



NEWSLETTER

CHEVY CHASE AT HOME

We Are Neighbors Helping Neighbors Live At Home

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Volume Thirteen, Number 4

December 2021

INTRODUCING WENDY FINN CHEVY CHASE AT HOME'S NEW EXECUTIVE DIRECTOR

With the holidays soon upon us, this is a season to rejoice, enjoy family, and celebrate. And Chevy Chase At Home is starting this season off in the right spirit.

It is my pleasure to introduce Wendy Finn, who was chosen after a thorough search by the Executive Director Recruitment Committee as the new Executive Director of Chevy Chase At Home. She began her employment on November 1, 2021.

Wendy has worked in the non-profit sector her entire career, including a period at another village in Montgomery County. She has served in many different capacities during her career, ranging from executive director to operations director, to membership and marketing director, and to managing meetings and conferences. In other words, Wendy has experience in all aspects of non-profit management.

Her skills include building community relationships and membership as well as working collaboratively with committees and boards. Wendy's communications and marketing expertise will build on our current efforts in this area and will broaden our social media footprint. With her strategic approach, she will be instrumental in supporting our continued progress in serving the older adults in our community. She also has a strong background in engaging volunteers, the foundation upon which CC@H rests. Wendy has served as a volunteer for a several organizations and so possesses both the staff and volunteer perspectives.

Wendy has a Bachelor of Arts from Brandeis University and received a Nonprofit Management Executive Certificate from Georgetown University. With the combination of her education and previous work experience, she is ideally suited for her role as Executive Director at CC@H. Please join me in welcoming Wendy to CC@H. Hopefully you will meet her not only virtually but, as soon as it is safe, in person.



Best wishes for a joyous holiday season and a happy New Year.

Linda Kaplan, President

ENSURE CC@H'S CONTINUED SUCCESS –

Throughout the pandemic, CC@H has combatted the isolation of our community members and facilitated access to reliable information and vaccination appointments. The organization has also provided social and educational programs (adapted for Zoom) and essential services such as rides to critical doctor appointments and technology support.

Membership dues are a critical funding source, but to continue to provide the level of programming

and services for which we are known, we need your support for our Annual Campaign. Even better, now through the end of the year, every dollar you contribute will be matched by the CC@H Board of Directors up to \$30,000 so the impact of your support is even greater. If you haven't had a chance to donate, please help us continue our work by contributing on our website ([chevychaseathome.org](https://www.chevychaseathome.org)) where you can press the **DONATE** button.

Please call 301-657-3115 for more information, to join Chevy Chase At Home or to volunteer.

**UPCOMING EVENTS -
NAVIGATING LIFE'S JOURNEY (A SERIES)
FINANCIAL & LEGAL PLANNING FOR FUTURE
HEALTHCARE NEEDS ^(Z)**

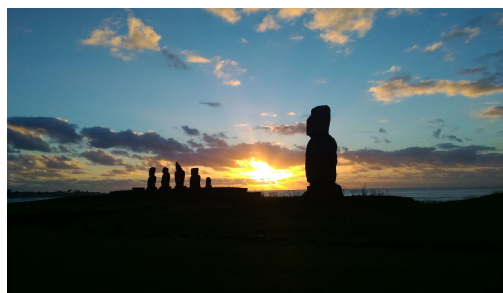
Friday, December 3, 1:00 p.m. to 2:30 p.m.

A panel of experts will discuss how to ensure your future plans for aging in place (or anywhere else) are on firm financial and legal footing. Topics include long-term care insurance, financial planning, advanced directives, and issues in elder law such as medical and financial powers of attorney.

**INDEPENDENT LIVING OPTIONS ^(Z)
Friday, January 7, 1:00 p.m. to 2:30 p.m.**

**DECLUTTERING AND DOWNSIZING ^(Z)
Friday, February 4, 1:00 p.m. to 2:30 p.m.**

**More UPCOMING EVENTS -
TRAVELS WITH JAN: PATAGONIA & RAPA NUI ^(Z)
Monday, December 6, 1:00 p.m.**



Our intrepid traveler and volunteer, Jan Augustine, will take us to South America and the South Pacific when she shares her trip to Patagonia and Rapa Nui. Don't miss this opportunity to travel vicariously and learn about these far-flung lands.

