



# NEWSLETTER

## CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase MD 20825

Telephone 301-657-3115

Volume Nine, Number Two

June 2017

### QUICK CALENDAR

**MEET & MINGLES**  
CC VILLAGE HALL

**END OF LIFE CARE**  
**FILM & DISCUSSION WITH**  
**DR. CHRISTINA PRATHER**  
Thurs, June 1, 7:00 p.m.

**ALL ABOUT GARGOYLES**  
**WENDY GASCH**  
Tues, June 20, 2:00 p.m.

**ICE CREAM SOCIAL**  
Tues, July 18, 2:00 p.m.

**COME TO THE MOVIES:**  
**CALENDAR GIRLS**  
Tues, Aug 15, 2:00 p.m.

**LONG-TERM CARE IN A RAPIDLY**  
**AGING SOCIETY**  
**HOWARD GLECKMAN**  
Wed, Sep 6, 7:00 p.m.

**BRUNCH BUNCH**  
**THURS, JUN 8, JUL 13, AUG 10**  
**10:00 A.M. TO 11:30 A.M.**  
**OLYMPIA CAFÉ**

**GENTLE PILATES**  
**(WEDNESDAYS & THURSDAYS)**

**ZUMBA® GOLD**  
**(WEDNESDAYS)**

**WALKING GROUP**  
**9:00 A.M. FRIDAYS**

**BE SURE TO CHECK OUR**  
**WEBSITE CALENDAR**  
**FOR LATEST EVENT INFORMATION!**

### CELEBRATING CC@ H

Welcome to new and renewing Members, Associates & Friends



This month's Spotlight is on you, dedicated Member, Friend or Associate, who enjoys social connections, enlightening talks and discussions, weekly outdoor walks, and other neighborly events all tied with a bright ribbon called CC@ H. This month, and every month, we encourage you to ask a neighbor or friend to join in the festivities and the celebrations, to start enjoying the benefits of involvement in a "Village" such as ours. For example, see the photo (above) of a recent luncheon at La Ferme. We would like to encourage you to have your friend or neighbor join the organization. Anyone in the Membership Committee or the CC@ H office would welcome the opportunity to speak with any interested person. Remind them that there is no age threshold for Associates and Friends. Younger neighbors who live in the area where CC@ H is available (our current boundaries) may become Associates, and anyone who lives outside our current boundaries may become a Friend. Either way, they may join in the festivities.

While the social aspects of CC@ H are emphasized here, the everyday tasks go on. Daily, we help our older Members live in their own comfortable surroundings. We always welcome new Members who could use help and also enjoy the more social aspects of the "Village."

### HEALTH CARE ISSUES FOR AN AGING POPULATION

Chevy Chase At Home is featuring three programs with leading experts on health and long-term care decisions that many of us will face as we age. The first program was March 21 (see pg. 4); the remaining sessions will be on June 1 and September 6.

*Continued on pg. 2*

(Continued) **Health Care Issues & Aging. . . .**

## **2. When Times Get Tough: Facing Chronic Illness and End-of-Life Care**



Despite advance directives, elderly patients, their families, and their caregivers often struggle with medical intervention

decisions as the end of life approaches. **Dr. Christina Prather**, specialist in geriatrics and palliative care at George Washington University Hospital, will lead a discussion of the medical and ethical issues surrounding end-of-life care. A short documentary, ***The Last Campaign of Governor Booth Gardner***, which follows the governor's intensely personal effort to enact an assisted suicide law in Washington State, will be shown as part of the program.

**Thursday, June 1, 2017, 7 p.m. to 9 p.m., Chevy Chase Village Hall.**

## **3. Facing the Future of Long-Term Care in a Rapidly Aging Society**

**Howard Gleckman**, Senior Fellow of The Urban Institute, and President of Suburban Hospital's Board of Trustees, is a renowned economist and journalist with an intense interest in how to plan economically and organizationally for an ever larger aging society.

**Wednesday, September 6, 2017, 7 p.m. to 9 p.m., Chevy Chase Village Hall.**

### **VOLUNTEER NEWS**

**Vamoose** recently donated round-trip tickets for two to CC@ H. Volunteer names went into the "hat" and the lucky winner is **Carol Sutherland!**

\* \* \* \*

### **Medical Note-taking Training**

For active Volunteers willing to accompany Members to medical appointments  
Contact the office for more details.

