



# NEWSLETTER

## CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

Post Office Box 15102

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Volume Twelve, Number 4

December 2020

### QUICK CALENDAR

#### FOR MEMBERS, ASSOCIATES AND FRIENDS

##### VIRTUAL HOLIDAY PARTY <sup>(Z)</sup>

DEC. 15, 2 P.M. TO 3 P.M.

##### MOVIE DISCUSSION CLUB <sup>(Z)</sup>

2<sup>ND</sup> MONDAYS,

DEC. 14, JAN. 11, FEB. 8

3:00 P.M. TO 4:00 P.M.

##### BRUNCH BUNCH <sup>(Z)</sup>

2<sup>ND</sup> THURSDAYS,

DEC. 10, JAN. 7, FEB. 11,

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

##### COFFEE & CONVERSATION <sup>(Z)</sup>

MONDAYS

DEC. 14, JAN. 11, FEB. 8

11:00 A.M. TO NOON

##### KNITTING/CRAFTING GROUP <sup>(Z)</sup>

2 THURSDAYS/MONTH

DEC. 3, 17; JAN. 7, 21;

FEB. 5, 19

##### CARDIO & STRENGTH EXERCISE <sup>(Z)</sup>

WEDNESDAYS, 11:30 A.M.

##### ZUMBA GOLD® <sup>(Z)</sup>

WATCH THE WEB

### PUBLIC PROGRAMS

#### MEDIA ETHICS: MAKE THE TOUGH CALLS <sup>(Z)</sup>

(INTERACTIVE CLASS)

DEC. 8, 2 P.M. TO 3:30 P.M.

CC@H/FREEDOM FORUM

#### 2021 RESOLUTIONS: LET'S GET ORGANIZED! <sup>(Z)</sup>

JAN. 6, 1 P.M. TO 2 P.M.

<sup>(Z)</sup> ZOOM SESSIONS

(SEE PG. 2 FOR MORE)

### LOOKING FORWARD TO THE NEW YEAR

It is an understatement to say that 2020 was a year of challenges and constraints. However, it also brought with it the chance to develop new ways to provide programs, new affinity groups and innovative products.

All our social programs are now delivered by Zoom which allows more people to participate, including those outside our catchment area, which increased the number of Friends of Chevy Chase At Home to our membership. We added new affinity and discussion groups such as *Coffee and Conversation*, and a *Movie Club*. We also continued *Brunch Bunch*, increased the *Knitting/Needlework/Crafts Group* to twice a month and offer three weekly online exercise classes.

Our email communications now are, in themselves, new programming developed to assist during this time of social distancing and isolation. Every Wednesday, we send out *Boredom Busters*, a compendium of a variety of online offerings to keep you entertained and amused. Thursdays provide a calendar of online live programs for the upcoming week. (Note: if you don't have internet or a computer, you can phone into most of these events to participate. Contact the office for more information.) On Fridays, our *Covid-19 Updates* keep you informed with reliable and legitimate pandemic information and resources plus other key information in the County or region.

The crisis also promoted collaborations. Local villages shared their program information with each other which provide expanded offerings to CC@H Members, Associates and Friends. In addition, La Ferme provided meals to members at the onset of the pandemic to members and now offers special weekly dinners for members.

The new year is fast approaching and brings with it the hope to return to normalcy when vaccines become available. Though we may not celebrate this holiday season in our traditional ways, it is still a time for giving thanks and for (physical or virtual) family contact and connection. It's also a time that organizations like CC@H need the support of the community. We hope you will consider a gift. Another way to provide ongoing support to CC@H is through Amazon Smile. Each time, when ordering anything on Amazon, go to the Amazon Smile website <https://smile.amazon.com> and .05% of eligible purchases will go to the nonprofit you register as your preferred nonprofit.

During this season of giving and gratitude we wish you all the best in the

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coming year. We are grateful to all of you - Members, Associates, Friends, Volunteers and community supporters. Peaceful Holidays and Happy New year!

Linda Kaplan, President  
Eriko Kennedy, Executive Director

## **HAPPY BIRTHDAY, LILA!**



Chevy Chase At Home would like to congratulate Lila Asher on her 99<sup>th</sup> birthday, which she celebrated on November 15. Lila has had a long and distinguished career as an artist, a Professor of Art at Howard University, and a published author. She continues to be artistically active and has recently designed and cut a stained-glass door panel on commission. The Washington Printmaker's Gallery regularly displays her work and the Smithsonian American Art Museum owns two of her pieces. Lila moved to the Town of Chevy Chase in 1955 and lives in the same house where she raised her family. She is one of the first Members of CC@H and says: "I think it's a marvelous organization – a wonderful service!" We're happy to be able to help keep neighbors like Lila living in our neighborhoods.

