



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 Twelve, Number 1

March 2020

QUICK CALENDAR

PUBLIC PROGRAMS CC VILLAGE HALL

ST. PATRICK'S DAY
TUES., MARCH 17, 2:00 P.M.

ALEXA & SIRI & CYBER SECURITY
KATHLEEN MCGUINNESS &
SUSAN BAER
TUES., APR. 7, 2:00 P.M.

AN EVENING WITH JOHN YDSTIE
TUES., APR. 17, 7:30 P.M.

ELDER LAW ISSUES
BERNADETTE SWEENEY
TUES., MAY 5, 2:00 P.M.

FIRE AND HOME SAFETY
TUES., MAY 19, 2:00 P.M.

FOR MEMBERS, ASSOCIATES AND FRIENDS

BRUNCH BUNCH
2ND THURSDAYS,
MAR. 12, APR. 9, MAY 14
10:00 A.M. TO 11:30 A.M.
OLYMPIA CAFÉ

WALKING GROUPS
BROOKVILLE MKT., FRIDAYS
10:00 A.M.

KNITTING/CRAFTING GROUP
ONE OR TWO THURSDAYS
EACH MONTH

EXERCISE CLASSES ON PG. 2>>>
CHECK OUR WEBSITE CALENDAR
FOR LATEST INFORMATION!

SPRINGING INTO ACTION



2020 CHEVY CHASE AT HOME BOARD OF DIRECTORS

Front row, left to right: Kathleen McGuinness, Lois Fern, Linda Kaplan, Elaine Collins, Karen Bokar, Mary Ellen Bittner. Back row, left to right: Bryan Arling, Mark Nadel, Susan Hamburger, Monique Milhollin, Susan Post, Barbara Bryniarski, Michael Pollard, Nathan Billig.

Not pictured: Karen Spangler, Michael Thiede

As we begin our second decade serving the older adults in our community Chevy Chase At Home has started the year 2020 enthusiastically. We are thankful for the generosity of our community of supporters who provide us with the vital funds needed to sustain our programs and services. In addition to the financial contributions we so generously receive, we are also thankful for the incredible amount of volunteer time and support so many of you provide. Without this combination of time, effort and monetary support, CC@H could not operate.

Operating CC@H requires a committed group of leaders and our Board of Directors exemplifies the model of fiduciary and management oversight an organization needs to maintain its commitment to the community. I am pleased to introduce three new Board members who are joining our existing roster of outstanding leaders.

Michael Pollard, who has lived in the Chevy Chase area for years, became a volunteer for CC@H soon after it was formed. He has extensive experience serving in leadership roles on national, state and local boards,

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commissions, councils and advisory committees and volunteers for a number of local organizations. Michael retired in 2016 after a 44 year career as a health lawyer and has worked on issues related to health care of older adults, the Medicare Prescription Drug benefit and the Affordable Care Act.

Susan Post has been a volunteer with CC@H for several years, having joined the group because of her interest in helping older neighbors remain in their homes. She has been a resident of the area since 1970 and has enjoyed living in an intergenerational community. Susan is a social worker and therapist and has served in numerous positions, including president, of the board of the DC area clinical social work association. Susan serves as co-chair of the CC@H Membership Committee.

Michael Thiede, another long-time resident of the Chevy Chase area, comes to the Board of CC@H after serving as the owner and President of the Bethesda Contracting Co., Inc. for 35 years. He has coached youth basketball in Montgomery County for 30 years, working with a number of different organizations. Mike has been an active volunteer with CC@H for the past year.

The commitment of our volunteers and leaders is what makes CC@H thrive and I invite you to join us by becoming a volunteer or coming to some programs to learn more about what we do. We have many different types of volunteer needs including help in the office and assistance with A/V during our community programs. Our website, www.chevyCHASEathome.org, has more information on our programs, services and volunteer opportunities.



EXECUTIVE DIRECTOR REPORT

This Executive Director's spotlight shines on our community partners at Chevy Chase Elementary School (CCES) and the Montgomery County Fire & Rescue Service (MCFRS). These two initiatives help make CC@H special – by offering intergenerational linkages in the community and by creating safer home environments.

The CCES Pen Pals program, in its third year, is going strong. In October, CC@H members who volunteered to be Pen Pals were paired with 33 ESOL (English for Speakers of Other Languages) students for four sets of letter exchanges. The students will meet their CC@H partners at a finale party at the end of the school year.

The children (and members) love these letter exchanges and the ESOL teacher noted last year's Pen Pal student writing scores jumped up much higher than the scores of those who did not

participate in the program. Consider becoming a Pen Pal next fall when we will send out an email to invite members to join the Pen Pal Program.