\* \* \* \*

CC@ H contact info: 301-657-3115 or  
[info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org)

### **HELP NEEDED!**



Would you like to be part of a dynamic Executive Committee, guiding the direction of Chevy Chase At Home? Do you like numbers? Are you detail oriented? Have you used QuickBooks (or Quicken) – or would you like to learn? If so, then CC@ H would like you to apply for the unpaid, volunteer position of **Treasurer** of the organization, to start in January 2018. Please contact the office for details.

### **SAVE THE DATE**

**Sunday, October 15, 2017, 2:00 p.m.**

Chevy Chase At Home is honored to present author **Alexandra Zapruder** as a guest speaker at a program on Sunday, October 15, at 2:00 p.m. at the Chevy Chase Village Hall.

She will speak primarily about her new book, ***Twenty-Six Seconds***, a personal and family history of the home video of the assassination of President John F. Kennedy filmed by her grandfather (Abraham Zapruder). Alexandra is a native of Chevy Chase Village and now lives nearby.

Plan to attend and register ahead to reserve your space. Ms. Zapruder has graciously offered to sign copies of her book which may be purchased from several online outlets that she links from her website (<http://alexandraZapruder.com/twentysix-seconds-the/>). Register on our website [www.ChevyChaseAtHome.org](http://www.ChevyChaseAtHome.org) or call the CC@ H office at **301-657-3115**.

### **WHO'S IN YOUR BACKYARD?**



Would you love to go Birding? Coming in the Fall, a CC@ H volunteer, Karen Stewart, has offered to lead a bird-watching group. Interested? Please let the office know.

## PROGRAMS FOR MEN

Often, CC@ H programs and activities draw noticeably more women than men. From time to time, CC@ H has made a special effort to offer options especially interesting to men, but with only limited success: the Friday morning walking group is the most popular among our male members. In an attempt to find activities that would entice the men out more, we offer these options in the community (some of which may be coed):

Two fraternity-like clubs have been in the neighborhood for decades. *The Fossils* is a group of 25 who have been going since 1947. They meet each Thursday (except on fifth Thursdays of months when that occurs). Each meeting has a different focus. John Barnes ([johndb.md@gmail.com](mailto:johndb.md@gmail.com)) can provide details. *The Same Boat* has been sailing since 1999. It also has some 25 members. It provides a diverse set of programs at Monday lunches each week. Contact Barry Passett ([cosmusic3@gmail.com](mailto:cosmusic3@gmail.com)) for more information.

Montgomery County offers many programs ([www.montgomerycountymd.gov/senior/recreation.html](http://www.montgomerycountymd.gov/senior/recreation.html)) that may entice men, such as

- *Holiday Park Senior Center*, near Veirs Mill Road and Connecticut Ave., has a diverse program, including weights, chess, outings to ball games and many others. ([www.holidaypark.us](http://www.holidaypark.us))
- *Senior Outdoor Adventures in Recreation* (SOAR) offers hassle-free day trip options. ([www.montgomerycountymd.gov/rec/things\\_todo/trips/senior.html](http://www.montgomerycountymd.gov/rec/things_todo/trips/senior.html))
- The Montgomery County *Senior Sports Association* offers softball, basketball and volleyball for adults ages 50 and older. For more information, contact Jim Ganz ([jimganz@verizon.net](mailto:jimganz@verizon.net)).

OASIS has a *Men's Discussion Group* that meets in the B-CC RSC and provides a forum to engage in intellectual conversation with a peer group and to explore areas of common concern. Subjects for discussion are selected by the group. ([www.oasisnet.org/Washington-DC/Classes](http://www.oasisnet.org/Washington-DC/Classes))

The *Chevy Chase Library* has 4 different book groups: Non-fiction; Great Books; Fiction, Memoir and Biography; and the Jefferson Café. Foreign films are shown at least once a month. Check [www.montgomerycountymd.gov/library/branches/chevychase.html](http://www.montgomerycountymd.gov/library/branches/chevychase.html) for details.

There is a *History Book Club* that has been meeting in Kensington for almost sixteen years. They read and discuss traditional history books, journalistic accounts that involve the area's history, or "sociological" histories under informal guidelines for selection that the book be well written as well as historically sound. Meetings are held at 7:30 p.m. every second Wednesday of the month at the Kensington Row Bookshop, 3786 Howard Avenue, Kensington, MD 20895. Please contact Stew Oneglia ([oneglia@aol.com](mailto:oneglia@aol.com)) for details about the book currently being read.

