



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume Eleven, Number 3

September 2019

QUICK CALENDAR

PUBLIC PROGRAMS CC VILLAGE HALL

AN EVENING WITH MURRAY HORWITZ

MURRAY HORWITZ, HOST,
WAMU's "BIG BROADCAST"
Tues., Sept. 17, 7:30 p.m.

RELAXATION & MEDITATION FOR CAREGIVERS

CHRISTY SHARSHEL
Tues., Oct. 15, 7:30 p.m.

WHAT YOU NEED TO KNOW ABOUT MEDICARE . . . NOW

SHERILL MASON, HEALTH CARE
ANALYST
Tues., Oct. 22, 2:00 p.m.

THE UNWANTED: AMERICA, AUSCHWITZ, AND A VILLAGE CAUGHT IN BETWEEN

MICHAEL DOBBS, AUTHOR
Tues., Nov. 12, 7:30 p.m.

BRUNCH BUNCH

2nd Thursdays,
Sept. 12, Oct. 10, Nov. 14
10:00 a.m. to 11:30 a.m.

OLYMPIA CAFÉ

EXERCISE CLASSES & MORE
ON PG. 2>>>

THANK YOU CATHERINE MCCALLUM

Chevy Chase At Home is entering a new era. On July 19, 2019, CC@H said goodbye to Executive Director Catherine McCallum who served in that



position for seven years, assuming her role just three years after CC@H was founded. We were fortunate to have had the privilege of working with her and observing the growth of CC@H during her years with us. Starting in a member's basement office, Catherine was instrumental in advancing the scope of member services, increasing our financial viability and gaining recognition for CC@H as a leader among other villages in Montgomery County and the Washington metropolitan area. Her tenure allowed her to develop close relationships with the members, the community-at-large, the local business community and with the Director of the B-CC Regional Services Center where we now have our office. Many members attended the Brunch Bunch on July 11, 2019, to express their gratitude, share memories and extend good wishes to Catherine before she left CC@H. In addition, the Board gave her a send-off on July 18 acknowledging her service and dedication to the organization. Though we are sad to see her go, we wish her well in her new position and are confident she will bring her passion and commitment to serving older adults to this new job.

The office is being ably covered by Amy Propps, who is serving as the Acting Executive Director. Plans for social networking and informational programs, exercise classes, affinity groups and, of course, services for members are continuing as usual. The search process for the Executive Director is underway and candidates were interviewed in August. Our goal is to announce the new Executive Director before the summer ends.

Your support of CC@H is so important to us. Without our members, volunteers and supporters we could not exist and we are grateful to all of

you. As an organization based on the idea of neighbor helping neighbor, we rely on community involvement and backing, so please watch for the Fall annual giving campaign request which will be mailed in October. Thank you in advance for your support.

This brings me to another vital ingredient that makes for a successful village - volunteers! Yes the life blood of CC@H is the volunteers, who provide direct services, serve on committees and the Board, and help out in many other ways. We depend on you to make CC@H strong. So here is your opportunity to help a neighbor, enrich the

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community and make new friends. Join a committee, become a volunteer, or call the office to see what other opportunities there are. As CC@H enters its second decade let's work together to further our mission.

Linda Kaplan, President

WHAT'S COMING SOON -

AN EVENING WITH MURRAY HORWITZ

Celebrating 50 Years in Show Biz

Murray Horwitz, Tony-Award winning playwright, lyricist, director and currently host of WAMU's *The Big Broadcast*, will be our guest speaker on **September 17 at 7:30 p.m.** at the Chevy Chase Village Hall. Mr. Horwitz's prolific 50 year career in show business has encompassed almost every facet of the entertainment world since he got his start straight out of Kenyon College as a clown with Ringling Brothers, Barnum & Bailey Circus. After three years with the circus he went on to work as a performer and director in New York and in 1976 co-authored the hit musical *Ain't Misbehavin'*, for which he won a Tony award.