On a different note, Jim Resnick, Program Manager, Senior Outreach and Education for MCFRS, is coming to speak on Tuesday, May 19th. He will update us on important fire safety and fire alarm code changes. The office will coordinate and book home safety visits with Jim's team of fire fighters in the weeks after the event. This safety outreach was performed several years ago and is still hugely popular with our membership and neighbors. The fire fighters install new fire alarms and check boilers, HVAC and other systems to make sure they are operating safely. Members have been surprised at some of the issues found and noted the relief and confidence in knowing their homes were safer. Do join us and sign up for the safety visit if you haven't had one yet.

CALENDAR (CONT.)

ZUMBA GOLD®

WEDNESDAYS, 11:30 A.M.
FEB. 12 THRU MAY 6

STRENGTH TRAINING & GENTLE PILATES

MONDAYS, 12:00 N
FEB. 17 THRU MAY 11+
†NO CLASS MARCH 2

MUSIC & MOVEMENT

WEDNESDAYS, 2:30 P.M.
FEB. 19 THRU MAY 6

TAI CHI

FRIDAYS, 11:00 A.M.
FEB. 21 THRU MAY 8

CHECK OUR WEBSITE CALENDAR
FOR LATEST INFORMATION!

Linda Kaplan, CC@H President

WHAT'S COMING SOON -

ANNUAL ST. PATRICK'S DAY PARTY

Everyone is Irish! The Kemper Duo - Ric and Bridget - will provide Celtic music on traditional Irish and Scottish instruments - the Celtic Harp, Uilleann Pipes and Penny Whistle. Ric is a master craftsman, who has built over 250 harps. Come and bring your friends and nibble on Irish soda bread plus light non-Irish refreshments and Irish coffee! And do remember to wear the something green. Please call or email the office to register. **Tuesday, March 17, CC Village Hall, 2:00 p.m.**

ALEXA, SIRI, GOOGLE ASSISTANT & CYBERSECURITY. . . OH, MY!

Come learn some tech things you should know in two significant tech areas: **Alexa, Google Home, or Siri: What's in it for me?** presented by Kathleen McGuinness of SmithLife Homecare; and **Cyber-Security: How do I stay safe online?** presented by Susan Baer of Baer Technology. There will be a raffle for a free Alexa for attendees! **Tuesday, April 7, CC Village Hall, 2:00 p.m.**

AN EVENING WITH JOHN YDSTIE

John Ydstie, an award-winning reporter, producer and NPR personality, has seen his share of strife, economic uncertainty and downfall, including the 9/11 attack, the Gulf War, and the Soviet Union breakup. Come hear some of his perspectives on **Tuesday evening, April 14, CC Village Hall, 7:30 p.m.**

LEGAL ISSUES RELATED TO AGING AND LONG TERM CARE

Bernadette Sweeney, specialist in elder law, will discuss financial and legal issues related to Medicare and Medicaid as well as long-term planning for estate management as our capabilities and resources change. **Tuesday, May 5, CC Village Hall, 2:00 p.m.**

FIRE AND HOME SAFETY

Fire safety codes changed recently Are you up-to-date? Come, learn from Jim Resnick about what you should do around the home. Get a free "File of Life."
Tuesday, May 19, CC Village Hall, 2:00 p.m.

HOME SAFETY VISITS

Watch your e-mail for information about Home Safety Visits during the week of June 1.

OTHER CALENDAR ITEMS

EXERCISE CLASSES

Classes just started but space is still available. Register on-line or call the office.

Zumba Gold® – This weekly one hour class (maximum 12 participants) is offered on **Wednesdays at 11:30 a.m.** at Chevy Chase Village Hall from February 12 to May 6.

Music & Movement For Seniors – This popular one-hour class meets on **Wednesdays at 2:30 p.m.** at Chevy Chase Village Hall from February 19 to May 6.

T'ai Chi – This popular class with Eric Newdom continues on **Fridays at 11:00 a.m.** at CC Village Hall from February 21 to May 8.

Strength Training & Gentle Pilates – This new class with Candy Robertson meets on **Mondays, 12:00 noon to 12:45 p.m.** at Chevy Chase Village Hall February 17 to May 11 (no class on March 2).

KNITTING/NEEDLEWORK/CRAFT/ CONVERSATION GROUP

A group meets once or twice a month for conversation with interesting neighbors and time to relax over our knitting, needlework or craft projects. If you don't have a project, come anyway and chat. Should you find yourself stuck in the middle of a project, one of us may be able to help. Bring any yarn you have left over that you can't bear to throw away and swap it for someone else's extra yarn. Your yarn may become someone's new hat or socks.

Check the CC@H website for dates and call the office for information on who is hosting.

ALSO HAPPENING -

MEMBER, ASSOCIATE & FRIEND RENEWAL

It is time to renew your status as a Member, Associate or Friend of Chevy Chase At Home. By now you should have received in the mail a renewal application form. You can renew by mailing in the form with a check or calling the office with a credit card number.

You will be renewing for the year from April 1, 2020 through March 31, 2021. It is important for Members to renew by the March 31 deadline so there is no interruption in your Member benefits.

