

NAN NOTES - January 2020

UPCOMING EVENTS

Sunday, January 12, 3:00 p.m., Rock Creek Chamber Players Concert. (Free and open to all.) The Players are launching Beethoven's 250th birthday celebration with a special performance of his Emperor Concerto, played by pianist John Earle with a chamber group. A woodwind quintet will round out the program. The concert will be at St. Luke's Church, 6030 Grosvenor Lane, in Bethesda, next to the Wildwood Shopping Center. Free parking is available behind the church. Bring your friends, family, and neighbors for a special afternoon. Future dates are: February 9, March 8, April 19, and May 10. For details: Ann Franke (202-775-1968, annfranke@verizon.net),

Thursday, January 16, 9:30 am-after lunch. Join us to see the newest and highly praised version of "**Little Women**" at the Avalon. Tickets for seniors are only \$5.00 for this special morning screening! Meet at 6310 Bannockburn Drive at 9:30 am and will have lunch together after the movie. If you would like to go, please call Anne Quinlan at 301-908-0662 or JoAnn Krecke at 301-706-1384. Hope you can join us!

Wednesday, January 22, 1:00 – 2:30 PM Sustainable Glenstone: Lessons Learned from Building an Earth Friendly Museum. Little Falls Library, 5501 Mass Ave., Bethesda. Paul Tukey, Chief Sustainability Officer of the Glenstone Museum, environmental consultant, garden writer, and the national spokesperson for the environmental advocacy group SafeLawns. Registration is required. E-mail info@littlefallsvillage.org or call 301 320-3267 to reserve a spot. Join PAUL TUKEY for an overview of what it took to build the expanded Glenstone Museum, with an emphasis on ideas to use at home and in the community. Glenstone's expansion, including the planting of 8,000 trees on Glenstone's nearly 300 acres, has four main sustainability areas of concentration to include waste reduction and recycling, organic landscaping and stream restoration, promoting the nexus between health and ecosystem health, and public transportation.

Friday, January 31, evening (time to be determined). Join us at the clubhouse for the first musical clubhouse fundraiser of the year. Three neighborhood acts are

lined up entertain you. Tap your feet, hit the dance floor, or just smile and groove to the cool tunes of your neighbors and friends. The \$10. cover gets you one free drink (bar donations thereafter) and a night of fun just a short drive or easy walk from home.

Sunday, February 2, (note correct date is Feb. 2) 2-4 PM, NAN Sunday Series:

How to Stay Safe On-Line. Bannockburn Club House, 6314 Bannockburn Drive. As we conduct more of our personal lives online, from email to shopping to even banking, it is important to understand the best practices for staying safe online. Join us for an informative discussion with **Pam Holland** of **TechMoxie** on how to recognize phishing (fraudulent) emails, avoid computer viruses and scams, and the best practices for passwords. The presentation will include a review of actual fraudulent emails and scam "pop up" computer virus warnings., Pam Holland, founder of TechMoxie, which provides technology education, coaching and support especially for older adults.

At a later, to be determined date, by a second one, **Your Digital Life After You Die.** So many of us have created a virtual online digital world including email accounts, social media, and the many other accounts we may have set up over the years. But will happen to our digital lives after we die or due to health reasons become unable to manage them? Pam Holland, will discuss steps you may take now to plan for your "digital estate". Pam will cover the options for your social media accounts such as creating a memorial page and how to ensure that a designated family member or executor is able to access your accounts in order to follow your wishes.

NOTE:

There are lots of phone and e-mail scams targeted at older adults. The Social Security Administration does not call people about their status or accounts. If you get a call claiming to be from the Social Security Administration, HANG UP.

The calls that tell you that your computer needs to be repaired also are scams. Do not provide any information to the caller and HANG UP.

Be very cautious about making donations in response to computer messages or phone calls. You can ask the called to send you information in the mail.

Caregiving 101. This month the Caregiver Support Program is launching Caregiving 101, a new feature which will expand the knowledge of caregivers so they are better equipped to maintain personal well-being and be better prepared for care responsibilities. Being a caregiver is often an unexpected role and many caregivers become overwhelmed by the demands of providing care. Caregiving 101 will be a collection of success stories and proven planning for the critical steps our readers can start today. Here is the link: <https://moco-caregiver.blogspot.com/search/label/101>

Health Care Plans: Appealing Decisions. Consider this option if your health plan refuses to pay for care: contacting the Health Education and Advocacy Unit (HEAU) of the Maryland Attorney General's Office. The HEAU often succeeds in getting health plans to pay for treatment that was originally denied. In addition, it can help resolve billing disputes with health providers and warranty problems with hearing aids, eyeglasses, wheelchairs and other medical equipment. To reach the HEAU, call 410-528-1840 or email heau@oag.state.md.us If you or your doctor believe you need urgent care, but your health plan does not agree, call the Maryland

Insurance Administration's toll-free number (800-492-6116). The agency will render a decision within 24 hours and, in some situations, order a private plan to pay for the treatment.