



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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YEAR-END REFLECTIONS

A Message from the Chevy Chase At Home Board President

There is something about this time of year that draws us to reflect on the events that shaped the year. 2023 was an exciting, interesting, and challenging one for CC@H. We began implementing Year One of our Strategic Plan. Some objectives were quickly implemented within our current organizational structure. Other goals have challenged us to look at how things were being done and develop new ways to accomplish these goals. Though change is never easy, it is essential to sustain the organization.

As our year closes, Mike Thiede, CC@H Treasurer, Kathleen McGuinness and Bryan Arling will have completed their Board terms and will be stepping down. The Board extends our grateful appreciation for all they have done to support the work of CC@H.

I would also like to thank our Committee Chairs for all their efforts to see that the services and events offered by CC@H seamlessly continue. Karen Bokar, Mary Ellen Bittner, and the Membership Committee have done an excellent job of recruiting new members and supporting our existing membership. Deborah Scheck and the Guest Speakers Committee have done an outstanding job of finding interesting and thought-provoking speakers. Betty O'Connor and Kathleen Shortley, working with the Social Events Committee, planned and presented several fun and interactive events. Susan Post coordinated the always engaging and popular Interest Groups. The Volunteer Services Committee has trained 13 new volunteers this year. Linda Kaplan and the Governance Committee have worked diligently to update our policies in preparation for the necessary changes to our by-laws. Special thanks go out to Mary Ellen Bittner and Susan Kahn for all their behind-the-scenes work.

Thank you to all our wonderful volunteers for their many service hours. We have had a marked increase in service requests and we are grateful for our volunteers who have provided such care and support to our members. A special welcome to Sean Nolan and Kathryn Zimmerman who recently became volunteers.

It has been a busy year, with lunches at Clyde's, happy hours at La Ferme and Brunch Bunch gatherings at the Olympia Café. Our interest groups have thrived. The Social Committee hosted four lively events. We have partnered with Chevy Chase Village to sponsor a vaccination clinic. Membership hosted two gatherings and maintains a presence at the Saturday Farmer's Market on Taylor Street. We have been informed and entertained by our guest speakers. And, we continue to offer popular physical activities, from walking to Zumba Gold, Tai Chi and Music and Movement.

As we reflect on all that has been accomplished this year, our last thank you goes out to Jen Riesch, CC@H Executive Director, and Cristen Sargent, Member and Volunteer Programs Manager. Without their patience, sense of humor, guidance and support, we would not have been able to sustain the level of service our members have come to expect and see our organization thrive. As you celebrate the holidays, may they be filled with family, friends, joy, laughter, and wonderful memories.

Peggy Mercorella, President

VOLUNTEER SPOTLIGHT

The shared neighborhoods of Chevy Chase bring CC@H members and volunteers together. Sometimes, those connections are even closer, such as the relationship between Cory Rogers, Liz Nicholas and Clare Herington – three CC@H volunteers who live on the same street in the Town of Chevy Chase.

“Well, I kind of talked both of them into doing it,” laughs Cory Rogers. “No, I told them how much I liked it, and they both said, great!” Liz Nicolas and Clare Herington agree that Cory was the origin of their connection to CC@H. Cory began volunteering with CC@H six years ago, and Liz started the following year. Clare, who recently retired, began volunteering this past spring.

CC@H Members Liz and her husband Stan Sobel, who have lived in their home for 30 years, met Cory when she moved in next door eight years ago. “I knew Cory and I would be friends,” Liz recalled. “I went over to introduce myself when she moved in, and we started talking about books. Cory mentioned a book that she thought was incredible, and I knew, oh, we will be friends.” Cory and Clare met through their spouses, who attend the same gym. “And we often get each other’s mail,” said Clare.

Cory observed that one of her favorite aspects of volunteering with CC@H is the ability to choose the days she’s available. “If you have a lunch or another meeting, you can still volunteer. From the volunteer’s point of view, you don’t have to commit to a specific ongoing day.” Liz and Clare agreed that the flexibility to choose when they can volunteer, and where they feel comfortable driving to, are benefits of their role. Clare added that the conversations with members are also a reason she volunteers, and that members are always pleasant and express so much gratitude. Liz agreed that the nicest thing about volunteering with CC@H has been getting to know their neighbors.

The neighborly support between Cory, Clare and Liz also extends to supporting one another in their commitments to CC@H. One time, Cory’s grandson fractured his leg and required surgery, and Cory had to travel out of state to help take care of him. Before her grandson’s injury, Cory had offered to take a member to a medical appointment. She reached out to Liz, who readily agreed to drive the



Clare Herington, Cory Rogers, and Liz Nicholas

member on Cory’s behalf. In recalling this story, Cory asked Liz, “Did I say thank you? Thank you!” Liz reminded her, “You gave me a plant!”

