Senior Services Guide

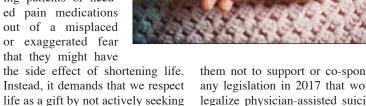
# 2017 Senior Services Guide

### MARYLAND

### AGAINST PHYSICIAN ASSISTED SUICIDE

## **Protecting the Frail** and Vulnerable

life does not demand that we attempt to prolong life by using medical treatments that are ineffective or unduly burdensome. Nor does it mean we should deprive suffering patients of needed pain medications out of a misplaced or exaggerated fear that they might have



an artificial means to end it. The Church specifically opposes Physician-Assisted Suicide because it seeks to legalize the intentional taking of human life; this deliberate activity violates the most basic tenet of our belief in the sacredness of life, and simultaneously poses many dangers to vulnerable populations. A truly caring community devotes more attention and support to members facing the most vulnerable times in their lives; when the sick, elderly, and vulnerable are tempted to see their lives as less valuable, they most need the love and assistance of others to assure them of their worth.

Catholic Maryland The Conference works to oppose policies that promote or encourage euthanasia and assisted suicide, and supports efforts to provide compassionate, ethical care to the elderly and ill; to support these goals, the Maryland Catholic Conference has partnered with other concerned organizations under the Maryland Against Physician Assisted Suicide Coalition.

### **Take Action!**

Join the coalition at stopassistedsuicidemd.org, where you can also "LIKE" them on Facebook and follow them on Twitter.

Right now, supporters of physician-assisted suicide are asking Delegates and Senators to consider co-sponsoring legislation in 2017 to legalize the practice.

Contact your Senator and Delegate directly today and ask



them not to support or co-sponsor any legislation in 2017 that would legalize physician-assisted suicide, or what its supporters call "death with dignity."

To Take Action on this issue through informational emails to your legislators, visit: http://stop assistedsuicidemd.org/take-action/ contact-your-legislator/



Victory Crossing will be an affordable, 105-unit midrise apartment building for mixed-income seniors developed.

### **Affordable Independent Senior Living Community Coming to Silver Spring**

Construction to Begin before Christmas

from Montgomery County near the intersection of New Hampshire Avenue and Colesville independent senior living com-

Road, adjacent to a new police station, will be the location of Victory Crossing, the next

munity to be built by Victory Housing, the development arm for affordable housing of the

Continued on page 11



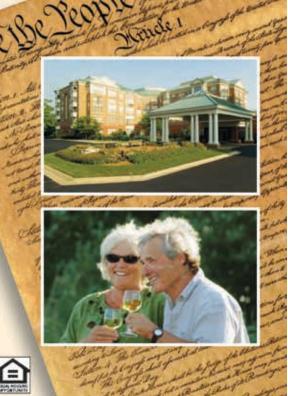
You will notice the difference at Maplewood Park Place because it is managed distinctly different than other communities. Maplewood is self-governed, run for residents, by the residents. Working hand in hand with a premiere management firm, the board is able to focus on the community's success from the only perspective that matters ... the residents.

### Own Your Home and Make It Your Own

Unlike most communities, Maplewood residents own their own homes. In addition, there are several tax and financial benefits that you won't find anywhere else. With a wide selection of residences, which you can customize to suit your style, you'll find it easy to bring your treasured belongings with you - including your beloved pets!

Best of all Maplewood Park Place allows you to declare your independence by giving you the freedom to enjoy life and let our professional and caring staff take care of the details. Enjoy Maplewood's full calendar of lively events and social activities, as well as fine dining, indoor swimming & fitness center, workshop, on-site medical clinic - just to name a few of our services. Plus, on-site assisted living and skilled nursing - if and when you need it.

Schedule your appointment to discover the difference 301-530-0500.



