



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 Twelve, Number 3

September 2020

QUICK CALENDAR

FOR MEMBERS, ASSOCIATES AND FRIENDS

GLENSTONE MUSEUM OUTING [§]

SEPT. 3, 10:00 A.M.

RSVP: [DIRECTOR@](mailto:DIRECTOR@CHEVYCHASEATHOME.ORG)

CHEVYCHASEATHOME.ORG

BRUNCH BUNCH ^(Z)

2ND THURSDAYS,

SEPT. 10, OCT. 8, NOV. 12,

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

COFFEE & CONVERSATION ^(Z)

3RD MONDAYS

SEPT. 21, OCT. 19, NOV. 16,

11:00 A.M. TO NOON

WALKING BUDDIES [§]

SEE PAGE 3

KNITTING/CRAFTING GROUP ^(Z)

2 THURSDAYS/MONTH

SEPT. 10, 24; OCT. 8, 22;

NOV. 5, 19

CARDIO & STRENGTH EXERCISE ^(Z)

WEDNESDAYS, 11:30 A.M.

ZUMBA GOLD® ^(Z)

MONDAYS

9:30 A.M. (DANCE)

11:00 A.M. (SEATED)

ZUMBA GOLD® IN THE PARK [§]

FRIDAYS 9:30 A.M.

[§] SOCIAL DISTANCING WILL BE
MAINTAINED
^(Z) ZOOM SESSIONS

DEALING WITH A NEW REALITY: ADJUSTING TO LIFE WITH COVID19

Life with the Coronavirus has now become our new reality. And, yes we have had to adjust to a number of changes in our daily lives including how Chevy Chase At Home supports you during this time.

With change there's opportunity for growth. One positive change is the addition of Katharine Kosin, the new Volunteer and Membership Program Manager, to CC@H staffing. Our programming has already benefited from her experience, skills and background. Join us in welcoming Katharine to CC@H. (See more information about her in the article below.)

Our recent survey* to members and volunteers is an example of CC@H's continuing efforts to adapt, to listen, to change and be responsive to your needs. We are working to implement programming most in demand as we navigate social distancing protocols. Our popular exercise classes continue, and we have increased social networking opportunities and informational/education sessions delivered over Zoom.** Our website's Events page is updated weekly. It is the most current source of what is on offer.

During prolonged stress and flux, it is also important to keep healthily grounded. We encourage our members and volunteers to focus on the silver linings. Each day or week, plan to bring something into your life that gives you pleasure - whether it is trying a new recipe, reading a book, calling a friend or family member, taking a walk, starting a new hobby or picking up an old one. Do plan to carve out time for something you look forward to doing.

To promote a sense of positivity and gratitude, we are launching a new project in the Fall/Winter: "People of Chevy Chase". Every couple of weeks CC@H will post a new story by a person within Chevy Chase about what they have been grateful for during the pandemic. We are looking for people who would like to write a short piece (2 short paragraphs) about the small--or big--silver linings. We will post the short article on our CC@H Facebook page. And, to ensure privacy and safety, the piece would list your choice of only a first name or initial or pseudonym.

Linda Kaplan, President
Eriko Kennedy, Executive Director

* Please fill out the survey if you have not done so at <https://www.surveymonkey.com/r/FRGSMH2>

**Please remember, even if you do not use Zoom, you can participate in many of the programs via telephone.

INTRODUCING KATHARINE KOSIN

Katharine comes to Chevy Chase At Home after working for seven years in museum education at the Newseum, the White House Historical Association, and other historical institutions. She received her BA in History and Spanish from Northwestern University and her Master of Arts in Teaching (MAT) in Museum Education from The George Washington University. During graduate school, Katharine interned at IONA Senior Services and planned an educational art museum visit for seniors for her museum teaching project. She is passionate about history and lifelong learning, and is excited to expand virtual programming for members and volunteers. Katharine grew up in the Town of Somerset and is a proud graduate of Bethesda-Chevy Chase High School. She currently lives in Bethesda.



