Protecting the Frail and Vulnerable

Respect for 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 the side effect of shortening life. Instead, it demands that we respect life as a gift by not actively seeking 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 act 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.

The Maryland Catholic 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 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://stopassistedsuicidemd.org/take-action/
contact-your-legislator/

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

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

Construction to Begin before Christmas

Land and leased from Montgomery County near the intersection of New Hampshire Avenue and Colesville Road, adjacent to a new police station, will be the location of Victory Crossing, the next independent senior living community to be built by Victory Housing, the development arm for affordable housing of the

Continued on page 11
Thank you to the community for trusting us to care for your loved ones. Call us. We can help.

Our team
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- Social Workers
- Chaplains
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SeniorRides

Sign Up Today
www.seniorconnectionmc.org
Our Parish Times
December 2016

Senior Services Guide

A FIVE STAR SENIOR LIVING COMMUNITY

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) Kiyko
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

(Area > 20)

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
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The Five Star Difference

With 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.
Adult Day Service – Helping the Middle Hold

Commentators now refer to 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 and assisted living are getting a lot of attention these days. 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. Centers have wide service areas. Hours of operation vary.

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

Albert and Helen Misler Adult Day Center
Contact: Mr. James Brigi
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

Easter Seals Adult Day Services - Silver Spring
Contact: Elizabeth Kliske
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) 987-8889
Capacity: 123

The Support Center (Catholic Charities)
Contact: Pauladette 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 20910
(301) 754-7150
Capacity: 35

Jasmine Medical Day Care Center
Contact: Peter C. Chow
12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(301) 770-7676
Capacity: 180

Loving Care Adult Medical Day Care
Contact: Leila Abedi, CRNP
17051 Oakmont Avenue
Gaithersburg, MD 20877
(240) 477-6199
Capacity: 124

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

Rainbow Fellowship Adult Day Care Center, LLC
Contact: Lisa Hawkins
8 Metropolitan Court # 4
Gaithersburg, MD 20877
(240) 683-9010
Capacity: 344

Rainbow Gardens Adult Day Health Care Center, LLC
Contact: Valerya Balannik, R.N.
8400 Helgerman Court
Gaithersburg, MD 20877
(301) 987-8889
Capacity: 215

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

Washington-Mclaughlin Adult Day Care Center (The)
Contact: Dr. Pauline Washington
6950 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: Qil Li
20420 Century Blvd
Germantown, MD 20874
(240) 899-4898
Capacity: 170

Source: Maryland Department of Health and Mental Hygiene
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 responsibility 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 advice 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.mdcatholic.org/endoflife.

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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 seniors.

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

ADECAR Center
ADECAR Center is a current, comprehensive, unbiased source of information about Alzheimer’s Disease. The ADECAR Center is operated as a service of the National Institute on Aging.
Website: www.alzheimers.gov

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/ucm/seniors

Go4Life
Go4Life, an exercise and physical activity campaign from the National Institute on 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.nceaa.aoa.gov

NIH SeniorHealth
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/home.asp

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/medicare-basics/medicare-and-drug-costs.aspx

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.seniorkorps.org

Supplemental Nutrition Assistance Program (SNAP)
FNS provides information on the Supplemental Nutrition Assistance Program, including eligibility and application information.
Website: www.fns.usda.gov/snap

Go4Life: National Holiday Celebrations
- National Holiday Celebrations
- Hand Sewing Projects
- Relaxing Massages
- Pet Therapy
- Arts and Crafts Activities
- Poetry Reading
- Music and Dance
- Exercise and Fitness
- Social Activities

A video archive of past shows is available for viewing at: http://montgomerycountymd.gov/CCM/seniortoday.html

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 1:00pm, 12:30pm, 6:00pm
- Thursday 2:30am, 6:00pm
- Friday 10:30am
- Saturday 2:00am

A video archive of past shows is available for viewing at: http://montgomerycountymd.gov/CCM/seniortoday.html

Austin Heyman

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Independent Living—our services . . . . . . . .
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- Respite Care
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(301) 540-6400

Look into Our Hearts
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

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
- Music and Dance
- Exercise and Fitness
- Social Activities
- 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.

Senior Services Guide
Q U I N T E S S E N T I A L
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.

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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.
**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 and 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 licensees may perform 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 “à 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.

---

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- Lots of PATIENCE, LOVE & CARE

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

- Training for Families

**SENIOR smile Dental Services**

Namita T. Chaudhary, D.D.S., P.C.
11300 Rockville Pike, Suite 1013
Rockville, MD 20852
Phone: 301-231-9100
Fax: 301-231-0866
Email: reception@srsmile.com
Website: ntsdental.com or srsmile.com

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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.

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 57

Friends House Retirement Community
17340 Quaker 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 57

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
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www.lynnstewartsells.com
W.C. & A.N. Miller, A Long & Foster Co.
Keeping 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 volunteers can speak on the following safety topics:

- Safe shopping habits and parking lot safety
- 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 handouts.

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@montgomery-countymd.gov for more information.

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www.VictoryHousing.org

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Our Parish Times
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 HUD-insured 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 one-person 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 market-rate unit. Though intended to 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 room.

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 apartments.
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