



Chevy Chase At Home Newsletter

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume 8, Number 2

June 2016

Don't Miss June 6: Geraldine Brooks & Guy Raz

Seats are filling fast, so register now for Pulitzer Prize-winning novelist Geraldine Brooks in conversation with Guy Raz, host of NPR's "TED Radio Hour." The event takes place at Phillips Hall, Chevy Chase United Methodist Church, at 7 p.m. For more details and to register go to www.chevychaseathome.org or call 301-657-3115.

Quick Calendar

The MELT Method - Is it for You?

Tuesday, June 14, 2016, 2:00 p.m. - 4:00 p.m.

Chevy Chase Village Hall

Meredith Mickelson, certified MELT Instructor, will introduce us to this simple self-treatment that reduces chronic pain, improves balance, and helps you stay healthy, youthful, and active for a lifetime.

Come to the Movies: "Brooklyn"

Tuesday, July 12, 2016, 2:00 p.m. - 4:00 p.m.

Chevy Chase Village Hall

Join us for the movie "Brooklyn" and our annual ice cream social. Will the heroine stay in Ireland or return to Brooklyn? Come find out.

"Alive Inside"

Music And Memory

Tuesday, Aug 9, 2016, 2:00 p.m. - 4:00 p.m.

Chevy Chase Village Hall

Ellen Lebedow, LCSW-C, Community Clinical Liaison, JSSA Hospice, will present the award-winning film, "Alive Inside," and, with her colleagues, discuss how JSSA is implementing this concept into their hospice services.

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FREE HOME SAFETY VISITS TO BE OFFERED IN JUNE

Jim Resnick, Program Manager for Senior Outreach & Education of the Montgomery County Fire and Rescue Service, returned to Meet & Mingle on May 10, to discuss Maryland's new smoke alarm law, which goes into effect **January 1, 2018**. Chief Fitzgerald of the Chevy Chase Village Police was also on hand, and together they provided a wealth of important home safety information.

The new smoke alarm law will require that all battery-only operated smoke alarms must be replaced with units powered by sealed-in, 10-year long-life batteries. Even in these devices **THE SENSORS ONLY HAVE A 10 YEAR LIFE** and must be replaced every 10 years.

During the month of June, Jim Resnick is partnering with Chevy Chase At Home to offer a **FREE** home safety visit to **ALL SENIORS** in our community as a public service. The home visit by Jim (or in some cases another firefighter, accompanied by a CC@H volunteer, will cover numerous aspects of home safety, including noting the safest exit in case of an emergency and a visual check for potential fire hazards with suggestions for improvements or corrections, if needed, provided in writing.

What homeowners **MAY** also receive are: 1) upgrade of smoke detectors and carbon monoxide meters, as needed to comply with the new law, 2) assistance with changing batteries in existing detectors,

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An Interlude with Gershwin

Saturday, Sept 10, 2016,

11:00 a.m. - 1:00 p.m.

Chevy Chase Village Hall

As a special treat, Ann Joseph (CC@ H member, volunteer, pianist) will play a few of her favorites by this popular American composer and fill you in on some of the background behind the music.

Regular Activities

Brunch Bunch, 2nd Thursdays

June 9, July 14, August 11

10:00 a.m. - 11:30 a.m.

Olympia Cafe, Brookville Road

Zumba Gold ®

Wednesdays, 11:45 - 12:45

June 1 - 29; July 6 - 27

Chevy Chase Village Hall

Preregistration required

See website for details

Walking Group

Fridays, 9:00 am during summer

Meet at Brookville Market

Making Jewelry

Monday, June 6, 1:00 .pm - 3 p.m.

Chevy Chase Village Hall

Are you interested in knitting or other handiwork? Let the Office know if you would like to join the contact list.

The CC@ H Jewelry Making Group, under the direction of Mary Gorman, supplied jewelry items to the boys of the San Miguel Academy for them to give to their mothers this Mother's Day. Mary tutors at this all-boys school once a week.