Our team

Physicians
Nurse Practitioners
Nurses
Nursing Assistants
Social Workers
Chaplains
Massage Therapists
Music Therapists
Bereavement Counselors
and Volunteers

A nonprofit hospice providing professional medical end-of-life care, as well as grief support and education.

www.montgomeryhospice.org

Call us. Any time. Any day. 301-921-4400





Personal, in-home training for seniors with expertise in exercise for conditions including:



- Narkinson's Disease
- Stroke
- **Multiple Sclerosis**
- **Dementia**
- **♦** Joint Replacement
- **♦** Heart Disease
- **And more!**

Exercise doesn't need to be painful to make progress!
We want to make exercising fun, while keeping your safety as our number one concern. Our trainers are available as needed, and come to you throughout greater Montgomery County!
Call or email today to schedule an appointment!

(301)-385-3192 info@renewmefitness.com

# DRIVE YOUR MISSION

Volunteer today to help seniors in your parish go places.

Senior Rides is the oldest and largest provider of free, escorted, senior transportation in Montgomery County. Giving just two rides a month can make a world of difference in your Parish's community and the life and independence of a senior.







# **Montgomery County Assisted Living Facilities**

### **LEVEL TWO FACILITIES**

### **Bartholomew House**

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

### **Byron House**

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

### **Grace House**

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

### **Landow House, Inc**

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

### **Marian Assisted Living, Inc**

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

### **Raphael House**

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

### Rebecca House, LLC

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

### **LEVEL THREE FACILITIES**

(Capacity > 20)

### **Arden Courts of Kensington**

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

### **Arden Courts of Potomac**

Contact: Joshua Weiberg 10718 Potomac Tennis Lane Potomac, MD 20854 (301) 983-3620 Capacity: 84

### **Arden Courts of** Silver Spring

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

### **Asbury Methodist Village**

Contact: Gretchen Hmoshier 333 Russell Avenue Gaithersburg, MD 20877 (301) 216-4124 Capacity: 164

### **Aspenwood**

Contact: Helen Ray, NHA 14400 Homecrest Road Silver Spring, MD 20906 (301) 598-6424 Capacity: 55

### **Bedford Court**

Contact: Donna Ryan-Rupprecht 3700 International Drive Silver Spring, MD 20906 (301) 598-8801 Capacity: 76

### **Brighton Gardens at Friendship Heights**

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

### **Brighton Gardens of Tuckerman Lane**

Contact: Kadine Mitchell 5550 Tuckerman Lane Rockville, MD 20852 (301) 897-8566 Capacity: 111

### **Brightview Fallsgrove**

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

### **Brookdale Olney**

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

### **Brookdale Potomac**

Contact: Richard O'Brien 11215 Seven Locks Road Potomac, MD 20854 (301) 765-9198 Capacity: 139

### **Five Star Premier Residences of Chevy Chase**

Contact: Ruth M. Dukuly 8100 Connecticut Avenue Chevy Chase, MD 20815 (301) 907-9894 Capacity: 31 SEE AD PAGE S3

### **Friends Assisted Living**

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

### **Ingleside at King Farm**

Contact: Adaeze Ikeotuonye, 701 King Farm Road Rockville, MD 20850 (240) 499-9015 Capacity: 46 SEE AD PAGE S7

### **Kensington Park Retirement Community**

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

### **Kingshire Manor Assisted** Living

Contact: Ewa Jankowski 9701 Medical Center Drive Rockville, MD 20850 (301) 315-1960 Capacity: 34

### **Maplewood Park Place Health Care Center**

Contact: Rachel Langton 9707 Old Georgetown Road Bethesda, MD 20817 (301) 530-0500 Capacity: 29 SEE AD PAGE S1

Continued on page S11

### SENIOR COMMUNITY STAR LIVING



Tith a room this beautiful, it's no wonder our residents love to get together. Of course, socializing is just part of the joy of living at Five Star Premier Residences of Chevy Chase. Dining is spectacular, the entertainment inspiring, and living healthfully couldn't be easier thanks to our Lifestyle 360 wellness program. Add the affordability of our luxury rental apartments, and it's irresistible. So call today for a private tour. You'll be in good company.

than you imagined.