**A CLOSER LOOK AT THE ARABIAN GULF ^(Z)
Friday, December 10, 1:00 p.m.**

Elizabeth Davenport McKune (Liz) served as US Ambassador to the State of Qatar from 1998-2001, and was the first female ambassador to Qatar from any country. During 33 years as a career Foreign Service Officer, Liz spent 17 years abroad with postings in Israel, Tunisia, Egypt, Lebanon, the Sultanate of Oman, Iraq and Great Britain. Stateside, she held a Deputy Assistant Secretary of State position as Deputy Executive Secretary. Following

the State Department, Liz served as Executive Director of the Sultan Qaboos Cultural Center from 2007-2011.

Liz is a D.C. native and currently lives with her husband in McLean, Virginia.

**ARTS OF THE ISLAMIC WORLD ^(Z)
Tuesday, January 11, 1:00 p.m.**

Since the advent of Islam in the late seventh century, the arts of the Islamic world have encompassed diverse and far-ranging traditions in geography and history, from North Africa to India. The Freer Gallery of Art and Arthur M. Sackler Gallery hold one of the country's finest collections of arts of the Islamic world, with particular strengths in illustrated manuscripts and ceramics. Explore selections from the museum's more than 2,200 Islamic art objects in an interactive online tour with a docent from the Smithsonian National Museum of Asian Art.

**YOU'VE GOT STYLE: ARTISTS, IDENTITY AND
SELF-EXPRESSION ^(Z)
Wednesday, January 19, 1:00 p.m.**

Have you ever thought about the idea that how we dress reflects a choice about how we want to appear to other people? Join Smithsonian American Art Museum docent Melissa Clark for a look at artworks exploring that theme. We'll talk about issues of appearance and identity as seen by artists from SAAM's collections, ranging from the mid-1800's to the present. Join us for an engaging conversation – no fancy dress required!

**THE UNFATHOMABLE ASCENT:
HOW HITLER CAME TO POWER ^(Z)
January 28, 1:00 p.m.**

Peter Ross Range will speak on his book, "The Unfathomable Ascent: How Hitler Came to Power." Range is a journalist who has covered war, politics, and international affairs. A specialist in Germany, he has written for Time, the New York Times, National Geographic, the London Sunday Times Magazine, Playboy, and U.S. News & World Report, where he

was a White House correspondent. He has also been an Institute of Politics Fellow at Harvard's Kennedy School of Government, a Guest Scholar at the Woodrow Wilson International Center, and a Distinguished International Visiting Fellow at the University of North Carolina Journalism School.

FREER IN EGYPT ^(Z)

Tuesday, February 1, 1:00 p.m.

In addition to his travels throughout East Asia, South and Southeast Asia, and West Asia, museum founder Charles Lang Freer visited Egypt three times between 1906 and 1909. Freer saw Egyptian art as an important part of his vision of universal beauty. His acquisitions included valuable Biblical manuscripts, glazed ceramics, glass, and other artifacts dating back thousands of years to pharaonic Egypt. Join a Smithsonian Museum of Asian Art docent on this online tour to explore Freer's vision, retrace his travels, and look carefully at the objects he acquired during his visits.

ONGOING ACTIVITIES -

ACTIVE MOVEMENT PROGRAMS

Cardio & Strength Training ^(Z)

Pamela Sislen leads Cardio & Strength Training on **Wednesdays, 11:30 a.m.** by Zoom. Sessions are recorded and posted on YouTube and available to members on the Resources section of the website.

Zumba Gold® ^(Z)

Sharon Gelboin-Katz continues her Zumba Gold® (Zoom) classes on Mondays at 9:30 a.m. (\$10 per class). The Friday outdoor class will be offered again if there is sufficient response. Please contact Sharon directly at mshrnktz@gmail.com if you are interested in either program.

