



# 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 3

September 2021

### QUICK CALENDAR

#### FOR MEMBERS, ASSOCIATES AND FRIENDS

#### COFFEE & CONVERSATION <sup>(2)</sup>

3<sup>RD</sup> MONDAYS  
SEPT. 20, OCT. 18, NOV. 15  
11:00 A.M. TO NOON

#### MOVIE DISCUSSION CLUB <sup>(2)</sup>

2<sup>ND</sup> MONDAYS  
SEPT. 13, OCT. 11, NOV. 8  
3:00 P.M. TO 4:00 P.M.

#### BRUNCH BUNCH <sup>(2)</sup>

2<sup>ND</sup> THURSDAYS,  
SEPT. 9, OCT. 14  
10:00 A.M. TO 11:30 A.M.

#### BOOK CLUB <sup>(2)</sup>

4<sup>TH</sup> THURSDAYS  
SEPT. 23, OCT. 28  
2:30 P.M. TO 3:30 P.M.

#### KNITTING/CRAFTING GROUP <sup>(2)</sup>

ALTERNATE THURSDAYS  
WATCH E-MAIL FOR FUTURE DATES

#### ZUMBA GOLD® EXERCISES <sup>(2)</sup>

MONDAYS, 9:30 A.M.

#### CARDIO & STRENGTH EXERCISE <sup>(2)</sup>

WEDNESDAYS, 11:30 A.M.

#### MUSIC & MOVEMENT <sup>(2)</sup>

THURSDAYS, 11:00 A.M.  
OCT. 7 TO DEC. 16

#### OUTDOOR ZUMBA GOLD <sup>(2)</sup>

FRIDAYS, 9:30 A.M.  
(TENTATIVE)

<sup>(2)</sup> ZOOM SESSIONS  
(SEE PG. 2 FOR MORE)

TO REGISTER FOR ANY OF THESE PROGRAMS GO TO "EVENTS" AT [www.chevychaseathome.org](http://www.chevychaseathome.org). WE ALSO PUBLICIZE SIMILAR PROGRAMS OFFERED BY OTHER GROUPS IN MONTGOMERY COUNTY. WATCH FOR E-MAIL NOTICES EACH THURSDAY.

### TRANSITIONS

As the summer comes to an end we will soon be transitioning to fall, with its change in weather, foliage and activities. However, most unfortunately for Chevy Chase At Home, our transition includes a search for a new Executive Director. We are saddened to report that after serving in this capacity for two years, Eriko Kennedy will be leaving her position on September 17, 2021.

Eriko has provided exceptional service during her tenure in so many ways. Quickly realizing the need to upgrade the office technologically, she set in motion many changes to improve our administrative functioning and put systems in place to enhance operational efficiency. In addition, she hired a new Volunteer and Membership Program Manager, Katharine Kosin, who has brought her excellent skill set to CC@H.

The arrival of Covid-19 meant a complete revamping of service and program delivery. Eriko rose to the challenge and pivoted the organization in such a way that we expanded our programming, increased our communications, and were still able to offer individualized contact with our members. Partnering with other villages, she was able to offer a rich variety of virtual educational and information Zoom events that were attended by many CC@H members. With her keen understanding of the needs of the membership and community, Eriko provided weekly Covid-19 updates, worked with volunteers to create a weekly compendium of interesting and engaging virtual opportunities, and was able to offer online exercise classes to help people stay active. She also made sure there were direct services for members such as grocery deliveries, weekly phone calls, help with technology, learning how to use Zoom and a myriad of other services. These things helped reduce social isolation and kept our community active and linked together during this difficult period.

Throughout this challenging time, Eriko never lost sight of the mission of CC@H, with her concern and focus on the needs of the members. She worked diligently to help members schedule appointments for vaccines, resulting in an almost 100% vaccination rate for our members. She worried about those members who were not digitally connected and contacted them via phone and snail mail, or through volunteers, to ensure they were aware of offerings and services.

Eriko will be sorely missed, and we wish her well in all future endeavors.

*Linda Kaplan, President*

<https://www.chevychaseathome.org>

**QUICK CALENDAR (CONT.)**

**PUBLIC PROGRAMS**

**CHARLES RENNIE MACKINTOSH  
AND THE GLASGOW STYLE <sup>(z)</sup>**

TUES., SEPT. 7,  
1:00 P.M. TO 2:00 P.M.

