



2021 Senior Services Guide



Connecting the Generations

By Leah Bradley, Executive Director,
Empowering the Ages

Empowering the Ages is a non-profit focused on transforming lives through facilitating and nurturing relationships across all generations. We connect people to each other and their communities to share, learn, and feel valued. As the Co-Founder and Executive Director of Empowering the Ages, I have a special passion for our organizational mission. I had a very close relationship with my grandparents, and through learning about my family's past, I learned to appreciate all those who came before me and that we all have something to offer others. It's through learning about my family history that I learned that my great-great-aunt Edith Stein became Saint Teresa Benedicta of the Cross. While known for her teachings and her passion for her beliefs, she was also my grandfather's favorite aunt and a beloved family member.

It's our past that connects us to our pres-

ent and our future. It's teaching, learning and sharing that creates community. The Empowering the Ages' Crossing Paths program, a program sponsored by Catholic Charities DC and the Archdiocese of Washington, brings older adults and high school students together on a weekly basis. Participants have meaningful conversations and learn about each other's experiences in different generations and cultures, and gain perspective on history and hope for the future.

Starting this summer and continuing into the school year, Empowering the Ages hosted on-going virtual programs pairing students from Connelly School of the Holy Child with residents of Byron House. This fall, we started weekly discussions with students at Don Bosco Christo Ray with residents of Tribute at Melford and Springvale Terrace.

According to one student participant from Holy Child, "This program has truly opened my eyes to the other side of my community

I never really had the opportunity to communicate with before. I see this program as an opportunity to fill a social gap and discourage the negative stereotypes among generations, as well as build relationships and learn new things. I feel this program is especially wonderful to participate in during this difficult and sad time in our world. I am excited to continue spending time with the residents and continue this amazing experience!"

Empowering the Ages staff provide aging sensitivity training for students, and, alongside school staff, act as facilitators for the Zoom discussions. The many conversation topics have ranged from careers, to holiday celebrations, to school life, to sports, to travel experiences, with all participants both asking and answering questions.

As shared by a staff member of one the Crossing Paths senior community partners, "The past months dealing with the Covid virus has left many of our residents feeling lonely and isolated. I can assure you, their

participation in your Crossing Paths program has brightened their spirits and rejuvenated a sense of worth and purpose in the community. Since we started "Zooming" with the students, it has become an integral part of the resident's week. They speak about the students, look forward to the meetings, and anxiously wait for the next week's set of questions! I can't thank you enough for including us in your program. It is wonderful to see our residents excited to share their life experiences with your students."

We are enthusiastic to continue this work and expand our Crossing Paths programs so we can connect, empower and learn from each other. Consider joining our Crossing Paths program to offer an opportunity for your community members to stay connected and feel less lonely and isolated during this challenging time. Contact eta@empoweringtheages.org, 301-476-0186 or visit www.empoweringtheages.org to learn more.

OPT



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 palliative 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

Victory Haven Opened A Haven for Seniors Opens in Damascus

Victory Haven, a 72-unit affordable rental community for seniors in Damascus, opened this summer. The four-story apartment building is near St. Paul Catholic Church, the town library and senior center. Developed by Victory Housing, the nonprofit affordable housing development arm of the Catholic Archdiocese of Washington, the community

includes 54 one-bedroom and 18 two-bedroom apartments available to house-holds with incomes at or below 30%, 40%, 50%, and 60% of area median income. Rents range between \$820 and 1,505. Residents of thirty of the households will pay only 30% of their income towards rent.

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Architect's rendering of The Seneca of Rockville

New Assisted Living Community Coming to Rockville

Construction is underway on The Seneca of Rockville, a \$76 million senior housing community at the northwest corner of the intersection of West Gude Drive and Route 355 adjacent to the King Farm mixed-use community. The anticipated opening date is in late summer 2021. The facility will have 116 assisted living and 30 memory care apartments. Floor plans range from studio to one and two-bedroom apartments. The Seneca of Rockville is being developed by Dallas-based Silverstone Senior Living. It is the first property for Silverstone in Montgomery County. Watermark Retirement Communities will operate the facility. Based in Tucson, Arizona, Watermark

currently manages 58 communities in 21 states. Watermark communities feature dozens of classes and regular outings for residents. The six-story building, expected to be open by 2022, will be approximately 155,000 square feet in gross floor area and will include an underground parking garage. Amenities will include a wellness center and spa, art studio, massage services, salon, gaming and billiards rooms, multiple dining venues as well as multipurpose community spaces designed for lectures, live performances, spiritual or special programming.