Music & Movement ^(Z)

These cheerful classes are adaptable to people at various levels of physical ability and are also an enjoyable activity for those with memory challenges. Even though participants are seated, they have an engaging workout of dance moves and popular sing-

alongs with Bob Sacheli and Roy Barber. Music & Movement's fall session comes to a close on December 16 but will start again on January 13.

Classes meet on Zoom on Thursday mornings at 11 a.m. Participation is donation-based (\$5-8), but the first session you attend is free. If you (or a loved one) are interested in joining the class, please do contact Bob Sacheli at robertsacheli@comcast.net!

Friday Morning Walking Group

Every **Friday morning**, as long as it isn't raining or snowing or too cold, our Walking Group meets in front of Brookville Market at **10:00 a.m.** for a walk together through Rollingwood to the Meadowbrook Stables and back. The round trip is about three miles. We have some regulars and other people join from time to time. Of course, we had to suspend the walks during the Covid lockdown but we resumed early in the summer and it was wonderful to see everyone again and resume our conversations. Many of us walked on our own during the lockdown but it is much more fun to walk together and chat as we go. Some of us are a bit slower than we were 18 months ago but we are aging together. Come join us for some exercise and fellowship.

SOCIAL PROGRAMS

Brunch Bunch ^(Z)

The **Brunch Bunch** is a casual gathering of CC@H Members, Associates, Friends, and Volunteers on the **second Thursday of each month at 10:00 a.m.** Although we usually have a suggested topic for discussion, the conversation goes wherever the participants want to take it!

We are taking a break in December and are exploring the possibility of meeting again in person at the Olympia Café in the new year. Watch your e-mail and our website for more information.

See Our Calendar of Events – page 7

Tear it off and put it on your refrigerator!

Coffee & Conversation ^(Z)

If you are looking for recommendations for good books, movies or TV shows, then Coffee and Conversation is a discussion group for you. Usually held on the **third Monday** every month from **11:00 a.m.- 12:00 p.m.**, it is an opportunity to get together virtually and learn about what your neighbors are reading and watching. The conversation is lively as participants share information about their favorite books and shows. After the call, a list of the books and shows that were discussed is distributed to the meeting participants. Get your cup of coffee, tea, or whatever beverage you prefer, and join the group. It's a great way to start your week!

CC@H Movie Discussion Club & Book Club ^(Z)

The Chevy Chase At Home movie and book groups have been meeting regularly for many months now on Zoom, both with great success. **Book Club** meets at **2:30 p.m. on the fourth Thursday** each month (except Thanksgiving); **Movie Discussion Club** meets on the **second Monday at 3:00 p.m.**

In the Book Club we've read a combination of both fiction and nonfiction, and in the Movie Discussion Club we've seen both documentary and fiction, old and new. Each group chooses together what to read and watch, based by suggestions from the members. Everyone is invited to participate in these group: full Members, Associates, Friends and Volunteers. The more the merrier.

If you are interested in joining either the Book Club or Movie Discussion Group, contact Susan Post (susan.post@gmail.com) or Katharine Kosin (info@chevyCHASEathome.org)

CC@H Knitting & Needlecraft Group Weathers Covid Storm Well!

Chevy Chase At Home has a group of intrepid needlecraft lovers who have not let the challenges of the Covid-19 pandemic deter their love of needlework and conversation. Knitters, crocheters, embroiderers, quilters and needlepoint lovers have

kept their tools humming via Zoom over these past almost two years and shared advice, patterns, yarn and other resources. While we were confined to home, restricted by masks and found our mobility limited, this group was not deterred! These artisans kept their needles productive and the conversations and camaraderie humming too!

Have you got a needle you'd like to bring to the group? Or do you just want to join the conversation? **Every other Thursday from 1:00 p.m.-3:00 p.m.** This small group currently meets in person. For details, contact Katharine at info@chevyCHASEathome.org.

