



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 2

June 2021

QUICK CALENDAR

FOR MEMBERS, ASSOCIATES AND FRIENDS

COFFEE & CONVERSATION ⁽²⁾

3RD MONDAYS

JUNE 21, JULY 19, AUG. 16

11:00 A.M. TO NOON

MOVIE DISCUSSION CLUB ⁽²⁾

2ND MONDAYS

JUNE 14, JULY 12, AUG. 9

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

BRUNCH BUNCH ⁽²⁾

2ND THURSDAYS,

JUNE 10, JULY 8, AUG. 12

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

BOOK CLUB ⁽²⁾

4TH THURSDAYS

JUNE 24, JULY 22, AUG. 26

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

KNITTING/CRAFTING GROUP ⁽²⁾

ALTERNATE THURSDAYS

JUNE 17, 1:00 PM

WATCH CALENDAR FOR FUTURE
DATES

ZUMBA GOLD® EXERCISES ⁽²⁾

MONDAYS, 9:30 A.M.

CARDIO & STRENGTH EXERCISE ⁽²⁾

WEDNESDAYS, 11:30 A.M.

OUTDOOR ZUMBA GOLD

FRIDAYS, 9:30 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.

WELCOME, SUMMER!

This issue of the Chevy Chase At Home newsletter will reach you around Memorial Day, the start of summer activities for many of us. This new season also marks the beginning of our return to our lives before the pandemic. After well over a year of disruption to our routines and social lives, we look forward to the restoration of services and social activities that have been our tradition.

COVID-19 did impact our daily lives, and certainly affected CC@H's traditional programming and services. Though we had to limit direct services, we were able to provide other needed services and programs and some changes will endure once we return to our "before the pandemic" times. We added new monthly affinity groups, such as Coffee and Conversation, a Book Club and a Movie Discussion Club, which have loyal followings. With the advent of our Guest Speakers Committee, we have provided interesting programs that have attracted a large attendance. These programs will be continued. In addition, the Knitting/Needlework/Craft Group started meeting twice a month and has seen an uptick in attendance.

As we begin the process of returning to our previous lives, it is important to realize how quickly CC@H managed to pivot activities remotely, whether telephonically or online. We were able to provide many services by staying socially distant. We added weekly publications such as Boredom Busters and the COVID-19 updates that were very well received and widely read. The staff, Eriko Kennedy, Executive Director, and Katharine Kosin, Volunteer and Membership Program Manager, worked diligently to make sure that contact with members was maintained and that the organization was responsive to the changing needs caused by the pandemic.

The staff also worked hard to help members schedule COVID-19 vaccinations. They were so successful that essentially all CC@H full Members have been vaccinated. Given this fact, we are anticipating a return to some face-to-face social events over the summer. Look for news about our Ice Cream Social, which we are planning to hold outdoors. The exercise programs which continued throughout the pandemic via Zoom, may soon begin to resume in outdoor venues over the summer.

With the warmer weather and the loosening of COVID-19 restrictions, we send best wishes for a wonderful summer and a chance to spend time with family and friends.

Linda Kaplan, President; Eriko Kennedy, Executive Director

WHAT'S COMING SOON -

EVENTS

Japanese art and design are on the front burner for our summer events.

Our June program, *The Polka Dot and Mirrored World of Yayoi Kusama*, will focus on her utopian vision, including examples in a variety of formats that were exhibited in the Hirshhorn in 2017.

In July, we'll Zoom to Worcester Museum's special exhibit *The Kimono in Print: 300 Years of Japanese Design*. Kimonos were a major source of inspiration and experimentation in Japanese print culture (1603 to 1912).

ONGOING ACTIVITIES

ACTIVE MOVEMENT PROGRAMS

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

Cardio & Strength Training

Pamela Sislen leads Cardio & Strength Training on Wednesdays, 11:30 by Zoom. Sessions are recorded and posted on YouTube.

Zumba Gold®

Sharon Katz continues her Zumba Gold classes on Mondays at 9:30 a.m. by Zoom and an outdoor class at 9:30 a.m. on Fridays.