In addition to volunteering, Cory, Liz and Clare have exercise and a commitment to growth and well-being in common. You can find Cory at a barre studio most mornings when she’s not walking or reading. Liz is taking three classes at the Osher Lifelong Learning Institute this fall, and enjoys yoga, reading, theater and learning mahjong. Clare, who most recently retired, is adjusting into this new phase of her life with daily exercise and afternoon Rummikub sessions with her husband. But all three make time for the Full Members of CC@H.

For more information about volunteer opportunities with CC@H, please reach out to us at (301) 657-3115 or info@chevyCHASEathome.org.

FULL MEMBERS: PLEASE CALL FOR HOLIDAY ASSISTANCE!

Full Members are eligible for an array of services. At this time of year CC@H volunteers can also assist Full Members with holiday-related tasks including putting up decorations, wrapping gifts, transportation for 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.

PEN PAL PROGRAM GROWS FOR 2023-2024 SCHOOL YEAR



For several years, CC@H has coordinated a Pen Pal Program with the English for Speakers of Other Languages (ESOL) Teacher at Chevy Chase Elementary School. This school year, ten volunteers signed up to be Pen Pals with ten students. The students love to write to a real person. It is also an excellent way for them to improve their written English skills, which are more difficult to master than spoken English. The volunteers enjoy the intergenerational experience and the opportunity to learn about different cultures. This program is a win-win!

The children, in grades 3-5, are interested the volunteers' lives. The children come from many different countries and in some cases, the volunteer has traveled to the student's home country and can share an experience. There is also usually shared interest in foods between the children and volunteers.

The program is expanding to exchange four letters instead of the two or three of past years. The volunteers received their first letters in November and will receive future letters in January, March, and May. Volunteers reply to the students about 30 days after the students' letters are received.

For privacy, all correspondence is on a first name basis and information exchanged is of a general nature. The Pen Pal Coordinator collects all letters from the volunteers and delivers them to the school, where they are read by the teacher before the students receive them. The letters from the students are later picked up by the Coordinator and distributed to the CC@H volunteers. The teacher tells us that the children get most excited prior to the dates their volunteers' letters are due to arrive. And volunteers have shared how they enjoy learning the answers to their questions.

Sandie Deighton, Pen Pal Coordinator

INTEREST GROUPS: COMMITTEE UPDATE

There is something for everyone in the numerous interest groups at Chevy Chase At Home. Whether your interest is books, movies, decluttering, crafts, bridge or poker, there is something for everyone. All involve fun, lively conversation, and personal connection. And each group welcomes new participants from every level of membership, including volunteers.

Book Group tends to alternate selections between fiction and non-fiction. Movie Group selects both English and foreign language offerings available via Netflix, Amazon Prime or Apple TV. Some films are recent, some are older classics. All provoke thoughtful insights and critiques and lively conversation.

Book, Movie, Coffee and Conversation and Decluttering groups meet on Zoom. Crafting is held at the Chevy Chase Village Hall and Men's Poker and Bridge Groups meet at members' homes.

Susan Post, Interest Groups Committee Chair

MEN'S POKER GROUP UPDATE

Men's Poker at CC@H is going strong. Massive amounts of money are at stake: nickel/dime bets with a quarter on the final bet! Conversation about our own lives, current events, and lots of good laughs make it a lively evening even for the big losers.

The group meets monthly, the first Tuesday of the month at 7:30 p.m., in our various homes, with delicious snacks and plenty of drinks of all kinds. New players are welcome, experienced or not, with the great game of big stakes gambling!

Call Bob and Susan Post at (301) 652-5699 or the CC@H office at (301) 657-3115 if you'd like to join or simply to hear more about our high-stakes rollers.

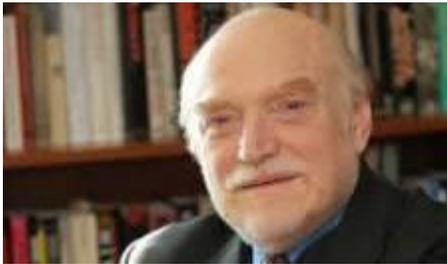
Susan Post, Interest Groups Committee Chair

WINTER GUEST SPEAKER SERIES

Chevy Chase At Home continues the success of the Guest Speaker Series with virtual presentations by well-known and respected experts. Please mark your calendar for our January 30th speaker, Walter Reich. On February 22nd, journalist Marvin Kalb will join us for a discussion of The Future of Democracy. Sign up for any of the talks by calling (301) 657-3115 or emailing info@chevychaseathome.org.

