



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 Thirteen, Number 1

March 2021

QUICK CALENDAR

FOR MEMBERS, ASSOCIATES AND FRIENDS *

MOVIE DISCUSSION CLUB ⁽²⁾

2ND MONDAYS

MAR. 8, APR. 12, MAY 10

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

BOOK CLUB ⁽²⁾

4TH THURSDAYS

MAR. 25, APR. 22, MAY 27

2:30 P.M. TO 3:30 P.M.

BRUNCH BUNCH ⁽²⁾

2ND THURSDAYS,

MAR. 11, APR. 8, MAY 13

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

COFFEE & CONVERSATION ⁽²⁾

3RD MONDAYS

MAR. 15, APR. 12, MAY 17

11:00 A.M. TO NOON

KNITTING/CRAFTING GROUP ⁽²⁾

ALTERNATE THURSDAYS

MAR. 4, 18; APR. 1, 15, 29;

MAY 13, 27

CARDIO & STRENGTH EXERCISE ⁽²⁾

WEDNESDAYS, 11:30 A.M.

MAT PILATES ⁽²⁾

WEDNESDAYS, 12:15 P.M.

ZUMBA GOLD® ⁽²⁾

MONDAYS, 9:30 A.M.

CHAIR-BASED FUSION

EXERCISES ⁽²⁾

MONDAYS, 11:00 A.M.

⁽²⁾ ZOOM SESSIONS

(SEE PG. 2 FOR MORE)

To register for any of these programs go to "Events" at www.chevychaseathome.org. We also publicize similar programs offered by other groups in Montgomery County. Watch for e-mail notices each Thursday.

SPRING IS COMING – A TIME FOR RENEWAL

Spring is almost here and we can look forward to warmer days, more daylight, a greater variety of activities and hopefully, for most of us, inoculation from COVID-19. It feels like a renewal from the myriad restrictions that we've lived under during the winter.

As CC@H gears up for the coming months, we will continue to provide many opportunities for "virtual socialization." To enhance our program offerings, we created a Guest Speakers Committee and are collaborating with other Villages to enhance our calendar of events. We invite you to join our movie group, book club, and monthly exchange of good books, movies, and interesting websites to visit. And, this month, come to our St. Patrick's Day Party, (via Zoom, March 17, 2 p.m.) which promises to be a fun filled celebration. We have many other ongoing events as well so we urge you to review the calendar in this newsletter as well as check the Chevy Chase At Home Calendar on our website, www.chevychaseathome.org.

Another sign of change for CC@H are new Officers and Board members. Board member Karen Spangler has been elected to the role of Secretary. Karen has ably served on the Board for four years and is co-author of Boredom Busters. We are delighted that Karen has agreed to take on this CC@H position, and we are pleased to welcome Ronie Nieva and Deborah Scheck as our new Board members.

Ronie Nieva and her late husband moved to Chevy Chase Section 3, in 1995 where they raised two sons. She has long been interested in the concept of "aging in place," and started getting involved with CC@H when she retired in 2019. She initially assisted in exploring ways of improving the CC@H website. Then, with the pandemic, she and Karen Spangler co-initiated the weekly Boredom Busters series to promote engagement and ease isolation during these difficult times. Ronie has a PhD in Organizational Psychology from the University of Michigan. She built a research and data practice focused on improving organizational functioning in settings that included the military, and health care delivery systems. She has co-authored two books -- *Women and Work: A Psychological Perspective* and *Creating New Organizations* -- as well as published more recent articles on patient safety and health care innovation.



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Deborah Scheck and her family have lived in Chevy Chase Section 3 since 2002. Deborah grew up in the Town of Chevy Chase and attended Chevy Chase Elementary, Leland Junior High and B-CC High School. She and her husband, Howard, have four children who have attended public schools. She has volunteered in the schools on and off over the past 20 years. Deborah learned about Chevy Chase At Home through her father, Nathan Billig, who was a founding member and later President.

For the past 15 years, Deborah has worked as an interior designer, specializing in residential projects. Deborah and a colleague also run an organization called Blue Pencil which helps high school students with their essays for college applications.

Spring is also the time to renew your membership in CC@H. To avoid any break in services please renew by March 31.