WHAT YOU MAY HAVE MISSED - NAVIGATING LIFE'S JOURNEY

On November 5th, we held the first of a series of First Friday discussions about how to navigate the options for each stage of aging. The initial program featured several senior care managers and representatives of care giver agencies. Future programs are listed in the attached calendar. Recordings of the sessions will be posted at <https://bit.ly/CCAHNavigatingOne>, on our new CC@H YouTube channel

VIRTUAL MUSEUM TOURS & LECTURES

In September, Zoom took us to the exhibit "Charles Rennie Mackintosh and the Glasgow Style" at the Frist Art Museum in Nashville. In October, we explored Buddhist art through the exhibits at the Freer|Sackler galleries and learned about its spread through Asia. Later in October, our attention turned to issues very close to home – how we use energy in our homes and options for other choices.

In addition to programs initiated by CC@H, our membership has had a wide variety of programs available from our sister villages.

VISIT OUR NEW YouTube CHANNEL

We will now be posting videos of classes, some presentations, and other items of interest to our members at <https://bit.ly/CCAHonYOUTUBE>.

YOU MAY WANT TO KNOW - **VOLUNTEER SERVICES COMMITTEE**

The pandemic continues to challenge the way we interact with one another. We still miss meeting in person but Zoom has kept us connected. Two of our Volunteer Service Committee members participated in the "train the trainer class" for Reorganizing and Downsizing. From the materials that they were given, the committee hopes to tailor a class for CC@H. As a part of our discussions, we will be looking at how such a program can best be used by our members and volunteers.

We continue to recruit and train new volunteers. Our latest class increased our number of drivers and Neighbor Network volunteers. Thank you to those members and volunteers who continue to invite interested neighbors and friends to join our vibrant team.

Indoor group activities have been postponed until it is safe for all of us to gather. However, the VSC did not want to miss the opportunity to connect with our volunteers. On Saturday, November 6th we invited our volunteers to join us on Karen Spangler's front lawn to say hello to Wendy Finn, and chat with other volunteers over coffee and donuts.

Thank you to all the volunteers who continue to share generously of their time and talents with our Member neighbors.



PEN PAL PROGRAM TO RESUME – NOW SEEKING VOLUNTEERS

For three years pre-covid, CC@H fostered a Pen Pal Program with students in the ESOL program at Chevy Chase Elementary School. Coordinated by Maria York, ESOL teacher, the program provides

students with invaluable and practical experience in writing English.

Between adjusting back to in-person learning and mandated testing in January, the program will begin in late February. Students and volunteers will each write two letters. Students will send letters at the end of February and the end of April. Volunteers would reply with letters the end of March and early June. Communication guidelines and procedures for privacy are provided.

Interested volunteers should contact the CC@H office via phone (301-657-3115) or send an e-mail to info@chevyCHASEathome.org.

MOVIES 24/7 FROM THE LIBRARY

Montgomery County Public Libraries (MCPL) offers a wide variety of movies available online that can be accessed from the Library's home page, <https://www.montgomerycountymd.gov/library/>. Select "Movies" from the drop-down list under "Books & More" on the top selection bar. There are two primary sources for movies – Kanopy and Hoopla. Each allows 10 films per month (although Kanopy may have a waiting period until a copy is available). With Hoopla, all content is available immediately. A library card number is required. When using for the first time, you will need to create an account with each of them.



DID YOU KNOW . . .

. . . CC@H can be a designated recipient of 0.5% of the price of your Amazon purchases using Amazon Smile? How does it work? Next time you want to buy something from Amazon, start off at smile.amazon.com. Underneath the search box, it will say "supporting" and there will be an arrow for you to choose your charity. In the box where you can enter the name of your charity, type "Chevy Chase At Home." Now, whenever you shop at smile.amazon.com, 0.5% of what you spend will be donated to Chevy Chase At Home. The options and opportunities are the same as at the regular Amazon site, but this one spins off a little bit of the profits to Chevy Chase At Home.

