



# 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 Ten, Number 4

December 2018

### QUICK CALENDAR

#### PUBLIC PROGRAMS

##### CC VILLAGE HALL

#### AN EVENING WITH

##### MARK SHIELDS

Tues., Dec. 4, 7:00 p.m. **RSVP**

#### !! HOLIDAY PARTY !!

##### "NOW OR NEVER" A CAPPELLA

Tues., Dec. 18, 2:00 p.m.

#### RELAXATION SESSION &

##### RESOURCES

##### LYLIE FISHER

Tues., Jan. 15, 2:00 p.m.

#### AARP SMART DRIVER™ COURSE

Tues., Jan. 29,

10:00 a.m. to 3:00 p.m.

**RSVP** – SEE INSIDE FOR DETAILS

#### KEMPER DUO: A HARP &

##### IRISH PIPE EVENT

Tues., Feb. 19, 2:00 p.m.

MORE ON PG 2 >>>

CHECK OUR WEBSITE CALENDAR  
FOR LATEST INFORMATION!

## CC@H GETS READY TO CELEBRATE 10 YEARS

It's hard for me to believe that just ten years ago a group of us from the various parts of Chevy Chase sat down and discussed the possibility of establishing a community organization, a "village," that could make it easier for older people to continue to live in their homes of many decades. In this time we have provided over 10,000 services including rides to medical appointments, computer assistance, minor household chores, friendly visits, walks in the neighborhood, lectures of all sorts, "get-togethers," exercise classes, lunches, and so much more. We innovated with home security checks, "Storm Buddies," and expert volunteer training. We did it all, over these ten years, with the participation of hundreds of volunteers who served on committees and the Board, and did the day-to-day work of serving neighbors who could use some assistance so they could continue to participate in community life.

It has been my pleasure to be involved with Chevy Chase At Home for these ten years, and to have been the President for the past four years. It has been one of the most gratifying experiences I have had -- to participate in the development of programs and services and to work with all of the people who joined in the effort. But, as I have said before, the major benefit for me has been getting to get to know and appreciate neighbors and friends, some of whom lived just blocks away for decades. I know that many of our volunteers and members also feel that the process of "neighbors helping neighbors" has

given them the additional benefit of friendships that they didn't know were possible until they started working within Chevy Chase At Home. I am very appreciative of all the people within the Chevy Chase community, and elsewhere, who contribute financially to CC@H so that we can continue to better serve our members and the community at-large. We are especially indebted to our two staff members,

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## COMING UP -

### AN EVENING WITH MARK SHIELDS

Mark Shields, long-time Chevy Chase Village resident, was one of our first invited speakers. As a syndicated columnist, political analyst, weekly commentator on the PBS NewsHour he will look at the world from his current perspective. How has it changed in 10 years? **Register now** to be sure that we save a spot for you. **December 4, 7:00 p.m., CC Village Hall.**

**Holiday Party**  
**December 18, 2 p.m.**  
**CC Village Hall**

**"Now or Never" a cappella group**  
**!! Refreshments !!**

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Catherine McCallum and Laura Fenves, who organize the day-to-day functioning of our organization and help in every aspect of our work.

I encourage our neighbors who have not been involved in CC@H to give it a try -- as a Member, an Associate, a volunteer, a committee member, a supporter. I will continue to do so.

*Nathan Billig*

## **COMING UP (CONT.)—**

### **CC@H NEEDS YOU**

Being a local non-profit organization helping aging adults live in their familiar communities has both benefits and challenges. The benefits of CC@H are obvious as assistance to neighbors in the community has expanded every year. Our volunteers do a fantastic job daily, but the financial challenges of maintaining this organization are only highlighted once every year. This is the time of the year for all of us to renew our commitment to CC@H by making a monetary contribution.

CC@H is financially supported by member dues and individual donations from the community, with an occasional special grant from local organizations. Every dollar goes to programs, volunteer recruitment, and outreach to older residents who need help. This year, as an added inducement, every donation is being doubled by a challenge match. Board Members (past and present) and Committee Chairs are matching all donations up to \$15,000. But remember, **the closing date for the match is December 20, 2018!**

For those who would like to make a contribution dedicated to a special project, the CC@H office can supply suggestions. We're glad you asked, because, right now, we need a sponsor or "angel" to fund the publication of this quarterly newsletter.

### **"NOW OR NEVER" – A HOLIDAY PARTY TO REMEMBER**

Bring a family member or friend to CC@H's annual Holiday Party. "Now or Never", a local a cappella group of four women, will sing songs of the season as well as other popular tunes for this style. And, of course, there will be seasonal refreshments.  
**Tuesday, December 18, 2 p.m. CC Village Hall.**

### **RELAXATION SESSION AND RESOURCES ESPECIALLY FOR CAREGIVERS**

Lylie Fisher, facilitator of Montgomery County's Caregiver Support Program, will lead a caregiver-focused Mindfulness Relaxation session and provide information regarding county resources. **Tuesday, January 15, 2019, 2 p.m. CC Village Hall.**