Linda Kaplan, President; Eriko Kennedy, Executive Director

WHAT'S COMING SOON -

IT IS TIME TO RENEW YOUR MEMBERSHIP

COVID-19 has kept us at home for a year, challenging each of us to create a meaningful daily life. Our staff has transitioned many of our activities to Zoom, created new sources of useful information such as the weekly COVID-19 update, and added Boredom Busters. CC@H is also collaborating with other Villages to bring a greater variety of Zoom lectures to us. The staff has fielded requests for information about where to obtain tests for the virus and how to sign up for vaccines, as well as found volunteers to provide our traditional services of giving rides, picking up groceries and making friendly visits when they could be done safely. New activities have been created, including movie and book groups and Coffee and Conversation sessions. The Brunch Bunch, exercise classes and knitting group continue virtually.

By now, you should have received in the mail a letter asking you to renew your status as Member, Associate, or Friend of CC@H, together with a list of benefits and a renewal application form. Unfortunately, there was an error in preparing the mailing and Members received the Application form for Associates. You can download the correct Members form from our website or call the office to renew. You will be renewing for April 1, 2021 through March 31, 2022. To be sure that you receive these benefits without interruption, you need to renew before March 31. When you fill out the application form, please be sure to enter your contact information because things such as email addresses may have changed. You can renew by mailing a check, or by calling the office to use a credit card.

A new member directory will be prepared after the conclusion of the renewal period. The information in the directory is only for Members, Associates and Friends of CC@H and is not

QUICK CALENDAR (CONT.)

PUBLIC PROGRAMS

ESCAPE JUNK NEWS - MEDIA LITERACY ^(Z)

TUES., MAR. 2, 1:00 P.M. TO 2:00 P.M.

SCAMS: HOW TO KEEP YOU & YOUR MONEY SAFE ^(Z)

TUES., MAR. 9, 1:00 P.M. TO 2:00 P.M.

VIRTUAL TOUR: NATIONAL CRYPTOLOGIC MUSEUM ^(Z)

TUES., MAR. 16, 1:00 P.M. TO 2:30 P.M.

ELEANOR ROOSEVELT ^(Z)

FRI., MAR. 19, 1:30 P.M. TO 2:30 P.M.

US ARMY WOMEN'S MUSEUM ^(Z)

TUES., MAR. 23, 1:00 P.M. TO 2:00 P.M.

HER STORY: A CENTURY OF WOMEN WRITERS ^(Z)

MON., MAR. 29, 1:00 P.M. TO 2:00 P.M.

ART: MAN & NATURE ^(Z)

WED., APRIL 7, 1:00 P.M. TO 2:00 P.M.

CLIMATE CHANGE ^(Z)

WED., APRIL 14, 3:00 P.M. TO 4:15 P.M.

TRAVELS WITH JAN: SILK ROAD ^(Z)

FRI., APRIL 16, 1:00 P.M. TO 2:00 P.M.

THE BIAS METER: THE BATTLE FOR YOUR BRAIN ^(Z)

TUES., MAY 4, 1:00 P.M. TO 2:00 P.M.

^(Z) ZOOM SESSIONS

CHECK OUR WEBSITE'S EVENTS CALENDAR FOR LATEST INFORMATION!
REGISTER ONLINE OR CONTACT THE OFFICE.

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sold, mailed to anyone else or placed on our website. However, if you do not want your information included, you may opt out by checking that box on the renewal application form.

Karen Bokot & Susan Post

UPCOMING EVENTS*

ESCAPE JUNK NEWS - MEDIA LITERACY

Educators from the Freedom Forum will work with participants to explore the problem of fake news in today's media landscape. Consider: what qualifies as "fake" news? Why should you care what's real and what's not? And, how can the motivations behind news stories shape the content? Tuesday, March 2, 1:00 p.m. to 2:30 p.m.

SCAMS, FRAUD, & CONS: KEEPING YOU & YOUR MONEY SAFE

Sydney Palinkas from ElderSAFE Center will lead an interactive discussion on the most common scams right now, red flags, how to protect yourself, and information on reporting suspected scams. Tuesday, March 9, 1:00 p.m. to 2:00 p.m.

NATIONAL CRYPTOLOGIC MUSEUM

We learned about spies in January. Now take a virtual tour of National Cryptologic Museum and learn about some of the most dramatic moments of American cryptology and the people who devoted their lives to the art of writing and solving codes, their role in national defense, the devices they developed, the techniques they used, and the places where they worked. Tuesday, March 16, 1:00 p.m. to 2:30 p.m.