### The Five Star Difference

- Lushly landscaped park-like setting
- Swim year-round in the indoor pool
- 24-hour concierge service
- In-home washers and dryers
- Secure parking underground



Formerly known as Classic Residence by Hyatt

www.fivestarpremier-chevychase.com 8100 Connecticut Avenue Chevy Chase, MD 20815 

# Adult Day Service - Helping the Middle Hold

ommentators 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 child care as the number one dependent care need in the United States. And the situation intensified dramatically when the members of the baby-boom 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.

(Adult Day Centers are nonsectarian. Centers have wide service areas. Hours of operation vary.)

### **A Plus Care**

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

### **Albert and Helen Misler Adult Day Center**

Contact: Mr. James Brigl 1801 East Jefferson Street Rockville, MD 20852 (301) 468-1740 Capacity: 55

### **Bella's Reserve**

Contact: Dr. John Kim 2120 Industrial Parkway Silver Spring, MD 20904 (301) 244-5112 Capacity: 110

### **CCACC Adult Day Healthcare Center**

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



**Montgomery County Adult Day Centers** 

### **Easter Seals Adult Day Services - Silver Spring**

Contact: Elizabeth Klosek 1420 Spring Street Silver Spring, MD 20910 (301) 920-9700 Capacity: 80

### **Eldercare of Damascus, Inc**

Contact: Insun Choi 26137 Ridge Road Damascus, MD 20872 (301) 253-2764 Capacity: 50

### **Evergreen Adult Medical Day Care**

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

### **The Support Center** (Catholic Charities)

Contact: Paulette Craddock 1010 Grandin Avenue Rockville, MD 20851 (301) 738-2250 Capacity: 110

### **Holy Cross Hospital Medical Adult Day Center**

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

### **Jasmine Medical Day Care Center**

Contact: Peter C. Chow 12910 Cloverleaf Center Drive, Suite100 Germantown, MD 20874 (240) 364-4471 Capacity: 140

### Contact: Leila Abedi, CRNP

**Loving Care Adult Medical** 

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

**Day Care** 

### **Loving Heart Adult Day Care Center**

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

### **Montgomery Adult Day Care**

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

### **Rainbow Fellowship Adult Day Care Center, LLC**

Contact: 18901 Waring Station Road Germantown, MD 20874 (301) 980-7177 Capacity:

### **Rainbow Gardens Adult Day Health Care Center, LLC**

Contact: Lisa Hawkins 8 Metropolitan Court #4 Gaithersburg, MD 20877 (240) 683-9010 Capacity: 344

### **Rainbow of Montgomery** County

Contact: Valerya Balannik, R.N. 8400 Helgerman Court Gaithersburg, MD 20877 (301) 987-8889 Capacity: 215

### **Rainbow of Rockville**

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

### **Washington-Mclaughlin Adult** Day Care Center (The)

Contact: Dr. Pauline Washington 6501 Poplar Avenue Takoma Park, MD 20912 (301) 613-7793 Capacity: 60

### Winter Growth -**Montgomery Center**

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

### **Worldshine International LLC**

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

Source: Maryland Department of Health and Mental Hygiene



Family owned and operated by

Cathy & Steve Lorberbaum.

# Assisting Hands<sup>®</sup>

### Home Care-Potomac

We respond to our clients' needs with thoughtful and individual, concierge style care.

### **SERVICES INCLUDE:**

- Certified Nursing Assistants
- Companion & Personal Care
- Light Housekeeping
- Post-Surgical Care
- **Errands**
- Escort to Drs. Appointments
- Dementia Care & More

### Call us today for a free in-home consultation using code KMMCA17

@ 301-363-2580

For more info: go to www.assistinghands.com/potomac or email kmcguinness@assistinghands.com

Your Home, Our Care



Skilled Nursing • Physical Therapy Occupational Therapy • Speech Therapy Medical Social Services Home Health Aides • Home IV Therapy Home Hospice • Chaplain • Bereavement Volunteers • In-Patient Hospice Maternal Child Health • Pediatrics

### **HOLY CROSS HOME CARE/HOSPICE**

11800 Tech Road • Suite 240 Silver Spring, MD 20904

Providing Community Based Home Care & Hospice Since 1967

301-754-7740

Serving Montgomery, Prince Georges and Howard Counties Medicare Certified and CHAP Accredited

# Comfort & Consolation: Care of the Sick and Dying

A Pastoral Letter from the Bishops of Maryland

his 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 Health Care Decision Making, Catholics can use to tell health care providers how they wish to direct their care. It covers spiritual sup-

pregnancy.

port, nutrition and hydration, painrelieving medication, terminal illness and

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-

ibility has moral li

its. 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, please call 410-269-1155 or 301-261-1979. The booklet is also available free online at: www.mdcathcon. org/endoflife.

