



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Stay At Home

Post Office Box 15102

Chevy Chase MD 20825

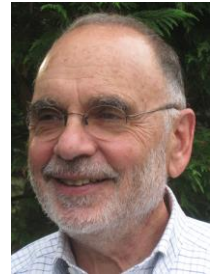
Telephone 301-657-3115

Volume Seven, Number One

March 2015

PRESIDENT'S MESSAGE -

I am honored and excited to have been elected the president of the Board of Directors of Chevy Chase At Home. I was fortunate to be involved in the first talks about forming a "village" in Chevy Chase more than six years ago, and I served on the first Board of Directors. We have grown considerably since 2011, when we had few members and volunteers, and a volunteer executive director.



Nathan Billig

Last year we delivered 700 services to members, from rides to medical appointments to helping people learn how to use iPhones and communicate with email. We sponsor classes in Pilates/Balance and Zumba and have offered lectures on travel, medical issues, financial security and more. We provide social activities, walks and discussion groups. We have increased the opportunities available to older adults in Chevy Chase, and we are thankful to our increasing membership, our faithful volunteers and supporters, our staff, and the leadership of the organization.

So where do we go from here? We have been successful, but there is more we can do. Not everyone in Chevy Chase knows we exist, and there are many in the community who have not taken advantage of our programs. There are people in our area who might enjoy volunteering by driving our members to various places nearby, or talking with them on a walk in the neighborhood, or helping with a small project in the house. We will spread the word that we exist and that we have a lot to offer to members and volunteers. - *Continued on page 2*



WHAT'S IT WORTH?

TRASH OR TREASURE?

THE SEQUEL TO LAST YEAR'S SMASH HIT

SATURDAY, MAY 16 – 1 TO 5 P.M.

Have you ever wondered what your grandfather's watch is worth? Or that set of silver flatware collected on your wedding day? Or the quilt you bought at a flea market? Join friends and neighbors on Saturday, May 16th, at Chevy Chase Village Hall; bring your hidden treasures (or a photograph if they are too big to carry) to get the answer. Four expert appraisers from Sloans & Kenyon (S&K), our local auction house, will be on hand from 1:00 to 5:00 p.m. to evaluate jewelry, silver, Asian art, old maps, rare books—almost anything you have stored away—and to tell you what your collectibles are worth.

Each **What's It Worth? Trash or Treasure?** admission entitles you to a specific time for your appraisal, minimizing the time spent waiting in line. The afternoon will also feature two informative short talks: Stephanie Kenyon and T.A.D. Tharp will tell us about "What's Hot, What's Not" and how to "Get Smart About Art." And, in addition to all of the above, **What's It Worth? Trash or Treasure?** will include door prizes and refreshments.

- *Continued on page 3*

WELCOME TO OUR NEW VOLUNTEERS!

On January 29, six wonderful new recruits joined our dedicated group of award-winning volunteers; more recruits will attend our next training session in March.

Their lively group discussion, based on the CC@ H Volunteer's Training Manual, focused on what is required to assist our members. Each new volunteer will bring his or her empathy, personal experience, talents and ideas to our mission. Some will be drivers while some will prefer to assist with household tasks, solve computer problems or even provide respite visits. Others will join one of our committees to organize social events, write articles, carry out surveys, write grant proposals or help with the never-ending office work. All bring essential renewal to our organization!

Please let your interested friends know about our **next training session**, which will be on **March 19, from 10:00 a.m. to 12:00 noon**, in the **Town of Chevy Chase Hall** on Willow Lane. For more information call the CC@ H office at 301-657-3115.

Every new volunteer rejuvenates CC@ H with enthusiasm and new skills! Joe Monte is one of our new volunteers. Joe spent over 50 years as a beloved student counselor at Albert Einstein High School. He was dubbed a "Teen Angel" in a six-page Washington Post Sunday magazine feature celebrating his retirement and contributions to students at Einstein. We are honored that Joe selected CC@ H as the organization in which he could best continue his civic service to our community. Welcome to Joe and "Thank you" to all of our volunteers!

President's Message, continued from page 1 -

Lastly, we operate on a frugal budget. We could do so much more in the community if we had additional financial resources to hire teachers and staff, and to provide materials for programs such as a series in the arts, in memoir-writing, computer literacy and other subjects. These and more are on our wish list.