OPT

Age Increases Risk of Hospitalization for COVID-19 Patients

Older adults are at greater risk of requiring hospitalization or dying if they are diagnosed with COVID-19. As you get older, your risk of being hospitalized for COVID-19 increases. Eight out of ten COVID-19 deaths reported in the U.S. have been in adults 65 years or older.

| | Hospitalization | Death |
|-------------|------------------|------------------|
| 18-29 years | Comparison Group | Comparison Group |
| 30-39 years | 2x higher | 4x higher |
| 40-49 years | 3x higher | 10x higher |
| 50-64 years | 4x higher | 30x higher |
| 65-74 years | 5x higher | 90x higher |
| 75-84 years | 8x higher | 220x higher |
| 85+ years | 13x higher | 630x higher |

Visit cdc.gov/coronavirus for steps to reduce your risk of getting sick.

CDC Has Information For Older Adults at Higher Risk

8 out of 10 COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://cdc.gov/coronavirus) for steps to reduce your risk of getting sick.

cdc.gov/coronavirus



- Services Include**
- Companionship
 - Meal preparation
 - Light housekeeping
 - Shopping and Laundry
 - Activity and Appointment assistance
 - Personal care and hygiene
 - Medication reminders
 - Exercise assistance

Since 1977 At Home Care, Inc. is committed to being the Helping Hand for Aging in Place. **AT HOME CARE, INC.** is an industry leader in improving the options and alternatives that homecare offers. Let our experience help you in meeting your home care needs.

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Do you know someone who cannot get to Mass?



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@adw.org with your email address. Subscribers will receive notice when the TV Mass recordings are once again open to the public.

OPT

Ways to Safely Sell your Home during COVID-19

By Jan Brito and Laura Quigley, Realtors

Have you decided it is time to move, but are nervous about safety? The traditional method of selling a home with unlimited buyer showings and open houses may feel daunting, but there are ways to ease this concern and to keep everyone safe.

The good news in most areas is, it is a seller's market, due to a severe lack of homes for sale. Today's buyers are serious, they know what they want and are ready to purchase. Buyers have purchased sight unseen, only viewing a video or a having a FaceTime call with their agent.

The traditional way to sell a home is to market to the largest audience possible. This approach enhances competition and often results in the best price, terms and conditions for the seller. However, there are times when listing your home "quietly" or as a "private exclusive" can limit the inconveniences and safety concerns of frequent showings. A serious buyer may be willing to make an offer before the home ever hits the open market. Some sellers start with this approach then



move to the full market approach if a buyer has not been found.

Here are some safety steps to help protect you and your family when selling your home:

- Work with a full time Realtor who will provide professionally created video tours and floor plans, so prospective buyers can first view the home on-line before they come in person
- Work with a Realtor who will provide a Safety Station at the entrance of the home including masks, gloves, shoe covers, and hand sanitizer
- Showing Appointments should be limited in length (15-30 minutes) and must not overlap to keep a minimal number of people in the home at one time.
- Have all the lights on and inter-

rior doors ajar to make sure all features of the home can be seen while limiting touching surfaces

- Sanitize all surfaces at the end of the day after all showings have been completed.
- If you're open to weekend open houses, your Realtor should only allow one group into the home at a time and monitor to make sure proper personal protection is maintained.

You may prefer to move into your new home prior to selling your current home. Some senior communities and real estate companies offer bridge loans or other programs to help pay your new expenses while your home is on the market.

Lastly, with today's low interest rates, buyers will pay more for an updated, move-in ready home. If your home needs a little TLC or updating, the work can be done once the home is vacant without worry about sharing space with contractors. Some real estate companies offer programs that fund these updates at no cost, with repayment occurring at settlement from the proceeds of the sale.