WHAT'S COMING SOON (AS OF PRINTING – SEE WEBSITE EVENTS CALENDAR FOR UPDATES)

ONGOING ACTIVITIES CARDIO & STRENGTH EXERCISES

Through late spring and early summer, these classes have been a success and are continuing into the fall. Pamela Sislen combines yoga and Pilates and light weight training to strengthen our muscles and improve balance. All levels are encouraged to participate. Even if you need to stay seated or have a bad shoulder, Pamela will provide an adaptation for you. Wednesdays at 11:30 by Zoom. Contact the Office to receive login information*.

ZUMBA GOLD®

Sharon Katz will continue her Zumba Gold lessons by Zoom on Mondays (9:30 a.m. for dancing, 11:00 a.m. for those who need to stay seated) and, weather permitting, in Leland Park on Fridays (9:30 a.m.). Contact Sharon directly at mshrntz@gmail.com for registration (\$5 per session).

BRUNCH BUNCH

Brunch Bunch continues to meet by Zoom due to COVID-19 restrictions. Fall dates are at 10 a.m. on Sept. 10, Oct. 8, and Nov. 12. Contact the Office to receive login information*. This is a good way to get out of whatever rut you might be in and share some stories with your neighbors.

COFFEE & CONVERSATION

This lively group meets by Zoom on the third Monday of the month (Sept. 21, Oct. 19, Nov. 16) at 11:00 a.m. to discuss favorite books, shows or streaming series. Contact the Office to receive login information*.

QUICK CALENDAR

PUBLIC PROGRAMS

ADAPTING YOUR COPING SKILLS ^(Z)

SEPT. 16, 2:00 P.M.
BMA VILLAGE

GEORGE MARSHALL: DEFENDER OF THE REPUBLIC ^(Z)

DAVID ROLL
SEPT. 21, 4:00 P.M.
BMA VILLAGE

ART ACROSS CULTURES ^(Z)

FREER GALLERY ZOOM TOUR
SEPT. 22, 1:00 P.M.
CC@H

BELIEVING YOU KNOW WHAT'S BEST (SELF-NEGLECT, HOARDING) ^(Z)

SEPT. 24, 10:00 A.M.
PANEL DISCUSSION
CHARLES E. SMITH LIFE COMMUNITIES

DISINFORMATION NATION: DETECTING PROPAGANDA ^(Z)

(INTERACTIVE CLASS)
SEPT. 29, 1:00 P.M.
FREEDOM FORUM/CC@H

HOKUSAI AND THE ART OF JAPAN ^(Z)

OCT. 20, 2:00 P.M.
CC@H

CREATING CONNECTIONS WITHIN THE PRIVACY OF YOUR HOME ^(Z)

CATHERINE MCCALLUM
OCT. 27, 2:00 P.M.
CC@H

THE RISE OF THE G.I. ARMY 1940-1941 ^(Z)

PAUL DICKSON
NOV. 11, 2:00 P.M.
BMA VILLAGE

MEDIA ETHICS: MAKE THE TOUGH CALLS ^(Z)

(INTERACTIVE CLASS)
DEC. 8, 2:00 P.M.
CC@H/FREEDOM FORUM

CHECK OUR WEBSITE CALENDAR FOR LATEST INFORMATION!
^(Z) ZOOM SESSIONS

WALKING BUDDIES

The weekly Walking Group continues to be on hold, but . . . if you'd like to find a partner for socially-distant walks, please contact Katharine at info@chevyCHASEathome.org. She will gather the information needed to match people up.

SCHEDULED EVENTS

GLENSTONE OUTING

Enjoy an unhurried, uncrowded experience with art, architecture, and nature. A few tickets remain for this outdoor experience. Contact the Office to register*.

Thursday, September 3, 10 a.m. to 5 p.m.

