



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

Chevy Chase, MD 20825

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Volume Eleven, Number 2

June 2019

QUICK CALENDAR

PUBLIC PROGRAMS CC VILLAGE HALL

ANTIQUES: AN AUCTIONEER'S PERSPECTIVE

REID DUNAVANT, DOYLE

Tues., June 11, 2:00 p.m.

CC@H SUMMER MOVIE –

JULIE & JULIA

Tues., July 23, 2:00 p.m.

ICE CREAM SOCIAL

Tues., Aug. 13, 2:00 p.m.

BEFORE THERE WAS TV . . .

MURRAY HORWITZ, HOST,

WAMU's "BIG BROADCAST"

Tues., Sept. 17, 7:00 p.m.

BRUNCH BUNCH

2nd Thursdays,

June 13, July 11, Aug. 8

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

OLYMPIA CAFÉ

EXERCISE CLASSES & MORE

ON PG 2, PG 3 >>>

CHECK OUR WEBSITE CALENDAR
FOR LATEST INFORMATION!

CC@H CELEBRATES 10 YEARS

On May 19, 2019, Chevy Chase At Home celebrated its 10th anniversary in style. The party at La Ferme was a most festive event that brought together our leaders (founding and new), members, volunteers and supporters of our village. We honored our founders, Naomi Kaminsky and Joan Urban, who were the catalysts for the creation of CC@H. Their vision is still a reality today, and, if anything, the concept of neighbors helping neighbors is gaining vibrancy. The program featured a silent auction with everything from priceless opportunities for lunches with some key local political leaders, to gift certificates for meals and services, tickets for concerts, plays and sporting events and precious items. In addition, Congressman Jamie Raskin, State Senator Jeff Waldstreicher, and County Council Member-At-Large Evan Glass came to congratulate us on this milestone in our history and Senator Chris Van Hollen sent a proclamation.



None of this could have occurred without the incredible efforts of the 10th Anniversary Committee very ably chaired by Nathalie Bramson and Caroline Michaelis. The committee included Peggy Hauter, Peggy Mercorella, Monique Milhollin, Betty O'Connor, Janet Regan, and Jean Sperling. Also, thanks to Monique for putting together a slide show of the past ten years, and Jan Augustine and Fran Pitlick for tech support and pictorial review respectively, and to our hardworking office staff - Catherine McCallum, Executive Director, and Amy Propps, Office Administrator.

This brings me to a vital ingredient that makes for a successful village - volunteers! Yes the life blood of CC@H are 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 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, CC@H President

AND DID WE CELEBRATE!

Approximately 130 people (plus perhaps a couple of attendees who escaped name badges) enjoyed a perfect Sunday in May accompanied by wine or iced tea and La Ferme's signature savories and pastries. Linda Kaplan, President of CC@H, our gracious hostess, opened the festivities by recognizing the founders and their



(Continued on next page)>>

successors over the years. Later, just before the Silent Auction, she introduced our special guests from Congress, State and County governments, each with a proclamation or congratulatory citation from their respective political jurisdictions, including one from Senator Van Hollen (who was unable to join us).

The Silent Auction offered nearly sixty items, engagingly described in the colorful program, which was complete with support from local businesses, and proudly adorned by our 10th Anniversary Logo. The auctioned items gave great emphasis to gift certificates for services or special experiences rather than objects. Examples included lunch with a local politician or celebrity, tickets to a sporting event or several hours of decluttering advice. Although figures are not yet final, it is projected that we will net over \$7,000 from the event.

We express our delighted thanks to all who worked hard to bring the visions of last January to exquisite fruition one Sunday in May!

Nathalie Bramson, Co-chair, 10th Anniversary Committee

2019 BOARD OF DIRECTORS



Terms for Officers and Board Members begin on January 1. This year's Board is pictured on the left. Front row, left to right: Lois Fern, Elaine Collins, Karen Bokar, Linda Kaplan, Barbara Bryniarski, Kathleen McGuinness; 2nd row, Nathan Billig, Mary Ellen Bittner¹, Karen Spangler, Susan Hamburger, Monique Milhollin, Catherine McCallum, Ava Kaufman, Bryan Arling¹.

Not present: Elizabeth Cullen, Mark Nadel.

¹. New Board Member this year.

COMING UP -

ANTIQUES: AN AUCTIONEER'S PERSPECTIVE



What IS it about Antiques Roadshow that keeps us coming back for another episode? Does your heart rate go up a little bit when you go to an auction and you're not quite sure whether to bid or not?

Reid Dunavant, Senior VP at Doyle's DC/Mid-Atlantic Regional Office, will give us his perspective on all things antique – what's hot, what's not, and will give us a behind-the-scene view of Antiques Roadshow, where he served as an appraiser from 2004 – 2016. Join us at CC Village Hall on **Tuesday, June 11, at 2:00 p.m.** and hear what he has to say.

