



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

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March 2023

SPRING IS A TIME FOR RENEWAL

Spring is almost here and we can all look forward to warmer days. It is a time of change in season and a time of change for Chevy Chase At Home. It is also the time for our spring membership renewal so please renew by March 31. The mission of Chevy Chase At Home is to build a community supporting neighbors 55+ to age successfully and with dignity in their homes by offering services, activities, programs, and information.

There are lots of opportunities ahead for us this year as we start year one of implementing our strategic plan, fill our open committee chair positions, look for ways to grow our membership, and continue to get the word out about the important impact we have in our community. At the same time, we have the opportunity to look at things from a new perspective, evaluate what we have, and add or restructure what we need. This cannot be accomplished by a few individuals. It needs the input, passion, commitment and drive that first made CC@H a reality.

We are fortunate to have a hands-on board that is willing to work at the committee level. To those currently serving we welcome two new board members - Peter Kilborn and Bob Leibenluft.



Peter Kilborn and his wife Susan moved from Brooklyn, NY, to Chevy Chase Village in 1982. They have two grown children. Peter has lived all over the world as a journalist and most recently as an editor and foreign and national correspondent for *The New York Times*. Over his career, the *Times* accorded him ten Publisher's Awards and nominated him twice for a Pulitzer Prize. Peter is the former vice chair of the Chevy Chase Board of Managers and former chair of the Village's Public Safety and Parking Committees. He hopes to facilitate a wider and deeper engagement of Chevy Chase residents, old and young in the community.

Bob Leibenluft lives in the Town of Chevy Chase with his wife, Ellen. They have two sons, Jacob and Michael. Bob grew up in Brooklyn and after completing law school at UC Berkeley, Bob and Ellen moved to the DC area. Bob has spent his entire career working as a lawyer specializing in health care and antitrust law, with various stints at the Federal Trade Commission and the law firm of Hogan Lovells, where Bob is currently Senior Counsel; he also teaches a course on Antitrust in the Health Care sector at GW Law School. Ellen is a psychiatrist/researcher who has worked for the last 35 years focusing primarily on the brain mechanisms involved in bipolar disorder and severe irritability in children and adolescents. As Bob and Ellen transition into retirement, they plan to spend even more time on their lifelong hobbies which have included extensive travel, hiking and cooking.



While our staff is new to the organization, Jen Riesch, Executive Director of CC@H, and Cristen Sargent, Member and Volunteer Programs Manager, have done a remarkable job of continuing the work of the organization. Our committee chairs for membership, Karen Bokar and Mary Ellen Bittner, have a great team that is working to keep our members connected, increase membership numbers and manage the membership drive. Susan Post, coordinator of the interest groups, has added a men's poker group to our list of interesting offerings. Deborah Scheck has graciously taken over the Guest Speakers program and Linda Kaplan is chairing the new governance committee. Susan Hamburger is coordinating our new weekly Happy Hour that meets on Thursdays at La Ferme Restaurant for our members and volunteers to have a drink or meal together. Thank you to all.

The year will present exciting challenges as we transition into the organization that fulfills our new vision and mission. Together we can make it happen.

Peggy Mercorella, President

chevyCHASEATHOME.org info@chevyCHASEATHOME.org 301-657-3115

WELCOME CRISTEN SARGENT

We are pleased to welcome Cristen Sargent who started as CC@H's new Member and Volunteer Programs Manager in January. Cristen is thrilled to be

joining CC@H. She is a lifelong nonprofit professional and has worked with older adults and community-based organizations in several capacities throughout her career.

Most recently, Cristen was a supervising attorney in the Montgomery County office of Maryland Legal Aid, where she represented older adults and low-income individuals to avoid eviction and foreclosure, obtain public benefits such as Social Security disability and in-home care, and prevent nursing home discharges.

Cristen's background is in law and social work, and she holds J.D. and M.S.W. degrees from Washington University in St. Louis. She is originally from Rochester, NY, and graduated from Hamilton College. In her free time, Cristen enjoys exploring all the amazing parks, museums and events the Washington, DC area has to offer, and supporting the Washington Spirit, DC's professional women's soccer team.

If you see Cristen at an event, please wish her a warm welcome! You can reach Cristen at 301-657-3115 or info@chevyCHASEathome.org.