ADAPTING YOUR COPING SKILLS

The senior stage of life with its unique challenges often requires new or not often used coping skills. These unique challenges include retirement; chronic and/or episodic health issues; generational conflict in families; significant loss; financial changes; downsizing; and caregiving. And, now, Covid-19. On this Zoom program, Frederika Granger, LCSW-C (Program Manager of the Positive Aging Program at Aspire Counseling) will help us get perspective on how experience and wisdom serve us and help us develop a revised tool kit of coping skills. **RSVP** by Tuesday, Sept. 15 to director@bmavillage.org for your Zoom link. Friends, family and neighbors are welcome.

Wednesday, September 16, 2 p.m. to 3 p.m.

GEORGE MARSHALL: DEFENDER OF THE REPUBLIC

David Roll will join us to discuss his latest work, *George Marshall: Defender of the Republic*. This publication has received exceptional reviews from the New York Times and the Wall Street Journal, and General David Petraeus. Please **RSVP** by Friday, Sept. 18 to director@bmavillage.org, for your Zoom link.

Monday, September 21, 4 p.m.

ART ACROSS CULTURES

Join us on a virtual tour with our Freer Gallery guide exploring the collection. The creation of art is a universal human endeavor, but what connects artwork across cultures and what sets them apart? Investigate artworks from across Asia, exploring commonalities and differences in cultures, aesthetics, and ideas. Contact the Office by Monday, Sept. 21 to receive login information*.

Tuesday, September 22, 1 p.m. to 2 p.m.

BELIEVING YOU KNOW WHAT'S BEST

This educational webinar will discuss issues of self-neglect (e.g. hoarding) in seniors, how to balance safety vs. self-determination, and available resources and interventions. Sponsored by Charles W. Smith Life Communities. The registration link is on our events calendar: chevyCHASEathome.org.

Thursday, September 24, 10 a.m. to 11:30 a.m.

DISINFORMATION NATION: DETECTING PROPAGANDA

As we enter the home stretch of the 2020 election and debate about COVID-19 swirls, targeted attempts to manipulate our emotions and persuade us are everywhere. This engaging interactive Zoom class, delivered by educators at the Freedom Forum, looks at the methods propaganda uses to worm its way into our brains. Participants will explore practical strategies to combat propaganda and improve the quality of their information ecosystem. Contact the office before 3 p.m. Monday (9/28) to register*.

Tuesday, September 29, 1 p.m. to 2:30 p.m.

HOKUSAI AND THE ART OF JAPAN

The Japanese artist Katsushika Hokusai (1760–1849) is widely recognized for a single image—Great Wave Off the Coast of Kanagawa, an icon of global art—yet he produced thousands of works throughout his long life. Come on this virtual Zoom tour with a Freer docent to view the exhibition **Hokusai: Mad About Painting**, which features works

Continued next page > > >

Continued from previous page > > >

from the world's largest collection of paintings, sketches, and drawings by this artistic genius. Contact the Office by 3 p.m. Monday (10/19) to register*.

Tuesday, October 20, 1 p.m. to 2 p.m.

CREATING CONNECTIONS WITHIN THE PRIVACY OF YOUR HOME

Catherine McCallum, LCSW-C, MSW, of Coral Life Strategies, will provide tips on altering space in your home for the best experience with private or confidential connections to activities, doctors, mental health providers, financial advisors, family and neighbors. Catherine has over 20 years of experience working with adults and aging services, including 7 years as Executive Director of CC@H. Contact the Office before 3 p.m. Monday (10/26) to receive login information*.

Tuesday, October 27, 2 p.m. to 3 p.m.

THE RISE OF THE G.I. ARMY 1940-1941

Paul Dickson, author of more than 60 non-fiction books, will discuss the dramatic, untold story of how the American Army was mobilized from scattered outposts two years before Pearl Harbor into the disciplined and mobile fighting force that helped win World War II. William S. Cohen, former United States Secretary of Defense, says, "Just when we think there's nothing left to learn about World War II, he tells us much more. This showcases the forces of isolationism and racism during one of the most consequential periods in American history. It belongs on the shelves of everyone who understands how fragile democracy is and why every American is worthy of fighting for it." Free and open to the public. **RSVP** by Tuesday (11/10) afternoon to director@bmavillage.org for Zoom login.