**THE RESURGENCE OF ANTISEMITISM
WITH WALTER REICH**

Tuesday, January 30, 1:00 – 2:00 p.m.



Antisemitism is the world's oldest human hatred. After the Holocaust, in which six million Jews were systematically murdered by Nazi Germany and its collaborators, antisemitism went on a kind of vacation; antisemitic sentiments, if felt, went largely unexpressed. But in recent years it has been on the rise once again. And, in the immediate wake of the brutal attack by Hamas against Israel on October 7th, it exploded around the world. Walter Reich, former director of the U.S. Holocaust Memorial Museum, will put current events in the context of history, from the beginnings of antisemitism over two thousand years ago to the creation of the State of Israel in 1948 and through the numerous wars and efforts at international accords between Israelis and Palestinians. The program will foster an understanding of the vagaries of public and official opinion, including our very own, and will provide ample time for participant questions and discussion.

Walter Reich is Yitzhak Rabin Memorial Professor of International Affairs, Ethics and Human Behavior, and Professor of Psychiatry and Behavioral Sciences, at George Washington University. A champion of the protection of global human rights for fifty years, he is a leading scholar who has written and lectured on the Holocaust and genocide, antisemitism, terrorism, human rights,

national memory, and the Israeli-Palestinian conflict. From 1995 to 1998, Dr. Reich led the U.S. Holocaust Memorial Museum and ensured that it serves a critical purpose as a place of education as well as remembrance.

Please join us for this extraordinary opportunity. To encourage open discussion, this Zoom event will not be recorded. This special program is reserved for CC@H Members and Volunteers until January 10, when any remaining spots will be offered to the public. Please register by email: info@chevychaseathome.org, phone 301-657-3115, or for members only, by logging in to your member account. Be sure to register before January 10 to ensure your participation in this program, as only 90 spots remain.

DID YOU KNOW?

Some of us may have enjoyed a home-cooked meal this Thanksgiving, while others might have opted for the convenience of purchasing a fully prepared meal that needed only to be reheated and served. In fact, some members take a break from cooking more often and enjoy prepared meals year-round. While CC@H cannot recommend any specific meal preparation or delivery company, CC@H members have shared services they have tried.

One member tried Mom's Meals Self-Pay program, www.momsmeals.com. While Mom's Meals offers meals to older adults through certain Medicare, Medicaid and Older Americans Act programs, it also offers a self-pay option for those without an eligible health plan or who don't qualify for financial assistance, but still want the convenience of home-delivered meals. This program offers nine health-condition menus with a variety of meal options. Customers can choose their meals, and they are delivered and can be stored until it's time to heat and serve.

Another member has used Little Lady Chef, www.littleladychef.com. It offers meal preparation on a weekly or bi-weekly basis for lunch and dinner, as well as snacks, breakfast, and dessert items. Little Lady Chef offers single-appointment service for pantry and freezer stocking, preparing meals designed to freeze, store, and reheat well.

A member found Healthy Fresh Meals, www.healthyfreshmeals.com, to be fully prepared and delicious. This company will deliver or there are several pick-up locations throughout the DC area.

Another member shared that one can get a complete dinner delivered on Thursdays from Dinner Parfait, www.dinnerparfait.com.

One member tried FACTOR recently, and enjoyed the meal selection but found the ordering rules and requirements to be too onerous. Portions are for two people. www.factor75.com.

Older adults in the CC@H catchment area are eligible to purchase meals prepared and delivered by the Bethesda-Chevy Chase Meals on Wheels program, regardless of income. There are two meals in each daily delivery, one fresh lunch meal and one frozen dinner meal. Dietary needs can be accommodated. www.b-ccmealsonwheels.org.

Pharmacy and our wonderful CC@H volunteers made everything run so smoothly.

Everyone enjoyed the Fall Social that was held on September 29 at Chevy Chase Village Hall. It was an enjoyable way to celebrate the beginning of the new season. Activities included pumpkin decorating, games, and prizes. Apple cider and sweet fall treats were served. There was lots of socializing and laughter!



Sheila Cohen and Mary Ellen Bittner at the CC@H Fall Social.

RECENT EVENTS: VACCINE CLINIC, FALL SOCIAL, CLYDE'S & GLENSTONE MUSEUM OUTING

It was delightful to see many of our members and volunteers out and about this fall.



Renan Augusto and Kathleen McGuinness staff the CC@H table at the Vaccine Clinic.