## **WHAT'S COMING SOON - ONGOING ACTIVITIES CARDIO & STRENGTH EXERCISES**

This popular class continues into the winter (Wednesdays at 11:30 by Zoom). Pamela Sislen combines yoga, Pilates and light weight training to strengthen our muscles and improve balance. All levels are welcome and modifications are offered for those with limitations. Classes are recorded, edited, and links sent to participants each week, so you can still follow along even if you can't make a particular class! Email [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org) to join the notification list.

### **ZUMBA GOLD®**

Sharon Katz will continue her Zumba Gold through mid-December but watch events on our website and your e-mail for updates.

### **BRUNCH BUNCH**

Brunch Bunch continues to meet by Zoom due to COVID-19 restrictions. Winter dates are at 10 a.m. on Dec. 10, Jan. 7, and Feb. 11. 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 one Monday each month at 11 a.m. to discuss favorite books,

shows or streaming series. The next dates are Dec. 14, Jan. 11, and Feb. 8 at 11:00 a.m. Contact the Office to receive login information\*.

### **CC@H MOVIE CLUB IS LAUNCHED!**

Our new Movie Club began in late October when 10 Members and Associates met virtually to outline a structure for this new interest group. Their goal is to have a lively exchange about films. Each member will "host" a meeting in turn, choosing a film on Amazon Prime or Netflix two weeks ahead of time for participants to watch independently. The host will research the chosen film in order to provide background for the conversation. At the meeting, each participant will have a few minutes to weigh in with their thoughts, leading to an interactive

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### **QUICK CALENDAR**

#### **PUBLIC PROGRAMS**

#### **ASTROBIOLOGY & THE SEARCH FOR LIFE <sup>(Z)</sup>**

**JAN. 12, 2 P.M. TO 3 P.M.**

#### **TRAVELS WITH JAN <sup>(Z)</sup>**

##### **RAJASTHAN <sup>(Z)</sup>**

**JAN. 22, 1 P.M. TO 2 P.M.**

**- & -**

##### **SCOTLAND <sup>(Z)</sup>**

**FEB. 19, 1 P.M. TO 2 P.M.**

#### **SPIES & SPYMASTERS <sup>(Z)</sup>**

**JAN. 26, 1 P.M. TO 2 P.M.**

#### **GW MASONIC MEMORIAL VIRTUAL TOUR <sup>(Z)</sup>**

**FEB. 22, 2 P.M. TO 3 P.M.**

**CHECK OUR WEBSITE EVENTS  
CALENDAR FOR LATEST  
INFORMATION!  
<sup>(Z)</sup> ZOOM SESSIONS**

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discussion. The group meets the second Monday of each month at 3:00 p.m. November's film, "The Social Dilemma," is a documentary about how social networking influences people's beliefs and politics. The film for the December 14 meeting is "First They Killed My Father," the biography of a young child during the Khmer Rouge rule of Cambodia.

If you would like to join us, please send an email to Katharine Kosin at [info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org). We look forward to many stimulating conversations on this popular American pastime. Join us at the movies!

Susan Post

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## **SCHEDULED EVENTS**

### **MEDIA ETHICS: MAKE THE TOUGH CALLS <sup>(Z)</sup>**

Educators from the Freedom Forum will present some of the ethical issues journalists face as they strive to be accurate, fair, and clear on Tuesday, December 8, 2 p.m. While discussing real-life case studies, participants will grapple with issues of privacy, anonymous sources, and the pressure to be first. Contact the Office\* by Dec. 1 to receive login information to this Zoom event.

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### **VIRTUAL HOLIDAY PARTY <sup>(Z)</sup>**

We may not be able to meet in person, but that doesn't mean we can't enjoy holiday cookies and each other's company! For our virtual version of the annual holiday party this year (Dec. 15, 2-3 p.m.), we will have bundles of home-baked cookies to pick up in advance. More details about the party will be announced via email closer to the date. Please RSVP to the Office\* by Friday, Dec. 11 at 3 p.m. so we can prepare the cookies and give you the login information.