Wednesday, November 11, 2 p.m. to 3 p.m.

MEDIA ETHICS: MAKE THE TOUGH CALLS. THINK LIKE A JOURNALIST

Educators from the Freedom Forum lead this interactive class covering the ethical issues

journalists face as they strive to be accurate, fair, and clear. While discussing real-life case studies, participants will grapple with issues journalists may encounter, including privacy, anonymous sources, and the pressure to be first. Contact the Office before 3 p.m. Monday (12/7) to receive login information*

Tuesday, December 8, 2 p.m. to 3 p.m.

REPORTS FROM SECLUSION – STREAMING: A PRIMER

Streams used to be where you fished for trout. Today, as a verb, *to stream* means to watch or listen to video or audio programs over the internet rather than through over-the-air or cable broadcast methods. If you've watched anything on YouTube, you've streamed a program. Streaming can be "live", such as when you watch the fish swimming around on the Coral City Reef Cam in Miami (www.coralcitycamera.com), or it can be "video on demand" such as when you binge watch *Victoria* on PBS's Passport service.

Three things are required to stream a program:

- A reliable internet connection. In this area, if you have any of the major internet providers, you should be fine.
- A device to play the streamed content on. This can be a smart phone, a tablet, a computer, or a smart TV.
- Something to watch!

The easiest way to tell if your TV is "smart" is to look at the remote control for the TV itself (not the one from your cable provider). If the TV's remote has a button (or two) for *Netflix* or *Hulu* or something you don't recognize, it's probably a smart TV and can be connected directly to the internet. If you don't have these buttons, and your TV is relatively new, you will need to buy a streaming device such as an *Amazon Firestick* (a relative of Alexa), a *Google Chromecast* (related to Google Nest or Home), or a *Roku stick* to connect to the internet. These devices require an HDMI port on your TV and a nearby electrical outlet. (Total hardware cost for the gadget

Continued next page > > >

Continued from previous page > > >

and HDMI cable - if you have a wall-mounted TV - would be \$50 to \$100. A CC@H tech can help you figure out what you have and what you might need.)

Once your technology is in place, you then need to decide what to watch. There are countless options these days, some free (but usually with ads), some based on a subscription, some pay-per-view (usually recent movies). The best-known ones (subscription) are *Netflix*, which focuses on original content; *Hulu*, which has lots of back episodes of regular broadcast shows, movies, and some original content; and *Amazon Prime*, to which you automatically have access if you've signed up for Prime to do your online shopping. *HBO* is a popular subscription-based streaming channel that can be added to your cable subscription or many of these other services, or may be subscribed to directly through *HBOMax*. *Disney+* entered the fray in the spring and the traditional networks all have established subscription services to see past episodes of their shows: *CBS AllAccess*, *ABC App*, and *Peacock* (NBC).

If you have a Montgomery County library card, you can stream free movies, music, audiobooks, etc. to your internet-connected device using *Hoopla* (www.hoopladigital.com) or for films only, *Kanopy* (www.kanopy.com).

This video from Cyber-Seniors (Canada) has a good overview of many streaming services: www.youtube.com/watch?v=M13ZW1pJ8oc (note that the subscription rates may be different from those quoted).

Given all the service options, this topic is almost endless. Members who would like to get started with streaming can contact CC@H to arrange for a COVID-safe visit from one of our volunteers to determine what you need to start.

VOLUNTEER SERVICES COMMITTEE

It is clear that COVID 19 will continue to impact our lives for some time to come. As a result, Volunteer Services will continue to adapt to a changing situation. In anticipation of a slowly

increasing number of member requests, especially for rides to medical appointments, the Volunteer Services Committee, with input from Eriko, Katharine and several active Volunteers, has written a guide containing the safety protocols Members and Volunteers will be asked to follow during this pandemic.