SOCIAL PROGRAMS

Brunch Bunch

Brunch Bunch will continue 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 Up and Running!

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

QUICK CALENDAR (CONT.)

PUBLIC PROGRAMS

**THE POLKA DOT & MİRRORED
WORLD OF YAYOI KUSAMA ⁽²⁾**

**TUES., JUNE 15, 1:00 P.M. TO
2:00 P.M.**

**THE KIMONO IN PRINT: 300
YEARS OF JAPANESE DESIGN ⁽²⁾**

**THURS., JULY 15, 11:00 A.M. TO
12:00 P.M.**

⁽²⁾ ZOOM SESSIONS

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." In consideration of vacations, the group will meet on June 17 (not June 10) and then settle on a summer schedule.

YOU MAY WANT TO KNOW -

VOLUNTEER SERVICES COMMITTEE

Now that our members and volunteers are vaccinated and the community around us is beginning to open up, the VSC has updated the CC@H COVID-19 guidelines. Copies will be sent to all volunteers and members.

For the present, our volunteer training sessions will still be conducted on Zoom. In the last six months we have trained four new volunteers and this month we will train another three. We are delighted to welcome them to our wonderful volunteer team.

It has been some time since we last updated our volunteer and service records. In order to have a more accurate idea of who is still willing to be an active volunteer and what services they are interested in providing, the VSC will be emailing a new volunteer interest form to all volunteers of record. Each will be asked to complete the form and email it back. More information will follow.

DAILY PHONE CALLS TO SENIORS

Maryland's Department of Aging operates a program of automated phone calls to seniors. The program gives seniors the reassurance that someone cares enough to check in on them and help could be summoned in an emergency. Every day a phone call is placed at a time pre-selected by the senior. If the senior does not answer after three calls, a call is made to the alternate (adult child, neighbor, friend) designated by the senior and the alternate is asked to check on the senior. If neither the senior nor the alternate answers, a call is placed to the local non-emergency service. The program is open to all Maryland residents 65 or older with a landline or cell phone. There is no charge for the service.

There are three ways to apply. First one can go to the program's website:

<https://aging.maryland.gov/Pages/senior-call-check.aspx>, where more information about the program is available and there is a button to click to register. Second, call 1-866-502-0560, M-F 8:00 a.m.-5:00 p.m. and Saturday 9:00 a.m.-3:00 p.m. Third, go to the website above, click on RESOURCES, download and print the application and mail it in.

Several members of Chevy Chase At Home who participate in the program say they found it easy to sign up for it and feel safer knowing that someone is checking on their well-being every day in case something should happen. They receive the phone calls daily without fail at the hour they selected to fit their schedule. Especially if one lives alone, it is a valuable resource provided by our state.

HOUSE SHARING MATCHUP

Did you know that Montgomery County has initiated a home-sharing program? Both the home owner and the potential renters are interviewed by specialized counselors after submitting details about the space to be rented and the needs of the renter. There is a minimum commitment of six months upon mutual agreement. Learn more at:

<https://hiphomes.org/Home-Sharing/>.

YOU MIGHT HAVE MISSED –

CC@H GUEST SPEAKERS COMMITTEE

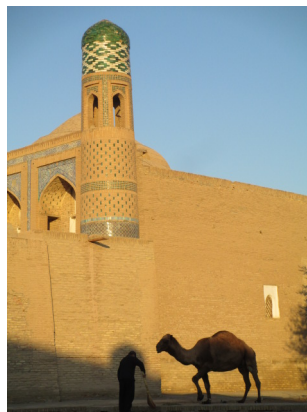
The new Guest Speakers Committee presented its first Guest Speaker in February. Montgomery County native and avid history buff Ralph Buglass gave an entertaining talk filled with great suggestions of off-the-beaten-path places to explore in the county.

ELEANOR

The following month David Michaelis, N.Y. Times best-selling author of *Eleanor*, his new biography of Eleanor Roosevelt, presented a fascinating portrait of the amazing life - both private and public - of our longest-serving and probably most influential first lady. Michaelis, who spent over 10 years researching and writing this book, illustrated his talk about ER with a wealth of photographs and anecdotes, to the obvious delight of a record-setting number of Zoom attendees.