**CHILDREN'S BOOK AUTHOR &  
ILLUSTRATOR SUSAN STOCKDALE <sup>(z)</sup>**

THURS., SEPT. 9,  
1:30 P.M. TO 2:30 P.M.

**EXPLORE BUDDHIST ART <sup>(z)</sup>**

TUES., OCT. 5,  
1:00 P.M. TO 2:00 P.M.

**UNDERSTANDING ENERGY CHOICE <sup>(z)</sup>**

THURS., OCT. 7,  
2:00 P.M. TO 3 P.M.

**STOP WASTING MONEY ON YOUR  
UTILITY BILL <sup>(z)</sup>**

THURS., OCT. 14,  
2:00 TO 3:00 P.M.

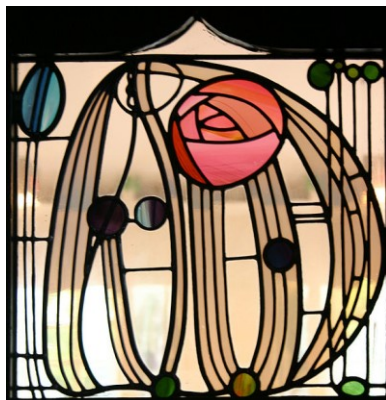
**TRAVELS WITH JAN <sup>(z)</sup>**

FRI., NOV. 5,  
1:00 P.M. TO 2:00 P.M.

**WHAT'S COMING SOON -**

**EVENTS**

**VIRTUAL TOUR OF "CHARLES RENNIE MACKINTOSH AND THE  
GLASGOW STYLE" AT THE FRIST ART MUSEUM <sup>(z)</sup> \***



At the end of the nineteenth century, the Glasgow Style emerged as the major manifestation of Art Nouveau in Britain. This exhibition at the Frist Museum showcases Charles Rennie Mackintosh—the greatest exponent of the Glasgow Style—as an architect, designer, and artist, and contextualizes his production within a larger circle of designers and craftspeople in the major Scottish city. Combining influences

from the Arts and Crafts movement, Celtic Revival, and Japonism, Glasgow artists created their own modern design aesthetic, synonymous with sleek lines and emphatic geometries expressed in a wide range of materials. A docent with the Frist Museum will present some of the fine and decorative artworks in the exhibit. Tuesday, September 7, 1:00 p.m. to 2:00 p.m.

**CHILDREN'S BOOK AUTHOR AND ILLUSTRATOR SUSAN STOCKDALE <sup>(z)</sup>**

Over the years, local children's book author and illustrator Susan Stockdale explored various career paths in the artistic world. But then, she says "my art career took an unexpected turn. While visiting the zoo, my young children were

amazed to see a flamingo standing on one leg - sound asleep. This inspired my first picture book, *Some Sleep Standing Up*. Since then, I have written and illustrated many more."

"My most recent title, *Bird Show*, was published in 2021 and my next one will be in 2023. My artwork has been featured on puzzles, calendars, and other products and exhibited in showcases such as the Society of Illustrators Original Art Show. I love opening young eyes to nature and expressing my passion for rhyme, color, and pattern in my picture books. And nature, the ultimate designer, is always my muse."

Susan will share stories and inspire us with her art on Thursday, September 9, 1:30 p.m. to 2:30 p.m. Registration is not required. Login information for this Zoom event is available on our website.

**EXPLORE BUDDHIST ART <sup>(z)</sup>**

Encounter the beauty and diversity of Buddhist religious art across Asia on this docent-led online

tour from the Smithsonian National Museum of Asian Art (Freer). From Buddhism's origins in India and Nepal to its eventual arrival in Japan and Indonesia, participants can follow the journey of Buddhist art throughout the continent. Featuring works from the exhibit *Encountering the Buddha: Art and Practice Across Asia* and selections from the permanent collections, participants will receive an introduction to sites of contemplation and sacred power in Buddhist art and practice. Tuesday, October 5, 1:00 p.m. to 2:00 p.m.

