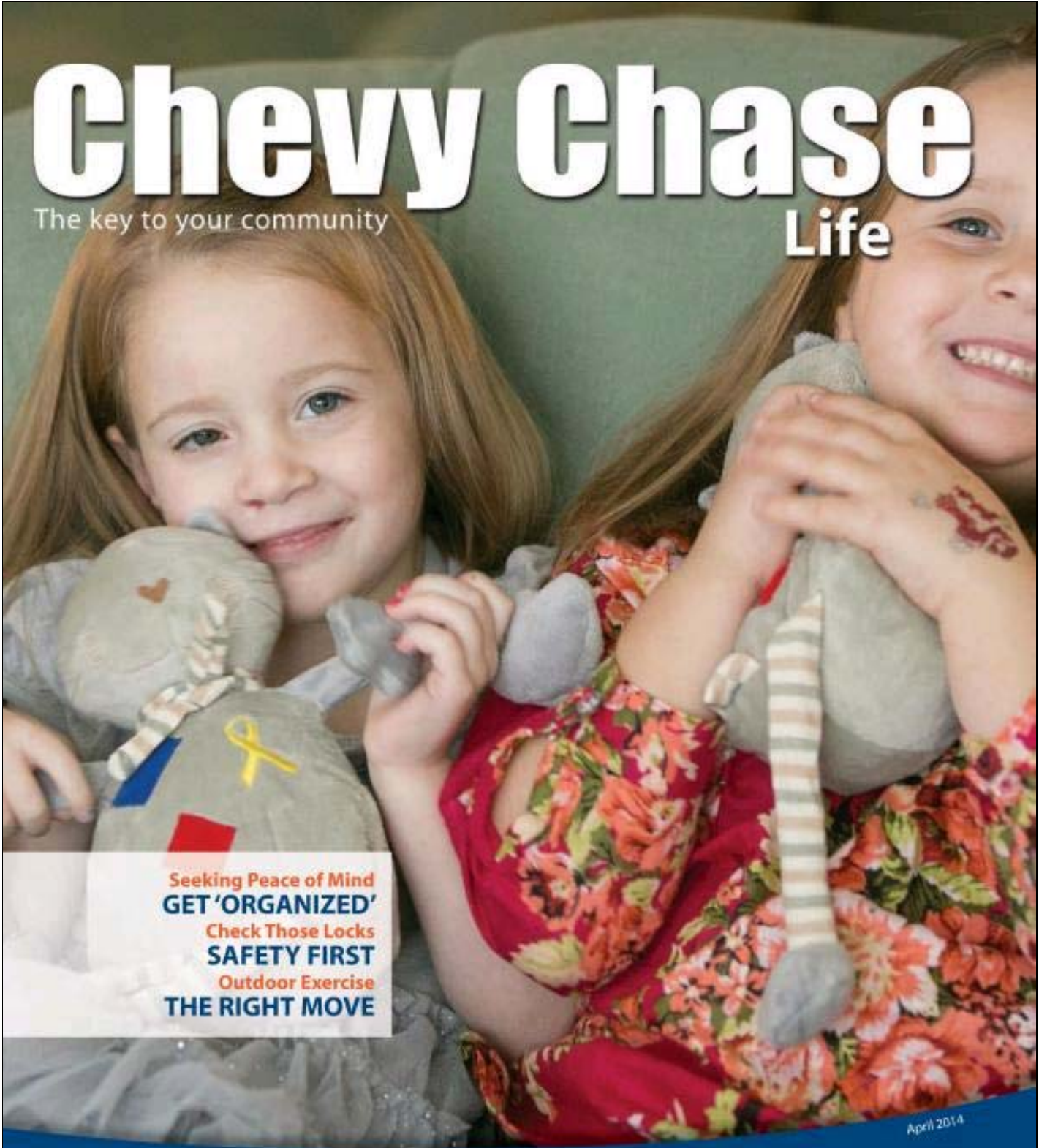


Chevy Chase

The key to your community

Life



Seeking Peace of Mind
GET 'ORGANIZED'
Check Those Locks
SAFETY FIRST
Outdoor Exercise
THE RIGHT MOVE

April 2014

Coping With Cancer

Group Comes to Aid of Children With Disease

Chevy Chase Life

The key to your community

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Photo courtesy of the Usner-Louis-Dickson-Hurt Home

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Photo courtesy of Mindy Milliron



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Photo courtesy of American Childhood Cancer Org



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Photo courtesy of Margaret Carter Interiors

On the Cover

Sophia (left), who is being treated for a brain tumor, and her twin sister hold a couple of soft friends. Read about the American Childhood Cancer Organization on Page 18.

