



**CHEVY CHASE AT HOME**  
Board of Directors, 2019 Biographies

The Directors are selected for the Board for a 3-year term, and are limited to 2 terms; Officers are elected for 2-year terms and are limited to 2 terms in an office.

**Linda Kaplan, President 2019-2020**

Linda has resided in the Rollingwood Section of Chevy Chase for 31 years. Her interest in Chevy Chase At Home grew out of her belief in the importance of the village concept and her mother's ability to remain in her home the last decade of her life due to the support and services she received. Linda has been on the Board of Directors for the past two years. She has served as a volunteer for CC@H for the several years and believes in the concept of "neighbors helping neighbors" to allow people to live as independently as possible in their communities. Linda has extensive experience in non-profit management, having served as the executive director of three non-profit organizations and as a board member and officer of a number of nonprofit boards of directors, including a two year term as President of the Jewish Council for the Aging. She ended her career working for a Federal agency as a special expert on substance abuse and mental health workforce issues. In addition to volunteering with CC@H, she tutors second graders at Glen Haven Elementary School for JCA's Interages Grand Reader program. Linda has a M.A. in counseling from the University of Maryland and a B.A. from the City College of New York in history. She has been married to Stephen for 53 years, has three daughters and 13 grandchildren.

**Bryan Arling 2019-2021**

Bryan has lived in the same house in Section 3 for 45 years. His three kids were raised here and still live nearby, with a total of seven grandchildren. They enjoy frequent family activities including sleepovers at Grandpa's house which continue to provide many wonderful memories. Bryan has always championed the concept of aging in place and since his retirement in 2018 has been able to experience some of the excellent activities provided by CC@H. His B.A. is from the University of Minnesota; M.D. from Harvard; Residency in Internal Medicine at Stanford. Bryan came to D.C. in the Public Health Service after which he headed the Internal Medicine Residency at GW. He opened his private practice in 1977 and subsequently passed the Geriatrics Boards in 1988, the first year they were offered. Bryan was on the Board of Trustees for Maret School for 10 years and the Executive Board for the Academy of Medicine of D.C. for 15 years where he continues to serve.

**Nathan (Nate) Billig 2015-2020**

Nathan Billig has been a resident of Chevy Chase for almost 40 years, over 30 of those in Section 3. He was a member of the Founding Steering Committee and then the first Board of Directors of Chevy Chase At Home from September 2009

through 2012; he served as Vice-President, 2009 through 2010, and as President from 2015 through 2018. He has been a volunteer, a member of the Speakers' Bureau and walk leader. He is a psychiatrist, and continues as a clinical professor at Georgetown University Medical School. Nate was previously the director of geriatric psychiatry and director of residency training in psychiatry at Georgetown. He is the author of two books for the general public on geriatric issues.

**Mary Ellen Bittner 2019-2021**

Mary Ellen has lived in Chevy Chase with her husband, Herb, since 1982, first in the Town and, since 1987, in Chevy Chase West. She has been a volunteer with Chevy Chase at Home since 2016. Mary Ellen is active in Zonta International, a service organization that works to empower women around the world, and was its international president from 2004 to 2006. She has been a member of the Zonta Club of Washington, D.C., since 1982. Mary Ellen is a retired lawyer; she worked at the National Labor Relations Board as an attorney, supervising attorney, and administrative law judge, and then at the Drug Enforcement Administration as administrative law judge and chief administrative law judge. She retired from that position in 2010. Mary Ellen holds a B.S. in mathematics and a J.D. degree from the University of Illinois and an M.A. in economics from George Mason University.

**Karen Bokot, Vice President 2019-2020**

Karen has lived in Rollingwood since 1974. She previously served as Secretary for the Board and has volunteered with Chevy Chase At Home for several years, driving members, hosting "Brunch Bunch," helping a member walk his dog, paying friendly visits and serving as a storm buddy. Karen also volunteers with A Wider Circle. She is a retired antitrust lawyer who spent 29 years at the Federal Trade Commission and in private practice, where she focused on antitrust, intellectual property and the pharmaceutical industry. She received her B.A. degree from Smith and a J.D. from George Washington University.

**Barbara Bryniarski, Treasurer 2018-2019**

Barbara Bryniarski lives in the Town of Chevy Chase. She moved to this area in 1969 and attended Leland Junior High School and Bethesda-Chevy Chase High School. Barbara obtained a B.B.A. at the University of Miami with a major in accounting. She passed the Maryland CPA exam in 1981 and then went to Bryant University where she obtained a Masters in the Science of Taxation. Barbara is an executive editor with Parker Tax Publishing, an online tax research product. In addition to volunteering with Chevy Chase At Home, Barbara has been a volunteer with the Bethesda-Chevy Chase Rescue Squad since 1997, where she is an EMT and drives an ambulance.

**Elaine Collins, Acting Secretary 2015-2020**

Elaine has resided in the Town of Chevy Chase since 1984. She became interested in CC@H as she explored the reasons for the community need and attended many

of the initial planning and organizing meetings. She serves on the Community Service Providers Committee and the Communications Committee. Since 2011, she and her husband Tom have compiled the CC@H Neighbor Recommended Vendor List. After obtaining a Ph.D. in Biology from Catholic University of America, she was a Federal employee for 40 years, most of the time for the National Oceanic and Atmospheric Administration.

