



2022 Senior Services Guide

New Assisted Living Community Opens in Rockville

The Seneca, an Assisted Living and Memory Care community in Rockville is now open and welcoming residents. Located right by King Farm at 55 W. Gude Drive, the new community offers assisted living, memory care and The Bridge - a neighborhood serving those with mild cognitive impairment.

Private studio, one- and two-bedroom residences in the 146-unit six-story building are offered on a monthly rental basis with no long-term commitment. The community has 116 assisted living and 30 memory care apartments. The building is approximately 155,000 square feet in gross floor area and includes an underground parking garage.

Apartments feature modern kitchenettes, upscale finishes and tall ceilings. Select floorplans include a private balcony. The community's contemporary design is enhanced by tall windows allowing for abundant natural light in apartments and common areas. Residents enjoy a wide variety of amenities such as concierge services, chef-driven restaurants, a lounge with a full bar, formal gardens, a fully equipped fitness center and



a wellness center with a salon and day spa.

The Seneca of Rockville was developed by Dallas-based Silverstone Senior Living. It is the first property for Silverstone in

Montgomery County. Watermark Retirement Communities operates the facility. Based in Tucson, Arizona, Watermark manages 58 communities in 21 states. Watermark com-

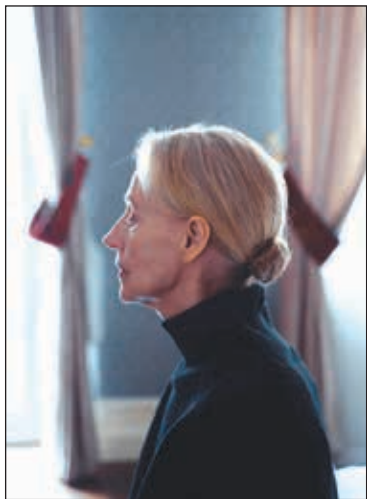
munities feature dozens of classes and regular outings for residents.

OPT

Social Isolation and Loneliness: Facts for Older Adults

A new fact sheet introduced by the Montgomery County Commission on Aging (CoA) in November provides information about the causes, health risks, and resources to combat social isolation and loneliness among older adults. Social Isolation and Loneliness: Facts for Older Adults provides resources and websites for those with who feel lonely and isolated, as well as their caregivers. It is available at www.parishtimes/socialisolationFactSheet.

The fact sheet is the product of research done by the Commission's task force that hosted the May 2021 public forum on Countering Social Isolation and Loneliness of older adults. The information points out that there is a greater risk to people who find themselves unexpectedly isolated due to the loss or illness of a loved one, a lack of mobility, worsening vision or hearing problems, and/or people who have limited access to transportation. "We know that there are many factors that can contribute to older adults feeling lonely and isolated," said Odile Brunetto, chief of Aging & Disability Services in the County's



Department of Health and Human Services (DHHS). "There are multiple factors, including the ongoing pandemic, the shortening of days as we approach the winter months, the upcoming holiday season, and economic or personal hardships. I want all our seniors to know that they do not need to suffer in silence. Help and resources are here."

The consequences of social distancing and isolation brought on by the COVID-19 pandemic have

been widespread across the mental health spectrum. In addition, research has linked social isolation and loneliness to poorer cognitive function and higher risk for dementia, including Alzheimer's disease. Diminished social activity and excessive time spent being alone may lead to a decline in the ability to do everyday tasks such as, but not limited to, driving, paying bills, taking medicine, and cooking.

If you do not have access to a computer and would like a copy of the fact sheet, please call the Aging and Disability Resource Line at 220-777-3000.

The CoA was established in 1974 and authorized by the Older American Act, P.L. 116-131. Their role is to advise County government, including the County Executive and the County Council, on the needs, interests, and issues of older adult residents and to advocate on their behalf at the local, state, and national levels. For more information and to download the fact sheet, visit the Commission on Aging's website under documents, reports, and other important information.

OPT



Hospice Chaplains and Spiritual Care Misconceptions and Facts

From an article by Laura Edwards, MDiv, retired chaplain for Montgomery Hospice and Prince Georges Hospice

Chaplains are an important part of the team of professionals who care for hospice patients. Some of those patients, however, are reluctant to speak with the chaplain due to their misconceptions or preconceived notions, or simply because they lack understanding of the purpose

of a hospice chaplain. So, what does a hospice chaplain do?

Misconception: Hospice chaplains only provide support to patients who are religious, and they only talk about religious or spiritual matters. **FACT:** Hospice chaplains provide compassionate, nonjudgmental support to people of all faiths and people of no faith, no matter what they believe or don't believe.

Chaplains

Continued on page 10 seek to



How to Share Caregiving Responsibilities with Family Members

Explore the resources available at the National Institute on Aging's website to find practical answers to frequently asked questions about supporting family caregivers.

- I'm new to caregiving. Where do I start?
- How do I help organize important paperwork and get affairs in order?
- How can I help my older parents from afar?
- How can I find caregiving resources in my area?
- How do I choose a long-term care facility?
- How can we pay for long-term care?
- Can I get paid to take care of a family member?
- How do I make an older person's home safer?
- How can I talk with an older person's doctor?
- I'm overwhelmed and exhausted. How can I get a break from caregiving?
- What do I do if I suspect an older person is being mistreated?

For helpful answers to these and related questions about providing support to family caregivers, visit: www.nia.nih.gov/health/how-share-caregiving-responsibilities-family-members

OPT



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Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of **unique challenges**.



Keep these tips in mind to help make life more manageable.

- 1 Learn as much as you can about your loved one's health, treatments and available caregiving resources.**

You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.



- 2 Organize important paperwork.**

Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



- 3 Make sure at least one caregiver has written permission to receive medical and financial information.**

To the extent possible, one person should handle conversations with all healthcare providers.



- 4 Plan your visits.**

Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



- 5 Stay connected.**

Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



- 6 Consider caregiver training.**

Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit www.nia.nih.gov/long-distance-caregiving to learn more.

Montgomery County Assisted Living Facilities

LEVEL TWO FACILITIES

Bartholomew House

6904 River Road
Bethesda, MD 20817
(301) 320-6151
Capacity: 35

Byron House

9210 Kentdale Drive
Potomac, MD 20854
(301) 469-9400
Capacity: 35

Grace House

3214 Norbeck Road
Silver Spring, MD 20906
(301) 924-4424
Capacity: 32

Landow House, Inc

1799 East Jefferson Street
Rockville, MD 20852
(301) 816-5056
Capacity: 98

Marian Assisted Living

19109 Georgia Avenue
Brookeville, MD 20833
(301) 570-3190
Capacity: 44

Raphael House

1517 Dunster Road
Rockville, MD 20854
(301) 217-9116
Capacity: 31

Rebecca House

9910 River Road
Potomac, MD 20854
(301) 656-8823
Capacity: 15

LEVEL THREE FACILITIES (Capacity > 20)

