



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 Eleven, Number 4

December 2019

QUICK CALENDAR

**PUBLIC PROGRAMS
CC VILLAGE HALL**

**HOLIDAY CELEBRATION
Tues., Dec. 17, 2:00 p.m.**

**MEDICARE ESSENTIALS
Tues., Feb. 4, 2:00 p.m.**

**TRAVELS WITH JAN
Tues., Feb. 25, 2:00 p.m.**

**Watch your e-mail and our
website for programs in
January & February**

**FOR MEMBERS, ASSOCIATES
AND FRIENDS**

**LUNCHES AT LA FERME
JAN. 13 & FEB. 3
RSVP AT**

chevychaseathome.org

**BRUNCH BUNCH
2nd Thursdays,
Dec. 12, Jan. 9, Feb. 13
10:00 a.m. to 11:30 a.m.**

OLYMPIA CAFÉ

**EXERCISE CLASSES & MORE
ON PG. 2>>>**

INTRODUCING CC@H'S NEW EXECUTIVE DIRECTOR AND DEPUTY DIRECTOR

I have the honor of introducing Chevy Chase At Home's new Executive Director, Eriko Kennedy, Ph.D., who started her employment September 9, 2019, and Amy Propps the Deputy Director, who came to us earlier this year. Eriko is beginning her tenure as CC@H's second Executive Director and brings with her the skills, experience and qualities needed to address our needs at the beginning of our second decade. She is a strong advocate for the Village model and understands the role Villages play in helping older adults remain in the community while allowing them to engage in activities that prevent social isolation and provide support to maintain physical health. Her experience includes working with other Villages and participating in local and regional organizations that promote Villages and their role in the community. With over 25 years of social work and volunteer experience in nonprofit, government and education settings, Eriko has demonstrated an ability to create supportive environments and develop solutions to needs identified in the community. Her previous positions included program development and evaluation, coordinating programs for older adults and families, board development and organizational development, teaching and research. Eriko has worked with non-profits so she understands the culture of volunteer-driven organizations such as CC@H and also understands the critical role of volunteers in sustaining and supporting the work of such entities.



Amy Propps, who started in her position at CC@H in February, is the current Deputy Director. Amy, a lawyer by training, ably served as the Acting Executive Director for several months during the transition. She comes to CC@H having served in a variety of positions, including as the managing attorney at the New Mexico Legal Aid Society and working in an elder law firm. She also serves as a caregiver for her parents. Amy possesses outstanding organizational skills, excellent oral and written communication skills and a compassion for others and she brings with her a creative spirit and a strong commitment to working with older adults and community organizations.



As we build on the legacy of our first decade, Eriko and Amy are well suited to foster the growth and continued service tradition that are the hallmark of CC@H. I look forward to working with both of them in the years ahead.

Linda Kaplan, CC@H President

ON TO THE NEXT TEN YEARS

Last spring we celebrated ten years of service by Chevy Chase At Home. We now look forward to the next decade in which we will provide thousands of services and hundreds of activities for our members and the community at-large. We drive people to medical appointments, religious services, shopping, social engagements and more. We make it possible for our members to use their computers optimally and communicate with relatives and friends. We do minor household chores and repairs and we have exercise classes, walks and specialized interest groups. Our goals are to make it comfortable and safe for our older population to continue to live in their homes of many years, in the community, to provide stimulating cultural, educational and physical activities, and to prevent isolation which is often a consequence of the later years. We accomplish all of this with the commitment of willing volunteers, a small, devoted staff, and loyal members.

Fees do not cover all our costs and we are dependent on the generosity of our community. Each year area residents rally to help support our cause, and do so with gusto. We ask, in this season of giving, for support from you, our members, as well as our other residents and neighbors. The community benefits from their older neighbors having an organization that not only can assist them when they need it but offers varied programs and activities available to the public as well.