CALENDAR (CONT.)

MUSIC & MOVEMENT

Wednesdays, 2:30 p.m.

May 29 thru July 24

ZUMBA GOLD®

Wednesdays, 11:30 a.m.

May 29 thru July 24

TAI CHI DEMO

June 4, 11:30 a.m.

PILATES DEMO

June 6, 1:00 p.m.

YOGA DEMOS

June 13, 1:00 p.m.

June 18, 11:30 a.m.

(MORE ON PG 3)

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

AH, SUMMERTIME

Not everyone leaves town in the summer and Chevy Chase at Home is happy to provide some old-fashioned entertainment for those who are still here (in what the British regarded as a hardship post during the summer).



JULIE & JULIA -

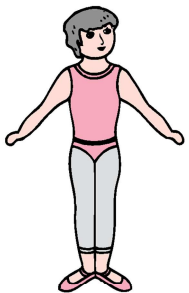
This year's flick is *Julie & Julia* – Nora Ephron's movie about blogger Julie Powell's earnest quest to successfully master every recipe in the Julia Child's bible, "Mastering the Art of French Cooking" and the chef's journey of discovery about how to cook masterfully.

Bring a friend and join us for popcorn at 2:00 pm on Tuesday, July 23 at CC Village Hall. This is also a great opportunity for caregivers and their companions to enjoy some casual entertainment together in an informal environment.

ICE CREAM SOCIAL -



By August 13, you might be done with summer and ready for something different. Come to CC Village Hall at 2:00 pm and for a root beer float or just some ice cream and forget the heat outside. Some folks will be there to chat with you about Chevy Chase At Home's plans for the fall - exercise programs, events, and volunteer/committee opportunities. And, it's a chance for you to let us know what is particularly interesting to you.



SUMMER EXERCISE CLASS SCHEDULES

On Tuesdays and Thursdays in June, Chevy Chase At Home is offering four **free**, one-hour, **demo** exercise classes. A different instructor will teach each class. Classes will include **pilates, yoga and tai chi**. All classes will be held at **Chevy Chase**

Village Hall and are designed with our members in mind. We will schedule the **line-up of fall classes** based on your **participation in the demo classes** and your **feedback on the instructors**.

Tuesday demo classes will be held from 11:30 am to 12:30 pm. Thursday demo classes will be held from 1:00 pm to 2:00 pm. At press time, the following demo classes are confirmed:

Tai chi, Louise Liu, **Tues. 6/4**, 11:30 -12:30

Pilates, Paulette Bockmann, **Thurs. 6/6**, 1:00 -2:00

Yoga, Irene Bopp, **Thurs. 6/13**, 1:00 - 2:00

Yoga, Suzana Cooper, **Tues. 6/18**, 11:30 - 12:30

Zumba Gold and **Music & Dance** will continue weekly until July 24. Watch for announcements about these classes for the fall.

CHECK OUT THESE ACTIVITIES (See Event Calendar on our website)

WALKING GROUPS

Norwood Park, 10:00 a.m. Mondays
Brookville Mkt., 9:00 a.m. Fridays

KNITTING/CRAFT GROUPS

Mondays & Fridays

YOU MIGHT HAVE MISSED – **THE PIPES WERE PLAYING**

Celtic music added a bright beat to the Meet & Mingle on February 19th as the father and daughter duo of Rick and Bridget Kemper performed on the Celtic harp, Uilleann pipes, and pennywhistle. They played traditional sounds of Ireland and Scotland from the 12th century's "The Chanter" to the 20th century's "Fires at Midnight" written to commemorate the destruction of herds of cows to contain mad cow disease. At 16, Bridget is a ten-year veteran harpist. Rick Kemper builds and repairs harps at his Sligo Harp Shop in Silver Spring. After the performance, the audience gathered around the duo to ask questions and were allowed to "play" the harp. The strings are incredibly tight!



IRISH EYES WERE . . .DANCING



On March 12th, the Culkin Dancers returned to the Village Hall and demonstrated their prize-winning traditional Irish dancing skills and colorful dresses. Keeping with the theme, the Social Networking & Program Committee provided a

wide variety of Irish refreshments.

“SOMETHING WONDERFUL” COMES TO CC@H

A standing-room only crowd listened (and



hummed along) as pianist, singer, and music historian John Eaton performed a variety of works from the Great American

Songbook on March 19th. The finale was a medley of three songs suggested by the audience and arranged on the spot by Mr. Eaton. Another wonderful example of the events sponsored by CC@H!