Alfredhouse Symphony

6020 Needwood Road
Derwood, MD 20855
(301) 260-2080
Capacity: 34

Arden Courts of Kensington

4301 Knowles Avenue
Kensington, MD 20895
(301) 493-7881
Capacity: 64

Arden Courts of Potomac

10718 Potomac Tennis Lane
Potomac, MD 20854
(301) 983-3620
Capacity: 52

Arden Courts of Silver Spring

2505 Musgrove Road
Silver Spring, MD 20904
(301) 847-3051
Capacity: 52

Asbury Methodist Village

333 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4003
Capacity: 164

Aspenwood

14400 Homecrest Rd
Silver Spring, MD 20906
(301) 598-6424
Capacity: 55

Bedford Court

3700 International Drive
Silver Spring, MD 20906
(301) 598-2900
Capacity: 76

Brandywine Living at Potomac

10800 Potomac Tennis Lane
Potomac, MD 20854
(301) 417-3000
Capacity: 138

Brighton Gardens at Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
(301) 656-1900
Capacity: 154

Brighton Gardens of Tuckerman Lane

5550 Tuckerman Lane
North Bethesda, MD 20852
(301) 897-8566
Capacity: 111

Brightview Bethesda Woodmont

4907 Rugby Avenue
Bethesda, MD 20814
(240) 800-7566
Capacity: 132

Brightview Falls Grove

9200 Darnestown Road
Rockville, MD 20850
(240) 314-7194
Capacity: 100

Brightview Grosvenor

5510 Grosvenor Lane
Bethesda, MD 20814
(301) 615-0119
Capacity: 104

Brightview West End

285 North Washington Street
Rockville, MD 20850
(301) 250-1628
Capacity: 98

Brookdale Olney

2611 Olney Sandy Spring Road
Olney, MD 20832
(301) 570-2611
Capacity: 94

Brookdale Potomac

11215 Seven Locks Road
Potomac, MD 20854
(301) 765-9198
Capacity: 139

Five Star Premier Residences of Chevy Chase

8100 Connecticut Avenue
Chevy Chase, MD 20815
(301) 907-9894
Capacity: 31

Friends Assisted Living

17350 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7511
Capacity: 24

Ingleside at King Farm

1615-b Piccard Drive
Rockville, MD 20850
(240) 499-9015
Capacity: 36

Jarher Senior Center

1335 Piccard Drive
Rockville, MD 20850
(301) 825-9920
Capacity: 38

Kensington Park Retirement Community

3616-3618 Littledale Road
Kensington, MD 20895
(301) 946-7700
Capacity: 160

Kingshire Manor Assisted Living

9701 Medical Center Drive
Rockville, MD 20850
(301) 315-1900
Capacity: 34

Continued on page S8

Memory Support WITH ADDED PEACE OF MIND



Choosing a Memory Support community with exceptional Alzheimer and dementia care comes with a lot of questions. At Ingleside, we're here to help with answers, and an individualized person-centered approach that treats every resident like family. From a variety of therapeutic and recreational programs to active environments that help those with cognitive change feel connected and cared for, Ingleside understands the individual needs of your loved one. Something you can always feel good about.

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Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

Althea Woodland Nursing Home 1000 Daleview Drive Silver Spring, MD 20901 (301) 434-2646 Capacity: 50	Bethesda Health and Rehabilitation 5721 Grosvenor Lane Bethesda, MD 20814 (301) 530-1600 Capacity: 195	Carriage Hill Bethesda 5215 Cedar Lane Bethesda, MD 20814 (301) 897-5500 Capacity: 108	Hebrew Home of Greater Washington 6121 Montrose Road Rockville, MD 20852 (301) 770-8310 Capacity: 556	Montgomery Village Health Care Center 19301 Watkins Mill Road Gaithersburg, MD 20879 (301) 527-2500 Capacity: 147
Arcola Health and Rehabilitation Center 901 Arcola Avenue Silver Spring, MD 20902 (301) 649-2400 Capacity: 151	Brighton Gardens of Tuckerman Lane 5550 Tuckerman Lane North Bethesda, MD 20852 (301) 897-8566 Capacity: 39	Collingswood Rehabilitation and Healthcare Center 299 Hurley Avenue Rockville, MD 20850 (301) 762-8900 Capacity: 160	Ingleside at King Farm 701 King Farm Boulevard Rockville, MD 20850 (240) 499-9015 Capacity: 45	Oak Manor Center For Rehabilitation and Healthcare 3415 Greencastle Road Burtonsville, MD 20866 (240) 970-5600 Capacity: 150
Autumn Lake Healthcare at Oakview 2700 Barker Street Silver Spring, MD 20910 (301) 565-0300 Capacity: 138	Brooke Grove Rehab. & Nsg Ctr 18131 Slade School Road Sandy Spring, MD 20860 (301) 924-5176 Capacity: 190	Fairland Center 2101 Fairland Road Silver Spring, MD 20904 (301) 384-6161 Capacity: 92	Kensington Healthcare Center 3000 McComas Avenue Kensington, MD 20895 (301) 933-0060 Capacity: 140	Peak Healthcare at Sligo Creek 7525 Carroll Avenue Takoma Park, MD 20912 (301) 270-4200 Capacity: 102
Bedford Court Healthcare Cent. 3701 International Drive Silver Spring, MD 20906 (301) 598-2900 Capacity: 60	Cadia Healthcare - Springbrook 12325 New Hampshire Avenue Silver Spring, MD 20904 (301) 622-4600 Capacity: 93	Fox Chase Rehabilitation and Nursing Center 2015 East-west Highway Silver Spring, MD 20910 (301) 587-2400 Capacity: 74	Layhill Nursing and Rehabilitation Center 3227 Bel Pre Road Silver Spring, MD 20906 (301) 871-2000 Capacity: 118	Potomac Valley Rehabilitation and Healthcare 1235 Potomac Valley Road Rockville, MD 20850 (301) 762-0700 Capacity: 175
Bel Pre Healthcare Center 2601 Bel Pre Road Silver Spring, MD 20906 (301) 598-6000 Capacity: 92	Cadia Healthcare - Wheaton 4011 Randolph Road Wheaton, MD 20902 (301) 933-2500 Capacity: 116	Friends Nursing Home 17340 Quaker Lane Sandy Spring, MD 20860 (301) 924-7531 Capacity: 82	Maplewood Park Place 9707 Old Georgetown Road Bethesda, MD 20814 (301) 530-0500 Capacity: 31	

Continued on page S11

Did you know

There are realtors that specialize in helping seniors figure out their next move?

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When Strokes Aren't Classic

By Vaughn Alex, Montgomery County Stroke Association

There's a time and a place for the classics. Classic art, classic music, even classic cars. However, what about stroke?

There are classic signs of stroke, most often represented by the F.A.S.T. acronym:

- F** Facial drooping.
- A** Arm weakness.
- S** Speech difficulties.
- T** Time to act.

Anyone experiencing sudden drooping of the face, difficulty or inability to lift their arm, or an onset of inability to speak clearly is in **immediate** need of medical help to either rule out or treat a stroke. Time is of the absolute essence, and the longer the wait between onset and medi-



cal intervention, the greater the chance of permanent damage or death.

As with most things, though, strokes may present themselves with other than the "classic" symptoms described above. Confusion, severe headache, inability to understand what people are saying, what you are reading, even not being able to see out of one or both of your eyes. Pain and "odd" feelings may also be signs of a stroke. The loss of feeling in an arm may or may not be accompanied by a strange tingling in that arm. Additionally, symptoms of a stroke may present as memory loss or emotional problems. People who have suffered a stroke may be unable to control their feelings or act out.

The signs can be very subtle, or hit you like the proverbial ton-of-bricks.