Our Board of Directors has again this year agreed to match community donations up to \$15,000. If you can contribute, please send a check, in any amount, to Chevy Chase At Home, P. O. Box 15103, Chevy Chase, MD 20825, or go to our website www.chevychaseathome.org and click on "Donate". To donate appreciated stock, please call 301-657-3115. We appreciate your support - it goes toward making sure CC@H is available to you when you need us.

Nathan Billig, Chair, Development Committee

CALENDAR (CONT.)

MUSIC & MOVEMENT†

Wednesdays, 2:30 p.m.
Nov. 20 thru Feb. 5†

ZUMBA GOLD®†

Wednesdays, 11:30 a.m.
Nov. 20 thru Feb. 5†

TAI CHI†

Fridays, 11:00 a.m. to Noon
Nov. 22 thru Feb. 7†

†No classes Dec. 21 to Jan. 1

WALKING GROUPS

Norwood Park, Mondays
10:00 a.m.

Brookville Mkt., Fridays
10:00 a.m.

KNITTING/CRAFTING GROUP

One or two Thursdays
each month

CHECK OUR WEBSITE CALENDAR
FOR LATEST INFORMATION!

WHAT'S COMING SOON -

ANNUAL HOLIDAY CELEBRATION



Bring a friend and join the fun at **Chevy Chase Village Hall on Tuesday, December 17, at 2:00 p.m.** We'll have familiar holiday music and, of course, traditional hot and cold libations, and favorite nibbles and sweets. See you there!

LUNCHES AT LA FERME

Just in time combat early Cabin Fever, Chevy Chase At Home has again scheduled two winter lunches at La Ferme for Members, Associates and Friends on **January 13** and **February 3**. Lunch will

include an appetizer, entrée and a sweet. Pre-registration on our website will be required.

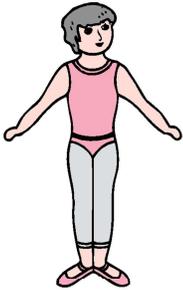
MEDICARE: WHAT YOU NEED TO KNOW

With extensive experience in health care for the elderly (hospitals, nursing homes, assisted living) **Sherrill Mason** will give us her insight on where things are headed and how it will affect us. **Tuesday, February 4, 2:00 p.m., Chevy Chase Village Hall.**

TRAVELS WITH JAN

Our intrepid world traveler (and deft photographer) **Jan Augustine** will join us on Tuesday afternoon, **February 25 at 2:00 p.m., Chevy Chase Village Hall** to fill us in on her recent travels. At that time, she will have just returned from Ethiopia and will share that trip with us. However, since the last time reported in, she has trekked in Madiera, roamed the Balkans, and other exotic spots. Bring a friend and plan to plan your next trip.

WINTER CLASSES



Zumba Gold® – Sharon Gelboin-Katz leads this long-running class to improve balance, strength, flexibility and most importantly, the heart. We use easy to follow steps that include Salsa, Cha Cha, Merengue, Flamenco and Tango.

This weekly one hour class (maximum 12 participants) is offered on **Wednesdays** from November 20 to February 5 at **11:30 a.m.***

Music & Movement For Seniors – Dancer/Choreographer/Movement Expert Bob Sacheli and Pianist/Vocalist Roy Barber lead this popular class, which is based in the Mark Morris Dance Company's Dance for PD® program.

Many of the movements are done seated and the class is adapted for all levels of mobility. Familiar Broadway show tunes and pop songs provide the musical elements, while singing and vocal exercises benefit speech, breathing and memory and dance increases strength, coordination, flexibility and balance. This popular one-hour class meets on **Wednesdays at 2:30 p.m.***

Tai Chi – Initiated in the Fall, this class also continues on **Fridays**, November 22 to February 4 at **11:00 a.m.** with Eric Newdom.*

*These classes are all at Chevy Chase Village Hall; there will be no classes during the week of Christmas and New Year's Day. Although these classes began before this newsletter is published, please call the

office at 301-657-3115 to see if space is available and, if so, the fee structure.