ROUND HOUSE THEATRE

In April Ryan Rilette, the Managing Director of Round House Theatre in Bethesda, discussed how this pandemic year has affected the theatre and how they were able to pivot quickly to filming plays and offering them digitally, some ticketed and some free. A non-profit, Round House works to be inclusive, with a strong commitment to anti-racism and to education. Rilette hopes to re-open safely in their newly renovated space in September, and he urged everyone to come out and support our local theatre.



Khiva, Uzbekistan

THE SILK ROAD

In April, our intrepid traveler and volunteer Jan Augustine took us on a journey along parts of the Silk Road through Kazakhstan, Kyrgyzstan, Tajikistan, Uzbekistan and Turkmenistan. The architecture and people of the countries offered great

photo opportunities backed by their history, mostly unknown to the Western world. Similar journeys are still available for the more adventurous travelers!

OTHER TIDBITS –

WILL YOUR CELL PHONE DIE IN 2022?

The federal government, mobile phone providers and potential industrial users have agreed upon a schedule to provide a faster internet network (5G) for certain kinds of equipment. The large mobile phone service providers will discontinue their old 3G frequencies over the next 18 months in exchange for 5G frequencies. In chronological order, the dates for major providers to drop 3G frequencies are: Sprint, January 1, 2022; AT&T, February 2022; T-Mobile, some in April, 2022 and the remainder by December 31, 2022; Verizon, no later than January 1, 2023. If your cell phone is no more than about two years old, there's a good chance that it will work or is already working on a 4G signal. If you are already using the 4G frequency, there will be no change. If your phone is currently using 3G and is relatively new, it may be able use a 4G signal, although you may need to upgrade your plan. If you have an iPhone 6 or newer, it also should be able to use a 4G signal if it is not doing so already.

So, what to do? Your phone company may have a list of various models of phones that definitely will work with the right plan. If not, you can bring your phone to one of your provider's stores and ask whether your phone will work after 3G is dropped and whether you will need to upgrade your plan. And, CC@H may have one or more tech volunteers who may be able to help you.

RESOURCES PAGE ON CC@H WEBSITE

Did you know that CC@H has a virtual library of helpful information on the website? Check out the "Resources" tab at chevyCHASEathome.org. Topics range from emergency preparedness to transportation, recycle centers, and more.

TIRED OF ROBO CALLS?

The FCC has announced that they are going to strengthen their oversight by blocking calls that do not come from a company that is on their registry of legitimate call providers, beginning this summer. There are a number of companies that will block robocalls on landlines; some services are available for blocking suspected spam calls on cell phones as well. One of the popular companies offering free service (for landlines only) is Nomorobo.com.

Several CC@H members have used this service for years. Even Nomorobo doesn't block all calls, but it does reduce them and the new registry should help.

BE ON THE LOOKOUT FOR -

Watch your e-mail for notices about summer events that aren't quite finalized/still in the planning stage, such as:

A summertime favorite, the Annual Ice Cream Social. This year it will be held outdoors in a local park, bringing us closer to "back to normal."

Zoom calls with invited speakers;

Continuation of some other Zoom activities;

Return of some "in person" community events, more likely in the fall.



SURVEY: CC@H NEWSLETTER FORMAT

With this Newsletter is a special insert - a survey about the CC@H Newsletter. Questions include delivery (paper, email, or both), content, timeliness, etc. The Newsletter, primarily a volunteer effort, is now in its 13th year and we'd like to know whether it meets your needs, areas where it could be improved, or whether other forms of communication are more effective.

The survey includes instructions about how to return it to the Office by mail or email or to use Survey Monkey for your response.

OUR SUPPORTERS*

MEETING/ SPACE

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

PROFESSIONAL SERVICES

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

FINANCIAL SUPPORT* INDIVIDUALS

* Data are for contributions received between **February 12 & May 18**. Names of individual supporters are not included when the newsletter is published on the Internet.



Panchshanbe Bazaar, Khojand, Tajikistan



Uzbekistan Grandmother & Child

CC@H NEWSLETTER

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