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### **2021 RESOLUTIONS: LET'S GET ORGANIZED! <sup>(Z)</sup>**

Judy Tiger, owner of Just That Simple, shares tips on the 'why' and 'how' of getting organized, step by step on Zoom on Wednesday, January 6, 1 p.m. Learn how to apply her motto, "Less Chaos = More

Calm!" to your home. Contact the Office before 3 p.m. Tuesday (1/5) to receive login information.\*

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### **ASTROBIOLOGY & THE SEARCH FOR LIFE <sup>(Z)</sup>**

Astrobiology uses many different sciences to understand how life can originate and develop in different settings. The search for life beyond the Earth has captivated humans for as long as we have existed. Shauna Edson, National Air & Space Museum Educator, will give us an overview of the tools and techniques used by the scientists and progress in this area on Tuesday, January 12, 2 p.m.. Contact the Office before 3 p.m. Friday, (1/8) to receive login information for this Zoom event.\*

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### **TRAVELS WITH JAN <sup>(Z)</sup>**

Join intrepid traveler and CC@H Volunteer Jan Augustine as she relives some of her most memorable trips in a series of Zoom presentations. On January 22, catch a glimpse into the people and places of Rajasthan, India, via her colorful photos.



On February 19, hike and drive through some of Scotland's most spectacular scenery. After that, who



knows where we'll go! Contact the Office\* by 3 p.m. the day before the talks to receive login information to this Zoom event.

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### **SPIES & SPYMASTERS <sup>(Z)</sup>**

Seduction, deception, daring - these are only some of the traits that describe spies and spymasters. Join Chevy Chase At Home and the International Spy Museum on January 26, 1 p.m. as we explore the stories of spies whose lives are even more thrilling than James Bond's. Contact the Office before 3 p.m. Monday (1/25) to receive login information for this Zoom event.\*

## GW MASONIC MEMORIAL VIRTUAL TOUR <sup>(2)</sup>

Celebrate George Washington's 289<sup>th</sup> birthday (February 22) and join Katharine Kosin (CC@H Volunteer & Membership Program Manager) for a virtual tour of the Memorial in Alexandria. Katharine has guided tours at the Memorial for eight years. Contact the office\* by 2/16 to join this Zoom event.

## YOU MIGHT HAVE MISSED – ANOTHER VISIT TO GLENSTONE

Thanks to the efforts of CC@H in securing a group of tickets for early September, 10 members and volunteers were able to visit Glenstone, the contemporary art space set in nearly 300 acres in



Potomac, MD. Although the indoor galleries and pavilions were open, there was enough art along 3.6 miles of trails to keep our group of three interested without going inside. The paths wend up and down hill, across meadows and through forests, past 11 monumental art installations. Two hours of exploring convinced us that

we were glad to have stayed outdoors despite the heat. The indoor art will be there for the next visit! [Photo: Lanny Johnson absorbing the audio installation *FOREST (for a thousand years...)* by Janet Cardiff & George Bures Miller]

## FREER TREASURES

In late September, Freer Art Gallery Docent Ru Fan took Zoom participants through the gallery looking at commonalities and differences in cultures, aesthetics, and ideas in Asian Art. Then, in October, Freer Art Gallery Docent Lindsay McAuliffe brought Japanese artist Katsushika Hokusai (1760–1849) to life through several of his iconic works included in the exhibition **Hokusai: Mad About Painting**. His simple lines conveyed not only the beauty of Japan but the lives of courtesans and simple people. This

exhibition will likely continue for six weeks once the Museum opens again.

## TELEMEDICINE CHALLENGES: CREATING AN OPTIMAL SPACE SETUP AT HOME

To address our new need for telemedicine and increased "Zooming" with family and friends, Catherine McCallum gave us great tips on creating private personal space for such conversations. While she talked about physical amenities (lighting, seating, optimal computer/laptop/phone position) she also discussed the need to make a list of questions and symptoms ahead of time for telemedicine calls and to have paper and pen ready to take notes. This video may help you prepare for a telemedicine visit:

<https://www.youtube.com/watch?v=h39HANs14&feature=youtu.be>. Catherine, a licensed social worker, has created her own private practice since leaving her position as CC@H Executive Director.