*Encore Choral* (for people 55+) is always looking for more men to sing in their regular or rock and roll groups. Rehearsals are held in both Silver Spring and Glen Echo. No audition and no experience required! ([www.encorecreativity.org](http://www.encorecreativity.org))

For more ideas for classes, lectures and activities check out the *Community Connections* and *Resources for Seniors* tabs on the CC@ H website ([www.chevyCHASEathome.org](http://www.chevyCHASEathome.org)).

In short, there is a profusion of activities for retired men. No one needs to sit at home and watch TV.

Barry Passett

---

Are YOU interested in doing, or sharing information about, something that hasn't been suggested here (such as golf, poker, chess, fly-fishing, travel, building models, woodworking, or watching sports in your man cave, etc. etc...)?



Why not post a note on the CC@ H Member Forum ([members@ccath.org](mailto:members@ccath.org))? Or let the office know so we can promote the idea to help get you started.

---

## A NEW MODEL FOR HEALTH CARE

More than 45 members and neighbors came to CC Village Hall on the evening of March 21 to learn about the home health care program for frail seniors in DC initiated by Dr. Eric DeJonge, MedStar Washington Hospital Center. This grant-supported demonstration program with a staff of about 20 (physicians, nurses, technicians, home-care providers) delivers ongoing regular and specialized health care to more than 600 seniors in their homes, of whom about 10% require especially intense support. To date, hospitalizations are less frequent for this group and the cost of their care is significantly less than traditional medical practice models.

See page 2 for upcoming programs in our series on ***Health Care Issues for an Aging Population.***

## ST. PATRICK'S DAY



Bridget on Irish Harp

CC@ H celebrated the Irish holiday a day early with father/daughter team Rick and Bridget Kemper on Irish pipes and harp and a brief appearance of Patrick McCallum with his bag pipes. A variety of appropriate refreshments rounded out the festivities.

## TECH TUESDAY

On a sunny April day, several of our tech volunteers and 15 to 20 members and neighbors came to CC Village Hall with laptops, phones and



issues to solve. The turnout strained the WiFi resources available. Although some problems seemed

to be close to unsolvable in the time available, a fair number of participants went home with a system

that was working better than when they arrived. The tech volunteers and the Social Networking and Program Committee are looking for other opportunities to offer something similar, but smaller, in the future – perhaps as an adjunct to one of our Summer events.

## SPRING HOME SAFETY VISITS

The Spring Home Safety visits were a big success. CC@ H, in partnership with MC Fire & Rescue Service program, visited 39 homes (23 were non-members). Jim Resnick, Program Manager for Senior Outreach & Education of the Montgomery County Fire and Rescue Service, lead a team a



firefighters who completed the visits along with 11 CC@ H volunteers and staff. All members of CC@ H were contacted to see if they would like to participate in the program. Participants in Chevy Chase Village also received a security visit from a CCV police officer. Since the Spring of 2015, 124 homes have received a safety visit, including 81% of our Member's homes.

## SCOUTS TO THE RESCUE



Caroline & Tara

Local Scouts (BSA & Venturing Crew 255) assisted our Members on two separate occasions this past Spring. On March 25, a group of Scouts provided participating Members assistance with Spring prep and clean-up.

Also, on April 21, scouts hauled items out to the curb for Members who live in the Town of Chevy Chase in preparation for Trash and Treasure day.



## ESPIONAGE: THE KGB AND THE CIA

David Duberman, a retired senior CIA officer, discussed two major espionage operations to a large and attentive audience at the Chevy Chase Village Hall on May 16. The first, a very successful KGB operation which lasted from the 1930s until the Cold War, was revealed in *A Spy Among Friends: Kim Philby and the Great Betrayal*, by Ben Macintyre; the other, *The Billion Dollar Spy*, by David E. Hoffman, recounted a major CIA achievement under very difficult conditions in Moscow. David used these operations to discuss espionage in general and other operations based on his personal experience. He emphasized that the KGB and its successor have decades of experience, that they are very capable and professional and that the operations they conduct today are very similar to those they conducted in the past. At the conclusion of the talk, David candidly answered many questions from the audience.