What's more, these symptoms may be persistent, or, very transitory and brief in nature. Also, they may fluctuate in intensity, then suddenly disappear.

The most important thing to remember is that *any* symptom, whether alone or in conjunction with others, is a signal for

Continued on page S6

Comfort & Consolation: Care of the Sick and Dying

A Pastoral Letter from the Bishops of Maryland

This 48-page booklet helps Catholics think through the often-difficult questions that arise in times of grave illness and impending death.

Developed in light of Catholic teachings and in accord with Maryland law on advance directives, *Comfort & Consolation* includes a practical four-page form, the Catholic Declaration on Health Care Decision Making, which Catholics can use to tell health care providers how they wish to direct their care. It covers spiritual support, nutrition and hydration, pain-relieving medication, terminal illness and pregnancy.

The basic principles of Catholic teaching are often misunderstood. Because the Church opposes both euthanasia and assisted suicide, it is often said that we believe that all possible measures should be used to keep individuals alive. This is decidedly not the case.

Individuals and caregivers have a responsibility to preserve human life through care and medical science. However, this respon-

sibility has moral limits. Extraordinary means that may not alleviate the underlying condition and may excessively burden the patient are not obligatory. Moral decisions about the extent of care should be made in terms of the benefit that may be offered and the burdens that may be imposed, assisted by the medical professional's judgments and a person's sense of what is appropriate.

In addition to the booklet, two new supplementary brochures have been developed:

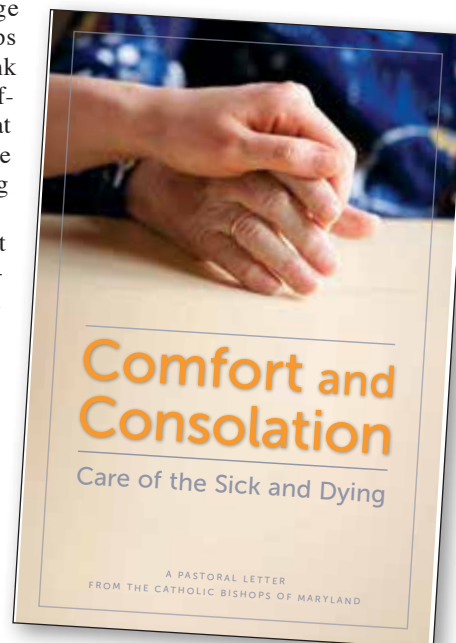
- Summary Q&A – outlines the main points of

Comfort and Consolation

- Legal Guide – provides practical advices for completing an advance directive that properly reflects Catholic principles and that also includes the Catholic Declaration on Health Care Decision Making.

To order one or more print copies of *Comfort & Consolation* in English or in Spanish, please call 410-269-1155 or 301-261-1979. The booklet is also available free online at: www.mdccatholic.org/endoflife.

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How to Spot a Stroke

STROKE TEST: SMILE



STROKE TEST: RAISE ARMS



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- Recreational Programs and Outings
- Dementia Care

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[@wintergrowth](https://www.instagram.com/wintergrowth)

www.wintergrowthinc.org

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Olney, MD 20832
(301) 774-7501

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Since 1952, the Archdiocese of Washington has produced a weekly televised Mass for those who are homebound. It is a wonderful ministry for those members of our Catholic family who are unable to be physically present with a local worshipping community for the Sunday Eucharistic celebration.

The Mass airs every Sunday at 10:30 a.m. on WDCW-50. Cable, Dish, or DirecTV subscribers: Ch. 50; Comcast: Ch. 23 in Washington, DC and Montgomery County,

Ch. 3 in Prince George's County and Southern Maryland; RCN: Ch. 15; Verizon: Ch. 3.

TV Mass recordings are closed to the public due to the COVID-19 pandemic. The TV Mass is recorded without the presence of a congregation and is closed to the public.

To receive *Celebrate!* – the free TV Mass newsletter – email communications@adv.org with your email address. Subscribers will receive notice when the TV Mass recordings are once again open to the public.

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Maryland Access Point (MAP)

Your Link to Health and Support Services

MAP is the gateway to long term services and supports in Maryland. MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports.

Long term services and supports include information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

MAP also offers Options Counseling, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Trained, professional Options Counselors use a person-centered approach and support individuals with matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning for current and/or future needs. Options Counseling is a statewide program delivered by staff at the 20 local Maryland Access Point (MAP)

sites. Residents of Montgomery County, call 240-777-3000.

A newly designed MAP website was introduced in June 2021. The new website features upgrades on the online, searchable resource directory to help the public and professionals identify and connect with public and private resources. Older adults, adults with disabilities, and caregivers have come to rely on use of the MAP website but will now find a new level of integration and resources.

As of January 2021, when someone calls 1-844-MAP-LINK (1-844-627-5465), a 211 Maryland information and referral specialist will listen to their needs, identify local resources, and direct the caller with long-term and complex needs to their local MAP office for options counseling. The support from 211 Maryland adds an increased value to callers who can receive both a referral to the local MAP office and information about other resources, such as meals, assisted living, caregiver assistance and more from 211's professionally trained resource specialists who already connect Marylanders to a variety of community services and supports.

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8505 Springvale Road
Silver Spring, MD 20910



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to Schedule Your Tour**



STROKES

Con't from page 5

immediate medical attention. Any symptom, whether severe or mild, is enough reason to seek immediate medical attention.

There are different types of stroke, due to clots cutting off blood to an artery (ischemic), or bleeding into the brain (hemorrhagic). How you will be treated depends on being diagnosed quickly enough to begin the appropriate treatment.

The time to treat, though, may be measured in only minutes. Once a stroke begins to present symptoms, no matter how mild, medical intervention is needed immediately to limit the damage. The period to admin-

ister clot busting drugs such as tPA (Tissue Plasminogen Activator) or to use physical methods such as stent retrievers to mechanically remove a clot is measured in mere hours. This time-frame is reduced by the need to recognize and diagnose the location of the clot.

One study showed that of 60% of those treated with both tPA and stent retrievers were able to live independently, as opposed to only 30% who were treated solely with tPA. In the United States, stroke is the number five cause of death. However, it is the number one cause of permanent disability.

In law, there is a phrase, "Time is of the essence." With a stroke, it can be said that time is life itself.

OPT

Downsizing Made Easy

By Laura Quigley and Jan Brito (Realtors)

Have you been thinking about downsizing or rightsizing but it seems overwhelming? Do the decisions of where, how, when and what possessions to take, cause your mind to go blank? Decision fatigue is when having to make too many decisions stops us in our tracks. Here are 5 steps to end decision fatigue and start you down the right path.

Step 1 Make a Plan - Ask yourself: why do you want to downsize?

Everyone has their own reasons. Looking for more social engagement and a maintenance free lifestyle are often at the top of the list. Consider your interests, financial situation, location of friends and family, and how you envision living life to the fullest. Start early and take time to learn about your options. Creating a plan that fits your current lifestyle and takes into consideration possible future care needs means first doing some research. Choosing a place that aligns with your goals may take some time, but it's worth the effort! Making your own decision versus having it made for you due to a change in circumstances can make all the difference in your future happiness.

Step 2 Communicate your plan

Communicate your plan to loved ones, friends and trusted advisors. This does not



necessarily mean asking for permission or opinions, however it can be beneficial, to keep them in the loop concerning future housing plans. Later if you need or want support, they will be in a better position to provide it.