ENSURE CC@H'S CONTINUED SUCCESS

Chevy Chase At Home continues to provide members services, opportunities to socialize with friends, and an extensive array of education programs. Your support helps us to maintain the quality of our services, replace old equipment and address new needs.

Please consider honoring someone special on the occasion of a birthday or anniversary with a

donation to CC@H in their honor. Every donation makes a difference. You can contribute on our website at chevyCHASEathome.org where you can press the DONATE button or by sending a donation to Chevy Chase At Home, PO Box 15102, Chevy Chase MD 20825. You can also call the office at 301-657-3115 if you prefer to donate by credit card over the phone.

If you would like us to send a card to the honoree, you may call the office at 301-657-3115.

CURRENT BOARD MEMBERS & OFFICERS**Board Executive Committee:**

Peggy Mercorella, President
Ronie Nieva, Vice-President
Michael Thiede, Treasurer
Karen Spangler, Secretary

Board Members:

Bryan Arling
Mary Ellen Bittner
Karen Bokar
Susan Hamburger
Susan Kahn
Peter Kilborn
Bob Leibenluft
Kathleen McGuinness
Susan Post
Deborah Scheck
John Ydstie

Committees:

Membership – Karen Bokar and Mary Ellen Bittner
Guest Speakers – Deborah Scheck
Interest Groups – Susan Post
Governance – Linda Kaplan
Social Programs – no chair
Communications – no chair
Newsletter – no chair
Volunteer Services – no chair
Development – no chair

Staff:

Jennifer Riesch, Executive Director
Cristen Sargent, Member and Volunteer Programs Manager

IT IS TIME TO RENEW YOUR MEMBERSHIP

FULL MEMBERS, ASSOCIATES, & FRIENDS - lend me your eyes!

It is time to renew your status as a Full Member, Associate or Friend of Chevy Chase At Home. By now you should have received a renewal application form in the mail. You may renew your annual membership by mailing in the form with a check or by calling the office with a credit card number. You will be renewing for the year from April 1, 2023 through March 31, 2024. Please renew by the March 31 deadline so there is no interruption in your member benefits.

We want our full Members to continue receiving the many services that our volunteers provide, like rides to stores, medical/dental appointments, tech help, friendly visits, etc. Many of our members enjoy attending our exercise classes and our many interest groups (book, movie, walking, coffee and conversation and knitting; going to Brunch Bunch and occasional lunches out with other members; and other social events. We have a new Happy Hour (aka Poets Society at the bar at La Ferme restaurant every Thursday at 5 p.m. and hope you will join us. Some come to socialize and have something to drink and others also come to have dinner with the group.

We continue to have zoom and in-person events. CC@H is also collaborating with other Villages to bring a greater variety of Zoom lectures and guest speakers to us.

A new directory of Members, Associates and Friends will be issued after the March 31 renewal deadline. You may opt out of being listed in the directory by checking that box on the renewal application form.

Susan Hamburger, Membership Committee

UPCOMING MEMBER EVENTS AND GROUPS



Brunch Bunch January 2023

Chevy Chase At Home is delighted to offer several in-person events and ongoing groups this spring (see the last page). We will be hosting a St. Patrick's Day Social on Friday, March 17 from 2:00 – 3:30 p.m at the Town of Chevy Chase Hall at 4301 Willow Lane. Learn more about all our activities and register at chevychaseathome.org/calendar. You can also sign up by contacting the office at info@chevychaseathome.org or 301-657-3115.

RECENT EVENTS: CC@H HOLIDAY PARTY



Holiday Party December 2022

CC@H members and volunteers celebrated in style at the CC@H Holiday Party in December. Everyone enjoyed entertainment by our local singing group, Mix & Match, homemade holiday cookies and eggnog, and had the opportunity to visit with friends old and new. It was the perfect way to start the holiday season on a festive note!

FULL MEMBERS: PLEASE CALL FOR HANDY-MAN AND SEASONAL SERVICES!

Full Members are eligible for an array of services. Did you know that one of the most underused services of Chevy Chase At Home is that of the handyman? Our cheerful, adept volunteers can tackle a variety of "I'll get around to it projects" that you have been putting off until you can find someone to do it. Here are some of the things they will do: change light bulbs, replace smoke and/or carbon monoxide detectors, fix gate latches, tighten or replace cabinet hinges, replace a light switch and install bathroom grab bars. If you are not sure if they can handle a project, please call and ask.