ALL ABOUT ELEANOR ROOSEVELT

David Michaelis, author of the recent best-seller *Eleanor*, will give you his insights about one of our most famous first ladies. You won't want to miss this one! Friday, March 19, 1:30 p.m. to 2:30 p.m.

U.S. ARMY WOMEN'S MUSEUM

Details haven't been finalized but join us for a virtual overview of this little-known museum. In honor of Women's History Month, celebrate the roles of women in the Army. Tuesday, March 23, 1:00 p.m. to 2:00 p.m.

HER STORY: A CENTURY OF WOMEN WRITERS

Finish Women's History Month at the National Portrait Gallery's art exhibit "Her Story: A Century of

Women Writers." Represented here are twenty-four women from diverse backgrounds whose books have become classics and whose words are well known. Many of us grew up with their stories, poems, and essays and have since passed them on to friends and family. Featured authors range from Frances Hodgson Burnett to Jhumpa Lahiri. Monday, March 29, 1:00 p.m. to 2:00 p.m.

MAN AND NATURE THROUGH ART

Smithsonian American Art Museum docent Melissa Clark will lead us in a close look at America's relationship with the land through art from the 1800's to the present. Wednesday, April 7, 1:00 p.m. to 2:00 p.m.

CLIMATE CHANGE

Mike Tidwell, Director Chesapeake Climate Action Network, will speak on this important topic. Wednesday, April 14, 3:00 p.m. to 4:15 p.m.

TRAVELS WITH JAN: THE SILK ROAD

This time our adventurous traveler takes us through five of the "stans" of Central Asia with more colorful photos and personal tales of areas and civilizations about which most of us know little. Journey parts of the Silk Road vicariously on Friday, April 16, 1:00 p.m. to 2:00 p.m.

THE BIAS METER: THE BATTLE FOR YOUR BRAIN

This interactive class will be led by a Freedom Forum educator. Tune up your ability to detect bias in the news! Tuesday, May 4, 1:00 p.m. to 2:00 p.m.

ONGOING ACTIVITIES

ACTIVE MOVEMENT PROGRAMS

CC@H continues to offer several exercise programs for members through Zoom.

Cardio & Strength; Mat Pilates

Pamela Sislen leads Cardio & Strength Training on Wednesdays, 11:30 by Zoom, immediately followed by Gentle Mat Pilates.

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Zumba

Sharon Katz continues her Zumba Gold classes on Mondays at 9:30 a.m. and Chair-based Zumba Fusion 11:00 a.m. Mondays.

SOCIAL PROGRAMS

Brunch Bunch

Brunch Bunch continues to meet by Zoom on the 2nd Thursday of the month at 10 a.m. This is a great 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 3rd Monday each month at 11 a.m. to discuss favorite books, shows or streaming series.

CC@H Movie Club

Our Movie Club meets by Zoom at 3:00 p.m. on the 2nd Monday of the month to discuss the movie chosen at the previous meeting.

! CC@H Book Club is Launched !

And we've started a Book Club that meets by Zoom on the 4th Thursday of the month at 2:30 p.m.

Knitting/Needlework/Crafts

This long-standing group meets by Zoom at 1:00 p.m. every other Thursday to trade hints and talk about "whatever."

YOU MAY WANT TO KNOW - REPORTING SCAMS & FRAUD

Are you getting annoying calls, emails, or texts from suspect sources? Has someone offered to sell you a COVID-19 vaccination? Did your computer tell you to call tech support "right away?" Does that email seem odd, not look quite right, make the back of your neck tingle?

If you've had any of the above experiences, or have seen bad business practices, the Federal Trade Commission (FTC) would like you to report the experience so that they can track down, stop, and punish the perpetrators.

To make reporting fraud and scams easier, the FTC has established a new website,

www.ReportFraud.ftc.gov, where you can file your complaints. Letting the FTC know about your experience can help protect others from being the scammer's next victim as the information is shared with over 3,000 law enforcers. You can also call 877-382-4357 to reach the FTC report fraud team.

Remember, don't give out personal information on the phone, through the mail or over the Internet unless you've initiated the contact or know who you're dealing with. If a company that claims to have an account with you sends email asking for personal information, don't click on links in the email. Instead, call the customer service number listed on your account statement and ask whether the company really sent a request. If you think you've been the victim of identity theft (you gave out your credit card, bank, or Social Security information to a dubious party), contact www.identitytheft.gov right away. To learn more, join the presentation about *Scams, Fraud, and Cons* on March 9 (see pg. 3).