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*

CORPORATE SUPPORT

Heritage Investors Management Corporation

INDIVIDUALS

* Data are for contributions received between **August 18 & November 9**. Names of individual supporters are not included when the newsletter is published on the Internet.

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

PLEASE NOTE

THE CC@H OFFICE IS CLOSED ON FEDERAL HOLIDAYS. IF AN
EVENT/CLASS IS SCHEDULED FOR A HOLIDAY, A VOLUNTEER
WILL BE MANAGING THE EVENT.

Printing Support:





CHEVY CHASE AT HOME

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Post Office Box 15102

Chevy Chase, MD 20825

Telephone 301-657-3115

Programs and Activities



- Events for Members, Associates & Friends § -

MOVIE DISCUSSION CLUB (Z)

2ND MONDAYS
DEC. 13, JAN. 10, FEB. 14
3:00 P.M. TO 4:00 P.M.

BRUNCH BUNCH (Z)

2ND THURSDAYS,
JAN. 13, FEB. 10
10:00 A.M. TO 11:30 A.M.

COFFEE & CONVERSATION (Z)

MONDAYS
DEC. 13, JAN. 24, FEB. 28
11:00 A.M. TO NOON

BOOK CLUB (Z)

4TH THURSDAYS
DEC. 16, JAN. 27, FEB. 24
2:30 P.M. TO 3:30 P.M.

KNITTING/CRAFTING GROUP (Z)

ALTERNATE THURSDAYS
DEC. 2, 16, 30; JAN. 13, 27; FEB. 10, 24

ZUMBA GOLD® EXERCISES (Z)

MONDAYS, 9:30 A.M.

CARDIO & STRENGTH EXERCISE (Z)

WEDNESDAYS, 11:30 A.M.

MUSIC & MOVEMENT (Z) §

THURSDAYS, 11:00 A.M.
DEC. 2, 9, 16;
JAN. 13 & ON

WALKING GROUP

FRIDAYS, 10:00 A.M.



PUBLIC PROGRAMS * §

TRAVELS WITH JAN: PATAGONIA & RAPA NUI (Z)

MONDAY, DECEMBER 6, 1:00 P.M.
JAN AUGUSTINE

A CLOSER LOOK AT THE ARABIAN GULF (Z)

FRIDAY, DECEMBER 10, 1:00 P.M.
AMBASSADOR ELIZABETH DAVENPORT MCKUNE

ARTS OF THE ISLAMIC WORLD (Z)

TUESDAY, JANUARY 11, 2022, 1:00 P.M.
FREER GALLERY DOCENT-LED PROGRAM

YOU'VE GOT STYLE: ARTISTS, IDENTITY AND SELF-EXPRESSION (Z)

WEDNESDAY, JANUARY 19, 1:00 P.M.
MELISSA CLARK, SI AMERICAN ART MUSEUM

THE UNFATHOMABLE ASCENT: HOW HITLER CAME TO POWER (Z)

FRIDAY, JANUARY 28, 1:00 P.M.
PETER ROSS RANGE

FREER IN EGYPT (Z)

TUESDAY, FEBRUARY 01, 2022, 1:00 P.M.
FREER GALLERY DOCENT-LED PROGRAM

NAVIGATING LIFE'S JOURNEY (Z)

PANEL DISCUSSIONS – FIRST FRIDAYS, 1:00 PM
FINANCIAL & LEGAL PLANNING FOR FUTURE HEALTHCARE NEEDS, DEC. 3
INDEPENDENT LIVING OPTIONS, JAN. 7
DECLUTTERING AND DOWNSIZING, FEB. 4

*EVENTS ARE OPEN TO THE PUBLIC.

§ CALL 301-657-3115 RE: PARTICIPATION
(Z) ZOOM PRESENTATION

DETAILS AT: WWW.CHEVYCHASEATHOME.ORG

Registration and/or fees may be required for some events or classes

Contributions are always welcome. CC@H is a non-profit 501 (c)(3) organization.