This year, through the generosity of an anonymous donor in Section 3, we were able to match all contributions made to Chevy Chase At Home in Section 3. It proved to be a very successful fund-raising experiment. I challenge others in the community to contact us to provide matching funds in their own areas of Chevy Chase, so that Chevy Chase At Home can grow and build programs that enhance the lives of older adults.

Nathan Billig

EXECUTIVE DIRECTOR'S SPOTLIGHT

On behalf of Chevy Chase At Home, I do enjoy receiving the warm compliments and praise for all that we are able to accomplish, but I want to share the praise with others.



For this Spotlight, we celebrate the accomplishments of the **Membership Committee**, co-chaired by Steve Schmal and Judith Silber, with members Jean Kapp, Gaby Gandal, Irv Kaminsky and Peter Gray.

The 2015 membership recruitment and renewal drive officially kicked off at the October 2014 Open House. Many months before the event, the Membership Committee went to work, updating membership literature, drafting and mailing renewal letters, and following up with every member and every person interested in becoming a Member or Friend of CC@ H. The results are impressive:

- Over 90% eligible to do so have renewed their memberships:
- We have 211 Members from 132 households; 19 of these are new households:
- We have 16 Friends of CC@ H from 12 households; 6 of these are new households.

So please join me in expressing gratitude to each member of our wonderful Membership Committee - a great big thanks to you from all of us!

Catherine McCallum

Interested in serving on a committee?
Call 301-657-3115 or see
www.chevychaseathome.org

EATING OUT WITH CC@ H

Lunch at La Ferme

La Ferme owner and genial host, Alain Roussel, is truly a good neighbor. His generosity has enabled CC@ H Members and Friends to enjoy a leisurely, delicious three-course lunch at a discounted group price. So far, we have enjoyed three lunches, all of which were filled to capacity (40 guests maximum), plus a waiting list. The group filled the tables on the lower level where a roaring fire in the huge stone fireplace warmed spirits as well as toes and inspired lively conversations. Lunches are scheduled again for March 2, April 6 and May 4. **RSVP*** early so you won't miss out. Priority is given to those who have not attended before.

Brunch Bunch

Meanwhile, the ever-popular year-round "Brunch Bunch" continues to meet at the Olympia Cafe on Brookville Rd. (**second Thursday**, each month, 10:00 to 11:30 a.m.). Order what you like (Dutch treat) and bring up whatever subject interests you and (hopefully) your brunch companions will join in spirited discussion. Two or three people volunteer to keep things lively. This event is open to the public.

Who says that CC@ H is for the housebound!

What's It Worth?, continued from page 1 -

Each person registered (admission cost is \$45 before May 12th and \$55 beginning May 12th and at the door) will receive a verbal appraisal (with relevant historical background) for up to three items. Everyone attending must pay the admission fee, whether or not they have items for appraisal.

You are under no obligation to send any of your items to auction, but if you wish to do so, we can offer you two different opportunities. You can **consign your treasure(s) to Chevy Chase At Home** as a charitable donation. S&K will sell them at auction, then contribute the proceeds to CC@ H. S&K will not charge a commission for donated items. You will be notified of the sale price and receive tax credit for your charitable donation. Items consigned as a donation to CC@ H can be turned over to S&K at the Village Hall on May 16th. Or, if you prefer to consign your items for auction without donating the proceeds to CC@ H, you can meet with a designated S&K representative during the event.

Some of your neighbors are probably already pulling things down from the attic. Register early at www.chevychaseathome.org or call 310-657-3115 or use the registration form at the back of this Newsletter. Join the fun at our fund-raising event - you may even win a door prize!

SPECIAL OPPORTUNITIES TO SUPPORT

CHEVY CHASE AT HOME

Why not **volunteer** office time, **donate** materials or **sponsor** an event in 2015?

Administrative Volunteers: §

- Electronic communications/social media (e.g. Facebook and email blasts).
- Listserv (Forum) monitors.
- Publications layout, mass mailings (MS Word).

Events: Sponsorships, Volunteers: §

CC@ H welcomes **sponsors** for special and ongoing events and activities, such as the upcoming fund-raiser *What's It Worth? Trash or Treasure?* And **volunteers** to staff tables, serve refreshments or assist guests are always welcome.