After moving to the Washington area with his family (he and his wife are residents of the Town of Chevy Chase) Horwitz made his mark at NPR as director of cultural programming, winning three Peabody Awards and helping to create the ever-popular comedy news quiz show, *Wait, Wait, Don't Tell Me*. He later served as founding director of the AFI Silver Theatre in Silver Spring. In addition to his job as host of *The Big Broadcast*, Murray Horwitz is also artist-in-residence at Washington Performing Arts. And he is known to be a terrific story-teller! You won't want to miss this entertaining evening, so please register now online at www.chevyCHASEathome.org or by calling 301-657-3115 to be sure of a seat.

RELAXATION AND MEDITATION FOR CAREGIVERS

Christy Sharshel, Mindfulness Instructor and Assistant to Tara Brach, will speak on the benefits of establishing a mindfulness practice for better health and relaxation, especially for caregivers. This will be an evening session, **7:30 p.m., Tuesday, October 15, at Chevy Chase Village Hall**. This event is open to the public; registration is strongly recommended (at our Event Calendar at www.chevyCHASEathome.org).

WHAT YOU NEED TO KNOW ABOUT MEDICARE . . . NOW

Sherill Mason, R.N., principal of Mason Advisors, LLC, is an experienced analyst of federal health care policy related to skilled nursing facilities, home

health agencies, hospice, long term acute care hospitals, inpatient rehabilitation facilities, long term care pharmacy, and outpatient rehabilitation. Among past consulting engagements undertaken were an analysis of health care reform legislation and its potential impact on the senior living industry, and the development of a strategic plan for a national charitable organization with annual revenue of \$1+ billion. Before becoming a private consultant, Ms. Mason held executive positions with KPMG LLP and Sunrise Senior Living. Her talk will focus on known and possible changes in Medicare after which she will welcome questions. **Tuesday, October 22, 2019, 2:00 p.m. to 4:00 p.m. Chevy Chase Village Hall.**

CALENDAR (CONT.)

MUSIC & MOVEMENT

**Wednesdays, 2:30 p.m.
Sept. 4 thru Oct. 30**

ZUMBA GOLD®

**Wednesdays, 11:30 a.m.
Sept. 4 thru Nov. 6**

TAI CHI

To be announced

LIFE STORY WORKSHOP

To be announced

WALKING GROUPS

**Norwood Park, Mondays
10:00 a.m.**

**Brookville Mkt., Fridays
9:00 a.m. September
10:00 a.m. begins October 4**

KNITTING/KRAFTING GROUP

**Once or two Thursdays
each month**

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

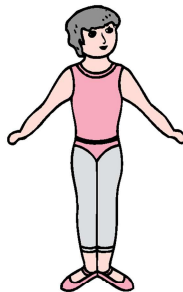
THE UNWANTED: AMERICA, AUSCHWITZ, AND A VILLAGE CAUGHT IN BETWEEN

Michael Dobbs will discuss his new book, *The Unwanted*. He tells the story of Jewish families from a village on the edge of the Black Forest desperately seeking American visas to escape Nazi Germany. Some reach the US after battling formidable bureaucratic obstacles. Some are turned back, some perish along the way and some are murdered in Auschwitz. He paints a vivid picture of what it was like to live among increasingly hostile neighbors, waiting for "the piece of paper with a stamp" that would determine their fate. It is a German story that is also an American story, a chronicle of the US response to the refugee crisis in Europe resulting from Nazi terrorism that still resonates today.

Tuesday, November 12, 2019, 7:30 p.m. to 9:00 p.m., Chevy Chase Village Hall.

FALL CLASSES

Zumba Gold® – Sharon Gelboin-Katz leads this long running class at CC Village Hall. Zumba Gold classes are a fun way to add exercise to your day. Zumba Gold strives to improve balance, strength, flexibility and most importantly, the heart. We use easy to follow steps that include Salsa, Cha Cha, Merengue, Flamenco and Tango.



Register early! This **popular one-hour class fills up quickly** (capped at 12 participants). It is offered on **Wednesdays** at 11:30 a.m. for **nine sessions**; class begins **September 4**. (No class on Oct. 9).

Music & Movement For Seniors – Dancer/Choreographer/Movement Expert Bob Sacheli and Pianist/Vocalist Roy Barber lead this popular class, which is based in the Mark Morris Dance Company's Dance for PD® program. Many of the movements are done seated and the class is adapted for all levels of mobility.