Step 3 Surround yourself with the right resources

Find qualified professionals to support

your decision. You will likely need the services of a variety of people, who are both knowledgeable and skilled in downsizing moves. Getting to know them before you need them allows you an opportunity to make the best choice for your situation.

Step 4: Dealing with all the "Stuff"

What to do with a house full of possessions can be overwhelming. The uncertainty

of where to begin, reluctance to part with treasured items, or the physical work required can become stumbling blocks. Start small, just 15 minutes per day, one closet at a time. Think about what are the important things in your life and begin to get rid of things you no longer need. If you have been telling family members you are going to give them items someday, today is the day. The good news is there are trained professionals who can help with this step. By focusing your attention primarily on what you need and/or want, you can easily navigate the downsizing process and let the pro's handle the rest!

Step 5: Take Care of Yourself and Celebrate your new Lifestyle

Paying attention to how you feel is very important. Get plenty of rest, eat right and stay hydrated. Most importantly communicate your feelings with your family, friends and with the professionals around you. Moving is a top stresser at any age. Celebrating your new lifestyle may sound like an easy step, however, the impact of downsizing is often underestimated. Take care of yourself and give yourself some grace as you adjust to your new lifestyle.

Information courtesy of Nikki Buckelew PhD and the Seniors Real Estate Institute ©2011.

Best Senior Care provides personal care services for older adults in the comfort of their homes.

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- 24 hour care and dementia
- Daily living and companionship
- Meal planning, preparation and monitoring of eating habits
- Medication reminding
- Household chores
- Overseeing activities, such as walking, to minimize the risk of accidents
- Shopping for groceries with or without client
- Bathing, grooming and general personal hygiene
- Help with planning and making decisions
- Nursing services and many more!

Call us to learn how you may be qualified for services at no cost to you!

Call to Schedule an Appointment: 301.717.2212

Serving Montgomery County

RSA# R2041

www.BestSeniorCare.us

Montgomery County Assisted Living Facilities

Continued from page S3

Maplewood Park Place Health Care Center

9707 Old Georgetown Road
Bethesda, MD 20817
(301) 530-0500
Capacity: 29

Meadows

1635 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 64

Olney Assisted Living Llc

16940 Georgia Avenue
Olney, MD 20832
(301) 570-0525
Capacity: 64

Springvale Terrace, Inc

8505 Springvale Road
Silver Spring, MD 20910
(301) 587-0190
Capacity: 59

Sunrise at Fox Hill

8300 Burdette Road
Bethesda, MD 20817
(301) 469-8005
Capacity: 105

Sunrise at Montgomery Village

19310 Club House Road
Montgomery Village, MD 20886
(301) 921-0445
Capacity: 100

Sunrise of Bethesda

4925 Battery Lane
Bethesda, MD 20814
(301) 657-6880
Capacity: 178

Sunrise of Chevy Chase

2201 Colston Drive
Silver Spring, MD 20910
(301) 588-0484
Capacity: 196

Sunrise of Rockville

8 Baltimore Road
Rockville, MD 20850
(301) 309-0500
Capacity: 89

Sunrise of Silver Spring

11621 New Hampshire Avenue
Silver Spring, MD 20904
(301) 625-8655
Capacity: 84

The Landing of Silver Spring

13908 New Hampshire Avenue
Silver Spring, MD 20904
(301) 388-7700
Capacity: 144

The Seneca Rockville

55 West Gude Drive
Rockville, MD 20850
(240) 447-0451
Capacity: 156

Tribute at Black Hill

312 Baltusrol Drive
Darnestown, MD 20874
(410) 401-5262
Capacity: 154

Village at Rockville (the)

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 57

Woods

1612 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 48

Source: Maryland Department of Health and Mental Hygiene



The Continuum of Care

Selling the house and moving to a retirement community can create enough stress for the entire extended family. To have to then pick up and move to an assisted living facility when you need help with an ADL or two, and then move again to a nursing home when your clinical acuity level continues to increase is too much for many seniors to even contemplate. Enter the CCRC – Continuing Care Retirement Community. CCRCs offer the full range of senior housing options – independent living, assisted living, and skilled nursing – all on one campus or in

one building. Most CCRCs are at the upper end of the cost spectrum of retirement communities. Continuing Care Retirement Communities, also known as Life Care Communities, offer a secure, stimulating and protected environment for seniors, with access to medical and nursing services, should the need arise. There are a range of contract agreements, terms, entrance fees and monthly service fees which are set by the individual CCRC and regulated by the Maryland Department of Aging.

OPT

Montgomery County Continuing Care Retirement Communities (CCRCs)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Ms. Michelle Potter
Executive Director
(307) 330-3000

Ingleside at King Farm

707 King Farm Boulevard
Rockville, Maryland 20850
Ms. Michelle Kraus
Executive Director
(240) 499-9037

Bedford Court

3701 International Drive
Silver Spring, MD 20906
Ms. Adaeze Ikeotounye
Executive Director
(301) 598-2900

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20874
Ms. Barbara Harry
Executive Director
(307) 577-7400

Brooke Grove

78700 Slade School Road
Sandy Spring, MD 20860
Ms. Patty Anderson
Executive Director
(307) 924-2811

Riderwood Village

3150 Gracefield Road
Silver Spring, MD 20904
Mr. Gary Hibbs
Executive Director
(301) 572-8316

Friends House Retirement Community

77340 Quaker Lane
Sandy Spring, MD 20860
Mr. Philip Burkholder
Chief Executive Officer
(307) 924-5700

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
Mr. Kyle Hreben
Executive Director
(301) 424-9560

Source: Maryland Department of Aging

Hospices Serving Montgomery County

Caringmatters, Inc

518 South Frederick Avenue
Gaithersburg, MD 20877
(301) 869-4673

Montgomery Hospice Inc

1355 Piccard Drive, Suite 100
Rockville, MD 20850
(301) 921-4400

Holy Cross Home Care And Hospice

10720 Columbia Pike, 2nd Floor
Silver Spring, MD 20901
(301) 557-4663

ProMedica Hospice

formerly Heartland Hospice
12304 Baltimore Ave, Suite A
Beltsville, MD 20705
(240) 264-1692

Jewish Social Service Agency Hospice

6123 Montrose Road
Rockville, MD 20850
(301) 881-3700

“Falls are the leading cause of fatal and non-fatal injuries for older Americans.”
— National Council on Aging

Villages – Age-in-Place Supported Communities

What is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbors helping neighbors. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

Villages are membership-driven, grass-roots organizations run by volunteers and paid staff to coordinate villagers access to affordable services, including transportation, health and wellness programs, home repairs, social and educational activities and trips.

Villages provide critical neighbor-to-neighbor connections to combat social isolation, improve mobility and access to services, and provide knowledge and support necessary to empower seniors and others to be healthy and secure. The Village Coordinator provides guidance, support and resources to support the creation and sustainability of villages in communities across the County.