AND NEARBY -

FOSSILS* PROGRAMS

THE ROAD TO ANNAPOLIS AND MY FIRST TERM

Emily Shetty, Delegate, MD District 18
December 5, 1:30 p.m.

IMPACT OF ROBERT MOSES ON ETHNIC COMMUNITIES IN MID-TWENTIETH CENTURY NEW YORK CITY

Ray Suarez, Jr., American broadcast journalist and Visiting Professor of American Studies at Amherst College, January 9, 1:30 p.m.

* These programs, presented at the Woman's Club of Chevy Chase, 7931 Connecticut Avenue, are open to the public without charge. They are organized by the Fossils, a social group of retired men.

YOU MIGHT HAVE MISSED – AN EVENING WITH MURRAY HORWITZ



A huge crowd turned out to hear Murray Horwitz, currently host of WAMU's *The Big Broadcast*, tell wonderfully entertaining stories of his 50 years in show business. And did he have stories to tell... from his start as a clown with Ringling

Brothers, Barnum & Bailey Circus to winning a Tony Award for co-authoring the 1976 hit Broadway musical *Ain't Misbehavin'* and on to helping create the ever popular NPR comedy news quiz show *Wait, Wait...Don't Tell Me*, Horwitz has had a fascinating career in almost every facet of the entertainment world.

RELAXATION & MEDITATION WITH CHRISTY SHARSHEL

A small group enjoyed a unique evening of Relaxation & Meditation led by Christy Sharshel,

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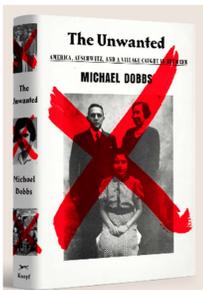
assistant to Tara Brach, internationally known psychologist, author and teacher of meditation, emotional healing and spiritual awakening.

The focus of her presentation was to guide the participants through several sequences of meditations that could be particularly useful for caregivers. More than an hour's worth of meditations of various lengths (from just a few minutes to 20 minutes or more) are grouped together on Tara Brach's website at:

<https://www.tarabrach.com/caregivers/>

It was the perfect antidote to life in our current chaotic world.

MICHAEL DOBBS: WHY THEY WERE UNWANTED



Our members and people from the community who braved the cold, wind and dark to hear Michael Dobbs discuss his latest book, *The Unwanted: America, Auschwitz and a Village Caught in Between*, had a fascinating experience. Dobbs was a

Washington Post journalist who started the Fact Checker column. Subsequently he has worked at the Holocaust Museum.

His book talks about the difficulties confronted by German Jews who wanted to emigrate to America from two perspectives: Jews in a small town, Kippenheim, in western Germany who were trying to escape, and U.S. policy on refugees. What made Dobbs' presentation very meaningful for this audience is that he chose the small town near the Black Forest across the border from French Alsace where our own Linda Kaplan's paternal grandparents, her father and her uncles and aunts lived. Fortunately, Linda's father and several of his siblings left Germany before the war and went to the U.S., U.K., Israel, and Australia.

Linda's grandparents filed papers before WWII broke out to go to the U.S. but they didn't receive permission from our government before Pearl

Harbor. Once our country declared war on Germany, it became much more difficult for Jews to enter the U.S. because our government viewed them as enemy aliens.

All the Jews in the small town were deported to France and put in an internment camp in southern France. France asked the U.S. to take in the Jews from Kippenheim but our government refused because of fears of a Fifth Column. Many were subsequently transported to extermination camps such as Auschwitz. Linda's grandparents died in Auschwitz in 1942, two years before their papers came through allowing them to enter the U.S. There are no Jews living in the town today.

FALL PREVENTION WITH PETER FRANCIS



In early November Peter Francis, founder of RenewMeFitness, gave an excellent demonstration of a number of exercises and stretches for balance, strength and stability designed to help prevent falls. But the highlight of the 2-hour presentation was his showing — with audience participants — the proper way to recover and get up from a fall. That's something we all need to know if a fall should happen!