OPT

When it comes to memory care EXPERIENCE MAKES A DIFFERENCE

For over 25 years, Arden Courts has cared for individuals living with many different types of dementia.

A CLEAR DIFFERENCE

Over 25 years ago, Arden Courts pioneered research on a residential environment which provides specialized care for persons living with memory loss. Our purposeful design promotes opportunities for residents to engage with one another, their families and staff. Person-centered care provided in our safe community gives families the peace of mind they deserve.

IT DOESN'T STOP THERE

Our ongoing commitment to staff education and training has kept us at the forefront of delivering the latest dementia caregiving techniques. Let Arden Courts' dedicated and knowledgeable staff create a safe, engaging and caring environment for your loved one.

Arden Courts. Often imitated, never duplicated.



Visit Arden Courts today to see why our experience makes a difference.

Arden Courts of Silver Spring

2505 Musgrove Road
Silver Spring, MD 20904

301.847.3051

SilverSpring@arden-courts.com



arden-courts.org/SilverSpring

Arden Courts 
Memory Care Community



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, Inc.

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 Needlewood 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

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 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

701 King Farm Road
Rockville, MD 20850
(240) 499-9015
Capacity: 46

Ingleside at King Farm

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

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

Maplewood Park Place Health Care Center

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

Continued on page S14



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- Engaging Activity Program
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- Bathing assistance
- Optional Medication Administration

For more information and eligibility requirements
call 301-244-3579 or email marketing@homecresthouse.org

For video tour and application, please visit: www.homecresthouse.org
14508 Homecrest House Road ♦ Silver Spring, MD 20906



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

Come home for the holidays!

Victory Terrace

*An Exclusive Apartment
Community for Seniors 62+*



\$100 off per month on your rent for one year!

Waived Application Fee! Sign a lease by 12/31/2020 to qualify.*

**Offer applies to select 2 bedroom apartments only.*

9440 Newbridge Drive
Potomac, Maryland 20854

(301) 983-9600

TTY: 711

Visit us online!

www.VictoryTerrace.com

Maximum income guidelines apply.



A Field Guide for People with Disabilities

Choosing a High-Quality Medical Rehabilitation Program

The National Rehabilitation Hospital Center for Health and Disability Research has prepared a free consumer guide to help you find the right rehab program for you or your family member.

Selecting a high-quality medical rehabilitation program after you experience an injury or illness can be hard to do. You want a rehabilitation program that will give you the best possible care and that takes into account your own circumstances. For instance, you will want a program that considers how well you get around, the type of transportation you use, where you live, your level of family support, and your insurance coverage. You also want a program that will help you to become as independent as you can be in your daily living.

When it comes time to choose a rehabilitation program, where do you start? How can you tell which rehabilitation programs offer high-quality services that will meet your needs, and which programs will not? Unfortunately, people often must decide where to go for rehabilitation when they do not have the time to gather details about all available programs. Typically, decisions about which rehabilitation program to use are made when a person is already in an acute care hospital. If someone has not talked with you or a family member within the first few days after being admitted to a hospital, ask to see a hospital social worker. The social worker can help you begin the process of choosing a rehabilita-



tion program.

The goal of this 56-page guidebook is to help you to choose a high-quality rehabilitation program. It includes four major parts. Part 1 describes medical rehabilitation—what it is, how it can help you, and the different rehabilitation professionals who will work with you. Part 2 discusses health insurance plans so that you can understand what your plan will and will not cover. Part 3 talks about the different types of rehabilitation programs available to you, and Part

4 looks at ways that can help you find a high-quality rehabilitation program to suit your needs.

At the back of this guidebook, you will find a glossary of terms.

The electronic edition is available at <https://search.naric.com/public/choosingquality.pdf>. The print edition may be ordered at https://naric.com/sites/default/files/Pubs%20List%202015_0.pdf.

OPT



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- ◆ After hospitalization patients
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- ◆ Alzheimer's
- ◆ Dementia
- ◆ Parkinson's
- ◆ Stroke
- ◆ Other health conditions

Mailing Address:

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

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

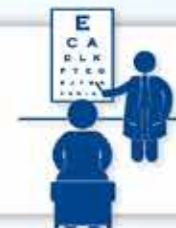
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



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.



