the banner on the left side of the website. If you need assistance, please call the office at 301-657-3115.



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**Reminder:** Check the event calendar at [www.chevychaseathome.org/calendar](http://www.chevychaseathome.org/calendar) to see the latest offerings! Also, save **page 6!**



## **MEMBER AND VOLUNTEER PICNIC WAS A SUCCESS**

The weather cooperated and provided a gorgeous day for our summer picnic on June 29! Eighteen CC@H members and volunteers gathered at the picnic shelter at Meadowbrook Park to enjoy sandwiches from St. Elmo's Deli and catch up with friends old and new. We look forward to this becoming an annual event.

*"My husband and I attended the delightful CC@H picnic in Rock Creek Park this summer where we met other members and learned about their interesting lives and interests. We highly recommend attending the CC@H events to all! -- Helen and Don McDowell*



## **NEW WALKING GROUP ADDED**



CC@H members launched a second walking group this spring offering a lower intensity outing. The new group leaves from the Bethesda Outdoor Pool on Tuesdays at 10 a.m. The original walking group starts at Brookville Market on Friday mornings. To learn more and join one of the groups, please reach out at [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org) or 301-657-3115.

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## **FULL MEMBER: PLEASE CALL!**

Full Members are eligible for an array of services and are encouraged to call or email to ask for assistance. Whether it is a ride to a medical appointment, a helping hand with minor household chores, or assistance in setting up some new technology, CC@H is here for you. If we can ease your day, get in touch and let us know. You can call us at 301-657-3115.

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## **OUR SUPPORTERS**

### **MEETING/OFFICE SPACE**

Chevy Chase Village  
Town of Chevy Chase  
Regional Service Center

### **PROFESSIONAL SERVICES**

Scott Boyd, Accountant  
Christopher Regan, Attorney  
Pamela Sislen, Exercise Instructor

### **FINANCIAL SUPPORT**

#### **CORPORATE SUPPORT**

Bernstein Management Corporation (GOLD)  
Fitzgerald Auto Malls (SILVER)  
Heritage Investment Management Corporation (SILVER)  
Kelly & Kate Real Estate Services (SILVER)  
SmithLife Homecare (SILVER)

#### **COMMUNITY**

Town of Chevy Chase (DIAMOND)

#### **INDIVIDUALS\***

Individuals listed reflect contributions received between June 7 – August 17.

\*Individual contributors are not identified online.

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### **CC@H NEWSLETTER**

Published by: CC@H Communications Committee  
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## PROGRAMS AND ACTIVITIES

### IN-PERSON MEMBER EVENTS

#### FALL MEMBER SOCIAL ON THE PATIO

SUN, SEPT 11, 3:00 P.M. TO 5:00 P.M.

#### OUTDOOR LUNCH AT CLYDE'S

WED, SEPT 21, 11:45 A.M. TO 1:15 P.M.

#### GEORGETOWN CANAL BOAT TOUR AND OUTDOOR LUNCH

THURS, SEPT 29, 12 NOON – 3:00 P.M.

#### VISIT TO JOSIAH HENSON MUSEUM OUTDOOR LUNCH

FRI, OCT 7, 11 A.M. TO 1:30 P.M.

#### BRUNCH BUNCH

2ND THURSDAYS

SEPT 8, OCT 13, NOV 10

10:00 A.M. TO 11:30 A.M.

#### KNITTING/NEEDLEWORK/CRAFT GROUP

ALTERNATE THURSDAYS

SEPT 8 & 22, OCT 6 & 20, NOV 3 & 17

1:00 P.M. TO 3:00 P.M.

#### WALKING GROUP

FRIDAYS, 9:00 A.M. TO 10:00 A.M.

#### LOW INTENSITY WALKING GROUP

TUESDAYS, 10:00 A.M. TO 11:00 A.M.

### ONLINE MEMBER EVENTS

#### MOVIE DISCUSSION CLUB

2ND MONDAYS

SEPT 12, OCT 10, NOV 14

3:00 P.M. TO 4:00 P.M.

#### COFFEE & CONVERSATION

3RD MONDAYS

SEPT 19, OCT 17, NOV 21

11:00 A.M. TO NOON

#### BOOK CLUB

4TH THURSDAYS

SEPT 22, OCT 27, NOV 17

2:30 P.M. TO 3:30 P.M.

#### CARDIO & STRENGTH EXERCISE

MONDAYS, 10:30 A.M.

## ONLINE COMMUNITY PROGRAMS

#### MUSIC & MOVEMENT

THURSDAYS, 11:00 A.M. TO 12 NOON

#### "FASHIONING AN EMPIRE" VIRTUAL TOUR

NATIONAL MUSEUM OF ASIAN ART

FRI, SEPT 9, 1:00 P.M. TO 2:00 P.M.

#### UNTANGLING LIVES: A PSYCHIATRIST REMEMBERS

NATHAN BILLIG

WED, SEPT 28, 1:00 P.M. TO 2:00 P.M.

#### PRESENT AT THE CREATION: A CHAT WITH FOUNDING MOTHER OF NPR

SUSAN STAMBERG WITH JOHN YDSTIE

TUES, OCT 11, 1:00 P.M. TO 2:00 P.M.

#### TRAVELS WITH JAN: EXPLORING THE LEVADAS OF MADEIRA

JAN AUGUSTINE

MON, DEC 5, 1:00 P.M. TO 2:00 P.M.

[WWW.CHEVYCHASEATHOME.ORG/CALENDAR](http://WWW.CHEVYCHASEATHOME.ORG/CALENDAR)

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