



Chevy Chase Citizens NEWS

April 2017

P.O. Box 6321 • Washington, D.C. 20015-0321 • 202-431-0610 • www.chevychasecitizens.org

Calendar

April

- 13—CCCA Exec. Comm., 7:30 pm, Community Center
- 18—CCCA Meeting, 7:30 pm, Community Center
- 24—ANC 3/4G Meeting, 7:00 pm, Community Center
- 26—2nd Dist. Citizens Advisory Council Meeting 7:00 pm, 3320 Idaho Ave., NW

May

- 8—ANC 3/4G Meeting, 7:00 pm, Community Center
- 10—CCCA Exec. Comm., 7:30 pm, Community Center
- 14—Lafayette Elementary School Spring Fair, 11:00 am to 4:00 pm, 5701 Broad Branch Road, NW
- 20—CCCA Meeting, time to be announced, Community Center
- 22—ANC 3/4G Meeting, 7:00 pm, Community Center

Program Note

Our annual public safety meeting is scheduled for May 20, 2017, time to be announced. In addition, at the meeting, we will hold our association's annual election of officers. Please note that the meeting is scheduled to be held the third Saturday in the afternoon rather than the usual third Tuesday in the evening. Look for details in our May Newsletter.

Next Meeting 7:30 pm, Tuesday, April 18

Going Solar & Carbon Pricing

Join us for our 12th Annual Green Meeting on Tuesday, April 18, at 7:30 pm, at the Chevy Chase Community Center, 5601 Connecticut Avenue, NW. This year's program will focus on going solar and carbon pricing as well as other environmental issues relevant to the DC area. All are welcome to attend. Light refreshments will be served.

We'll be joined by Jeremiah Lowry from the Chesapeake Climate Action Network, a grassroots, non-profit organization committed to exclusively fighting global warming in DC, Maryland and Virginia. Lowry will speak about DC-area environmental concerns and carbon pricing. Under DC Carbon Pricing, every company buying and selling fossil fuels in DC would be charged a fee on each ton of heat-trapping pollution they cause with the revenue going back to DC residents in the form of a rebate. Other issues facing the area that will be discussed include fracking, coal and clean energy.

The association also welcomes Sam Brooks, co-founder of District Solar Power, a solar broker that leverages neighborhood pools to reduce the cost of solar for the individual. District Solar Power believes everyone in DC, homeowners and renters alike would benefit from installing solar power. Brooks will take us through the process, cost and benefits of installing solar panels in DC.

Vote On Proposed Membership Dues Increase

A vote on a proposed increase in the association's individual membership dues from \$15 to \$20, commencing with the 2017-18 program year (which begins on June 1, 2017), had been scheduled for the March membership meeting. Unfortunately, the vote could not be held as we did not have a quorum. If the twenty-five member quorum is met at the April meeting, we will hold the vote then.

Being Prepared For A Crisis

At our March meeting, panelists Stephanie Chong, Executive Director Northwest Neighbors Village (left), Kay Bransford, founder of MemoryBanc (center), and Catherine Bitzer, Assistant Director of Seabury Resources for Aging Care Management (right), provided helpful information about how individuals can be prepared for a potential crisis. For more details, see inside.

—Photo by J. Lawlor



Community Service

DC Government Contact Information

- All area code 202
- www.dc.gov
- Police/Fire: 911
- Govt. Service Calls: 311 or 737-4404

Mayor

Mayor Muriel Bowser
eom@dc.gov

Second Police District

Main Desk-715-7300

Commander

Melvin Gresham-730-1901
melvin.gresham@dc.gov

Sector One

Captain Essray Taliaferro
essray.taliaferro@dc.gov

Police Service Area 201

Sgt. John Sprague
john.sprague@dc.gov

Community Relations and Service Liaisons

Ward 3

Phil Thomas-341-7706
phil.thomas@dc.gov
Ian Maggard-340-7853
ian.maggard@dc.gov

Ward 4

Phillip McAuley-436-2087
phillip.mcauley@dc.gov
Jasmin Benab-340-7059
Jasmin.benab@dc.gov

DC Council

www.dccouncil.us

Ward 3 Council Member

Mary Cheh-724-8062
mcheh@dccouncil.us

Ward 4 Council Member

Brandon Todd-724-8052
btodd@dccouncil.us

Advisory Neighborhood Commission 3/4G

www.anc3g.org • 363-5803
chevychaseanc3@verizon.net

Public Library

www.dclibrary.org
282-0021 (Chevy Chase)
727-1101 (main library)

Parks and Recreation

www.dpr.dc.gov

Chevy Chase Community Center 282-2204

March Meeting Report

Being Prepared For A Crisis

Last month, our association teamed up with the Northwest Neighbors Village organization to present the program, *Facing a Crisis Before It Occurs: Gathering, Storing and Sharing Important Information*. Three panelists experienced in facing these issues provided helpful information about how individuals can be prepared for a potential crisis, including making sure that family members and friends, as appropriate, have access to their important information and are aware of their wishes.