Direct in-kind Donations: §

- Mailings: postage to support fund-raising efforts; payment of the bulk mailing permit and preprinted envelopes.
- General Office Supplies. Gift cards from Staples.

§ Do call about current opportunities and needs and what you plan to offer - 301-657-3115.

SURGERY SCHEDULED? SNOW ON THE GROUND? NO WORRIES...

In its first test, the brand-new **CC@ H Storm Buddies** service worked like a charm. Let Member Betty Tubbs tell us about the happy outcome of an unexpected visit from her Storm Buddy:

Betty had cataract surgery scheduled the day of the 3-inch January snowstorm that tied traffic into knots. A friend who had planned to drive her had to back out. She called two cab companies (3-hour wait time) and two neighbors who are MDs, neither of whom could drive her.



"...I just want to thank Chevy Chase At Home. They got me to the hospital and I didn't have to cancel my eye surgery - it was the last resort! I have to thank Karen Spangler, a CC@ H Storm Buddy, for taking me. Thanks to all of you, I went out for my check-up this morning after eye surgery and for [many] years it's the first time I did not have to reach for my eyeglasses when I got up. I drove myself out there [today] so he could check my eyes. I have almost 20/20 vision and may not even need a second operation. Thanks to Chevy Chase At Home, I can see."

In a recent interview, Betty laughed as she said she hadn't made a single phone call to CC@ H. Storm Buddy Karen, whom Betty had never met, just showed up on her doorstep, snow shovel on shoulder, and asked if she'd like her walk shoveled. After that was done, and Betty had described her terrible dilemma, Karen offered, without being asked, to take her to the hospital. Storm Buddy mission accomplished!

Postscript: In early February, Betty had the same operation on her other eye. Her chauffeur, who picked her up at 6:15 a.m., was CC@ H Volunteer Janet Regan.

Naomi Kaminsky

If you are a **Full Member** and would like a **Storm Buddy**, please call the office: 301-657-3115.
See "Membership" at chevyCHASEathome.org for details.

TECHNOLOGY CLASSES

In response to strong member interest, TechMoxie will offer CC@ H Members and Chevy Chase Village residents two technology classes designed for beginners who want to exploit fully the capabilities of their iPhones and iPads. TechMoxie, a local firm specializing in technology training for older adults, will provide the instructor and supporting handouts. Each course will last 3 weeks and will be given at the CC Village Hall. A **minimum of 8** and **maximum of 10** students is required for each course, so register early to assure your place at the table.



- **iPhone ABCs** will cover all the essentials of iPhone use, including making and receiving calls, taking pictures, adding and using Apps, video chatting and more. After you complete this course, you will love your iPhone and all it can do for you! Bring your iPhone to the course. Register early to avoid disappointment. **Cost:** \$45 for Members and Village residents. **Dates:** Wednesdays on April 15, 22 and 29 from 2:00 to 3:00 p.m. at the CC Village Hall.

- **Getting to Know Your iPad:** This course teaches the basics of iPad use, beginning with how to navigate settings, exploit apps, send and receive email and manipulate the internet. Particular attention will be paid to the selection and employment of apps. A great range of apps is available for all interests, but each is different. The course will teach students the navigation techniques which apply to **every** app. Written instructions will be provided, but students must bring their own iPads to class. Early registration is recommended. **Cost:** \$45 for Members and Village residents. **Dates:** Wednesdays on May 6, 13 and 20 from 2:00 to 3:00 p.m. at the Chevy Chase Village Hall.

Registration and Pre-Payment*: Two methods: On-line at chevyCHASEathome.org or by check to Chevy Chase At Home, P.O. Box 15102, Chevy Chase, Md. 20825. **Be sure to indicate which course you wish to attend.** The small classes (**8 minimum, 10 maximum**) guarantee virtually personal instruction, but the limited number of places available also dictates early registration to avoid disappointment.

QUICK CALENDAR

FUND-RAISER*
May 16, 1p.m.- 5p.m.
What's It Worth? Trash or Treasure?