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and 3) a **File of Life** holder and guidance on where to place this vital information for paramedics' use in an emergency.

Prior to Jim's talk, CC@ H sent letters to the entire community (thanks to a small grant from GEICO, which paid for the mailing), so two of the days scheduled for visits are already booked. There will be a second initiative in the Fall. To take advantage of this important home safety visit opportunity contact CC@ H right away, either by phone at 301-657-3115 or email info@chevychaseathome.org. Your life may actually depend on it!

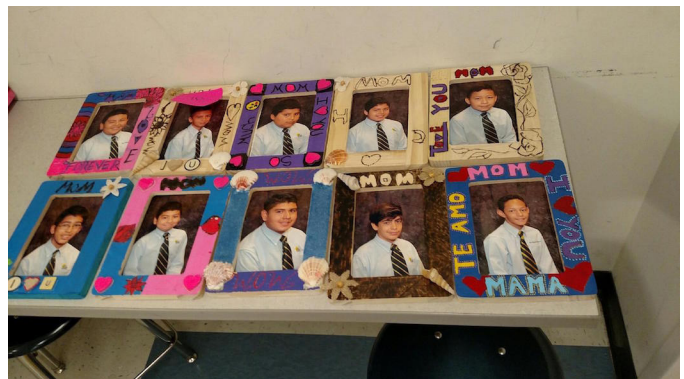
CC@ H Expands Service Area

For the first time since 2012, Chevy Chase At Home will be expanding its service area. At the beginning of 2012, CC@ H extended its service area to include Rollingwood and the Old Hamlet. At its May meeting, held on May 10, the CC@ H Board of Directors voted to approve a recommendation from the Membership Committee that Chevy Chase West and the Village of Drummond be added to the area CC@ H serves. The recommendation and decision followed a survey of residents of those communities which showed a considerable interest in membership in CC@ H and, perhaps of even greater importance, in volunteering.

Enough volunteers from those areas need to be trained before services can be provided to Full Members. An ad hoc committee will examine ways to implement the Board decision.

Jewelry for Mom on Mothers' Day

(See Description at lower left)



!! On the Web Soon for Full & Associate Members !!

In response to many requests, the popular Neighbor-recommended List of service providers will be available soon to Full and Associate Members who log in to the Chevy Chase At Home website (you will be notified by e-mail when it has been posted). The list represents service providers who have been recommended by a neighbor or resident of this area based on work done satisfactorily. Most of the entries have come from neighborhood and community listservs. Because each entry is based on the recommendation of individuals, there is no written or implied guarantee. Elaine and Tom Collins have been compiling this list since before 2011 when it was first introduced to CC@ H members through requests made to the office.

The list contains the names of companies and individuals who provide home repair or enhancement services and other service-oriented businesses but does not include providers of professional personal services (physicians, dentists, in-home health services, etc.). For those who are not comfortable working with the list on the computer, the office will still provide suggestions upon request by telephone or e-mail.



Social Networking & Program Committee at luncheon gathering

La Ferme Lunch Gatherings Continue

During the past several months CC@ H members have enjoyed 3 delicious 3-course lunches, complete with wine, (at a special price) at La Ferme. Great food, great value, great fun! Merci beaucoup encore, M. Roussel, and many thanks to Betty O'Connor and her wonderful SNP Committee for arranging them!



Naomi's Benches: A Memorial to a Dedicated Activist

In the summer of 2012, Naomi Kaminsky, CC@ H President and Town of Chevy Chase resident, persuaded the Town Council to place comfortable benches in attractive locations for walkers to rest for a few minutes. The Council responded to her request with the installation of five benches, and more recently, at the request of Chevy Chase At Home, also graciously affixed a memorial plaque to each one. On Wednesday, April 13, more than 30 friends and neighbors, including the Town Council and CC@ H members, gathered at the Town Hall with Irving Kaminsky and Kate Kaminsky Murphy to unveil the plaque on the bench nearest to the Town Hall and then shared a few moments recalling Naomi's joyful spirit and her many contributions to our community.