First, Kay Bransford, the founder of MemoryBanc and the author of *MemoryBanc: Your Workbook for Organizing Life*, discussed important documents that individuals should gather and organize before a crisis occurs. Essential documents included copies of all identification and credit cards in one's wallet; durable power of attorney; will/trust; healthcare power of attorney; living will; specific instructions regarding one's wishes, children, pets, and burial; and a single location of documents, with as needed instructions and access to safe deposit box or home safe. She also provided a checklist of other documents (e.g., personal and financial) and online account access information (e.g., passwords, security questions, etc.) that it would be prudent to gather. Bransford recommended that the information be kept in a binder or a flash drive, but not on a computer, which is susceptible to hacking.

Next, Christine Bitzer, a Geriatric Care Manager and Assistant Director of Seabury Resources for Aging Care Management, focused on the importance of having a healthcare power of attorney and considerations for choosing the

person to fill that role. A healthcare power attorney provides for someone to make medical decisions for an individual who is unable to make those decisions herself. Such medical decisions can run the gamut from whether to get a flu shot to whether to continue extraordinary life-sustaining measures. In choosing a healthcare power of attorney, Bitzer recommended having conversations with family and friends and gauging who would be best to make such decisions: someone who understands your values and will stand up for them. Be sure that the selected person has the time and is willing to take on the role, knowing what would be involved.

Finally, Stephanie Chong, Executive Director of Northwest Neighbors Village, stressed the importance for individuals to have conversations with loved ones, especially their healthcare powers of attorney, about, not just end-of-life care, but also their personal quirks that affect quality of life and their desires for being remembered. For example, when one is unable to communicate for oneself, it is important for a healthcare power of attorney to know and advocate for maintaining personal habits like needing to sleep with one's socks on or not eating breakfast, to avoid being given unnecessary sleeping pills or unwanted heavy breakfast meals. In addition, sharing one's desires for the music at one's funeral or to whom certain mementos should be given provides family members the gift of knowing what one wants.

A scheduled vote on a proposed increased in individual membership dues was postponed and will be considered at the next membership meeting on April 18.



March Meeting Kay Bransford, founder of MemoryBanc (standing), discusses important documents that individuals should gather and organize before a crisis occurs. Also pictured are Stephanie Chong, Executive Director Northwest Neighbors Village (seated left) and Christine Bitzer, Assistant Director of Seabury Resources for Aging Care Management (seated right). —Photo by J. Lawlor

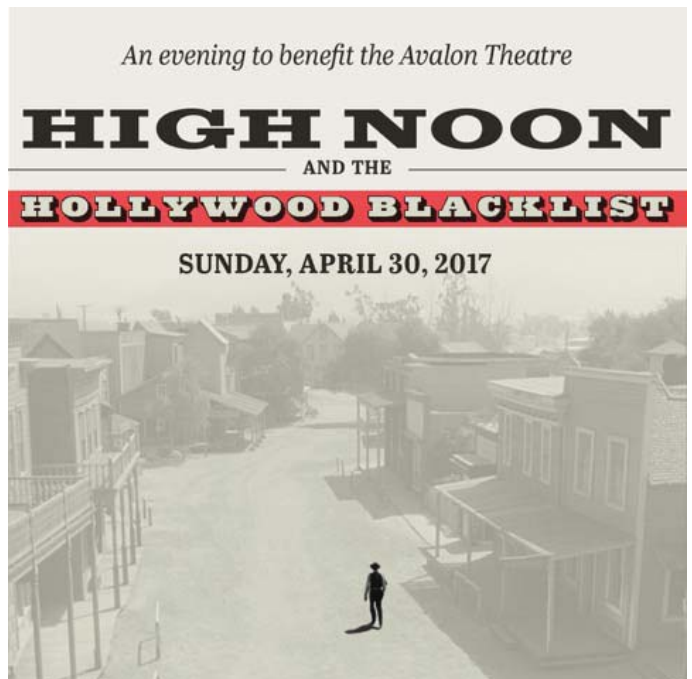
Avalon Theatre's Annual Fundraiser Will Examine Legacy Of The Hollywood Blacklist

On Sunday, April 30, at 5 pm, the Avalon Theatre, Chevy Chase DC's neighborhood non-profit film center, will hold its sixth annual spring benefit to support the theater. This year's event, "High Noon and the Hollywood Blacklist," examines the legacy of the "Red Scare" era of the 1950s via the Academy Award-winning 1952 western *High Noon*, a powerful allegory of McCarthyism.

After a screening of *High Noon*, Pulitzer-Prize winning author Glenn Frankel will discuss the film's real-life parallels—during shooting, screenwriter Carl Foreman was called to testify before the House Un-American Activities Committee and, refusing to give names, was blacklisted—that give the film deeper resonance and relevance.

Proceeds from this informative and entertaining evening will support Avalon film education and other essential operating needs.