MEET & MINGLE
CC Village Hall


March 17, 2 p.m.
St. Patrick's Day Party
Andrew Donlon, Piper

March 21, 11 a.m.
The Many Faces of Portraiture
Alan Fern

March 22, 1 p.m.
Guitar Master Class
Berta Rojas

April 14, 2 p.m.
Improve Balance, Prevent Falls
Nancy Weinberg, PT

May 5, 2 p.m.
Staying Safe Online
Pam Holland, TechMoxie

 **Gentle Pilates/Balance* (pg7)**
Spring Sessions Begin
Mar 25, Mar 27
CC United Methodist Church

Zumba Gold®* (pg7)
Spring Session Begins
March 25, 11:45 a.m.
CC Village Hall

Tech Classes* (pp4,7)
April & May

Brunch Bunch
Mar 12, April 9, May 14
Olympia Café, 10 a.m.

Walking Groups
Fridays, 9:59 a.m.
Brookville Market

Knitting Circles
Alternate Mondays &
Wednesdays, 1 p.m.

Lunch at La Ferme* (pg3)
March 2, April 6, May 4
Members, Friends of CC@ H
RSVP* soon!

Dinner at Macon* (pg5)
March 24, 5 p.m.
Members, Friends of CC@ H
RSVP* soon!

UPCOMING EVENTS

Come celebrate **St. Patrick's Day** with music from the Irish and Scottish traditions played by award-winning Bagpiper Andrew Donlon, who will also talk a bit about the **"History and Music of the Great Highland Bagpipes."** And of course there will be delicious Irish treats to nibble on while you enjoy the program, so please join us for this entertaining and informative afternoon at the Chevy Chase Village Hall on **Tuesday, March 17, from 2 p.m. to 4 p.m.**

On **Saturday, March 21 from 11 a.m. to 1 p.m.**, art historian and Director Emeritus of the National Portrait Gallery Alan Fern will present an illustrated program on **"The Many Faces of Portraiture"** at the Chevy Chase Village Hall. A Chevy Chase resident, Mr. Fern headed the National Portrait Gallery from 1982 until his retirement in 2002. His talk will explore some of the ways in which specialists look at portraits.

A **Guitar Master Class** with Berta Rojas will be held at the CC Village Hall on **Sunday, March 22, from 1 p.m. to 4 p.m.** Ms. Rojas, one of today's foremost classical guitarists, will be teaching advanced students who have been pre-selected by the International Conservatory of Music (ICM), which is a co-sponsor of the event, along with Chevy Chase At Home and Chevy Chase Village.

On **March 24**, Members and Friends of CC@ H are invited for **Dinner at Macon Bistro & Larder** (5500 Connecticut Avenue). Enjoy Southern cooking at a special price. This is likely to fill up early - **RSVP* soon!**

Many of us seem to stumble a bit as we grow older. Not only do we offer exercise classes that help us improve our balance using Pilates (see pg. 7), but on **Tuesday, April 14, 2 p.m. to 4 p.m.**, Nancy Weinberg, PT, physical therapist at Sibley Hospital, will discuss **"How To Improve Your Balance And Prevent Falls"** at the Chevy Chase Village Hall.

Pam Holland, founder of TechMoxie, will give a talk about the very important subject of **"Staying Safe Online"** at Meet & Mingle on **Tuesday, May 5, 2 p.m. to 4 p.m.** at the CC Village Hall. She will focus on how to protect yourself from being scammed -- what you need to know about "phishing," email scams, password best practices, and identifying reliable information on the internet.

CHECK OUT YOUR LEADERS

This month, short biographies of the CC@ H Board of Directors have been added to the web site. This diverse group of talented people spends countless hours building programs for CC@ H that keep us all active and interested. In addition, they deal with the myriad administrative issues that a growing organization must address. Check them out!

RECENT DONATIONS

DONATIONS IN KIND

Facilities & Other Resources

Chevy Chase Village
Town of Chevy Chase
Montgomery County
CC United Methodist Church
OASIS RecycleMyComputer
Evers & Co.
La Ferme

Professional Services

Scott Boyd, Accountant
Rebecca Laird, Attorney

NON-PROFIT ORGANIZATIONS

Columbia Foundation

INDIVIDUAL DONATIONS

N.B. These lists reflect donations received between December 1 and February 13; the tax deductible portion of dues from Associate Members and Friends is not included. To protect privacy, the names of individuals will not be included in the version of the Newsletter placed on the web.