RELAXATION SESSION AND RESOURCES ESPECIALLY FOR CAREGIVERS



On a sunny April afternoon, Shawn Brennan and Lylie Fisher (Montgomery County Aging and Disability Program) began a discussion of *Resources for Caregivers*. They outlined the importance of five key factors* for primary caregivers to

consider to maintain their own health and that of their companions. They also outlined services and information available through the County to support these goals, whether directly or with referral to

* Five Key Factors - Mind: manage stress, keep learning; Muscle: stay physically active; Mouth: healthy diet; Meaning: seek meaningful relationships and activities; Mattress: sleep well.

other programs. Through County grants, the Alzheimer's Association provides support groups, educational programs and consultation services for caregivers to understand, anticipate, and cope with care of a partner with dementia or other afflictions. In particular, up to **140 hours of respite care is available without charge** (regardless of means).

After a **refreshing relaxation session**, the discussion continued on topics of interest to all seniors, including the **variety of transportation services available at little or no cost** (with some door-to-door options). The session closed with reminders of the importance of **planning ahead for end of life issues**, especially designating a decision-maker. The County's website (<https://www.montgomerycountymd.gov/senior/>) is a treasure trove of information about resources available to all seniors and to those providing care to seniors.

SIGNS OF A SCAM

Jeannine Robinson-Hurley, Education, Training and Outreach Coordinator for the Maryland Attorney General's Consumer Protection Division, outlined various ways that scammers



try to get your money or your identity, especially by telephone, but also by e-mail from strangers. She discussed these and more scams:

- You are told to send a small amount of money to win BIG money.
- They offer to SEND YOU MONEY and you are told to keep some for yourself and send the rest elsewhere.
- You are asked to WIRE money to someone you do not know.
- You are asked to use a Green Dot card to pay for something or someone you do not know.

(Continued on next page)>>

- You are asked to provide PERSONAL INFORMATION over the phone and you did not initiate the call.
- You are told to ACT QUICKLY and NOT TO CONSULT OTHERS
- They want you to DONATE money, but refuse to send you information in the mail first.
- It sounds too good to be true (it probably is!)

The take-home-message: If you don't recognize the telephone number or sender of e-mail, **don't answer & don't open**. More details are available on our website in the **Resources for Seniors** in the **Fraud and Scams** section.

WRITING YOUR LIFE—ONE STORY AT A TIME

The Memoir Writing class with Bea Epstein was delightful, and Bea came prepared each class with some wonderful writing examples of stories and themes that we could use as a springboard to telling one of our own stories. The class was small and we got to share our stories with the group, which meant that we got to learn about the others in the class and make some wonderful connections. The class gave me the impetus to do the writing that I have wanted to do, and felt like a warm and supportive place to learn more about writing an interesting story. I think we were all sorry to see it come to an end, and would have loved several more sessions. But the momentum has gotten me started, and I hope to continue to write my stories.



Betsy Hague

OTHER NEWS –

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.

This newsletter is written and published by the Communications Committee (which also provides advice on the website and other public documents as needed). None of us knew each other when we started volunteering on the Committee and each of us approaches our role in a different way. But somehow, we all work as a team to bring you tidbits of information that we pull together every three months. Not only do we figure out what stories we want to follow, but we look for images to go with them, write the stories, and correct and proof them once, and then again – as many times as we can possibly afford.

Last, but not least, we get together once the newsletter is printed, to stuff, label and stamp the envelopes, (right>) then take them to the Post Office.



Other committees do something similar – figure out what has to be done, how to do it, and how to bring it to completion. Is there a role for you in this mix, for example, Social Networking & Programs, Volunteer Services, Membership, or Communications? Do give the Office a call if you are interested.

PEN PALS CELEBRATE

The Pen Pal program, which matches CC@H volunteers with Chevy Chase Elementary School students in Maria York's ESOL class, is celebrating 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 year. The party is a delightful opportunity for the Pen Pals finally to meet each other. It will be fun for all!

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

INDIVIDUAL DONORS*

Individuals

RECOGNITIONS*

10TH ANNIVERSARY CELEBRATION[§]

PATRONS**

PLATINUM (\$1000 OR MORE)

GOLD (\$500 OR MORE)

SILVER (\$100 OR MORE)

*Data are for contributions received
between February 10 and May 13.
Names of individual supporters are
not included when the Newsletter is
published on the Internet.

**Data are for personal contributions
received before May 19.

[§] We are so grateful to the more than 65
organizations, companies and small businesses that
supported the 10th Anniversary event and provide
annual community support with contributions
including items for the silent auction and financial
assistance for printing the 10th Anniversary
Program. Please refer to the printed Program for
details.



**John Eaton's Fans
Applaud His Performance**



**A Relaxing Moment At The
10th Anniversary Celebration**

CC@H NEWSLETTER

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