YOU MIGHT HAVE MISSED - VIRTUAL HOLIDAY PARTY

Members had a special treat with home-made cookies (thank you Peggy & Linda), Holiday Hosting by Mrs. Claus (Betty), and musical interludes with the Kemper Duo (Rick and Bridget, father and daughter) on Celtic harp and Uilleann pipes and popular seasonal songs performed by the *Of Sound Mind Quartet*. Bravo!

2021 RESOLUTIONS: LET'S GET ORGANIZED!

Judy Tiger brightened January's short daylight hours providing hints about how to get out of the funk of facing decluttering and downsizing with positive, helpful, proven hints. Most of all, reduce the size of the task into smaller daily portions followed by with a welcome diversion. Her talk was filled with multiple hints about who might help you get rid of big stuff, small stuff, and whatever.

SPIES AND SPYMASTERS

On January 26, Shana Oltmans of the International Spy Museum gave a fascinating presentation about three of the spies featured in the museum. The first, Mata Hari, is certainly the most

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well-known. Born in The Netherlands, she became internationally famous as a courtesan and exotic dancer in Paris and all of Europe. But was she a double agent during World War I? The French thought so and arrested her as a German spy. She was imprisoned and ultimately executed by firing squad.

James Lafayette was a Revolutionary War spy. Born a slave in Virginia, he was given permission by his master to enlist in the Marquis de Lafayette's French Allied units, where he was used as a spy. He may even have posed as a runaway slave and gone undercover as a servant to Cornwallis. His tip about approaching British reinforcements was instrumental in the colonists' victory at the Battle of Yorktown. After the war James petitioned twice for his freedom from slavery. The first was turned down, but with the second petition the Marquis wrote a letter of support, and after gaining his freedom, James took the surname of Lafayette in gratitude.

Dmitri Bystrolyotov was one of the most outstanding Soviet undercover operatives in Western Europe in the 1920's and 30's. Dashing handsome and a master of disguise, with a commanding knowledge of European languages and an aristocratic upbringing, he moved easily among the European upper crust and seduced and recruited a number of women as Soviet agents. Despite his achievements, he was recalled at the height of Stalin's purges, arrested, tortured and sentenced to 20 years of hard labor. While serving his term in various camps, he wrote and smuggled out his lengthy eyewitness account of Stalin's Gulag. He died in 1975, and is now considered one of the leading heroes of Russian foreign intelligence.

TRAVELS WITH JAN

Who *is* that lady with the colorful pictures, uncommon jackets and jewelry and tales of far-away, almost unpronounceable places? That would be Jan Augustine who took us to Rajasthan, India in January and to the Highlands of Scotland in February. On April 16, you can travel with her along the Silk Road. Mark your calendar for this one!

REPORTS FROM SECLUSION – BOREDOM BUSTERS

Our CC@H staff is exceptionally adaptive, and a great help in keeping members engaged. Not quite a year ago, they started a new feature that has become a regular weekly email column: "Boredom Busters." Ronie Nieva and Karen Spangler volunteered to collect Internet-based fun activities to help members inform and educate themselves during COVID-19 restrictions. There have been more than 45 issues since.

The column links to a wide variety of information, guidance and fun for us during the pandemic. There are several broad categories of coverage: Activities (pets, travel, zoos...), Education (museums, history, podcasts...), Entertainment (games/apps, music, theater, TV/movies...), Fitness (exercise, meditation, yoga...), Hobbies (cooking, gardening/nature, genealogy...), Sciences (COVID-19 information, general health). Few anticipated that this weekly listing would become a major resource for connections to the world for us, for so long. The Busters email is issued late each Wednesday.

An early listing of these is on the CC@H website, under the [Boredom Busters](#) tab on the left side of the homepage.

Breaking news

ST. PATRICK'S DAY PARTY (Z)



Put on your green, get a snack, and join us on Zoom, March 17, 2 p.m. To register, please call the office.

Go to "Events" at www.chevyCHASEathome.org to register for any of our programs. We also publicize similar programs offered by other groups in Montgomery County. Watch for e-mail notices each Thursday.

CC@H NEWSLETTER

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