Montgomery County is committed to support local initiatives. Resources for active and developing villages are available at: www.montgomerycountymd.gov/HHS-Program/ADS/Villages/resources.html

OPT

ACTIVE VILLAGES IN MONTGOMERY COUNTY

Bannockburn NAN

bannockburncommunity.org/nan.php

Bradley Hills village

bhv.clubexpress.com
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village

bmavillage.org
BMAVillage@gmail.com

Burning Tree Village

burningtrevillage.org
Board@BurningTreeVillage.org

Cabin John Neighbor 2 Neighbor

cabinjohn.org/neighbor-2-neighbor/
301-799-4550 or 4CJN2N@gmail.com

Chevy Chase at Home

chevychaseathome.org
info@chevychaseathome.org

East County Senior Village

eastcountyvillageseniors.org
scsaunders33@outlook.com

Friendship Heights Neighbors

fhneighbors.org
information.fhnn@gmail.com

Greater Stonegate village

greaterstonegatevillage.org
240-918-7989

King Farm Neighbors Village

www.KFNV.org
301-799-8104

Little Falls Village

littlefallsvillage.org
info@littlefallsvillage.org

Manor Connections

manorconnections.org
info@manorconnections.org

Mill Creek Village

millcreekvillage.wordpress.com
mctvillage@gmail.com

North Bethesda Village

northbethesdavillage.org
northbethesdavillage@gmail.com

North Chevy Chase Connections

northchevychasecon.wixsite.com/nccc
NorthChevyChaseConnections@gmail.com

Olney Home for Life

olneyhomeforlife.org
info@olneyhomeforlife.org

Parkside village

parksidevillagemd.org
parksidevillagemd@gmail.com

Potomac Community Village

potomaccommunityvillage.org
info@PotomacCommunityVillage.org

Rockville Area Villages Exchange (village hub)

rockvillevillages.helpfulvillage.com
amherbster@gmail.com

Silver Spring Village

silverspringvillage.org
info@silverspringvillage.org

Somerset Helping Hand Helping-Hand

301-657-3211, kfnvinfo@gmail.com

Town of Garrett Park Senior Committee

garrettpark-md.gov/c/411
garrettpark2@comcast.net

Villages of Kensington

villagesofkensingtonmd.org
villagesofkensington@gmail.com

The Village at Kentlands and Lakelands

villagekentlandslakelands.org
franrandolph@gmail.com

Village of Takoma Park

villageoftakomapark.com
villageoftakomapark@gmail.com

Wyngate and Maplewood Neighbors Helping Neighbors

wnhn.org
wnhn.help@gmail.com

VILLAGES IN DEVELOPMENT

Rockville's Gardens West End Village

pevans@rockvillemd.gov

Rockville's Pump House Village

pumphousevillage@gmail.com

Rockville's Town Center Area Village

pevans@rockvillemd.gov

Twinbrook Village

twinbrookvillage@gmail.com

Source: Montgomery County Department of Health and Human Services

Let's Talk Assisted Living.



It's a conversation we've been having with seniors and their families for over 30 years. At Victory Housing, you'll discover our simple and straight-forward approach to assisted living. From all-inclusive rates to individualized care, our award-winning communities offer the ideal setting to call home. **Call or visit us today, let's talk.**



OUR ASSISTED LIVING COMMUNITIES

Bartholomew House

Bethesda • 301-320-6151

Byron House

Potomac • 301-469-9400

Grace House

Silver Spring • 301-924-4424

Malta House

Hyattsville • 301-699-8600

Marian Assisted Living

Olney/Brookeville • 301-570-3190

Raphael House

Rockville • 301-217-9116



www.VictoryHousing.org

A Non-Profit Organization





Adult Day Service – Helping the Middle Hold

Commentators now refer to the ‘the sandwich generation’ – adults caught between the conflicting demands of raising their children and caring for their aging parents.

Elder care has replaced childcare as the number one dependent care need in the United States. And the situation intensified dramatically when the members of the babyboom generation – 76 million Americans born between 1946 and 1965 – began to retire in droves in 2010. The boomers are living longer, and their children are having fewer children of their own.

What are the care options for a parent who is frail or impaired? As two-income families have become the norm, has the

three-generation family in one household gone the way of the horse and buggy? Home care and assisted living are getting a lot of attention these days. What else is there?

Adult day care developed in the 1970s to provide frail adults an opportunity for socialization and recreation therapy in a safe and supportive environment during the work week. It enables their primary caregivers to relax and go about their lives. Transportation is available to and from their homes for adult day participants.

There are now 20 licensed adult day centers in Montgomery County, up from 13 just a few years ago.

OPT

SPIRITUAL CARE

Con't from page 1

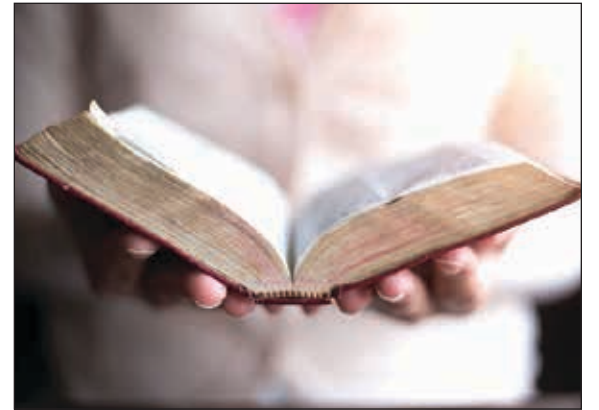
identify and connect to the strengths that are most meaningful to each patient and, incidentally, rarely talk about religion or theology. As people near death, their focus often turns to their life and those they love. The chaplain follows the patient's lead and lets the patient do the talking.

Misconception: A hospice chaplain's role is to take the place of the patient's priest, pastor, rabbi or imam. **FACT:** Hospice chaplains supplement but do not replace the support that the patient already receives from a religious leader. Specializing in end-of-life care, however, means that hospice chaplains bring an additional layer of comfort to this particular stage of life.

Misconception: A chaplain's main goal is to proselytize and convert patients to their own religious beliefs. **FACT:** Chaplains do not represent any religious belief system when they enter a patient's home; their goal is to support and respect whatever beliefs that patient has or doesn't have. Chaplains always advocate for a patient's beliefs to be respected.

Misconception: A visit from the chaplain means that death is imminent. **FACT:** Hospice chaplains are about relationship, companionship, getting to know patients and having the privilege of walking with them along their way. The chaplain and the rest of the hospice team are there to support a person in their living and in their dying, to be a familiar, caring face as death comes closer and not a stranger who only shows up at the time of death.

Misconception: A chaplain's purpose with patients is to read scripture and pray with them. **FACT:** For patients for whom prayer and scripture are meaningful, the chaplain is well-prepared and honored to be a support in this way, but a chaplain does so much more. Chaplains listen with acceptance and care. Chaplains listen with an ear to the spiritual and utilize a person's beliefs about day-to-day living and about death and dying. Chaplains provide a presence of acceptance and calm and meet patients where they are.



Chaplains provide validation of patients' accomplishments and affirmation of their being. Chaplains allow patients to struggle with difficult feelings and to express their greatest joys. Chaplains offer opportunities for nonjudgmental reflection; chaplains enable patients to see their own life story and to celebrate all of it.

Patients often express surprise as their misconceptions dissolve and they come to realize that chaplain visits can “gentle their journey” in so many unforeseen and positive ways.

OPT

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Look for new signs and other information coming soon!
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promedica hospice.org/beltsville

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*Images taken prior to mask requirements.



12304 Baltimore Avenue, Ste. A
Beltsville, MD 20705





Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, all across the state.