# A Compassionate Advocate for Seniors

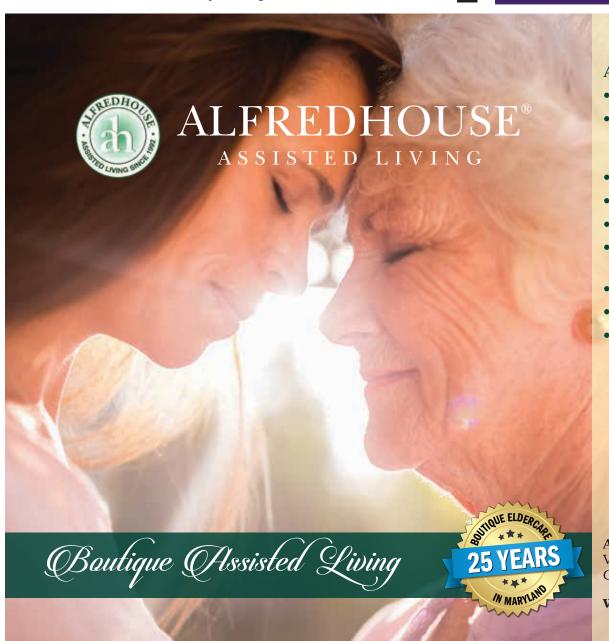
- Former DC Fire Department Battalion Chief Mitch Molenof
- Transportation/escort to appointments
- Application assistance, including Medicaid
- Coordination of services—legal, financial, medical
- Bill payments, medication tracking
- Property/paperwork organization and disposal
- Arrange grocery and meal deliveries
- Assistance with pets, vet visits
- Day-to-day check-ins

Your Other Son, LLC

Call Mitch 240-324-1913

www.YourOtherSonLLC.com

Call me Today for Your FREE Fire Survey!



### AT ALFREDHOUSE, WE OFFER:

- 1:4 Staff to Resident Ratio
- Visiting Geriatric Physician, Audiologist, Psychiatrist, Psychologist, Dentist, Podiatrist and specialists
- RN, CNA, Med Tech on Staff
- Personalized care and medication management
- Meaningful engagements, activities and outings
- Compassionate care around the clock to promote well being of seniors
- 9 comfortably furnished homes.
- 6-16 residents per home
- One fee covers all services and amenities

Opening Early 2017 — AlfredHouse Symphony

CALL TO SCHEDULE A TOUR AT 240-401-1753

**ALFREDHOUSE** 

Veena J. Alfred, Ph.D. Chief Executive Officer and Founder

www.AlfredHouse.com

# **Federal Services for Seniors**

The Federal web sites listed below offer valuable information on issues relevant to

### **U.S. Administration on Aging**



Administration on Aging contains a wide array of information on older persons and services for the elderly.

Several resource rooms focusing on such topics as Alzheimer's Disease and caregiving are available.

Website: www.aoa.gov

### **ADEAR Center**



ADEAR Center is a current, comprehensive, unbiased source of information about Alzheimer's Disease. The ADEAR Center is operated as

a service of the National Institute on Aging. Website: www.nia.nih.gov/alzheimers

### **Eldercare Locator**



The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects

older Americans and their caregivers with information on senior services available in their communities.

Website: http://eldercare.gov

### **FDA for Older People**



FDA has numerous articles, brochures and other publications with information for older people on a wide range of health issues, including arthritis, cancer, health fraud, and nutrition.