**UNDERSTANDING ENERGY CHOICE <sup>(z)</sup>**

Did you know that as a Maryland resident, you have the option to choose who supplies your electricity? Maryland is an energy choice state where customers can choose their electricity and

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natural gas providers. During this presentation, Montgomery Energy Connection will talk about energy choice as well as identify suppliers. Hosted by Chevy Chase At Home. Thursday, October 7, 2-3 p.m.

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### **STOP WASTING MONEY ON YOUR UTILITY BILL <sup>(z)</sup>**

Montgomery Energy Connection will discuss the two main ways to keep money in your pocket. They will cover the difference between conservation and efficiency and the benefits of using less energy, plus some of the most efficient ways to do it. You'll leave this presentation with helpful tips and advice to keep you from wasting your money. Hosted by Chevy Chase At Home. Thursday, October 14, 2-3 p.m.

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### **"TRAVELS WITH JAN" RETURNS <sup>(z)</sup>**

Where will Jan Augustine, our intrepid traveler, take us next? We're not sure yet, but wherever we go it will be an expedition of outstanding photographs, informative bits about the locale, and interesting stories from our adventurous speaker. Friday, November 5, 1:00 p.m. to 2:00 p.m.

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## **ONGOING ACTIVITIES**

### **ACTIVE MOVEMENT PROGRAMS**

#### ***Cardio & Strength Training <sup>(z)</sup>***

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 or <https://www.chevychaseathome.org/docs.ashx?id=844497>.

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#### ***Zumba Gold<sup>®</sup> <sup>(z)</sup>***

Sharon Katz continues her Zumba Gold<sup>®</sup> (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 the office if you are interested in this program.

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#### ***Music & Movement <sup>(z)</sup>***

Music & Movement successfully returned in virtual form for an initial series June 24-July 29! The

class, which is done fully seated, includes dance moves and singing along to classic songs, and is taught by Bob Sacheli and Roy Barber. It is appropriate and fully adaptable for people at a variety of levels of physical abilities. People living with memory challenges can also enjoy the classes. Classes are Thursday mornings at 11 a.m. on Zoom. The next series will begin Thursday, Oct. 16 through Dec. 16. The class 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](mailto:robertsacheli@comcast.net)!

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### **SOCIAL PROGRAMS**

#### ***Brunch Bunch <sup>(z)</sup>***

Brunch Bunch will continue to meet by Zoom on the 2<sup>nd</sup> 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.

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#### ***Coffee & Conversation <sup>(z)</sup>***

If you are looking for recommendations for good books, movies or TV shows, then Coffee and Conversation is a discussion group for you. Held on the third Monday of 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 us on Monday, Sept 20. It's a great way to start your week.

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#### ***CC@H Movie Discussion Club & Book Club <sup>(z)</sup>***

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 on the fourth Thursday** each month (except Thanksgiving); **Movie Discussion Club** meets on the **second Monday at 3:00 p.m.**

*[Continued next page >>>](#)*

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. Some highlights have been the books *Caste* and *The Giver of Stars*, and the movies *Minari* and *Nomadland*. 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 group, contact both Susan Post ([susan.post@gmail.com](mailto:susan.post@gmail.com)) and Katharine Kosin ([info@chevyCHASEathome.org](mailto:info@chevyCHASEathome.org))

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### Knitting/Needlework/Crafts <sup>(z)</sup>

This long-standing group meets by Zoom at 1:00 p.m. on alternate Thursdays to trade hints and talk about "whatever." Please check the Events calendar for meeting dates and venue.

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## YOU MAY WANT TO KNOW -

### CC@H EXECUTIVE DIRECTOR SEARCH

As this reaches you, Chevy Chase At Home is conducting a search for a new Executive Director. If you know of anyone who may be interested, please have them contact us through the email address [presidentchevyCHASEathome@gmail.com](mailto:presidentchevyCHASEathome@gmail.com)

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### NEWSLETTER SURVEY RESULTS



Results of our recent survey on the newsletter revealed a neat division: about half of the respondents said they were content with just the online version, with the other half indicating that they liked getting the print version. Although as a percentage of membership, the number of responses was low, the comments were very helpful including bios of Board, coverage of interesting news of members' lives and local events particularly welcome; noting scams very important; a puzzle or

two; senior check-in a good idea; Boredom Busters "especially useful"; enjoy pictures of all sorts; tech updates important; reminders of events need to be made nearer to event schedule; how newsletter fits with entire communications package.

