



# 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 2

June 2020

## QUICK CALENDAR

### PUBLIC PROGRAMS\*

CC VILLAGE HALL

### CC@H GOES TO THE MOVIES\*

JULY 14

### ICE CREAM SOCIAL\*

AUG. 18

### FOR MEMBERS, ASSOCIATES AND FRIENDS

#### BRUNCH BUNCH\*

2<sup>ND</sup> THURSDAYS,

JUNE 11, JULY 9, AUG. 13,

10:00 A.M. TO 11:30 A.M.

ZOOM OR OLYMPIA CAFÉ\*

#### COFFEE & CONVERSATION

3<sup>RD</sup> MONDAYS

JUNE 11, JULY 9, AUG. 13,

11:00 A.M. TO NOON

BY ZOOM

#### WALKING GROUP\*

BROOKVILLE MKT., FRIDAYS

9:00 A.M. \*WHEN STAY AT

HOME RULES ARE LIFTED

#### KNITTING/CRAFTING GROUP\*

ONE OR TWO THURSDAYS

EACH MONTH

#### FUSION EXERCISE CLASS\*

GENTLE EXERCISE BY ZOOM

WEDNESDAYS, 11:15 A.M.

#### HOME SAFETY VISITS\*

BY APPOINTMENT

**\*IN PERSON ACTIVITIES WILL NOT RESUME UNTIL "STAY AT HOME" GUIDELINES ARE LIFTED. SOCIAL DISTANCING WILL BE MAINTAINED IF SUGGESTED.**

**MANY ACTIVITIES ARE CONTINUING IN ZOOM SESSIONS.**

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

## CHEVY CHASE AT HOME ADAPTS TO LIFE WITH COVID-19

Well, 2020 has certainly upended our lives. We are now staying in our homes, social distancing, meeting people via phone, Zoom or other similar technologies, having groceries delivered, and picking up restaurant meals. For Chevy Chase At Home, though this has meant a fundamental change in how we operate, we still retain our commitment to creating a village for people to age in place and provide opportunities to socialize. Many of our services to members such as rides to doctors' appointments and physical therapy ceased, as did face-to-face friendly visits or programs. But we met the challenges using innovative technology, as well as that good old-standby, the phone, to continue and expand our existing programs, such as the Neighbor Network.

CC@H immediately adapted and worked to assist members toward online grocery shopping and door-to-door drop-offs. Our cadre of caring volunteers went into rapid search mode for toilet paper and necessities. We remain forever grateful for our intrepid volunteers. Now, as the initial intensity has settled, we have moved into the new normal of waiting for the "all clear".

With change there is opportunity. And to keep our social activities going, CC@H now offers many of our educational, exercise and social programs through Zoom. These diverse events can be attended using a computer, tablet or telephone. We don't want to leave anyone out and are happily training members and our leadership to use this new technology. Please contact the office ([director@chevyCHASEathome.org](mailto:director@chevyCHASEathome.org)) if you have questions or want training.

For the quarantine period, we initiated a COVID-19 email update to keep membership current and informed and a weekly Boredom Busters column. Boredom Busters is compiled by two creative volunteers (Ronie Nieva and Karen Spangler) and has wonderful suggestions for keeping entertained, physically active and connected to the world. Nancy Benner has been managing the CC@H Forum and has made the listserv another important venue for connecting with our members.

Last but not least, we want to give a very special thanks to Betty O'Connor who spearheaded and organizes the Wednesday La Ferme dinners, ably assisted by Susan Hamburger. We also wish give an enormous shout-out and thanks to Alain Roussel, the owner of La Ferme for his generosity.

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Through all the difficulties there has been such good and kindness. Members, volunteers and neighbors quickly—via CC@H and informally—reached out and helped each other. Many of us are now closer and more attuned to those nearby. This is what makes living in Chevy Chase special...we are a stronger community because of the adversity.

Linda Kaplan, President  
Eriko Kennedy, Executive Director

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## **WHAT'S COMING SOON – CC@H SUMMER MOVIE**

One of our usual summer activities is gathering for a favorite film. Mark your calendar for July 14, 2 p.m., for a repeat of this event – whether virtual or at the CC Village Hall. We have gathered some suggestions from members – we'll have a title soon. It might be a story of intrigue, a classic comedy, or ?