## TRAVEL IN THE TIME OF COVID-19

Editor's note: In September, Benita Lubic, Certified Travel Consultant, led a two part discussion about the state of travel. Since then COVID-19 conditions have changed markedly. Here were some of her observations in September:

People are traveling mostly domestically by private car, and RV rentals are very popular. Trips are close to home. The industry is doubling down on cleanliness - it is safer to travel if the COVID-19 test positivity rate at your destination is around 1 percent. It's a good idea to see whether your route and destination have travel restrictions. See <https://www.cnn.com/travel/article/us-state-travel-restrictions-covid-19/index.html>.

Most travelers are waiting for a safe vaccination and looking towards 2021 and later. The ultimate green light for future travel will be a declaration from the CDC and the WHO. When you decide to travel depends on your age and state of your health and destination.

Questions? Contact me at [blubic@aol.com](mailto:blubic@aol.com).

Benita Lubic



## LA FERME DINNERS

In early October, La Ferme resumed offering weekly carryout dinners to members of CC@H. On Wednesdays, the staff of La Ferme prepares a two-course meal for \$30.00, cash or check, to be picked up between 4:00 and 4:30 curbside in front of the restaurant. In addition, you get 1/3 of a baguette. La Ferme has been adding a complimentary dessert, a special treat. The food meets La Ferme's usual high standards and is more elaborate than most of us cook at home.

With these meals, La Ferme offers something special to CC@H members and continues its generous support of our organization. Participation of our members in these dinners helps support the restaurant and provides work for its staff so this neighborhood institution will be there when the pandemic is over.

Thanks to Betty O'Connor for working to re-establish this offering and for her tireless efforts each week collecting orders and making sure we all get our meals. And, we are very grateful to Alain Roussel, the owner of La Ferme, for all he has done and continues to do for CC@H.

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## REPORTS FROM SECLUSION – VOLUNTEER SERVICES COMMITTEE

### In Gratitude – to Our Volunteers:

There are no words that can truly convey what your generous gifts of compassion and kindness mean to the Members of Chevy Chase At Home. With your assistance our members have been able to stay connected to the Chevy Chase community. You have provided rides, delivered groceries, visited, assisted with tech support and completed small repairs. For these services and many more, we are most grateful. May you stay safe and well.

*Peggy Mercorella, Volunteer Services Committee*

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### MEMBERSHIP COMMITTEE REPORT

The Membership Committee is responsible for recruiting new members and, together with our office staff, managing the yearly renewal of current

members. We are always thinking about ways to introduce CC@H to residents of Chevy Chase who are unfamiliar with us and encourage them to become involved as volunteers, members and associates. We post on area listservs, put up flyers about our organization and our events that are open to the entire community, and send emails to people who have participated in our activities but have not yet joined. When the pandemic ends, we can again host wine and cheese parties and coffee hours for potential members.

If you have ideas about how we can spread the word about the benefits of being part of CC@H, contact Karen Bokar, [kbokar@verizon.net](mailto:kbokar@verizon.net), or Susan Post, [susan.post@gmail.com](mailto:susan.post@gmail.com), or join one of our committee meetings. During the pandemic, we are meeting via Zoom so we can't share cookies but do share energy and ideas.

Mindful of the need to foster social interaction and engagement with our organization, we are working to come up with new activities and affinity groups that can be offered on Zoom, such as the new Movie Club. If there is something you would like to see CC@H offer please contact Karen or Susan. And if you would like to join the Membership Committee, we would welcome you with open arms!

*Karen Bokar, Membership Committee*

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### QUOTE OF THE MONTH

*"Joining Chevy Chase At Home has made a wonderful difference in my life. Everyone is very friendly and responsive. In addition, they are good problem solvers."*

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### WINTER DATES OF NOTE

HANUKAH	DECEMBER 10-18
CHRISTMAS	DECEMBER 25
NEW YEAR	JANUARY 1
M.L. KING JR. DAY	JANUARY 18
INAUGURATION	JANUARY 20
PRESIDENT'S DAY	FEBRUARY 15
MARDI GRAS	FEBRUARY 16
ASH WEDNESDAY	FEBRUARY 17

## ***OUR SUPPORTERS\* -***

### **FACILITIES**

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

### **DONATIONS IN KIND**

### **PROFESSIONAL SERVICES**

Scott Boyd, Accountant  
Christopher Regan, Attorney  
Pamela Sislen, Healthy Lifestyle Coach

### **FINANCIAL SUPPORT \***

### **ORGANIZATIONS**

Town of Chevy Chase

Names of individual supporters are not  
included when the newsletter is  
published on the internet.

#### **CC@H NEWSLETTER**

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