All seniors are urged to use the program as a resource during the COVID-19 global pandemic. Senior Call Check phone lines are open M-F 8 am-5 pm and Saturday 9 am-3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560).

How Does It Work?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer may result in a Welfare Check by local law enforcement.

Who Can Participate?

Any Maryland resident who is 65 years of

age or older who has a landline phone or cell phone (TTY is available). The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

How to Apply?

Three options available to apply:

1. Online at: <https://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx>
OR

2. Download, print, and mail in the Maryland Senior Call Check Paper Application.

Under RESOURCES, click on Paper Application at: <https://aging.maryland.gov/Pages/senior-call-check.aspx>
OR

3. Call toll-free (866)-502-0560 and ask to have a paper application mailed to your home.

When Do Calls Begin?

Daily calls will not begin until the applicant / participant receives a call to verify all of their information. Verification will include a successful test automated call to both the participant and alternate where applicable. After all information is validated, a Welcome Packet will be mailed to your home address. The welcome letter will include your start date

OPT

Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

Continued from page S4

Promedica Skilled Nsg & Rehab (wheaton)

11901 Georgia Avenue
Wheaton, MD 20902
(301) 942-2500
Capacity: 94

Promedica Skilled Nursing & Rehab (Chevy Chase)

8700 Jones Mill Road
Chevy Chase, MD 20815
(301) 657-8686
Capacity: 172

Promedica Skilled Nursing & Rehab (Potomac)

10714 Potomac Tennis Lane
Potomac, MD 20854
(301) 299-2453
Capacity: 158

Promedica Skilled Nursing & Rehab (bethesda)

6530 Democracy Boulevard
Bethesda, MD 20817
(301) 350-9000
Capacity: 110

Promedica Skilled Nursing & Rehab (silver Spring)

2501 Musgrove Road
Silver Spring, MD 20904
(301) 890-5552
Capacity: 148

Regency Care of Silver Spring, LLC

9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
Capacity: 92

Shady Grove Nursing and Rehabilitation Center

9701 Medical Center Drive
Rockville, MD 20850
(301) 315-1900
Capacity: 134

Sterling Care Rockville Nursing

303 Adclare Road
Rockville, MD 20850
(301) 279-9000
Capacity: 100

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 160

Wilson Health Care Center

301 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4004
Capacity: 285

Source: Maryland Department of Health and Mental Hygiene

Montgomery & Prince George's
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Social Workers • Chaplains • Massage Therapists • Music Therapists
Bereavement Counselors • Volunteers

301-921-4400

www.montgomeryhospice.org

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DEPARTMENT OF AGING

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Senior Call Check

Call 1-866-50-CHECK

or Register Online

aging.maryland.gov

**+ Live weekly calls!
& Daily Messages**

Landline or Cell Phone
TTY is available 



Assisted Living Primer

How are you doing with your ADLs? The term “activities of daily living,” or ADLs, became widely used by gerontologists starting in the 1980s to refer to the basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring (e.g. from a bed to a chair). Helping seniors with their ADLs is the purpose of assisted living.

When people are unable to perform these activities, in order to cope they need help, either from other human beings or mechanical devices or both. Although persons of all ages may have problems performing the ADLs, prevalence rates are much higher for the elderly than for the non-elderly. Measurement of the activities of daily living is critical because they have been found to be significant predictors of the use of paid home care, alternative living arrangements, nursing homes, physicians and hospital services.

In the late 1980s and early 1990s the assisted living industry – blending aspects of both the hospitality (hotel) and the healthcare industries – evolved to provide assistance with ADLs in private-pay, congregate-living settings. Sunrise Senior Living in McLean (Va.) was the industry pioneer and is one of the largest providers of assisted living in the United States with more than 400 communities in 37 states.



In addition to help with ADLs and assistance with medication, most assisted living communities provide three meals a day in restaurant settings, leisure activity programs, and limited transportation services.

It's important to know what assisted living is not. It is not skilled nursing, and it is not regulated by the Federal government. Residents of assisted living communities who

develop needs beyond help with ADLs and medications – who need the constant care and supervision of healthcare professionals – may have to be discharged to nursing homes.

Maryland has developed a three-tiered approach to licensing and regulating assisted living facilities. The major variable is the type and degree of assistance with medica-

tions that is authorized. Level I licensees (mostly smaller group-home facilities) may only provide “assistance with taking medication or coordinating access to necessary medication and treatment.” Level II licensees are permitted to “administer necessary medication and treatment, including monitoring the effects of the medication and treatment by staff.” Level III licensee responsibilities may include “monitoring or arranging for monitoring of the effects of complex medication and treatment regimens, ongoing therapeutic intervention or intensive supervision to manage chronic behaviors.”

In practice, this means that only Level III facilities are qualified to provide care for Alzheimer's sufferers.

Because assisted living communities frequently charge extra fees for their various services, comparing per diem rates can be misleading. Many facilities have cafeteria plans based on levels of service.

Each Assisted Living residence is required to complete a Uniform Disclosure Form describing its services and policies. Fee structures for assisted living vary, with some facilities charging a single fee based on the resident level of care while others provide an “a la carte” menu of services. It is important to understand what is included in the base monthly rate, what services require

an additional charge, and circumstances under which fees may increase. The Uniform Disclosure Form includes fee information and is required to be filed with the Office of Health Care Quality as part of an application for licensure. The Uniform Disclosure Form must be made available upon request or be part of the Assisted Living marketing materials.

The Maryland Health Care Commission maintains an excellent web-based Consumer Guide to Long Term Care (<http://mhcc.maryland.gov/consumerinfo/long-termcare/>), which includes helpful facility Search and Compare features and links to several consumer checklists.

Assisted living facilities in Montgomery County with three or fewer residents and those with 18 or more are inspected every year. Facilities with more than three but fewer than 18 are inspected at least once every three years. Inspections (called ‘surveys’ in the health care industry) are performed by Montgomery County's Public Health Services acting as agent for the state's Office of Health Care Quality (OHCQ). The most recent survey will be made available to a prospective resident by facility's administrator upon request.

OPT

Senior Planet Montgomery Offers Free Online Classes

Senior Planet Montgomery, a technology training program designed for County learners 50 and older, is offering free online classes that focus on how to thrive at home. Classes, which are offered live via video conference, enhance a wide variety of life skills.

In addition to classes in English, classes are taught in Spanish and in Mandarin. A variety of exercise classes also are also offered.

During the spring and summer program quarters, more than 3,000 participants joined 195 virtual programs hosted by Senior Planet Montgomery. This fall, classes covered how to use and host on Zoom, online basics, popular social media sites, lowering one's utility bill, financial security, and civic engagement.

The program is supported by the County's Department of Technology Services' ultra-Montgomery program in partnership with nonprofit OATS (Older Adults Technology Services). The County's Department of Recreation and Montgomery County Public Libraries also are partners in helping provide the classes at no charge to participants.

Sessions concentrate on user-friendly tools and resources and



are designed to enable older adults to learn to utilize technologies to improve their daily lives. Senior Planet Montgomery utilizes curricula created by OATS, which also provides training staff and works with numerous County departments to identify topics of interest for Montgomery residents. OATS sponsors similar Senior Planet programming in six states. The County's Department of Environmental Protection contributes to the program's course offerings by producing sessions on how to lower energy

costs.

Classes change on a weekly basis. A home internet connection and a device (such as a smartphone, tablet, or computer) are all that is required to participate.