National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
@NCOAging

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



MoCo Caregiver Podcasts

Every month Montgomery County produces two new free Podcast episodes developed especially for local caregivers. The Podcasts feature rewarding audio interviews, practical resources, helpful supports and quality of life engagement. Each Podcast episode is under 30 minutes. No special software or downloads are required.

The new offerings in December are:

Episode #31 KEEP ON MOVING

Guest: Andrew Peck-McClain with The Parkinson's Foundation of the National Capital Area provides an excellent introduction to the support and resources available to County residents.

and

Episode #32 TOGETHER WE ARE RESILIENT

Guest: Pazit Aviv with the County's HHS Aging and Disability Services lead this region's (neighbors helping neighbors) Village program and during the COVID-19 pandemic has coordinated community providers on a new Food Access Call Center.

To access all the MoCo Caregiver Podcasts, visit: <https://moco-caregiver.blogspot.com/search/label/PODCASTS>

The MoCo Caregiver Podcast series is published by Montgomery County Department of Health and Human Services, Aging and Disability Services - Caregiver Support Program

OPT

Taking Care While Being a Good Neighbor

As you reach out to help others during the Covid-19 pandemic, please protect yourself and those you are serving by taking the following precautions developed by Montgomery County's **Office of Emergency Management & Homeland Security** and **Department of Health and Human Services**:

- Stay home unless you must be out for essential reasons.
- Stay home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- Keep away from others who are sick.
- Limit close physical contact with others as much as possible (about 6 feet).
- Call, email, or text your neighbors who may need help.
- If they are in need of immediate emergency care, call 911.
- Limit your help to non-contact activities. For example:



- Leave groceries on the doorstep. (Do not enter their house.)
- Make sure to thoroughly wash your hands before touching anything you deliver to them.
- To promote social interactions and combat loneliness, speak with neighbors on the phone or by video chat (versus going into their homes) on a regular basis.
- Conduct research on their needs and provide them with resources or connect them directly with help such as feeding, transportation to medical appointments, animal services, etc.
- Alert authorities if you think that a neighbor is in danger.
- Create an online network for your community.
- Remember to protect yourself first! Do not put yourself or others at risk.

OPT

Did you know

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

Meet the Brito Associates

Seniors Real Estate Specialists® (SRES®)

Helping you and your family evaluate your options and create a success plan to accomplish your goals. We can help you from start to finish!

Be overjoyed, *NOT* overwhelmed!