Photo courtesy of Marie-Dominique Verdier



Mary Anne Esposito is a community contributor!

Mary Anne Esposito wrote a piece about grappling with allergies, on Page 7. You, too, can contribute to the community conversation. Just send articles, photos, information and ideas to the email address shown below.

Get involved! Send your photos, stories or events to:

chevychase.dc@hibu.com

Want to contribute to your magazine? We need your help! If you've got a news release, a story tip, a great photo or want to write for us, send a note to the above email address and we will be in touch! Please visit marketing.hibu.com/release to read the terms for submissions.

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AROUND TOWN

Local news you can use.

Allergies Don't Have to Get Best of You

Residents can take steps to minimize the impact, including washing hands after being outdoors.

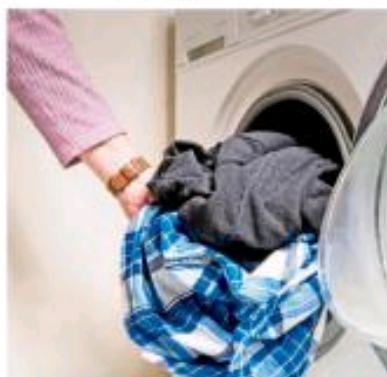
by Mary Anne Esposito
Community contributor

Spring is in the air in Chevy Chase, and so are pollens, ragweed and many other allergens that affect about 36 million Americans every year. Allergy season in our area can be especially unpleasant. Although allergies affect people of all ages, the risks to older adults can be much greater than to the rest of the population, as pollens and allergens can naturally aggravate existing cardiac and pulmonary conditions.

As we age, many Americans find themselves taking more and more medications, both prescription and over-the-counter, to treat a variety of conditions. Taking an over-the-counter antihistamine to treat seasonal allergies actually can do more harm than good. Some antihistamines can increase blood pressure, and can have negative interactions with other medications. Before any attempt to treat or manage seasonal allergies, it is a good idea to consult with your physician to make sure you pursue the best course.

There are ways to help minimize allergies without medication, including:

- Using air conditioning. By keeping the windows closed, you can help keep out pollens and molds.
- Using the clothes dryer or hanging clothes indoors to dry. Hanging clothing or linens outside increases their chances of collecting pollen, ragweed and other flying allergens.
- Keeping an eye on pollen levels and trying to plan outings for days when they're projected to be low. Free services that detail daily pollen counts include The Weather Channel, The American Academy of Allergy Asthma and Immunology, and Pollen.com.
- Wearing sunglasses when you are outside to prevent pollen and other seasonal irritants from getting into your



Using a dryer or hanging clothes indoors to dry helps keep out pollen and ragweed.
Photo courtesy of hibu



Another allergies' antidote is to wash hands after spending time outdoors.
Photo courtesy of hibu

eyes. A hat also helps prevent allergens from getting into your hair and working their way onto your hands and clothing.

- Preventing pollen from being spread around your house by washing your hands after being outdoors, showering as soon as you come in from working or spending significant time outside, and throwing the clothes you were wearing into the laundry.

- Eating foods that many nutritionists believe can help fight inflammation and relieve some of the symptoms of allergies. These include apples, walnuts, flax seed, ginger, leafy green vegetables and foods rich in vitamin C.

By taking natural measures to minimize your exposure to allergens and working with your physician to see if any medications can help as well, you should be able to lessen the impact of seasonal allergies and get out and enjoy the beauty of spring!

About Family & Nursing Care

Since 1968, Family & Nursing Care has specialized in helping older adults get the most out of life. Whether it is a caregiver to help with daily living, a nurse to assist with more skilled needs



Mary Anne Esposito, shown here, is a nurse liaison at Family & Nursing Care.
Photo courtesy of Mary Anne Esposito

or a licensed massage therapist to ease aches and pains, Family & Nursing Care meets each client's needs. Service is provided in Washington, D.C. Learn more at familynursingcare.com.

—Mary Anne Esposito is a nurse liaison at Family & Nursing Care. Her 40 years of experience as an RN includes a variety of settings including hospitals, rehabilitation and home health.