Website: www.fda.gov/oc/seniors

### Go4Life



Go4Life, an exercise and physical activity campaign from National Institute

Aging at NIH, is designed to help adults 50+ fit exercise and physical activity into your daily life.

Website: http://go4life.nia.nih.gov/

### **National Center for Elder Abuse**



Site provides resources on elder abuse prevention, including information on reporting a suspected case of elder abuse.

Website: www.ncea.aoa.gov

### NIH Senior Health

### **NIHSeniorHealth**

National Institutes of Health Senior provides aging-related health information easily assessable for adults 60 and over.

Website: www.NIHSeniorHealth.gov

### **Nursing Home Compare**



The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.

Website: www.medicare.gov/NHCompare/

### **Prescription Drug Programs**



This section of the Medicare.gov website provides information on public and private

programs that offer discounted or free medication, programs that provide assistance with other health care costs, and Medicare health plans that include prescription coverage.

Website: www.medicare.gov/navigation/ medicare-basics/medical-and-drug-costs.

### **The Senior Corp**



Senior Corps is a network of programs that tap the experience, skills, and talents of older citizens to meet community challenges through its three

programs - Foster Grandparents, Senior Companions, and the Retired and Senior Volunteer Program.

Website: www.seniorcorps.org

### **Supplemental Nutrition Assistance Program (SNAP)**



provides information the Supplemental Nutrition Assistance Program, including

eligibility and application information. Website: www.fns.usda.gov/snap/

### Seniors Today: Resources For Vital Living

Austin Heyman leads this monthly cable show's effort to share news and information of interest to senior residents of Montgomery County.

Seniors Today can be seen weekly on channel 6 for Comcast and RCN viewers and on channel 30 for Verizon subscribers at the following times:

Monday 10:00am Tuesday 1:00am, 12:30pm, 6:00pm Thursday2:30am, 6:00pm

Friday 10:30am Saturday 2:00am

A video archive of past shows is available for viewing at:

http://montgomerycountymd. gov/CCM/seniorstoday.html



**Austin Heyman** 

# Live Long and HEALTHY, LLC

Our team of dependable, caring and friendly caregivers assist clients of all ages with nonmedical home care needs.

### Independent Livingour services . . . .

- Companionship
- Laundry
- Running errands
- Home maintenance
- Housekeeping services
- Meal preparation and monitoring
- Recreational activities
- Respite Care
- Alzheimer's care
- Hospice care
- Facility care



assurance program All staff screened,

Caregiver quality

bonded and insured

Medication Administration Training

Professional and reliable live-in services

# LOOK INTO

**HEARTS** 

### and Healthy ALF Compassion and Care are the foundations by which Live Long and Healthy ALF stands for. We serve as the second home for many of our residents. With

us, their family members feel more at ease with the knowledge that their loved ones are in the care of

### Assisted Riving Programs/Activities

At Live Long and Healthy ALF, we facilitate a comprehensive activities program throughout the whole year. Residents will enjoy:

- National Holiday Celebrations
- Hand Sewing Projects
- Relaxing Massages
- Pet Therapy
- Arts and Crafts Activities
- Poetry Reading

- Film Showing
- Knit and Crochet Activities
- Light Exercises
- Outdoor Activities and Trips
- Sensory Stimulation Therapy
- **Indoor Card Games**

A beautiful life in a beautiful home! We invite you to share our home with us.

HOME HEATH CARE www.livelongandhealthyllc.com (301) 540-6400

ASSISTED LIVING www.livelongandhealthyalf.com (301) 540-6400

Senior Services Guide Our Parish Times December 2016 S7



### QUINTESSENTIAL

### THE ULTIMATE IN RETIREMENT LIVING

Live the ultimate retirement lifestyle in the perfect location. Whether you want to relax or keep busy, we offer choices that will exceed your expectations. Ingleside at King Farm offers gracious apartment living, superior services and amenities, with the added security and peace of mind that comes with having a full continuum of health services onsite, should they ever be needed.

Reservations are now being accepted for the upcoming addition, Gardenside! Don't miss your opportunity to take advantage of priority choice locations!

For more information call 240-499-9019.