The guidelines were emailed to CC@H Members and Volunteers on July 22nd and will be updated as is needed. Both Members and Volunteers have been asked to read the document and sign and return the accompanying agreement. Please copy the agreement, scan or take a picture of it and email it to info@chevyCHASEathome.org or copy and mail it to Chevy Chase At Home, PO Box 15102, Chevy Chase MD 20825. Please notify the office if you are mailing it in so that it can be picked up in a timely manner. If you did not receive a copy, please let Eriko or Katharine know.

Peggy Mercorella, Volunteer Services Committee

2020 DIRECTORY OF MEMBERS, ASSOCIATES & FRIENDS

The 2020 edition of the Directory of Members, Associates and Friends is available. It contains contact information for all except those who declined to have their information listed. The Directory will be a handy tool for keeping in touch with the Chevy Chase At Home community.

Associates and Friends will receive their Directory in the mail, soon if they haven't already. Members should have received theirs delivered to their front door, with no contact but in a new a CC@H tote bag, by the end of August. Members, Associates and Friends will receive Directories even if they are not listed.

Please, do check your own information in the Directory. If there are errors in your entry, please send an email to the office with the correction(s)

Karen Bokar, Membership Committee

CC@H: "We're still here for you"

YOU MIGHT HAVE MISSED –

LA FERME

Many thanks to Alain Roussel for multiple weeks' worth of Wednesday dinners and to Betty O'Connor and Susan Hamburger for managing the delivery logistics. Once the COVID-19 restrictions were relaxed a bit, the restaurant re-opened for reservation-only Dinner and Sunday Brunch, and for curbside delivery.

COFFEE & CONVERSATION

Bring a cup of coffee or tea and come join this Zoom get together from 11 a.m. till noon on the third Monday of every month. It's a great chance to share and discuss favorite books you've been reading or interesting movies, shows or streaming series you've been watching. It's informative and fun and offers lots of ideas you might not have come up with on your own. For example, one person is delving into all the books about plagues. Others have recommended fascinating documentaries. And last month we learned about a terrific Art History lecture series put together by an American scholar based in Florence. Sign up at www.elaineruffolo.com for free (contribution suggested) and you can be transported to Italy every single week-now there's a trip we can take!

CC@H SUMMER MOVIE

It's not easy, but Katharine found a familiar movie (now an oldie) in the public domain and a way to stream it to an enthusiastic group of participants. Is there anything these days quite like "Charade" for a romantic mystery? At least one of the participants was inspired to get her own streaming setup after this experience and now binges on other favorites.

CC@H ICE CREAM SOCIAL

How do you have an ice-cream social over the internet? Well, we figured it out and had a great time on a hot August Tuesday, with lots of fun trivia and new suggestions about ice cream treats.

OUR SUPPORTERS* –

SUPPORT IN KIND

FACILITIES

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


PROFESSIONAL SERVICES

Scott Boyd, Accountant
Christopher Regan, Attorney

FINANCIAL SUPPORT - INDIVIDUALS

* Data are for contributions received between April 23 & August 14. Names of individual supporters are not included when the newsletter is published on the internet.

FALL DATES OF NOTE



LABOR DAY	SEPTEMBER 7
ROSH HASHANAH	SEPTEMBER 18-20
YOM KIPPUR	SEPTEMBER 27-28
FALL BEGINS	SEPTEMBER 22
COLUMBUS DAY	OCTOBER 12
EARLY VOTING §	OCT. 26 – NOV. 3
ELECTION DAY	NOVEMBER 3
VETERANS DAY	NOVEMBER 11
THANKSGIVING	NOVEMBER 26

§ https://elections.maryland.gov/voting/early_voting.html

§ <https://elections.maryland.gov/voting/absentee.html>

CC@H NEWSLETTER

Published by: CC@H Communications Committee,
Caroline Michaelis & Fran Pitlick, Co-chairs
Writers & Editors: Caroline, Elaine, Eriko, Fran, Jan,
Katharine, Karen, Linda, Nathalie, Peggy
CC@H is a 501(c)(3) non-profit organization.