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COMPASS

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

Arcola Health and Rehabilitation Center

901 Arcola Avenue
Silver Spring, MD 20902
(301) 649-2400
Capacity: 151

Autumn Lake Healthcare at Oakview

2700 Barker Street
Silver Spring, MD 20910
(301) 565-0300
Capacity: 138

Bedford Court Healthcare Center

3701 International Drive
Silver Spring, MD 20906
(301) 598-2900
Capacity: 60

Bel Pre Healthcare Center

2601 Bel Pre Road
Silver Spring, MD 20906
(301) 598-6000
Capacity: 92

Bethesda Health and Rehabilitation

5721 Grosvenor Lane
Bethesda, MD 20814
(301) 530-1600
Capacity: 195

Brighton Gardens of Tuckerman Lane

5550 Tuckerman Lane
North Bethesda, MD 20852
(301) 897-8566
Capacity: 39

Brooke Grove Rehab & Nursing Center

18131 Slade School Road
Sandy Spring, MD 20860
(301) 924-5176
Capacity: 190

Cadia Healthcare - Springbrook

12325 New Hampshire Avenue
Silver Spring, MD 20904
(301) 622-4600
Capacity: 93

Cadia Healthcare - Wheaton

4011 Randolph Road
Wheaton, MD 20902
(301) 933-2500
Capacity: 116

Carriage Hill Bethesda

5215 Cedar Lane
Bethesda, MD 20814
(301) 897-5500
Capacity: 108

Collingswood Rehabilitation and Healthcare Center

299 Hurley Avenue
Rockville, MD 20850
(301) 762-8900
Capacity: 160

Fairland Center

2101 Fairland Road
Silver Spring, MD 20904
(301) 384-6161
Capacity: 92

Fox Chase Rehabilitation and Nursing Center

2015 East-West Highway
Silver Spring, MD 20910
(301) 587-2400
Capacity: 74

Friends Nursing Home

17340 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7531
Capacity: 82

Hebrew Home of Greater Washington

6121 Montrose Road
Rockville, MD 20852
(301) 770-8310
Capacity: 556

Ingleside At King Farm

701 King Farm Boulevard
Rockville, MD 20850
(240) 499-9015
Capacity: 45

Kensington Healthcare Center

3000 McComas Avenue
Kensington, MD 20895
(301) 933-0060
Capacity: 140

Layhill Nursing and Rehabilitation Center

3227 Bel Pre Road
Silver Spring, MD 20906
(301) 871-2000
Capacity: 118

Manor Care Health Services - Silver Spring

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

Manor Care Health Services - Bethesda

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

Manor Care Health Services - Chevy Chase

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

Manor Care Health Services - Potomac

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

Manor Care Health Services - Wheaton

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

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
(301) 530-0500
Capacity: 31

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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



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 alternate 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-sign-up.aspx>

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

for MD Residents 65 +

FREE



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 




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.



SeniorRides

Seniors. Going Places.

Sign Up Today

www.seniorconnectionmc.org



Comfort & Consolation: Care of the Sick and Dying

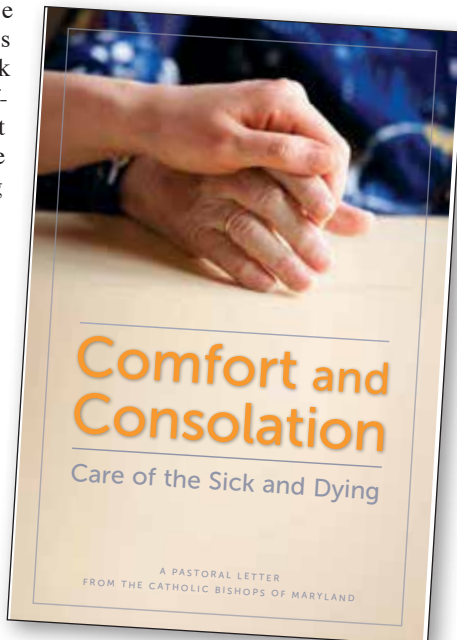
A Pastoral Letter from the Bishops of Maryland

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 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* in English or in Spanish, please call 410-269-1155 or 301-261-1979. The booklet is also available free online at: www.mdcatholic.org/endoflife.

OPT



Call us.
We can help.

Our team

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

Call us. Any time. Any day.

301-921-4400

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

www.montgomeryhospice.org

Montgomery
HOSPICE

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 S12

How to Spot a Stroke

STROKE TEST: SMILE



STROKE TEST: RAISE ARMS



Even ONE Sign, **CALL 911 NOW**

- Slurred speech ■ Loss of balance ■ Loss of vision
- Weak or numb on one side of body ■ Severe headache

E-mail vislang@kwikpoint.com and tell us if this magnet helped you.

Visual Language Saves Lives
kwikpoint.com | Copyright © 2018

Kwikpoint®

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

Aging Well With Friends
agingwellwithfriends.org
emitcheil@friendshouse.com

Bannockburn NAN
bannockburncommunity.org/
nan.php
keltym@verizon.net

Bradley Hills village
<https://bhv.clubexpress.com>
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village
bmavillage.org
BMAVillage@gmail.com

Burning Tree Village
burningtreevillage.org
Board@BurningTreeVillage.org

Cabin John Neighbor 2 Neighbor
<http://www.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

Kemp Mill Village
kempmillvillage.org
kempmillvillage@gmail.com

King Farm Neighbors Village
www.KFNV.org
301-799-8104

Little Falls Village
littlefallsvillage.org
info@littlefallsvillage.org

Greater Stonegate village
greaterstonegatevillage.org
240-918-7989

Manor Connections
manorconnections.org
info@manorconnections.org

Mill Creek Village
millcreekvillage.wordpress.com
mctvillage@gmail.com

Muslim Community Center
mccmd.org/mccseniors
snegm@aol.com

North Chevy Chase Connections
<http://northchevychasecon.wixsite.com/nccc>
NorthChevyChaseConnections@gmail.com