ENGAGED LIVING

An Ingleside Community



701 King Farm Blvd. • Rockville, MD www.inglesidekingfarm.org



Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.

Ingleside at King Farm is expanding with the proposed building of 125 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living subject to approval by the Maryland Department of Aging.



S8 December 2016 Our Parish Times



To

# **NEW YORK CITY**



### Pick-up & drop-off locations:

- Bethesda, MD Downtown
- Arlington, VA Rosslyn
- Lorton, VA Lorton VRE Station
- New York City Penn Station



Reserve Online:

### www.VamooseBus.com

or call: (301) 718-0036

\*While supplies last.

Operated by: DC Trails Inc., Lorton VA, MC #402959

# Bringing Smiles to Seniors with MOBILE DENTAL CARE

**SENIOR** *smile* serves senior living communities and homebound individuals with onsite dental care. Families and caregivers of senior citizens appreciate the convenience and personalized service Dr. Chaudhary offers through **SENIOR** *smile*.

# SENIOR smile Provides On-Site Services in the home or facility

### Mobile Services



- Digital X-rays
- Fillings (tooth-colored)
- Extractions (simple & surgical w/sutures)
- Consultations, Examinations & Cleanings
- Complete & Partial Dentures
- Denture Repair & Relines
- Oral Hygiene Education and In-Service Training for Families
- Lots of PATIENCE, LOVE & CARE

### Namita T. Chaudhary, DDS, P.C.

11300 Rockville Pike, Suite 1013 Rockville, MD 20852 **Phone:** 301-231-9100

Fax: 301-231-0866
Email: reception@srsmile.com

Website: ntcdental.com or srsmile.com



# **Assisted Living Primer**

ow 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.

**Senior Services Guide** 

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 health-care 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 medications 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/longtermcare/), 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.



### **The Continuum of Care**

elling 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.



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, 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.

WE ARE THE RIGHT PEOPLE, DOING THE RIGHT THINGS, THE RIGHT WAY, FOR THE RIGHT REASON.

# **RightPeople**













The Right Care, Right at Home® 301.255.0066 www.rightathomemd.net



Companionship/Homemaking | Personal Care | Skilled Nursing

second home? I Can Help!

### **Montgomery County Continuing Care Retirement Communities**

(source: Maryland Department of Aging)

### Asbury Methodist Village

201 Russell Avenue Gaithersburg, MD 20877 Ms. Melissa Hadley Interim Executive Director (301) 330-3000

### **Bedford Court**

3701 International Drive Silver Spring, MD 20906 Mr. Todd Margulies General Manager (301) 598-2900

### **Brooke Grove Retirement Village**

18100 Slade School Road Sandy Spring, MD 20860 Mr. Dennis Hunter **Executive Director** (301) 924-2811 SEE AD PAGE S7

### **Friends House Retirement Community**

17340 Ouaker Lane Sandy Spring, MD 20860 Mr. Kevin Harrington **Executive Director** (301) 924-5100

### **National Lutheran Home** & Village at Rockville

9701 Veirs Drive Rockville, MD 20850 Mr. Jason Gottschalk **Executive Director** (301) 424-9560

### **Ingleside at King Farm**

701 King Farm Boulevard Rockville, Maryland 20850 Ms. Christine L. Podles **Executive Director** (240) 499-9031 SEE AD PAGE S7

### **Maplewood Park Place**

9707 Old Georgetown Road Bethesda, MD 20814 Mr. Scott McAlister General Manager (301) 571-7400

### **Riderwood Village**

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

Downsizing or buying your



Lynn A. Stewart is a premiere Seniors Real Estate Specialist, helping "right-size" family homes and relocating seniors, while working patiently with sellers of long-time residences. Call Lynn for your free copy of *Don't Throw* My Memories in the Trash, a help to seniors & their families.