---

## COMMITTEE WANT ADS

Although we have the most fantastic office staff, the organization could not function without its cadre of volunteers. In addition to the many volunteers on the ground (or likely in a car), volunteers serving on committees are a critical part of our structure. Three key committees are seeking new members:

**Communications Committee** ~ Like to get the word out? Like to write, take photographs? Don't mind a few deadlines each year for the CC@ H newsletter, the committee's principal responsibility? Join our congenial but rigorous group; benefits include the praise of colleagues, the serious grammar with which you grew up, and great cookies! To come to the next meeting, contact Caroline Michaelis at [caroline.michaelis@gmail.com](mailto:caroline.michaelis@gmail.com) or Fran Pitlick at [frances.pitlick@verizon.net](mailto:frances.pitlick@verizon.net).

**Membership** ~ Identifies member services and benefits; recommends appropriate methods and opportunities for recruitment and retention of members; tracks membership trends. This

committee perhaps most closely allies with our mission and reason for being. Do you have a marketing background? Do you have good ideas? Help CC@ H plan for growth! Contact Co-chairs: Judith Silber at [ej Silber@verizon.net](mailto:ej Silber@verizon.net) and Karen Bokot at [kbokat@verizon.net](mailto:kbokat@verizon.net).

**Social Networking and Program** ~ Brings neighbors together in a variety of gatherings; plans educational and cultural programs; arranges special speakers; generates ideas for classes and nearby outings; hosts overflowing refreshments table for most venues. Keeping members engaged and involved in such programs is key to our well-being as we age. Meetings are generally held on the last Tuesday of the month, from 2 p.m. to 4 p.m. Contact Betty O'Connor at [bettyoconnor2@verizon.net](mailto:bettyoconnor2@verizon.net).

---

## CHEVY CHASE ELEMENTARY SCHOOL CENTENNIAL

Chevy Chase Elementary School (CCES), the vibrant 3rd through 6th grade elementary school that sits in the middle of our Village, is 100 years old in 2017. Thanks to Judith Silber and Karen Spangler, CC@ H joins CCES in celebrating this milestone. On



March 2, Dr. Suess' 113th Birthday, as part of the semester-long celebration Judith and Earle Silber (left) each read "Cat in the Hat" to

a class; Betty O'Connor read to another; and Jan Augustine read about the sinking of the Titanic to two 4th grade classes. Sandie Deighton, a Friend of CC@ H, works with ESOL (English for Speakers of Other Languages) students on their reading skills. She has initiated a book drive to ensure that all the ESOL students would have books of their own to take home over the Summer.

These are the types of inter-generational activities that CC@ H would like to become more involved in. Any suggestions from our readers?

## 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  
Evers & Co. Real Estate Inc.  
La Ferme Restaurant  
Vamoose Bus

## INDIVIDUAL DONORS\*

\* Twenty-three donations were  
received between  
2/7/2017 & 5/14/2017.

Names are not included here to  
protect the privacy of the donors.



Goodies from the April 29  
Reception for Members, Associates & Friends  
at La Ferme  
**Thank you, Alain Roussel!**



Need to get a quick ride somewhere  
without breaking the bank? Little Falls  
Village has a great guide on [how to use  
Uber and Lyft](http://www.littlefallsvillage.org). Look under "Resources"  
on their web site ([www.littlefallsvillage.org](http://www.littlefallsvillage.org)) or go to  
[www.chevychaseathome.org](http://www.chevychaseathome.org) and then to *Community  
Connections, Miscellaneous Services*.

### CC@ H NEWSLETTER

Published by:

Chevy Chase At Home Communications Committee  
Caroline Michaelis & Fran Pitlick, Co-chairs  
Writers & Editors: David, Elaine, Jan, Catherine,  
Laura, Nathalie, Nathan, Jean, Fran, Caroline  
Photos: John Barnes, Catherine McCallum, Jay  
Treadwell, Aaron Presnell

Color Printing: Evers & Co. Real Estate Inc.  
CC@ H is a 501(c)(3) non-profit organization.



### WHAT'S IN YOUR WALLET\*?

- Names and doses of medication;
- Names and telephone numbers of doctors;
- Names and telephone numbers of people to  
contact in an emergency\*.

\*Consider adding an ICE listing (your "In Case of  
Emergency" contact's phone number) to your cell phone or  
as an app to your smart phone; the latter may include  
medications. (Carry your spouse's info in your wallet, too.)