A new directory of Members, Associates and Friends will be issued after the March 31 renewal deadline. It will be mailed to our Members, Associates and Friends but to no one outside the CC@H community. It will not be on the website or sold to anyone. You may opt out of being listed in the directory by checking that box on the renewal application form. The directory will be more useful for keeping in contact with one another, however, if it is complete.

WALKING GROUPS

Our regular Friday walking group continues its moderate (a bit hilly) walk through Martin's Additions, Rollingwood and the Rock Creek Park, leaving promptly at 10:00 a.m. from Brookville Market. The Monday (Norwood) group is still hibernating. Call the office for more info on when this group resumes its more leisurely walks.

BRUNCH BUNCH

Join other CC@H members and neighbors at 10:00 a.m. on second Thursdays at the Olympia Café to chat about whatever. Bring a friend if you wish.



YOU MIGHT HAVE MISSED -

DECEMBER HOLIDAY PARTY



Performance by the Sweet Adelines quartet, "Of Sound Mind"

YESTERYEAR COMEDY

A delighted audience joined Rae Cooper in January to enjoy an hour of Victor Borge's comedy. Would you believe that this was the first time that some of those attending had seen him?

LA FERME LUNCHES – JANUARY & FEBRUARY



A group in January enjoying lunch at La Ferme

2020 SPRING DATES TO NOTE

Daylight Savings Time begins – March 8
Spring begins – March 19
Passover begins – April 8 at sunset
Good Friday – April 10
Easter Sunday – April 12
Passover ends – April 16 at sunset
Mothers' Day – May 10
Memorial Day – May 25

WHAT'S NEW IN MEDICARE

On February 4, Sherill Mason, R.N., experienced analyst of federal health care policy, gave a comprehensive presentation covering the most common questions about Medicare: eligibility, coverage options, cost, and enrollment periods. She stressed the importance to sign up the month you turn 65; otherwise, you will be charged extra in perpetuity. Coverage options include hospital care (Plan A), outpatient services and physician care (Plan B), a managed Medicare option (Plan C), and drug coverage (Plan D). Plan costs vary, and supplemental insurance plans can alleviate some financial burdens. To change or add plans, there is an open enrollment period each year (October 15 to December 7). After thorough answers to questions, she brought all the information together in two possible scenarios after injury: first, a positive outcome with proper planning, and then a possible negative outcome when the “worst case” occurs. To prevent the “worst case” she stressed the importance of being admitted as an inpatient for at least three nights, and having adequate supplemental insurance to cover long-term care. For a copy of her presentation, send an e-mail to info@chevyCHASEathome.org; to learn more about Medicare, log in to [Medicare.gov](https://www.Medicare.gov).

GLENSTONE OUTING

On January 30, six Members, Associates and Volunteers toured Glenstone Museum in Potomac. Glenstone opened in 2018 and consists of marble-clad pavilions located on several acres of rolling hills and fields. Visitors enjoy a self-guided tour through indoor and outdoor spaces including the Woodland Trail which meanders through the woods and fields with various sculptures along the way.

The Pavilions include works by many well-known 20th Century artists such as Giacometti, Johns, Pollock, Rothko, and Warhol. The galleries connecting the rooms provide soothing spaces with views to a central pond that attracts birds and butterflies in the warmer months.

Glenstone includes installations with audio-visual and water features such as “Forest” and “Turbulent.” Robert Gober’s untitled immersive 1992 installation is hidden behind a doorway and down a long hallway; the work is a large space with the sound of water constantly running in the sinks, trompe l’oeil forest wallpaper and stacks of newspapers edited by the artist.

Visiting Glenstone is a Zen experience and well worth repeating for other members of our community.

Michael Pollard

TRAVELS WITH JAN

Jan Augustine, a long-time volunteer and intrepid traveler, gave a lecture of a recent trip to Ethiopia, an ancient land now spanning the 19th to 21st centuries. She has marvelous photos from when her group joined tens of thousands of worshippers at the pre-dawn celebration of Genna (Christmas) in Lalibela, the town known for its rock-hewn churches (below). She also captured colorful market scenes, curious children, religious sites, and gorgeous scenery.

Ethiopia is becoming a popular tourist destination, which Jan recommends for adventurous travelers. Those of us in her audience who are less adventurous were at least treated to glimpses of this fascinating country, thanks to Jan.



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

ORGANIZATIONAL/CORPORATE DONORS

PLATINUM

Town of Chevy Chase

SILVER

The Columbia Foundation
Fitzgerald Auto Malls
Heritage Investors Management Corp
SmithLife Homecare

BRONZE

Assisting Hands Home Care

FINANCIAL SUPPORT - INDIVIDUALS *

In addition to the organizations and individuals listed above more than 80 individuals and families made donations to Chevy Chase At Home between November 16 and February 3. We are thankful for their contributions and acknowledge them in the printed version of this Newsletter.

CC@H NEWSLETTER

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