### **CALENDAR (CONT.)**

#### **BRUNCH BUNCH**

**2<sup>nd</sup> Thursdays,  
Dec. 13, Jan. 10, Feb. 14  
10:00 a.m. to 11:30 a.m.  
OLYMPIA CAFÉ**

#### **CLASSES**

**MUSIC & MOVEMENT  
Wednesdays**

**GENTLE PILATES/BALANCE  
Mon., Wed. & Thurs.**

**ZUMBA GOLD®  
Wednesdays**

**WALKING GROUP  
10:00 a.m.  
Mondays & Fridays**

**KNITTING/CRAFT GROUPS  
Mondays & Friday**

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

### **AARP SMART DRIVER™ COURSE**

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance (not all insurance companies offer this benefit). This 4 hour course is designed for you to:

- Refresh your driving skills and know the new rules of the road.
- Understand the importance of proper maintenance of your vehicle.
- Learn research-based driving strategies to help you stay safe behind the wheel.

RSVP required; fee: \$15 for AARP members, \$20 for non-members, payable by check at the door.

**Tuesday, January 29, 10 a.m. to 3 p.m.** (with 1 hour lunch break) **CC Village Hall.**

## WINTER EXERCISE CLASSES

Exercise classes will start soon:

### Zumba Gold

Wednesday, January 9, 11:30 a.m.

### Music & Movement (formerly Dance and Song)

Wednesday, January 9, 2:30 p.m.

### Gentle Pilates/Balance

Monday, January 7, 2:30 p.m.

Wednesday, January 9, 10:30 a.m.

Thursday, January 10, 2:30 p.m.

**(new mat class)**

Registration, locations and fees are available now online. Please do call the office if you have any questions about the classes.

## !! LA FERME FIGHTS WINTER BLAHS !!

Again this year, Alain Roussel invites CC@H Members, Associates, & CC@H Friends for

**"Monday Lunch at La Ferme"**

at special prices. The dates are:

January 7 and February 4

Call the office to reserve your spot

Details online at <https://chevyCHASEathome.org>

## KEMPER DUO: AN IRISH HARP & PIPE EVENT

Rick and Bridget Kemper are a father-daughter duo, playing legendary music of Ireland and Scotland on the traditional instruments of these countries, including the Celtic harp, Uilleann pipes and penny whistle. Join us for a program of lively tunes.

**Tuesday, February 19, 2 p.m. CC Village Hall.**

## SAVE THE DATE – MAY 19

Celebrate our 10<sup>th</sup> year anniversary on Sunday, May 19. Planning is underway for a special event to recognize this milestone in helping ourselves age in place. Entertainment, refreshments, recollections and good cheer will mark the day. Mark your calendar and watch your mail for more information as details become available.

**Happy Hannukah**

Sundown, Dec. 2

## OTHER NEWS –

### STORM BUDDIES



Would you know your Storm Buddy if you met him/her on the street? Here are three of them during the recent fall training session,

along with Catherine who is working on map locations with one of them. If you're a full Member and you haven't been called yet, you will be called soon. Let your Storm Buddy know if you will be away for an extended period so they won't worry if you don't answer during a storm emergency.



### WHERE IS YOUR SOCIAL SECURITY CARD?

The next time you renew your driver's license, you may need to apply for a "Real ID" version if you don't already have one (a star in the upper right side indicates that it's "real"). The federal REAL ID Act of 2005 established security standards for all state-issued driver's licenses and identification cards. By October 1, 2020, every air traveler will need a REAL ID-compliant license (or another acceptable form of ID such as a passport) for domestic air travel.

Six months prior to your license's expiration, you'll receive a detailed notice from the MVA defining the **very specific documents** you **must** present for renewal and the option to **apply for renewal up to six months before** your license expiration date.

The documents you will need include one **proof of age and identity**; one **proof of Social Security**; and **two proofs of residency**. When you receive the notice, **gather your documents\*** and **then make an appointment** (currently by computer only) to take them to a **full service MVA office (White Oak or Gaithersburg)** – if all goes well, you can be in and out in less than 15 minutes!

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A couple of caveats:

- you **cannot use your old Medicare card** as proof of your Social Security number;
- you **cannot use baptismal certificates** or similar documents as proof of birth;
- **your name** (not your spouse's) must be on the proof of residency documents;
- wear your **driving eyeglasses** as you will need to read a basic eye chart;
- **avoid Mondays** (and Fridays) at the MVA!
- your license **will be mailed** to you.

\* Note that since all states are requiring this specific documentation, if you need to get a copy of your birth certificate or a new Social Security card, the processing time is much longer than usual, so don't wait until the last minute to pull together what you'll need.

Find full details of Maryland license renewal at:

<http://www.mva.maryland.gov/realid/index.htm>

For more information on Real IDs see:

<https://www.dhs.gov/real-id-public-faqs>

## COMPUTER SECURITY 102

We all know we're supposed to periodically change the passwords on our computer applications, especially for banks, credit cards and other relatively sensitive sites (Computer Security 101). However, did you know you should also change your login ID occasionally as well?