Thank you to all who responded!

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### PEN PALS

Maria York, the ESOL teacher at Chevy Chase ES, would again like to have the Pen Pal Program this coming school year. Thus, we are seeking 10 to 12 volunteers. Between adjusting back to in-person learning and implementation of new reading and math curricula, Maria anticipates participation of fewer students. And we will exchange two to three letters instead of four as in past years. If you want a rewarding experience and to enrich the life of a student, volunteer to be an ESOL Pen Pal; contact the CC@H office via phone or email.



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### CC@H GUEST SPEAKER PROGRAM

The Guest Speakers Committee sets up speakers covering areas of interest to the Chevy Chase At Home community, including political subjects, authors with new books, cultural issues, history or science topics. We have been having one speaker a month on Fridays on Zoom and will be deciding how to move forward in the Fall - live, Zoom or a combination. Stay tuned - and if you have ideas for a speaker you would enjoy hearing, please forward the name to a Speakers Committee member - Susan Hamburger, Deborah Scheck, Mark Nadel, Michael Pollard or Susan Post.

Recent Guest Speakers have included Ambassador Mark Pekala in May discussing "The U.S.-Russia Relationship: Biden & Putin," and Supreme Court Reporter Richard Wolf in June.

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## YOU MIGHT HAVE MISSED -

In our June program, *The Polka Dot and Mirrored World of Yayoi Kusama*, our docent guide wove the

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fascinating story of this troubled, compulsive artist and her complicated life producing abstract but very personal art for more than 70 years. Her pieces, often built on familiar shapes and on a large scale, feature polka dots of various sizes but one color on a contrasting background.

A few weeks later, we Zoomed to Worcester Museum to learn how artists have used kimonos as a simple canvas to express inspiration, allow artistic experimentation, and record changes in Japanese culture for more than 300 years (1603 to 1912).

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### MORE ICE CREAM? YES, PLEASE...



A hot, sticky summer day is always a good excuse for enjoying a cooling ice cream treat. Tuesday, June 13, was just such a perfect day, and approximately three dozen members and

volunteers of Chevy Chase At Home gathered at the Chevy Chase Village Hall to celebrate the first large in-person social gathering following a year of Covid-19 restrictions. The highlighted treat was a root beer float to remind us all of our childhood. The festive table included several flavors of ice cream with a selection of sweet sauces and toppings, including really yummy home-made hot fudge sauce. Mmmm. It was great to see old friends and make new friends without having to worry about six-foot distances and face masks.



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### **OTHER TIDBITS –**

#### **PAMELA SISLEN, LIFESTYLE COACH**

Pamela's name is familiar to those who have regularly joined her Wednesday morning Zoom exercise classes as well as a number of Members for whom she has provided other volunteer services (errands, friendly visits, computer help). Pamela is a Connecticut native with a BS (UConn) and an MBA

(GWU) in Marketing. Initially, she applied her marketing skills with Fresh Fields, then Whole Foods, as well as Earle Palmer Brown and Hecht Co. (One of her early jobs was demonstrating food preparation for Whole Foods; eventually, she became Director of Marketing for the White Flint location.)

Pamela also has certificates in SPIN, Mat Pilates, Yoga and Bosu. Prior to leading our classes, she provided personal training for seniors in several local neighborhoods. She has long had an interest in service to seniors, and served as a JSSA Volunteer, visiting those who are in hospice care. In addition, she is a Realtor and specializes in helping seniors prepare for moving.

Although many of us have only come to know Pamela (not Pam) recently, she started serving as a CC@H Volunteer in April 2015 after meeting Naomi Kaminsky and learning about our organization. She has provided rides, home visits and computer support to our members since then.

As if this isn't enough, her personal life keeps her busy, with a blended multi-generational family (7 + grandchildren); her love of cycling, yoga and walking (1992 Marine Corps Marathon racewalk, 5 hrs., 32 mins.); and finding recipes for her favorite foods. Her current favorite: pineapple, apple and ginger smoothies. Why not make one and raise your glass to toast our "lifestyle coach."