Familiar Broadway show tunes and pop songs provide the musical elements, while singing and

vocal exercises benefit speech, breathing and memory and dance increases strength, coordination, flexibility and balance. This one-hour class meets **for nine sessions** on Wednesdays at 2:30 p.m. at the Chevy Chase Village Hall **starting on September 4**. Pay on the web site, or by contacting the office. First timers are invited to experience one class free of charge. Please contact the office to take advantage of this offer.

Tai Chi – Stay tuned for dates and times.

Life Story Workshop – Stay tuned for dates and times.

PEN PALS – A SUCCESS FOR ALL!

The Pen Pal program, which matches CC@H volunteers with Chevy Chase Elementary School students in Maria York's ESOL class, celebrated its second successful year with a "Cake and Conversation" party on June 3.

This wonderful inter-generational program doubled the number of letters exchanged this past year. The party was a delightful opportunity for the Pen Pals finally to meet each other.

The Pen Pal program is likely to continue this year, beginning in October. If you would like to be a Pen Pal, please contact the office by the end of September.

AND NEARBY -

FOSSILS PROGRAMS*

DEVELOPMENTS IN BRAZIL: VIEWS FROM AN INSIDER

David Zweifel, U.S. Consul General in Rio de Janeiro, Brazil (ret.), September 5, 1:30 p.m.

MONTGOMERY COUNTY: IMPLICATIONS & IMPACT OF THE NEW URBANISM

Elza Hisel-McCoy, Montgomery County Planning Department, October 3, 1:30 p.m.

* The Fossils is a social group of retired men; their monthly program with guest speakers is open to Chevy Chase At Home. They meet at the Woman's Club of Chevy Chase, 7931 Connecticut Avenue.



SPECIAL FOR SENIORS

Did you know that the Avalon Theater offers discounted screening of one of their current films every third Thursday, 10:30 a.m.?

And, in cooperation with several embassies, the theater also offers showings of foreign films, usually at 8:00 p.m. on select Wednesdays, also at senior discount.

Avalon info: <https://www.theavalon.org/>

Members: Need a ride? Set it up ahead of time with CC@H for a volunteer to pick you up and take you home.

YOU MIGHT HAVE MISSED – ANTIQUES: AN AUCTIONEER'S PERSPECTIVE

In June, Reid Dunavant, Senior VP at Doyle's DC/Mid-Atlantic Regional Office, gave a lively group of members and neighbors his perspective on all things antique – what's hot, what's not (as in brown furniture). He told several stories about unexpected finds and then, for those with questions, very gently disappointed them about the value of great-grandma's silver service and other personal treasures.

CC@H GOES TO THE MOVIES

On a steamy July day, a number of would-be foodies showed up to watch the battle of "Julie and Julia". Unfortunately, the DVD (Bluetooth) and the DVD player had their own battle (not compatible). To console our defeat, we all took our imaginations to Paris anyway, and watched "Gigi" while enjoying fresh popcorn.

ICE CREAM SOCIAL

After cooling down with ice cream sundaes and root beer floats, an energetic group joined Bob Sacheli and Roy Barber for several rounds of "Music and Movement" – a refreshing summer interlude on a hot August day.

OTHER NEWS –

PROJECT LIFESAVER

Did you know that the Montgomery County Police average two calls a week to find missing adults with dementia or children with Autism, Down's Syndrome or other intellectual/developmental disabilities? And, did you know that the Lifesaver Project is the unit within the MoCo Police Department that works with the families at risk and the community to recognize the issue and be prepared for a wandering situation?

Among the guidelines are:

- install a simple door alarm,
- assure that your loved one always wears ID with contact information,
- be prepared to call 911 immediately with a short list of specifics about height, weight, coloring, and likely clothing if your loved one has disappeared,
- have a full length and head shot photos handy (paper or cell phone) to provide to the search team, and,
- if comfortable, ask your neighbors to call 911 if they notice that your loved one is out alone.