**Elizabeth Cullen** 2014 - 2019

Elizabeth is a resident of Rollingwood, where she has lived since 2002. Elizabeth serves on the Social Networking and Program Committee and is the chair of the Ad Hoc Class Offering Subcommittee. Elizabeth has more than 18 years of experience in health law and policy on the federal and state levels as a lawyer, legislative analyst and lobbyist. She worked as Director of Congressional Affairs and Director of Legal and Regulatory Affairs for the American Psychological Association prior to establishing her own health policy and government relations practice in 2007. Elizabeth currently is the Senior Legislative Associate with The Jewish Federations of North America's newly launched Strategic Health Resource Center based in Washington, DC.

**Lois Fern** 2016-2021

Lois has been involved with Chevy Chase At Home since its inception, serving on the committee that planned the Village Hall gathering at which the very idea was presented to prospective members; for that event she hand-carried invitations door to door in Section 3. Once the Program Committee was established, Lois became an active member, helping to plan the "Meet & Mingle" programs and a variety of talks, tours, classes, and lectures, one of which was a presentation by her husband, Alan, on portraiture. Lois became co-chair of the committee, serving until January 2015. She graduated from the University of Chicago with a B.A., later receiving an M.A. from its School of Library Science. Lois worked as a reference librarian there until moving to Chevy Chase with her husband in 1961. She worked as a reference librarian at the now-defunct U. S. Information Agency and later as a free-lance editor.

**John Fleder** 2019-2021

John and his wife, Jan Bogrow, have lived in the Town of Chevy Chase since 1984, raising one child there. He is a volunteer for CC@H and has served as a driver, friendly visitor and is an active storm buddy. He previously served as the president of the Board of the D.C. Chapter of the Crohn's & Colitis Foundation. John moved to Washington in 1972 and spent the next twenty years working as an attorney at the Department of Justice. In 1993, he joined a law firm specializing in food and drug law, before joining Hyman, Phelps & McNamara, P.C., another law firm that specializes in food and drug law. He largely retired at the end of 2016 and is now Senior Counsel at that firm.

**Susan Hamburger 2015-2020**

Susan has lived in Chevy Chase since 1994, in Section 3 since 2010. She served as Vice President 2015-2018 and continues to serve on the Volunteer Services Committee and as a volunteer in the CC@H office. Formerly a kindergarten teacher and school psychologist, she retired in 2000 from the National Institute of Mental Health, Child Psychiatry Branch, where she was a Health Statistician. Susan chaired the Board of the Parkinson Foundation of the National Capital Area for 11 years and remains on that Board. Susan currently volunteers at the Kennedy Center and has volunteered at Montgomery Hospice, Smithsonian Gardens and the Washington Animal Rescue League. She has published a book on caregiving and Parkinson's disease.

**Ava Kaufman 2017-2019**

Ava has resided in Chevy Chase for five years. She is a practicing geriatrician and has been an internist for more than 35 years. Ava learned about Chevy Chase At Home through a long-time patient who was an enthusiastic volunteer and supporter. She has been instrumental in the expansion of CC@H into her neighborhood, Chevy Chase West, and the Village of Drummond. Ava is the Chairman of the Department of Medicine of Suburban Hospital. She is a graduate of Case Western Reserve, School of Medicine.

**Kathleen Mahoney McGuinness 2018-2020**

Kathleen is a 3rd generation Washingtonian who attended American University. She moved to Rollingwood as a newlywed in 1979 and later moved to Potomac. Kathleen worked as an executive for a Fortune 500 Company for 20 years and then served as a senior leader for the EXCO/Minister of Tourism & Aviation team in the British West Indies. In 2009, she formed KMM Consulting and is still active in the local business community. She has served on over 10 Boards of Directors in the past 20 years. Currently she serves on a Montgomery County Tourism Board of Directors, and is President/Chairperson Emeritus for WSRG, a non-profit serving Twelve Step Communities. Kathleen joined the CC@H Social Networking and Program Committee 18 months ago and is pleased to be contributing more to CC@H in anticipation of her return to Chevy Chase early next year.

**Monique Milhollin 2016-2021**

Monique has been a resident of the Town of Chevy Chase for 30 years. A founding member of Chevy Chase At Home's Volunteer Services Committee, she now serves as its chair. Monique was part of the team who wrote our Volunteers' Training Manual and has since led most of the volunteer training sessions. Born and raised in France, where she met her husband, she came to New York City in 1967, shortly thereafter moving to D. C., Madison, WI, and finally Chevy Chase. She taught French much of the time since, and is now retired from Johns Hopkins University where she was director of the French Language Program for 15 years.

**Mark Nadel 2016-2021**

Mark and his wife Beverly have lived in Chevy Chase Village for over thirty years. Mark's career focused on studying and practicing public policy in academia and the Federal Government. He retired as the Associate Commissioner for the Office of Disability and Income Assistance Policy at the Social Security Administration. Prior to coming to Social Security, Mark was Associate Director of the U.S. Government Accountability Office's (GAO) Income Security issue area where he was responsible for GAO's work on welfare reform and child welfare issues. Previously, he directed GAO's work on public health and health insurance issues. Early in his career he taught political science at Cornell University and, after retiring from the government, he was a visiting professor of public policy at Georgetown. He received his B.A. from the University of California, Berkeley and his Ph.D. in political science from Johns Hopkins University. He is the author of two books and several articles on American politics.

**Karen Spangler 2017-2019**

Karen has lived in Chevy Chase Village since 2001. She has volunteered with Chevy Chase At Home for several years, driving members, organizing hosts for "Brunch Bunch" and serving as a storm buddy. Karen serves on the Volunteer Services Committee. She became interested in CC@H after admiring the work of the Social Network and Program Committee. Karen has volunteered on various committees over the years for The Lab School, Somerset Elementary School, Chevy Chase Village and Chevy Chase Park.