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## **CC@H ICE CREAM SOCIAL**

Get rid of the late summer blahs and plan to join us for an ice cream social on Tuesday, August 18, 2°p.m. If we are still house-bound at the time, we'll bring interesting entertainment to you by Zoom.

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## **HOME SAFETY VISITS**

Perhaps you haven't yet participated or you are new to the neighborhood. Many of our members and neighbors have already had an on-site home safety visit (fire, tripping, and other hazards). However, if you are one of those who has not yet had a visit, Jim Resnick will be making virtual visits using iPhone's Facetime. Sorry, but Android or other video phone services need special arrangements. If you are interested, please contact the office ([director@chevyCHASEathome.org](mailto:director@chevyCHASEathome.org) or 301 657-3115) for an appointment or details.

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## **WALKING GROUPS**

Once the "Stay At Home" restrictions are lifted, our regular Friday walking group will resume its moderate (a bit hilly) walk through Martin's Additions, Rollingwood and the Rock Creek Park, leaving promptly at 9:00 a.m. from Brookville Market.

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## **BRUNCH BUNCH**

During the COVID-19 restrictions, the Brunch Bunch will continue to meeting through Zoom. Once we can gather in small groups, we will meet at 10:00 a.m. on second Thursdays at the Olympia Café to chat about whatever. Summertime dates are June 11, July 9 and August 13. It's a good time to get out of the house and meet other neighbors. Bring a friend if you wish.

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## **REPORTS FROM SECLUSION – FINDING SILVER LININGS**

Plan a few moments of delight in each day. Whether this means stocking up on small packages of M&M's, splurging on fresh-squeezed orange juice, or other tangible treat, or by time allotted to an intangible.

One member loves mysteries and has begun re-reading some bought over many years. At the moment, her concentration is on Tony Hillerman's wonderful crime series based in the American Southwest. The police of the Navajo Nation star, and each book features more than just a specific crime. These novels are magnificent travelogues as well, with vivid descriptions of the mountains' colorful reflection of the light, changing from the dawn palette to dusk's, and the local wildlife, both so different from the East's.

Navajo culture is the *leitmotif* throughout, incorporating the centuries-old theme of the tribal peoples versus the Federal Government. The stories also give insight into the Navajo character. One thing these Native Americans would never do is interrupt before another is through speaking. How lovely would that be in *our* daily lives. Tony's daughter, Anne Hillerman, has continued the series, and she is every bit as good.

## VOLUNTEER SERVICES DURING ISOLATION

A year ago it would have been very difficult to imagine the environment we would live in today. The pandemic has limited our contact with the world but we have adapted. The pace of each day moves with a different rhythm. We have cleaned closets, tidied our garages, read a new book or enjoyed rereading an old favorite, watched movies, sorted through old pictures, phoned friends, shared virtual meals and continued to volunteer.

Our wonderful CC@H volunteers have met the challenge of caring for our members in creative ways. No longer able to drive a member, they pick up groceries, mail letters and deliver meals. Since personal contact is not a possibility, our Neighbor Network has stepped up calling to check up on our members and assure them that they are cared for. Other volunteers have become adept at over the phone tech support making sure we all stay connected. New volunteers have stepped forward to help us put classes and interest groups online, and still others help us keep our sense of balance with the Wednesday Boredom Busters. We continue to explore more ways to assist our neighbors and grow as an organization.

*Peggy Mercorella*

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## COFFEE & CONVERSATION

Bring your coffee, tea or the beverage or your choice and join us on the third Monday of every month at 11:00 for our Zoom chat. Connect with friends and neighbors to share information on your favorite books, shows or streaming series that you have enjoyed recently. Contact the office at [director@chevychaseathome.org](mailto:director@chevychaseathome.org).

*Linda Kaplan*

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## HAVE YOU NOTICED?

The Chevy Chase At Home website has an updated look and feel! Thanks to our AU intern, Cameron Hickman, and volunteer Ronie Nieva the website is looking fresher with new fonts and organization and has lots of updated information.

During our isolation phase and as we move to our “new normal”, we’ve added two important resources on the left side:

- the *Coronavirus* tab has current information and advice on the pandemic including quick links to the CDC and Montgomery County websites for updated information; specific Resources for Seniors during this period; and localized information on grocery stores and restaurant delivery services.
- the links on the *COVID-19 Boredom Busters* page offer opportunities to (virtually) visit museums, read a book, learn a language, exercise, meditate, listen to music, and so many more activities that we’d normally enjoy with others.