Olney Home for Life
olneyhomeforlife.org
info@olneyhomeforlife.org

Parkside village
www.parksidevillagemd.org
parksidevillagemd@gmail.com

Potomac Community Village
potomaccommunityvillage.org
info@PotomacCommunityVillage.org

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 IN MONTGOMERY COUNTY

North Bethesda Village
northbethesdavillage@gmail.com

Pump House Village
pumphousevillage@gmail.com

City of Rockville Villages
Rockville City (RAVE) (20850, 20851)
pevans@rockvillemd.gov

Twinbrook Village
twinbrookvillage@gmail.com

Source: Montgomery County Department of Health and Human Services



Making time FOR YOU AND YOUR LOVED ONE

Being a family caregiver is a rewarding, yet challenging responsibility that can be filled with moments of joy and frustration. **Ingleside** recognizes the delicate balance of caring for oneself while supporting a loved one living with Alzheimer's or other dementias. It's time to take care of **both** of you.

For a limited time, **Ingleside Memory Support** is offering a 30-day trial respite stay at our engaged community. Experience our person-centered program and extraordinary respite care services. **Contact us for more information—call today!**



INGLESIDE AT KING FARM
240-624-7807
www.ikfmd.org/memorysupport



A not-for-profit life plan community

Enrich Your Life at OASIS Lifelong Learning Center

Online lectures and discussion groups offer something for everyone!

C OVID-19 has impacted all of us – particularly seniors over the age of 60. Through a partnership with Suburban Hospital, Washington Metro Oasis is working hard to keep you safe and connected through online classes for senior learners. OASIS offers programs in health, technology, arts & humanities and more.

Visit OASIS at <https://washington-metro.oasisnet.org> to:

- Find the courses that most interest you!
- View and print a calendar of classes for the next two weeks.
- View the most up-to-date list of all upcoming classes.

OASIS online offerings are designed to help you stay active, healthy and engaged. Staff understands the challenges of adapting to new technology. If you need help learning to use Zoom on your computer or mobile device, email OASIS at washingtonmetro@oasisnet.org.

OPT



STROKES

Con't from page S10

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 administer 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

VICTORY HAVEN

Con't from page S1

Building amenities include a large community space on the first floor, a library with an adjacent computer center, a game/TV room, a fitness center, and a wellness room for visiting healthcare professionals. In-unit features include luxury vinyl plank floors, LED lighting, Energy Star appliances, high-efficiency heating and cooling, and individual washer/dryers. In addition, Victory Haven will be an environmentally responsible community that meets LEED New Construction standards.

OPT

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.



Fruits



Vegetables



Grains



Protein



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

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



OPT

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 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 suf-

Continued on page S16

Wherever patients call home, we can provide hospice care.



Home is the most comfortable place of all, and the place to provide hospice care. The house you've lived in for decades, or an independent, skilled nursing or assisted living facility. Any patient, family member or friend can contact us anytime, 24/7.

240.264.1692
heartlandhospice.org/Beltsville

Heartland 
Hospice Care

Montgomery County Comprehensive
Care Facilities and Extended Care Facilities
(Nursing Homes) Continued from page S8

Montgomery Village Health Care Center

19301 Watkins Mill Road
Gaithersburg, MD 20879
(301) 527-2500
Capacity: 147

Oak Manor Center for Rehabilitation and Healthcare

3415 Greencastle Road
Burtonsville, MD 20866
(240) 970-5600
Capacity: 150

Peak Healthcare at Sligo Creek

7525 Carroll Avenue
Takoma Park, MD 20912
(301) 270-4200
Capacity: 102

Potomac Valley Rehabilitation and Healthcare

1235 Potomac Valley Road
Rockville, MD 20850
(301) 762-0700
Capacity: 175

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



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 Assisted Living Facilities

Continued from page S4

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

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

Montgomery County Continuing Care Retirement Communities (CCRCs)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Mr. Rob Liebreich
Executive Director
(301) 330-3000

Bedford Court

3701 International Drive
Silver Spring, MD 20906
Ms. Janet S. Bradley
Executive Director
(301) 598-2900

Brooke Grove

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

Friends House Retirement Community

17340 Quaker Lane
Sandy Spring, MD 20860
Mr. Ron Jennette
Interim Chief Executive Officer
(301) 924-5100

Ingleside at King Farm

701 King Farm Boulevard
Rockville, Maryland 20850
Ms. Michelle Kraus
Executive Director
(240) 499-9031
SEE AD PAGE S11

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
Ms. Barbara Harry
Acting Executive Director
(301) 571-7400

Riderwood Village

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

The Village at Rockville

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

Source: Maryland Department of Aging

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.