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### **IT'S.....AMAZON FRESH!**

After months of coy silence, the sign went up on the old Giant property at Friendship Heights: Amazon Fresh. It is one of three local stores opening under that brand. Amazon Fresh has 11 stores open or under development nationally; the first opened in California last September.

This chain resembles traditional grocery stores, but includes technological advances such as "smart Dash Carts" to enable shoppers to bypass checkout lines. Although there is a Whole Foods store (another Amazon subsidiary) a block away, the appeal of Amazon Fresh is calculated to draw a broader range of customers with competitive prices

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and many national brands such as the Coca-Cola line of beverages and Kellogg's family of cereals.



Amazon Fresh is already available as a grocery delivery service where the order is assembled in a nearby warehouse. Amazon's same-day delivery is already popular as well as its handling of

delivery/product errors (as one customer recently noted of a way-past-prime produce selection – "smoothest rectification imaginable").

The Friendship Heights store will validate parking for up to two hours, as did Giant. As of this writing, there is no firm opening date, but reportedly they are hiring and the shopping carts are sitting outside, which suggest fairly soon.

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### DID YOU KNOW?

That Chevy Chase has a rose named for our area? In 1939, Niels J. Hansen, who would become the



President of the American Rose Society, and Whitman Cross, a Chevy Chase resident, bred the white rambler *Rosa soulieana* Crépin with the dark red Eblouissant rose bush, to create a dark red rambler. It is described as having small to medium very double flowers and grows to a height of 15 feet. It is

once-blooming in spring or summer in our zone. And while it seems to be readily available for purchase in the UK, finding it here in the US is more challenging. If anyone has one in their garden, please let us know! This photo was recently taken at the annual Hampton Court Palace Garden Festival run by The Royal Horticultural Society of the UK, and sent to us by an alert friend!

## WHICH CHEVY CHASE CAME FIRST?

### *The Community? Or the Actor/Comedian?*

#### The Community:

In 1725, Colonel Joseph Belt chose "Cheivy Chace" as the name for his 560-acre land grant from Charles Calvert, Lord Baltimore. This acreage lay between today's Wisconsin Avenue and Brookville Road, from Bradley Lane south to a point in the District of Columbia just south of Chevy Chase Circle.

In 1890, Francis Newlands and William Stewart formed Chevy Chase Land Co. (CCLC) to create a suburb along Connecticut Avenue and their planned streetcar line. Of the 1,713 DC and Maryland acres owned by the CCLC at that time, a 200-acre Maryland parcel at the border with DC had been part of Joseph Belt's grant. Francis Newlands, CCLC principal, chose to name his enterprise and the entire area "Chevy Chase."

#### The Actor/Comedian:

In 1943, a baby boy was born into the very well-established Chase family in New York City. For reasons now unknown, Cornelius Crane Chase's grandmother preferred to call him "Chevy" (as in Chevy Chase). And, as they say, "the rest is history."

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## OUR RESOURCES PAGE

Our website has a special page with links to multiple sources of interesting or valuable information. Check it out for:

- "File of Life," a standardized form about you to put on your refrigerator for emergency responders
- "Wandering Preparedness" Montgomery County's nationally-recognized program for finding those who wander
- Daily Wakeup Calls

Plus, much more!

<https://www.chevychaseathome.org/Resources>

## **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**

*In honor of: Dr. Nathan Billig*  
Anonymous

\* Data are for contributions received between **May 18 & August 17**. Names of individual supporters are not included when the newsletter is published on the Internet.

### **Printing Support:**



### **FALL DATES OF NOTE**

<b>LABOR DAY</b>	<b>SEPTEMBER 6</b>
<b>ROSH HASHANAH*</b>	<b>SEPTEMBER 6*-8</b>
<b>YOM KIPPUR*</b>	<b>SEPTEMBER 15*-16</b>
<b>FALL BEGINS</b>	<b>SEPTEMBER 22</b>
<b>COLUMBUS DAY</b>	<b>OCTOBER 11</b>
<b>VETERANS DAY</b>	<b>NOVEMBER 11</b>
<b>THANKSGIVING</b>	<b>NOVEMBER 25</b>

\* Begins at sunset

### **CC@H NEWSLETTER**

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Chevy Chase Rose: Ruth Campbell

Amazon Fresh ad, Friendship Heights Metro:  
Jan

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.