- Ms. Stewart is involved in many civic and charitable organizations, including Catholic Charities, and feels that giving back to the community, both in time and money, is important.
- She also welcomes your questions and will be happy to offer you a free market analysis on your present property without obligation
  - ♦ Top Producer ♦ E-Pro
  - ♦ Short Sale & Foreclosure Certified (SFR)
    - ♦ Certified Negotiation Expert
      - ♦ Licensed: MD and DC

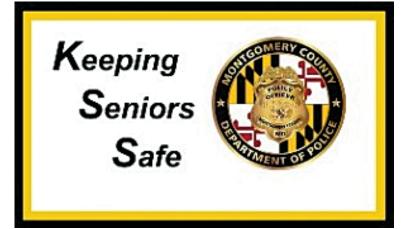
301.580.4552 (c) 301.229.4000 (w) lynn@lynnstewartsells.com www.lynnstewartsells.com W.C. & A.N. Miller, A Long & Foster Co.



It pays to advertise in **Our Parish Times** 

eeping Seniors Safe (KSS) is a program that has been developed in conjunction with the Volunteer Resources Section of the Montgomery County Police Department. The KSS program was established to increase awareness of safety issues within the senior community and to provide guidance and resources to seniors in regard to these issues.

Morton A. Davis is the program coordinator for KSS. He is a member of the Montgomery County Commission on Aging and a resident of Leisure World of Maryland. Davis is actively involved in senior safety issues and is available (along with other KSS volunteers) to attend your senior event or community meeting. He and other vol-



unteers can speak on the following safety topics:

- Safe shopping habits and parking
- · Home safety and personal preparedness for an emergency
- Fraud and scams
- · Identity theft identification and prevention

Who to call for emergency and non-emergency needs

A KSS team briefing generally lasts one hour, which includes time for audience questions and comments. The KSS team will also provide your group with additional senior safety resources and hand-

To learn more about the KSS program or to have KSS speakers at your meeting on any of the above topics, please contact the MCPD Volunteer Resources Section at 240-773-5625. You may also email us at Police.KSS@montgomerycountymd.gov for more informa-

### **Montgomery County Hospices**

### **Holy Cross Home Care** and Hospice

Contact: Linda Maurano 11800 Tech Road, Suite

Silver Spring, MD 20904 (301) 754-7740 SEE AD PAGE S4

### **Hospice Caring Inc**

Contact: Allison K. Stearns 518 South Frederick Avenue Gaithersburg, MD 20877 (301) 869-4673 Capacity:

### **Jewish Community Hospice**

OPT

Contact: Tal Widdes 6123 Montrose Rd Rockville, MD 20852 (301) 881-3700 Capacity:

### **Montgomery Hospice Inc**

Contact: Ann Mitchell 1355 Piccard Drive, Suite Rockville, MD 20850 (301) 921-4400 SEE AD PAGE S2

# Surprises Are For Birthdays



At Victory Housing, you're guaranteed our straight-forward and all-inclusive assisted living rates. No surprises tomorrow or in the months ahead. This includes no extra charge for medication management and additional personal care.

You'll also discover enhanced staffing, spacious suites, and individualized care in a heart-warming setting. It's the ideal combination that seniors and their families have appreciated for over 30 years. Call or visit us today.

Discover Assisted Living In Your Neighborhood

A Non-Profit Organization, Victory Housing is an Affiliate of the Archdiocese of Washington

### **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

www.VictoryHousing.org

### Marian Assisted Living

Olney/Brookeville • 301-570-3190

### Raphael House

Rockville • 301- 217-9116



Victory



It pays to advertise in **Our Parish Times** 

### COMMUNITY

Con't from page 1

Archdiocese of Washington. Construction is expected to begin before Christmas, according to Jeff Blackwell, Vice President of Real Estate Development for Victory Housing. Occupancy is expected by the end of 2017. The project is financed, in part, by a HUDinsured FHA 231 mortgage, a County loan, CDA financing, and 4% Low-Income Housing Tax Credits.

The project will serve seniors in an area of Montgomery County with a demonstrated need for affordable senior apartments.