In addition we have volunteers who can assist you when you speak to a contractor. While they cannot recommend any company specifically, they can assist you when you meet with a contractor by making sure you understand their proposal and contract.

At this time of year CC@H volunteers can also assist Full Members with seasonal-related tasks including moving bulky items to the curb for spring clean-up, light gardening/planting flower pots, setting up garden hoses for the spring and summer, setting up outdoor furniture or moving light indoor furniture, installing hooks for clothing or garden tools, rides to an accountant or tax preparer's office, helping with Easter/Passover shopping, and other seasonal activities.

If we can ease your day, get in touch and let us know. You can call us at 301-657-3115 or email info@chevychaseathome.org.

CC@H SEEKING VOLUNTEERS WANT TO GET MORE INVOLVED?

Meet other members, do something fun or rewarding or both. We are seeking volunteers to serve on our social and other committees, work on the newsletter, handle special projects, assist in the office, answer phones, and more! Email for more

information and let the office know you are interested at director@chevychaseathome.org.

OUR SUPPORTERS

MEETING/OFFICE SPACE

Chevy Chase Village
Town of Chevy Chase
Bethesda Chevy Chase Regional Service Center

PROFESSIONAL SERVICES

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

CORPORATE SUPPORT

Bernstein Management Corporation (GOLD)
Fitzgerald Auto Malls (SILVER)
Heritage Investment Management Corporation (SILVER)
Kelly & Kate Real Estate Services (SILVER)
Kathleen McGuinness/SmithLife Homecare (SILVER)
Sarah's Handmade Ice-Cream (SILVER)

COMMUNITY

Town of Chevy Chase (DIAMOND)

PRINTING SUPPORT



Reminder: Check the last page of the newsletter for our upcoming activities, events and interest groups! See our event calendar at www.chevychaseathome.org/calendar to see the latest offerings!

ACTIVITIES, EVENTS & INTEREST GROUPS

PHYSICAL ACTIVITIES

TAI CHI (Note 1)

Wednesdays, March 1, 8, 15, 22,
29, April 5, 12 (6-week class)
10:00 – 11:00 a.m.
Chevy Chase Town Hall



WALKING GROUPS

Low Intensity Walking Group

Tuesdays, 10 a.m.

Friday Walking Group

Fridays, 10 a.m.

ZUMBA GOLD (Note 1)

Mondays, 9:30 a.m.
Zoom Event

MUSIC & MOVEMENT (Note 2)

Thursdays, 11:00 a.m.
Zoom Event

(Note1) This Activity requires a fee.

(Note2) This Activity requests a donation.

SPECIAL EVENT

ST. PATRICK'S DAY SOCIAL

Friday, March 17
2:00 – 3:30 p.m.
Town of Chevy Chase Hall
4301 Willow Lane

UPCOMING SPEAKERS

MEMORIES FROM THE HEART: THE ART OF GHOSTWRITING

Lyric Winik
March 20, 1:00 p.m.
Zoom Event

FIRE SAFETY WITH JIM RESNICK, MCFRS FIRE SAFETY EDUCATOR

Jim Resnick
March 23, 1:00 p.m.
Zoom Event

TECH TIPS FOR A SMARTER LIFE AND HOME

Kathleen McGuinness
April 20, 1:00 p.m.
Zoom Event

YARD BIRDS OF CHEVY CHASE

Chris Wright
May 4, 2:00 p.m.
Zoom Event

DISCUSSION/INTERESTS

KNITTING/NEEDLEWORK GROUP

Alternate Thursdays, 1:00 p.m.
Chevy Chase Village Hall

MOVIE DISCUSSION GROUP

2nd Mondays, 3:00 p.m.
Zoom Event

BOOK CLUB

4th Thursdays, 2:30 p.m.
Zoom Event

COFFEE & CONVERSATION

3rd Wednesdays, 11:30 a.m.
Zoom Event

SOCIAL GROUPS

HAPPY HOUR

Thursdays at 5:00 p.m.
La Ferme Bar

BRUNCH BUNCH

2nd Thursdays, 10:00 a.m.
Olympia Café

MEN'S POKER GROUP

1st Tuesdays, 7:30 p.m.
CC@H Member's Home

CC@H NEWSLETTER

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

Questions? Check the Events Calendar on our website at chevyCHASEathome.org/calendar & click on the red **EVENTS** button in the menu on the left side, and then click on the event for which you want more details.