Chevy Chase At Home (CC@H) and Chevy Chase Village (CCV) partnered for the third year to offer a Vaccine Clinic at Chevy Chase Village Hall on Oct. 25. It was a wonderful community event; we were pleased to serve over 150 individuals at the clinic. There was a great turnout - community residents, CC@H Members and volunteers, their families and caregivers, CCV police officers, CCV staff, and many others came for their vaccines. Giant



Susan Hamburger, Linda Kaplan, and Karen Bokar at the Fall Social.



Barbara Presnall, Ann Gallagher, and Deborah Vollmer at Glenstone Museum.

A group of members visited the Glenstone Museum in Potomac on November 3, enjoying modern art, a nature walk, and lunch at the café. Many thanks to Barbara Presnall for driving the group.



Geri Hansen, Jean Bernard, and Karen Bokar at Clyde's.

Members recently enjoyed lunch and conversation at Clyde's of Chevy Chase. Join us Wednesday, January 24 for our first Clyde's lunch of the New Year!

ENSURE CC@H'S CONTINUED SUCCESS

It is hard to believe that the holidays are here! Looking for a meaningful gift that does not have to be stored on a shelf or tucked away in a closet? Consider donating to CC@H in honor of or in memory of that special person. Every donation makes a difference and allows us to maintain the high quality of services that we are known for and to address new needs.

In addition to supporting the critical services we provide to our community, your donation can help cover the cost of volunteer background checks and training as we welcome new volunteers, new office equipment such as computers and a printer, a speaker for our hybrid events, a second Zoom account for our village, new brochures and marketing materials, and support for the development of a new website.

Thank you for supporting CC@H during the holidays. You can contribute on our website at www.chevyCHASEathome.org by pressing the DONATE button, or by mailing a donation to Chevy Chase At Home, PO Box 15102, Chevy Chase MD 20825. If you prefer to donate by credit card over the phone, you can also call the office at 301-657-3115. If you would like us to send a card to the honoree, please let the office know.

FRIENDLY VISITS AVAILABLE FOR FULL MEMBERS

Volunteers from CC@H offer Full Members friendly visits. These take many forms depending on the wishes of the member, such as a walk outdoors or a conversation indoors or out in good weather. In the first instance, volunteers can walk with members around the neighborhood at a pace and for a distance that is most comfortable. This one-on-one service provides an opportunity for exercise and fresh air and a chance to get outside without walking alone. Volunteers can also visit a member at home for a conversation. Seeing a cheerful volunteer provides social interaction and prevents isolation. Volunteers and members may enjoy sharing about past travels, work experience, current events, or other topics. One volunteer found that she and the member had worked for the same federal agency at different times. Strong and enduring friendships have been born of these friendly visits, treasured by both members and volunteers.

Karen Bokar, Membership Co-Chair

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

CORPORATE SUPPORT

Bernstein Management Corporation (GOLD)
Heritage Investment Management Corp (SILVER)
Kelly & Kate Real Estate Services (SILVER)
SmithLife Homecare (SILVER)
Sarah's Handmade Ice Cream (SILVER)

COMMUNITY

Town of Chevy Chase (DIAMOND)

PRINTING SUPPORT



ACTIVITIES, EVENTS & INTEREST GROUPS

PHYSICAL ACTIVITIES

WALKING GROUPS



Low Intensity Walking Group

Tuesdays, 10 a.m.

Friday Walking Group

Fridays, 10:00 a.m.

ZUMBA GOLD (Note 1)

Mondays, 9:30 a.m.

Zoom Event

TAI CHI (Note 1)

Wednesdays, 10:00 a.m.

Jan. 3 – Feb. 7

Chevy Chase Town Hall

MUSIC & MOVEMENT (Note 2)

Thursdays, 11:00 a.m.

Zoom Event

(Note 1) This Activity requires a fee.

(Note 2) This Activity requests a donation.

SPECIAL EVENTS

LUNCH AT CLYDE'S

Wednesday, January 24

11:45 a.m. – 1:15 p.m.

GUEST SPEAKERS SERIES

The Resurgence of Antisemitism with

Walter Reich

Tuesday, January 30

1:00 – 2:00 p.m.

Via Zoom

GUEST SPEAKERS SERIES

The Future of Democracy with

Marvin Kalb

Thursday, February 22

1:00 – 2:00 p.m.

Via Zoom

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.

DISCUSSION/INTEREST GROUPS

KNITTING/NEEDLEWORK

1st and 3rd 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

DOWNSIZING GROUP

3rd Mondays, 4:00 p.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

BRIDGE GROUP

Mondays, 1:30 p.m.

CC@H Member's Home

CC@H Newsletter

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