Recently I tried to log into a credit card account and was told I needed to change my password "for my security" even though I had changed it less than a month before. I contacted the company and learned that there had been multiple attempts to access my account, apparently using my correct login ID – a simple variant of my name. These attempts had come from mobile devices around the world, and fortunately were unsuccessful. Clearly I changed my login ID immediately!

Since it can be challenging to remember all your various login IDs and associated passwords, you might want to consider an online password manager which will store your information securely, and which you access with one master password. There are a number of free programs available; these can be found by searching for "free password manager". And of course, Members can contact CC@H to request volunteer tech support with this type of issue.

*Jan Augustine, Tech Support Volunteer*

## YOU MIGHT HAVE MISSED – PAL POOCHES

Three perfect PAL pooches with wagging tails brought their trainers and some tricks to the CC



Village Hall on Wednesday, Nov. 7, and delighted an enthusiastic dog-loving audience. It was the best possible antidote to political fatigue! Each of the owners, Helga Butler with Teddy, Nancy Malan with Wallibi, a.k.a. Wally, and Dawn Wellspeak with Otis, spoke a

bit about their dogs and showed off their training. Helga told the group how PAL (People, Animals, Love) was started right here in Chevy Chase in 1982 by a veterinarian who lived on Primrose Street. Their Pet Visit Program sends trained dogs and their owners not only to local hospitals and nursing homes, but also to libraries, schools and colleges. And now Helga and Nancy have volunteered to bring their furry friends to visit your house if you're a member of CC@H!

## STIFLED BY YOUR STUFF?

Donna Eichelberger, founder and president of Graceful Transitions, addressed a Chevy Chase At Home "Meet 'n Mingle" on Tuesday, September 11. Based on 26 years of professional experience in counseling and



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ten years running her own senior services firm, Donna walked the audience through the many practical ways to reduce clutter and minimize the emotional stress it often generates. Prior to her presentation, additional chairs were added to accommodate the greater-than-expected number of attendees wanting advice on this popular unpopular subject.

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### AN AFTERNOON WITH MARVIN KALB

Jointly sponsored by CC@H and the Fossils, Marvin Kalb, one of our most experienced and distinguished journalists, gave a talk at the TOCC Town Hall based on his latest book, *Enemy of the People: Trump's War on the Press, the New McCarthyism and the Threat to American Democracy*. An attentive, capacity audience listened to Kalb reminisce about his lengthy career and the famous journalists with whom he worked.

But Kalb really used his references to his career to illustrate the importance of journalists in defending our democracy. His primary examples were of course McCarthyism and Watergate, in both of which journalists played key roles. To Kalb, the twin pillars supporting our democratic society are the freedom of journalists and the independence of the judiciary. Both of these essential supports are under attack, Kalb asserted, and the outcome of this assault is still uncertain.

Where did Kalb get the title for his book? The phrase, *Enemy of the People*, has a very long history of use by demagogues and dictators, but its most recent exploitation was by Joseph Stalin, who used it to identify and persecute those he thought were opposed to his policies. Kalb pointed out that the Trump administration has employed the same phrase for the same purpose.

At the conclusion of his talk, Kalb candidly and graciously answered various questions from the audience. The event ended with a book signing.

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**Merry Christmas &  
Happy New Year**

### JAN'S TRAVELS

Several of us enjoyed a colorful October morning doing some arm-chair travel with Jan Augustine to all sorts of places – some by land, some by sea and several by foot. We cruised with her to the Caribbean in a large ship, then to Iceland and Greenland on a smaller ship and finally a river cruise from Paris to Prague. We trekked with her in England, Ireland and Scotland and then we did some down to earth travel to Patagonia, Easter Island, and Colombia. At the start of her talk, Jan projected a map of the *gazillion* places she has visited – no grass grows under her feet!



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### HONORING CC@H VOLUNTEERS

Again this year, the Volunteer Services Committee, hosted by Janet & Patrick Regan, honored the cadre of CC@H volunteers for their services during the past year. In addition to those volunteers who provide direct services to the members, there are many others who provide administrative support or serve on the various committees that help keep CC@H humming.

**Thank you, one and all!**

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### LATE BREAKING NEWS

Both Nathan Billig and Susan Hamburger will complete their terms as President and Vice President at the end of the year. If you wish drop in at the **Olympia Café, Friday morning, December 6, 11 a.m.** (after the Friday morning walk) to thank them for their exceptional contributions to CC@H.

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Chevy Chase At Home is **expanding its northern boundaries** to include zipcode 20815 residents who live outside the Town of Chevy Chase but east of Wisconsin Avenue and south of Montgomery Avenue. Residents of the Riviera of Chevy Chase will now be eligible to join CC@H as Members or Associates. The Village movement grows by leaps and bounds and so does Chevy Chase At Home.

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## **OUR SUPPORTERS \* -**

### **FINANCIAL SUPPORT**

#### **BUSINESS COMMUNITY**

##### **SILVER**

Georgetown Home Care

##### **BRONZE**

Assisting Hands Home Care

### **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

### **INDIVIDUALS**

\*Data are for contributions received between  
August 3 and November 16. Names of individual  
supporters are not included when the Newsletter is  
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#### **CC@H NEWSLETTER**

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CC@H is a 501(c)(3) non-profit organization.