In addition, be sure to check the *EVENTS* page frequently as we add virtual talks, conversation opportunities, exercise and crafting groups and more.

Until we can meet again in person, CC@H remains committed to keeping you healthy and engaged so we encourage you to bookmark [www.chevychaseathome.org](http://www.chevychaseathome.org) on your computer for quick access to all this useful info!

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## PEN PALS 2020

With the closing of Montgomery County Schools closing on March 12th due to COVID-19, our Pen Pal Program with Chevy Chase Elementary ESOL students



was disrupted. CC@H members wrote their 3<sup>rd</sup> letter to their student pen pals at the end of March. Maria York, the ESOL teacher, has just distributed those letters to the individual students and we are expecting to receive a final letter back from the students before the end of the school year.

Nobody knows what will happen next school year, in terms of another round of COVID-19, in-person instruction and on-line learning, but as of now,

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Maria states, "I do plan to continue the Pen Pal Program, because it is an authentic writing task and it is a way for ESOL students to connect with others from different backgrounds and age groups."

*Sandie Deighton*

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### LA FERME DINNERS



Alain Roussel, chef/owner of La Ferme has been a friend to Chevy Chase At Home for many years. He has chosen us as the local charity he prefers to support and has provided reduced price 3 course lunches for us for several years. Alain has also provided space and reduced prices for our special events, such as the

Member Appreciation reception and the 10 Year Anniversary Celebration.

La Ferme was forced to close recently because of the COVID-19 pandemic. Through the Internet app Go-Fund-Me, Alain has tried to help his employees by raising money to help them through this difficult time. At the same time he began offering weekly meals to Chevy Chase At Home members and volunteers. These meals are free to us but he accepts donations, which are added to his employees' fund. This generosity on his part has provided great benefit to us and to his employees. Our members have been very generous with their donations.

So every Wednesday afternoon Alain and his staff fill plastic bags with three course dinners for us. Betty O'Connor and Susan Hamburger take reservations and give out the meals at the kitchen door of the restaurant. There are usually 45-50 meals provided but on one occasion he made 75 for us. Our members pick up their own 1 or 2 meals but also have been willing to deliver orders to members who are not able to get to the restaurant to pick them up.

**Thank You, Thank You,** Alain, for a wonderful reprieve from our housebound existence!

*Susan Hamburger*

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### KNITTING BY ZOOM

The Knitting/Needlework/Chat group has successfully transitioned to Zoom. We have had two sessions via Zoom so far. At our first official Zoom session, we had a larger group of participants than we have had in a long time at our in-person gatherings. Some people just chatted and others worked on projects. By meeting on Zoom, CC@H members who find it hard to get out are able to join us from home. We even included a member's friend who lives on the west coast. It was fun to have the perspective from California on life during the pandemic. At our second session, one member joined us from her beach house, which she couldn't have done if we were meeting in person. So there is a silver lining to the pandemic. For the foreseeable future, we will have Zoom sessions every two weeks on Thursday afternoons from 1:00-3:00 p.m. Check the calendar on our website for dates.

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### ZOOMING THRU FUSION EXERCISES



As many of you know, Pamela Sisen is one of our very active volunteers. You didn't think COVID-19 would slow her down, did you? Pamela is a certified yoga instructor and someone gently encouraged her to lead a series of classes combining yoga, seated Pilates, and strength-

training, broadcast on Zoom. Word caught on and the class has been growing each week. And whether we are seated or standing, she works our hamstrings and glutes until we're just about ready to cry "Uncle." Thanks, Pamela, for taking this on – it has been a great experience for those of us who aren't much inclined to head to the gym.

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### BOREDOM BUSTERS

We hope you are enjoying the weekly installments of Boredom Busters. We certainly have had fun preparing it. Who knew how much you could

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see and experience of the world from your own home! Collecting the information has been easy thanks to member suggestions and the sudden appearance of similar lists from newspapers, local businesses, and other organizations like CC@H. The challenge is in narrowing down the selections for the week. We started by compiling all the information we gathered into one list but, wisely, Eriko suggested the weekly format. The bite-sized format is easier to work with and always leaves something to include the following week. Volume 1 of the full list can be found on the website and we hope to add Volume 2 soon.