The new community will serve a mix of incomes. Units will be set aside for residents with between 40% - 60% of area median income. There will also be 10 market-rate units. Income limits for a oneperson household: 40% - \$29,960, 50% - \$37,450, and 60% \$44,940. Victory Crossing's apartments will be a mix of one (80) and two-bedroom units (25). Rents for one-bedroom apartments are projected to range from \$659 - \$1,040; rents for two-bedroom apartments are projected to be \$1,235 for a 60% unit and \$1,683 for a marketrate unit

intended to Though serve seniors who can live

independently, the property is designed as a supportive environment for its residents. Community areas will include a community room, warming kitchen, wellness center, computer room, library, outdoor patio, exercise room, game room, and an arts/crafts

### **Victory Housing Development Pipeline**

Also in 2016, site control was obtained for a location in Damascus, Maryland, which will be developed into new senior housing



Victory Crossing will occupy two acres of land which has been leased from Montgomery County.

# **SENIOR SERVICES**

JSSA—a community based, nonsectarian, nonprofit healthcare and social service agency—provides older adults with a comprehensive continuum of care to accommodate their changing physical, social and emotional needs as they age independently wherever home may be. Services offered:

- Counseling
- **Home Care**
- **Care Management**
- **Social Programs**
- **Meals on Wheels Transportation**
- Transitions
- Hospice and more...

### **JEWISH SOCIAL SERVICE AGENCY**

200 Wood Hill Road, Rockville, MD 20850

For more information call: Senior Services — (301) 816-2633 Premier Homecare — (301) 984-1742 Transitions/Hospice — (301) 816-2676

# **Montgomery County Assisted Living Facilities**

Con't from page S3

### Meadows

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

### **Olney Assisted Living**

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

### **Springvale Terrace.** Inc

Contact: Margaret Hubbard 8505 Springvale Road Silver Spring, MD 20910 (301) 587-0190 Capacity: 36

### **Sunrise at Fox Hill**

Contact: Jennifer Abergel

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

### **Sunrise at Montgomery Village**

Contact: Kathleen Tyler 19310 Club House Road Montgomery Village, MD 20886 (301) 921-0445

### **Sunrise of Rockville**

Capacity: 100

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

### Sunrise of Silver Spring

Contact: Susan M. Maupin 11621 New Hampshire Avenue Silver Spring, MD 20904 (301) 625-8655

Capacity: 84

### Village at Rockville (The)

Contact: Janice Peterson 9701 Veirs Drive Rockville, MD 20850 (301) 424-9560 Capacity: 39

### Wintergrowth -**Montgomery Center**

Contact: Hujayia Nying 18110 Prince Philip Drive Olney, MD 20832 (301) 774-7501 Capacity: 16

### Woods

Contact: Karyna Balbuena 1612 Hickory Knoll Roac Sandy Spring, MD 20860 (301) 260-2311 Capacity: 48

Source: Marvland Department of Health and Mental Hygiene

# Chevy Chase HOME CARE

The A+ Company servicing Maryland, DC and Virginia for more than 10 years

Select your aide from more than 300 available multilingual professional caregivers-women and men, available to work in homes, assisted living facilities, nursing homes-for nights, days, weekends, respite and hospice care, live-in or live-out.

Minority woman organized and family operated.

### **Owner/Managing Director:**

Dr. Nataliya LAKIZA Phone: (202) 374-1240

www.CHCHhomecare.com

E-Mail: chchhomecare@yahoo.com



### **Our clients:**

- ◆ Elderly
- Handicapped
- After hospitalization patients
- Children with **Special Needs**
- Alzheimer's
- Dementia
- Parkinson's
- Stroke
- Other health conditions

### **Mailing Address:**

Chevy Chase Home Care P.O.BOX 70623, Chevy Chase, MD 20813

There are many reasons people are calling us their very own hospital.



"The care team was excellent."

"My private room was very spacious."



"My surgical experience was so efficient."



The hospital is state of the art."



"My surgeon is fantastic."

From complex surgeries and a full-service emergency department, to beautiful maternity suites and comfortable private rooms, more people are choosing Holy Cross Germantown Hospital. Learn more by visiting "patient stories" online. For classes, events, and to find a physician, call 301-754-8800.

Your very own.



19801 Observation Drive Germantown, Maryland 20876

HolyCrossHealth.org