OTHER NEWS –

SOME CC@H SERVICES YOU MAY NOT KNOW ABOUT

House-bound? How about a friendly visit from one of our Volunteers? Talk, knit, play cards, do a jigsaw puzzle – whatever.

Or a visit from one of our special canine volunteers? A friendly pooch and owner from PAL (People, Animals, Love).

Take a ride in the park, or go for an ice cream or other treat.

But there's more . . .

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Volunteers trained for medical note-taking are available for documenting important information and instructions during stressful medical visits.

If you are planning a job that needs a contractor, one of our new volunteers is a retired builder and offers his services (no, not to do a job) to serve as a consultant/advisor about the terms of a contract you are considering.

Ready to start decluttering? Volunteers can help here, too, shifting and sorting stuff, taking donations to your preferred destination or arranging pick up.

CC@H NEIGHBOR NETWORK PROGRAM

Chevy Chase At Home is founded on the Village to Village movement which works to recreate community and connect neighbors with neighbors. As a full Membership benefit, each CC@H Member is informally paired with a CC@H Neighbor Network Volunteer. It is the intent of the Neighbor Network program to provide more than bad weather alerts. We are now folding the Storm Buddy Program into the new Neighbor Network program. The program was tweaked to assign a point person volunteer to occasionally check in with the Member. It is a gentle linkage to provide our Members some comfort and a sense that they are part of a caring community that extends beyond our office staff.

The Neighbor Network Volunteers (formally Storm Buddies) are now calling the CC@H Members who live closest to them to introduce themselves, to talk about plans to deal with upcoming winter weather, and to advise Members of other Volunteer services that CC@H provides, such as the friendly PAL program, tech support services to help with web access, rides to local programs, sociable walking groups, in home visits, etc.

If you might be interested in becoming a Neighbor Network program volunteer, please let the office know!

HOW ABOUT JOINING THE CC@H MEMBERSHIP COMMITTEE?

Are you interested in becoming more involved in Chevy Chase At Home? Join the Membership Committee, which recruits and welcomes new members. Help us reach out to neighbors who may be unaware of our existence, or the many ways that they can benefit from participation.

We meet every month or two in one of our homes, with cookies (the kind you eat, not the ones that invade your privacy). In between meetings, we give CC@H a visible presence at our social and cultural events and in our communities. Being on a committee is a terrific way to get to know other members, develop a deeper understanding of all that CC@H offers and have a say in how we develop.

Feel free to contact either of us. We will welcome you with open arms!

Karen Bokar, Co-chair, karenbokar@gmail.com

Susan Post, Co-chair, susan.post@gmail.com

BEREAVEMENT SUPPORT



JSSA offers several different bereavement support groups. Information is available on their website:

[\(https://www.jssa.org/get-help/adults-couples-and-parents/counseling/bereavement-support/\)](https://www.jssa.org/get-help/adults-couples-and-parents/counseling/bereavement-support/).

STILL CELEBRATING 10 YEARS

Enclosed with this issue of the Newsletter is an article summarizing CC@H activities over the last 10 years, as profiled in past Newsletters.

CC@H NEWSLETTER

Published by: CC@H Communications Committee,

Caroline Michaelis & Fran Pitlick, Co-chairs

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Photos: Fran, Amy, & others

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

OUR SUPPORTERS* -

FACILITIES

Chevy Chase Village
Town of Chevy Chase
Montgomery County/B-CC RSC
CC United Methodist Church

DONATIONS IN KIND

PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney

FINANCIAL SUPPORT *

INDIVIDUALS

Ninety-one donations were received from individuals and families during this period.

Thank you to all of these Members, Associates, Friends and neighbors for your generosity in 2019.

*Data are for contributions received between **August 12 & November 16**.
Names of individual supporters are not included when the Newsletter is published on the Internet.