Where are these benches located? Near the Town Hall/Lawton Center at the sidewalk extension of Willow at Leland; on Lynn Drive at the entrance to the Capital Crescent Trail (near the walkway between Lynn Drive and Tarrytown Road); in Zimmerman Park near Maple and Blackthorn; at the triangle where Virgilia and Meadow meet; and at the NE corner of Meadow Lane and Rosemary. On a beautiful day, why not take a walk around the Town and stop at one or more of these benches, sit, and enjoy the beauty (and in most cases, the solitude) around you, and remember our good friend Naomi.

Mary Levering's 45-year Stint at the Library of Congress!

At the April 12 Meet and Mingle, CC@ H volunteer Mary Levering described, with humor and grace, her 45-year career at the Library of Congress. Her professional advancement from newbie management intern in 1966 to key executive positions enabled her to detail the splendor, diversity and complexity of the world's largest and finest library.

Mary's photos of the Jefferson Building, opened in 1897, portrayed the Renaissance style beauty of the main Library of Congress structure. During the second half of the next century the rapid growth in the Library's holdings led to the construction of the more utilitarian Adams and Madison Buildings and soon the proliferation of satellite facilities (which continues to this day). The requirement that two copies of every publication anywhere be donated to the Library explains this explosive pace of development.

Early on, in 1975, Mary became a key coordinator of the Congressional Research Service. Its function is to answer any and all questions for members of Congress or their staffs, a legislative task that dovetails with the diversity of the Library's holdings. Mary and her colleagues oversaw the answers produced by the CRS staff of 3,000 experts.

Of special interest was Mary's later directorship of the National Library Service for the Blind and Physically handicapped. Through multiple regional centers, the Service provides materials in braille for the blind as well as "talking books," both equipment and cassettes, for folks with normal but fading vision. This service is great for people could no longer read a printed page.

Above all Mary's talk shed light on the Library's user-friendly character, whether by means of inter-library loans, shuttle deliveries from satellite storage, or the welcome of on-site researchers.

Though the Library's stacks (12 tiers in the Jefferson Building) were completely closed to all visitors about 25 years ago, she pointed out that even controlled access had led some scholars to misplace

items.

Mary Levering's career should inspire us all to treasure the devoted expertise of civil servants like herself.



Less-Known Services: Home Visits

Most of you who are Full Members know of the most-frequently requested services that CC@ H offers. But there are other services not so well known that may benefit you. In this and upcoming issues of the newsletter, we will tell you about some of them.

This time: Home visits. While these include respite visits to provide relief breaks for caregivers, they can include visits for many reasons, including accompanying Full Members on short walks, reading to Full Members who have problems seeing text and just stopping by for a chat.

If you are a Full Member and wonder if your CC@ H membership includes a service you would like to have performed, simply call the CC@ H office at 301-657-3115, and ask!

2015 Annual Report

The CC@ H 2015 Annual Report is now available on-line. Go to www.chevyCHASEathome.org, then Documents, then Annual Reports.

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DONATIONS

February 17 to May 14

FACILITIES & OTHER RESOURCES

Chevy Chase Village
Town of Chevy Chase
Montgomery County
CC United Methodist Church

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney

ORGANIZATIONS/BUSINESSES (in-kind)

Apple Store, Bethesda Row
Evers & Co.
La Ferme

NON-PROFIT FOUNDATIONS & GRANTORS

Catalyst Foundation
In honor of: Elaine Staggers Lady
Villages of Kensington

INDIVIDUAL DONATIONS

General Donations (8 donors)

In Memory of John "Jack" O'Connor (20 donors)

To respect the privacy of our individual donors, we do not publish their names on the web; they are acknowledged in the Newsletter mailed to members.