OPT

Source: SeniorNews.com

Hiring In Home Elder Care

A Resource Guide from Montgomery County

Most older adults want to stay independent for as long as possible. They want to stay in control of their lives and live in their homes or apartments among familiar surroundings and friends. Sometimes ensuring the best for your loved one requires hiring an outside care provider. This Resource Guide describes various types of care providers and suggestions to manage in-home elder care.

There are many types of elder care and this Resource Guide lists advantages and disadvantages of working with agencies or with independent care providers.

- Should I hire an agency or hire someone on my own?
- How can I make sure that all care needs are attended to?
- How can I find someone I can trust?

Learning how to answer these and other questions will help

you hire in-home elder care with confidence. This guide is designed to help you determine the most effective way to find, hire and supervise

in-home care providers for your individual needs and preferences. Included are practical aides to help you throughout the process: a practical checklist to identify the tasks required to be completed by your homemaker; a sample

homeworker position description, a sample application, and a sample employment agreement.

As you use this Resource Guide you may have queries or may need additional information (access to County supports and programs, a list of home care agencies, referrals for other services, etc). You are encouraged you to call: Montgomery County's Aging and Disability Services helpline: 240-777-3000

OPT



SERVING MONTGOMERY COUNTY

It's Good to be Home.

Montcordia provides a superior level of care to adults aging at home to help them stay as independent as possible.

We support families by addressing:

- Companion Care
- Personal Care
- Geriatric Care Management
- Assistive Technology

Schedule a brief consultation today.

240.331.5627 | montcordia.com



 Montcordia

Hospice Care: Finding Meaning in the Gentle Journey

By Kip Ingram, Director
of Bereavement Care at
Montgomery Hospice

Recognizing the whole person is one of the most important values associated with the hospice movement. That we are physical, emotional and spiritual beings informs the kind of care and support hospice provides. While medical concerns are vitally important, just as significant is what someone thinks and how they might feel, the values and beliefs they hold, and the meaning by which they live. This is especially important given the medical uncertainty and concerns for professional, caring support that our society is experiencing.

For many, life's meaning is tied to profound spiritual concerns and values shaped by a faith tradition. For those who stand within such a tradition, we in hospice want to acknowledge and honor that important place in someone's life, and we seek to enable individuals to draw upon the rich resources that their tradition offers. We do this through a multi-disciplinary team of professional supporters who address medical, emotional, and spiritual concerns that might arise. Our chaplains are available to foster a supportive connection between a family and their parish community, and to provide additional spiritual support when



needed. In doing this, we recognize the importance of a meaningful connection to a faith tradition for many individuals. Facing this time in life does not mean giving up on life. For many, it is another step in the journey of faith, a step to be taken in full awareness that this time can also have its blessings and sacred moments.

Dame Cicely Saunders, founder of the hospice movement, once wrote: "You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." At Montgomery Hospice and Prince George's Hospice, our motto is "to gentle the journey" for our patients and families - for us, this means to help each individual life be as good as it can be for as long as it can be. So we offer the best in medical care, protecting the safety of those we care for, and we honor the meaning by which a person lives at such a time in life.

OPT

Hospices Serving Montgomery County

Caringmatters, Inc

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

Heartland Hospice Care

12304 Baltimore Avenue, Suite A
Beltsville, MD 20705
(240) 264-1692

Holy Cross Home Care And Hospice

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

Jewish Social Service Agency Hospice

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

Montgomery Hospice Inc

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

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ferers.

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 fea-

tures 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

United States Department of Agriculture

visit **choosemyplate.gov** for healthier options during the holidays

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