The event will be held at the historic Avalon Theatre and includes an hors d'oeuvres reception at 5:00 pm, followed by the event program at 7:00 pm. Tickets to the event are \$250 for the reception and program and \$50 for the program only. In the week leading up to the event, there will be a series of related film screenings. Admission to these screenings will be included with the purchase of the \$250 tickets. For additional details and to purchase tickets, visit www.theavalon.org/2017benefit.



—Courtesy of the Avalon Theatre

From The Neighborhood

Health And Wellness

On Thursday, April 20, from 10:30 am to 2:30 pm, DC Parks and Recreation and the DC Office on Aging are co-sponsoring the 3rd Annual Community Health and Wellness Information Fair, at the Chevy Chase Community Center, 5601 Connecticut Avenue, NW. The fair, for ages 55 years and up, will include information from various organizations including Legal Counsel for the Elderly, Metro Access, Transport DC, MedStar Advantage, Grid Alternatives, Terrific, Inc. Older Adults HIV Program, Costco Hearing Aids, Center for Vein Restoration, DC Office on Aging, and the Office of People's Counsel. In addition, there will be vision, blood pressure, glucose, and cancer screening available.

For more information, contact the Community Center, at (202) 282-2204.

Chevy Chase DC Library

There are two new weekly children's activities on Thursdays at the Chevy Chase DC Library, 5625 Connecticut Avenue, NW. At 4:00 pm, there is a preschool story time aimed at children ages 3-5, but all ages are welcome. The 30-40 minute program is designed to promote language and listening skills, expand children's imaginations and arouse their curiosity about the world around them. Tickets available on a first come, first serve basis. At 5:00 pm, there is a kid's chess club for children of all ages who want to learn to play or improve their chess moves and play

in tournaments. A chess instructor will teach the chess players how to think and plan their next move and use their brain power to win. The chess program is made possible by the Friends of the Chevy Chase Library.

Pickleball

Starting on April 20, pickleball is returning on Thursday evenings, from 5:30 pm to sundown, at the basketball court adjacent to the Chevy Chase Community Center. The CCCA's Second Vice President Robert Gordon will be managing the free evening program that allows people to learn and play pickleball, for people 25+ years old. Pickleball is a little ping-pong, a little tennis, and a lot of fun. Pickleball has its own special set of equipment: The court is

the size of a badminton court; the paddle has a short handle and the ball is similar to a wiffle ball. Pickleball starts when the serving side hits the ball across the net and it bounces on the opposite side. Then players hit the ball back and forth—but only the serving side can score. There will be two courts set up. All of the equipment will be provided, but those who have paddles should bring them.

Rock Creek Conservancy

On Saturday, April 22, the ninth annual "Rock Creek Extreme Cleanup" will take place at 75+ locations along the 33-mile length of Rock Creek. The goal is a total stream cleanup of Rock Creek and its tributaries, the parks connected to

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Nancy Wilson

NEIGHBORHOOD WATCH

Open

PUBLIC SAFETY

Chris Dietz

Rock Creek, and the neighborhoods near Rock Creek where trash originates. Join the Rock Creek Conservancy for this event and help take the trash out of your favorite part of the park! Bring family, friends, neighbors, scout troops, clubs, and businesses. All are welcome! For more information, visit www.rockcreekconservancy.org, click on "What We Do" and scroll down to "Extreme Cleanup" under "Upcoming Events."



Thanks To Our Business Members

Visit chevychasecitizens.org and click on Business Corner for more information.

PLATINUM MEMBERS 202design | Abrams Finnell Group/TTR Sotheby's International Realty | American City Diner | Arco Iris Somos | Avalon Theatre | Balanced Athlete Fitness Studios | Kate Barnes/Jeff Reese – Real Living At Home | Barstons Child's Play | Blue 44 Restaurant & Bar | Broad Branch Children's House | Broad Branch Market | Catch Can | Center For Family Well-Being | Chevy Chase Wine & Spirits | Circle Yoga | Debbie Parker Business and Lifestyle Coaching | Donovan-Seaton Group/TTR Sotheby's International Realty | Durable Slate Company | Harmonic Music Studios | Kesler Physical & Massage Therapy | Kinderhaus Ltd. | Levine Group Architects & Builders | Lisner-Louise-Dickson-Hurt Home | Long & Foster Real Estate – Chevy Chase | Macon Bistro & Larder | Magruder's of DC | Michael Bonsby HVAC | Parthenon Restaurant & Chevy Chase Lounge | PNC Bank-Chevy Chase | Pumpnickels Deli | Renew Restoration | Royal Legal Group, LLC | Spring Valley Montessori Academy | State Farm Insurance, Jon Laskin | Taylor Agostino Group Realtors | TTR Sotheby's International Realty | Veteran Compost | Wheat's Lawn and Custom Landscape | Nancy Wilson, Evers & Company, Real Estate

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Join CCCA Today!

Send \$15 annual dues with your contact information to
P. O. Box 6321, Washington, D.C. 20015-0321.

We welcome support from local businesses; those who contribute will be recognized in this newsletter. For more information on categories of membership, see "business corner" at www.chevychasecitizens.org.

For more information call Deean Rubin at 202-431-0610.