The biggest bonus for me in working on this project has been meeting Ronie Nieva. We email through the week and talk on the phone on Sunday to fine tune the list. I look forward to meeting Ronie in person one day. As is often true with Chevy Chase At Home, the real gift is meeting new people.

*Karen Spangler*

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### CONTRIBUTE TO A WORK IN PROGRESS . . .

The Chevy Chase Historical Society (CCHS) is documenting the history we are all making as we manage life during COVID-19. Add your story to the *CCHS Corona Chronicles!*

CCHS is collecting photos, videos, journal and diary entries, voice and audio recordings and other digital evidence of life in our community during this unprecedented time. Write to CCHS about how you are coping and what has been most challenging. Tell them what you are thankful for, what has made you smile, the “silver linings” you have discovered. Your stories will become part of the broader history of Chevy Chase during this unprecedented time and resource for future historians.

You can email submissions to [CoronaChronicles@chevychasehistory.org](mailto:CoronaChronicles@chevychasehistory.org). If you have a Google account, you also can submit your materials through a form you will find at this link: [www.chevychasehistory/chevychase/corona-chronicles](http://www.chevychasehistory/chevychase/corona-chronicles).

*Mary Ann Sheehan, CCHS*

## ***YOU MIGHT HAVE MISSED –***

### **ALEXA, SIRI, & GOOGLE ASSISTANT - OH, MY!**

Our very first Zoom event was a presentation on April 7 by Kathleen McGuinness, describing the three electronic home assistants and the differences between them. Apple’s Siri is installed on the iPhone, so it’s with you whenever you have your phone. You can ask Siri questions, tell it to make your grocery list, and even dictate emails to it. Amazon’s Alexa Echo and the Google Assistant are stationary plug in devices, though they can be used on your phone by installing the appropriate app. These two have a lot in common. They can answer questions, give you all sorts of information, play music and games, set timers and reminders, control your compatible smart home devices, help you with everyday tasks, and even help you care for a loved one long distance. To paraphrase Shakespeare in *The Tempest*, “Oh brave new world that hath such smart Assistants in it...”

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### CYBERSECURITY

Susan Baer of Baer Technology gave an in-depth Zoom presentation on Cybersecurity on April 9. She first discussed backing up your data, including Cloud access and storage. She then moved on to the various types of hacking and scams, such as email phishing and vishing (voice call phishing) and how to stay safe from them. Next she dealt with logins and passwords - creating them and storing them safely, preferably in 1Password, with copies in a safe deposit box. She also stressed the importance of changing your passwords periodically. And finally she discussed Cyber Awareness and Unawareness, recognizing the negative side effects of tech, including distraction, depression, vision problems, and even neck strain. Clearly the take-away message here is to be safe and keep a healthy balance.



## LEGAL ISSUES RELATED TO AGING AND LONG TERM CARE

Attorney Bernadette Sweeney, an Elder Law specialist, spoke to us via Zoom on May 5. Her informative presentation stressed first and foremost that it is critical to make sure your legal documents are in place and up to date. These documents include a Will or Trust, Powers of Attorney, and a Medical Power of Attorney. It is also important to have conversations with the people named in your documents to make sure they understand your wishes and know where your documents are kept. It's helpful as well to include a list of things like passwords to your computer, your broker's name and where to find the key to your safe deposit box.

Ms. Sweeney then discussed long term care, which includes care in a nursing home, but also care provided by home health aides, visiting nurses, and family caregivers. No matter where, long term care can be expensive, in both financial and emotional terms. While Medicare will cover rehab after a hospitalization, it is time-limited. Long term care can be covered by Medicaid only if it is in a nursing home and the patient meets stringent medical and financial means tests. In any case, it is vitally important to plan ahead.

## FIRE AND HOME SAFETY

Are you up-to-date with new fire and safety codes? Jim Resnick (Montgomery County Fire and Rescue Services) hosted a Zoom discussion on May 19 about some of the main points of home safety that deserve attention. These included not only possible fire hazards but also in safety hazards for tripping or falling in and around the home. And, he reminded us about the "File of Life." This is a handy sheet of paper for each person in the home to be appended to the refrigerator. It should include any known medical conditions, medications, and physician contact information so that the rescue squad is better informed about known health issues. See page 2 about scheduling a home inspection.



### CC@H NEWSLETTER

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