For more information about Senior Planet Montgomery and to view its virtual program offerings, visit <https://seniorplanet.org/Montgomery>. The team can be contacted at 240-753-0676 or via email at mocoinfo@seniorplanet.org.

OPT

Top Five Social Security Fraud and Scam Prevention Tools

By Diana Varela, Public Affairs Specialist, Social Security Administration Washington, DC metropolitan area

Knowledge is power and having the right tools to fight fraud can make a huge difference. Knowledge can also help those you love and want to protect. We put together a list of the five most important resources about Social Security scams you should know about:

- Read and share our fact sheet Beware of Social Security Phone Scams to learn how to spot fake calls and emails at www.ssa.gov/fraud/assets/materials/EN-05-10535.pdf.
- Visit our Office of the Inspector General's Scam Awareness page at oig.ssa.gov/scam for information on phone scams – and how to report them.
- Read our blog post at blog.ssa.gov/protecting-your-social-security-number-from-identity-theft to learn how to protect your Social Security number from identity theft.
- Create your own per-



sonal my Social Security account at www.ssa.gov/myaccount to help you keep track of your records and identify any suspicious activity.

- Visit our Fraud Prevention and Reporting page at www.ssa.gov/fraud to understand how we combat fraud.

Please share these resources about scams with your friends and family – and help us spread the word on social media.

OPT

Montgomery County Adult Day Care Centers

AA Plus Adult Medical Day Care Center

20467 Seneca Meadows Parkway
Germantown, MD 20876
(240) 232-6666
Capacity: 123

AASTHA AMDC, LLC

12210 Plum Orchard Drive , Suite 214
Silver Spring, MD 20904
(240) 813-3446
Capacity: 122

Bella's Reserve

2120 Industrial Parkway
Silver Spring, MD 20904
(301) 244-5112
Capacity: 110

Ccacc Adult Day Healthcare Center

9366 Gaither Road
Gaithersburg, MD 20877
(301) 820-7200
Capacity: 300

Easter Seals Adult Day Services - Silver Spring

1420 Spring Street
Silver Spring, MD 20910
(301) 920-9700
Capacity: 91

Evergreen Adult Medical Day Care

9290 Gaither Road
Gaithersburg, MD 20877
(301) 527-1100
Capacity: 123

Holy Cross Hospital Medical Adult Day Center

9805 Dameron Drive
Silver Spring, MD 20902
(301) 754-7150
Capacity: 35

Jarher Senior Center

1335 Piccard Drive
Rockville, MD 20850
(301) 326-6523
Capacity: 130

Jasmine Medical Day Care Center

12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(240) 364-4471
Capacity: 140

Loving Care Adult Medical Day Care

17051 Oakmont Avenue
Gaithersburg, MD 20877
(240) 477-6199
Capacity: 124


Loving Heart Adult Day Care Center

400 B East Gude Drive
Rockville, MD 20850
(301) 309-0946
Capacity: 180

Montgomery Adult Day Care

9123 Gaither Road
Gaithersburg, MD 20877
(240) 423-9182
Capacity: 123

A Plus Care

50 West Gude Drive, Suite 48 & 52
Rockville, MD 20850
(240) 668-3418
Capacity: 160

Rainbow Gardens Adult Day Health Care Center

8 Metropolitan Court #4
Gaithersburg, MD 20877
(240) 683-9010
Capacity: 310

Rainbow of Montgomery County

8400 Helgerman Court
Gaithersburg, MD 20877
(301) 987-8889
Capacity: 218

Rainbow of Rockville

11215 Woodglen Drive
Rockville, MD 20852
(301) 770-7676
Capacity: 130

VAS Adult Day Care Center

12621 Old Columbia Pike
Silver Spring, MD 20904
(301) 646-5852
Capacity: 56

Washington-McLaughlin Adult Day Care Center (The)

6501 Poplar Avenue
Takoma Park, MD 20912
(301) 613-7793
Capacity: 60

Winter Growth - Montgomery Center

18110 Prince Phillip Drive
Olney, MD 20832
(301) 774-7501
Capacity: 61

Worldshine International LLC

20420 Century Blvd
Germantown, MD 20874
(240) 899-4898
Capacity: 170
Capacity: 285

Source: Maryland Department of Health and Mental Hygiene

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- Customized Care Plan
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CARE SERVICES

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homewellcares.com/md146/



Catholic Health Care Planning Video

Continual advances in medical technology bring many blessings but they may also pose complex ethical questions. Who will make decisions about your medical care if you get very sick or are nearing the end of your life?

A new one-hour on-demand webinar offered by the Maryland Catholic Conference will walk you through Catholic teaching, health care directives, and understanding options such as hospice or pal-

liative care from experts who include Rev. Michael DeAscanis, STL, attorney Shannon Hammond, and nurse practitioner Joan Panke.

Watch the video plus get a Catholic-friendly advanced directive (available in English and Spanish) for use in Maryland, resources on Catholic teaching, tips for talking with your family about your wishes, and more at mdcatholic.org/endoflife.

OPT

Maryland against Physician Assisted Suicide

Physicians, mental health professionals, lawyers, elder care organizations, disability rights advocates and hospice providers are invited to join the MAPAS Coalition today. The only way we can defeat physician-assisted suicide bills before the Maryland General Assembly is with your help.

Visit: <https://stopassistedsuicidemd.org/take-action/sign-up-to-help/>

MARYLAND

AGAINST PHYSICIAN ASSISTED SUICIDE



GOLDEN TOUCH
HEALTHCARE, LLC

Plan of Care Services
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9313 Kobe Way
Montgomery Village, MD 20886

Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



Water flavored with fruits or vegetables

Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.

Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



HOW MANY CALORIES DO YOU NEED EACH DAY?

WOMEN

Not physically active

1,600 cal.

Moderately active

1,800 cal.

Active lifestyle

2,000-2,200 cal.



MEN

Not physically active

2,000-2,200 cal.

Moderately active

2,200-2,400 cal.

Active lifestyle

2,400-2,800 cal.



Visit www.nia.nih.gov/health/healthy-eating and www.choosemyplate.gov to learn more.

NIH National Institute on Aging



**CATHOLIC
ADVOCACY
NETWORK**

Be the first to know about proposed legislation and get alerts on issues that matter to you.
JOIN: www.mdcatholic.org/joincan

Maryland

Three Things You Can Do Now!

Being Prepared in the Time of COVID-19

This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared – both for ourselves and the people we care about. Here are three important things each of us can do, right now, to be prepared.

#1 Pick your person to be your health care decision maker

Choose a healthcare decision maker (often known as a proxy, agent, or health-care power of attorney)—a person who will make medical decisions for you if you become too sick to make them for yourself.

- Have a talk with your healthcare decision maker to make sure they know what matters most to you. A simple guide to help you choose a health care decision maker is available at theconversationproject.org
- Make a plan to talk with your decision maker as soon as possible. Phone calls or video chats are good if you don't live with that person. Fill out an official form naming your healthcare decision maker. Give one copy of the filled-in form to your decision maker and one copy to your health care team.
- Get a free health care decision maker form from the Maryland Catholic Conference at www.mdcatholic.org/end-of-life or download a form for free from theconversationproject.org.



- In a time of social distancing, you may not be able to create an official legal document. That's okay! Writing it down is still better than nothing!