Information about this program is available under the "Resources for Seniors" tab on our website and the links below. The missing spouse from at least one CC@H member family was found downtown thanks to the gentle, skilled, experienced help of this group. If this happens to you, call 911 immediately – every minute will be important to you and your family member.

[youtube.com/watch?v=JkUnGfpUEhY&feature=youtu.be](https://www.youtube.com/watch?v=JkUnGfpUEhY&feature=youtu.be)
(video)

[youtube.com/watch?v=Uumv9Fmk6dY&feature=youtu.be](https://www.youtube.com/watch?v=Uumv9Fmk6dY&feature=youtu.be)
(video Fire & Rescue, Police)

montgomerycountymd.gov/pol/resource/lifesaver.html
website for LifeSaver Project

SOME SENIOR DISCOUNTS

DC Metro: With a *Senior Smart Card*, seniors (aged 65 and older) may ride for half the peak fare on *Metrorail* and for \$1.00 on regular Metrobus routes. With a *Senior Smart Card*, **RideOn Buses** are free Monday thru Friday 9:30 am – 3:00 pm and Saturdays 8:30 am.- 4:00 pm and \$1 all other times. *Senior Smart Cards* are available at Montgomery County libraries or the sales office at Metro Center (\$2, photo ID [Driver's license or passport]); the cards must be activated by adding some fare to the card (online, or at any Metro station, or many Giant or CVS locations [see Metro website first for locations]).

www.wmata.com/fares/smartrip/senior.cfm
montgomerycountymd.libguides.com/seniors

Groceries - Giant Supermarkets has a new program, where registered seniors will receive a monthly mailing. This mailing includes four coupons; one typically offers X dollars off on your next purchase totaling Y dollars or more, for a specified period of time. The other three offer a specific dollar amount off your purchase on items Giant chooses, with limits in some cases. Locations may vary so it is best to check ahead with "your" Giant, where you can register for the program.

Giant's weekly flyer for the public can be viewed online and also provides significant savings, especially if you already have a "Giant card" (pick one up at the store or on line at giantfood.com/sign-up/). But, *remember*: "saving money" on something you wouldn't normally buy is expensive!



WHY NOT JOIN A COMMITTEE?

What do CC@H Committees do? How often do they meet? How can I figure out if I want to be on a committee?

The answers to these questions are as varied as the personalities of the people who serve on our committees. What we can tell you is that our committee members actually enjoy their work. (See smiling faces, below!)

Learn more about our Committees under the Board & Committees tab at www.chevyCHASEathome.org.

COMMITTEE CHAIRS



Chairs of CC@H Committees, 2019. Front from left: Lanny Johnson(CSPC), Peggy Mercorella(VSC), Caroline Michaelis(CC, 10AC), Betty O'Connor(SNPC). Back row: Nathalie Bramson(10AC), Karen Bokar(MC), Fran Pitlick(CC), Nathan Billig(DC). Not present: Susan Post (MC)

Committee Abbreviations: 10AC, 10th Anniversary Planning Committee; CC, Communications Committee; CSPC, Community Service Providers Committee; DC, Development Committee; MC, Membership Committee; SNPC, Social Networking & Program Committee; VSC, Volunteer Services Committee.

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

FINANCIAL SUPPORT

DONORS*

BUSINESS COMMUNITY

GOLD

Bernstein Management Corp.

SILVER

PNC Financial Services Group

INDIVIDUALS*

10th ANNIVERSARY CELEBRATION

SILENT AUCTION WINNING BIDDERS*

RECOGNITIONS*

DID YOU KNOW . . .



. . . . CC@H can be a designated recipient of 0.5% of the price of your Amazon purchases using Amazon Smile? How does it work? Next time you want to buy something from Amazon, start off at smile.amazon.com. Underneath the search box, it will say “supporting” and there will be an arrow for you to choose your charity. In the box where you can enter the name of your charity, type “Chevy Chase At Home.” Now, whenever you shop at smile.amazon.com, 0.5% of what you spend will be donated to Chevy Chase At Home. The options and opportunities are the same as at the regular Amazon site, but this one spins off a little bit of the profits to Chevy Chase At Home.

CC@H NEWSLETTER

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