DONATION YIELDS \$\$\$\$

Thanks to the generosity of many Section 3 residents and an anonymous “matching” donor, Chevy Chase At Home collected a total donation of \$6,450.00 during its recent local fund-raising campaign. Four Section 3 members hand-delivered the special appeal with gratifying results! Wouldn’t you like to offer a “match” in your area of CC@ H? Please contact the office if you’re feeling generous!

CC@ H NEWSLETTER

PUBLISHED BY:

Chevy Chase At Home Communications Committee
Caroline Michaelis, Chair
Fran Pitlick, Co-Chair
David Duberman, Editor
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- SPRINGTIME CLASSES -

TECH CLASSES

iPhone ABCs (\$45 [§])

April 15, 22 and 29 from 2:00 to 3:00 p.m.

Getting to Know Your iPad (\$45 [§])

May 6, 13 and 20 from 2:00 to 3:00 p.m.

(Details on page 4)

FITNESS CLASSES

Pilates/Balance - 8 weeks *

Wednesdays, 10:30 a.m. (March 25 on)

Fridays, 2:30 p.m. (March 27 on)

Zumba Gold® - 8 weeks [§]

Wednesdays, 11:45 a.m. (March 25 on)

(Details at www.chevyCHASEathome.org)

§ Special rate for Members and Friends of CC@ H & CC Village Residents

*** Special rate for Members and Friends of CC@ H & CC United Methodist Church Members**

!! COMING SOON !!

“How can I reach Jane Smith? I met her last week at Meet and Mingle and I’d like to call her for coffee.” We’ve heard something like that more than once, so . . . we are publishing a **directory** of Members and Friends of CC@ H. We have tried to reach each of you for your consent to be included, and those who have responded positively (about 75%) will be listed. This will be for personal use only - please don’t share it with your neighbors or others. We will send it to you by e-mail or provide printed versions to those households without e-mail.

Did you miss the boat this time? No worries - you’ll be in the next version.

HAVE YOU CHECKED OUT OUR WEBSITE RECENTLY??

In addition to the Board biographies already mentioned (and which can be found on the *Governance & Committees* page), we have also added several useful documents on Emergency Preparedness (on the *Resources for Seniors* page) sourced from County, State, and Federal Government agencies; a link to *Bethesda Now* (on the *Community Connections* page), an up-to-the-minute source for breaking news, weather, traffic, politics, events and community happenings in Bethesda and environs; and a special link at the bottom of the home page which will help us in our fundraising! If you find that link, and have questions about it, please contact the office. And remember, you don’t have to log into the website to access all the resources that have been pulled together for your use. Just go to www.chevyCHASEathome.org to see what tidbits might entice you!

Think Spring!!

It’s only 3 weeks away





WHAT'S IT WORTH? TRASH OR TREASURE?
MAY 16, 2015, CC VILLAGE HALL
REGISTRATION FORM

Each person attending must register and pay \$45 per person in advance **before Tuesday, May 12** when late registration will be \$55 per person on-line or at the door. Each person registered may have a verbal appraisal of up to three (3) items by Sloans & Kenyon experts.

Please mark your first and second choices of session for the event with “#1” and “#2” in the space next to your two preferred times for your appraisal(s). We will notify you which session is yours.

____ 1:00 pm ____ 1:30 pm ____ 2:00 pm ____ 2:30 pm
____ 3:00 pm ____ 3:30 pm ____ 4:00 pm

Please also indicate (X) the broad categories into which your three items (per registrant) fall:

___ Americana ___ Antiquities & Tribal Art ___ Arms & Armor ___ Art Nouveau & Art Deco
___ Asian Works of Art ___ Books & Manuscripts ___ Decorative Arts ___ Fine & Period Jewelry
___ English & Continental Furniture ___ Native American Works of Art
___ Paintings, Prints & Sculpture ___ Rugs & Carpets ___ Silver ___ Other

Name 1

Name 2

Street, City, State, Zip Code

Phone

E-mail Address

Please mail this form and your check, payable to Chevy Chase At Home,
before May 12, 2015 to:

Chevy Chase At Home
PO Box 15102
Chevy Chase, MD 20825

info@chevychaseathome.org

301-657-3115

www.chevychaseathome.org