#2 Talk about what matters most to you

Talk with your important people and decision maker about what matters most.

- The Conversation Starter Kit available at theconversationproject.org can help you get ready to talk to others about what matters most.
- If you have already completed the Conversation Starter Kit or have an Advance Directive, review it with your

loved ones to see if you want to make any changes or updates. After you talk to your loved ones about what matters, talk to your health care team.

- Call your primary care provider or specialist to set up a telehealth visit to talk about this. Knowing what matters to you helps your care team provide the care most appropriate for you.

#3 Think about what you would want if you became seriously ill with COVID-19

People who are older or have chronic medical conditions are more likely to

become very sick if they get COVID-19. Some will recover with hospital care, but even with ventilator support many will die. Think about what you would want if you became very sick at this time. Fill out the forms available at www.mdcatholic.org/endoflife and theconversationproject.org.

The Conversation Project is an initiative of the Institute for Healthcare Improvement, a not-for-profit organization that is a leader in health and health care improvement worldwide.

OPT

Pets Can Help Alleviate Stress, Anxiety, and Depression

By Kendall Van Blarcom

As animal lovers know, there are many benefits to having a pet. While it is true that pets can help alleviate stress, they are also a responsibility. If you are considering getting a pet, talk to a personal support coach about what you are expecting and how to choose the right pet for you and your lifestyle.

Having a furry friend can provide companionship for individuals who are lonely and, depending on the animal, can provide opportunities to get outside and connect with others. The right animal companion can bring so much joy to life.

When you choose the right pet, you are bringing affection and companionship into your home. The love people share with their animals is clear when you listen to friends and family describe their pets as one of the family. Many find that pet ownership helps to buoy their moods.

Long-term mental health concerns can be managed, in part, with animal interactions. Pets provide emotional support and socialization. Plus, for individuals who live alone and do not have much companionship, animals bring routine and a feeling of security.

Be Sure You Choose the Right Pet

While the health benefits of pets are clear, it is important to mention



that the right animal needs to be chosen. For example, if a person does not have the time or energy to care for a dog, adopting a puppy is not advised. After all, dogs will need to be taken outside at least three times every day. Plus, they need to be fed and played with regularly.

It is important to note that even low maintenance animals such as fish can help to soothe our worries. Watching them swim can be a way out of our own thoughts.

Some find researching the best animal breed to match their lifestyles helpful. For instance, some older adults find the affectionate dog breed of Bichon Frise to be a good match. This breed does not shed and they are happy with a few short walks a day.

If you are interested in getting a pet, discuss your lifestyle and pet preferences with a staff member at a pet adoption center. They have experts on hand who will discuss

different pet personalities with you. Together, you can determine what be best for your situation. This will typically include discussions about your energy level, if the animal will be near children, and what expenses may be involved.

Knowing that pets can help alleviate stress, think about if a pet could improve your daily life. There are many resources to help you choose a pet. For some a cat is an ideal choice, a snuggly friend who does not need to be taken out and is happy to spend an afternoon on the couch with their human companion. Others want a dog who will accompany them on walks. Or even a fish tank may be on your mind.

Discuss your options with a counselor and a pet adoption specialist. Then, you can choose the perfect furry friend for you.

Source: SeniorNews.com

OPT

Workout to Go: Mini Exercise Guide

Build up your strength, flexibility, and balance with this free workout routine. These exercises are the best for older adults, at home or on the go.

Are you just starting to exercise? Getting back into a routine after a break? Wanting to keep up your physical activities away from home? The 13 exercises in this sample workout can help. In this booklet, you'll find easy-to-follow strength, balance, and flexibility exercises that you can do anytime, anywhere.

One of the great things about physical activity is that there are so many ways to be active. This workout is only one of them. The secret to success is to be creative, find activities you enjoy, and keep going. This sample workout is part of Go4Life®, an out-reach campaign from the National Institute on Aging at NIH to help you fit exercise and physical activity into your daily life.

Available free from NIA, to download the PDF or to order a print edition, visit: <https://order.nia.nih.gov/view-all-publications>.

For more exercises, motivational tips, and other free materials, visit: www.nia.nih.gov/go4life



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Montgomery County Caregiver Support Groups

For many the holiday season is filled with a mixed sense of anticipation, excitement, and anxiety. While we all hope for calm, peace, and joy, we know that the holidays carry challenging stressors for ourselves and our loved ones. For those less fortunate, this period can be especially stressful if they're not receiving the support that they need.

Even when individuals are surrounded by family members, they may still feel a sense of isolation, loneliness, and depression. Indeed, the holiday season may actually

exacerbate these feelings for individuals coping with health issues. However, it's not only individuals with wellness issues that suffer during the holidays. Older adults are particularly vulnerable to feelings of isolation and loneliness. For older adults that are widowed and/or do not receive much familial support, peer support groups can promote positive affect and lead to physical health benefits. In addition to peer support, interventions that are effective at reducing loneliness include cognitive re-framing (changing negative views of self

and others), traveling with a goal, adopting a pet, acts of altruism, and spirituality.

For many caregivers there may be additional strain during the holidays due to closures of normal healthcare providers plus limits on social engagement with family and friends. Maintaining supportive connections is vital for caregivers and, thankfully, a wide range of support groups is available.

Many local organizations offer provide practical virtual supports and leisure activities to help seniors and their caregivers con-



tinue to thrive. Some offer telephone and virtual caregiver support. Including: Holy Cross Caregiver Resource Center, The Alzheimer's Association (with its 24/7 free HelpLine 1-800-272-3900), NAMI, Oasis, and the County's Aging and

Disability Services (240-777-3000).

To learn more about Caregiver Supports in Montgomery County and for a listing of local support groups, visit: <https://moco-caregiver.blogspot.com/search/label/groups>

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USDA
United States Department of Agriculture

MyPlate Holiday makeover

visit choosemyplate.gov for healthier options during the holidays

<p>tweak the sweets</p> <p>fruits make delicious desserts</p> <p>VS</p> <p>cake</p>	<p>cheers to good health</p> <p>drink water to manage calories</p> <p>VS</p> <p>SODA</p>
<p>bake healthier</p> <p>use recipes with pureed fruits instead of butter or oil</p> <p>VS</p> <p>BUTTER</p>	<p>spice it up</p> <p>use spices and herbs instead of sugar and salt</p> <p>VS</p> <p>SUGAR</p>
<p>brighten your meal</p> <p>fill half your plate with fruits and vegetables</p> <p>VS</p> <p>meat and potatoes</p>	<p>skim the fat</p> <p>try skim evaporated milk instead of heavy cream</p> <p>VS</p> <p>HEAVY CREAM</p>
<p>swap the grains</p> <p>choose whole wheat flour instead of white flour</p> <p>VS</p> <p>white flour</p>	<p>go easy on the gravy</p> <p>a little bit of gravy goes a long way</p> <p>VS</p> <p>heavy gravy</p>

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Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1 Find a good balance and exercise program**

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
- 2 Talk to your health care provider**

Ask for an assessment of your risk of falling. Share your history of recent falls.
- 3 Regularly review your medications with your doctor or pharmacist**

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 4 Get your vision and hearing checked annually and update your eyeglasses**

Your eyes and ears are key to keeping you on your feet.
- 5 Keep your home safe**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 6 Talk to your family members**

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

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