



# 2014 Senior Services Guide

## Affordable Community for Seniors Opens in Downtown Rockville

**V**ictory Court, a mixed-income community for residents 62 and older in downtown Rockville, was dedicated on October 24. Victory Housing, the Archdiocese of Washington's nonprofit affordable housing development arm, developed the 86-unit property, made possible through a partnership with the Montgomery County Department of Housing and Community Affairs, the Housing Opportunities Commission of Montgomery County and Capital One, N.A.

His Eminence Cardinal Donald Wuerl, Archbishop of Washington, and Montgomery County Executive Isaiah Leggett joined other community leaders and Victory Housing in the dedication.

More than 80 percent pre-leased, Victory Court's 86 apartments



include 45 one-bedroom units and 41 two-bedroom homes, of which 65 are available for renters with low and moderate incomes. Rents for the 65 dedicated affordable apartments range from \$931 for a one-

bedroom, one-bath apartment (for a resident making below 50% of area median income) to \$1,837 for a two-bedroom, two-bath apartment (for a resident making below 80% of area median income). Income limits range from approximately \$37,600 to \$68,720. In addition, 21 two-bedroom, two-bath apartments are being leased at market rates and are being leased for \$1,990.

The building is the first such housing ever to be built on Montgomery County-owned land in the City of Rockville. The building offers ample space for community activities and socializing, with an expansive porch, great room, library, billiards room, community room, cafe, arts and crafts room, exercise room and wellness center, as well as extensive landscaping. Apartments include washers/dryers, wall-to-wall carpet, energy-efficient windows, Energy Star-rated appliances, and high efficiency heat pumps.

The need for affordable senior housing in Montgomery County is significant – and continues to grow. The number of residents 65 and older increased by 86% between 1980 (49,700) and 2000 (92,500) and is projected to grow an additional 65%

between 2000 and 2020 (152,648). About 14% of these households have extremely low incomes – 30% of the median or less, while another 24% have low incomes – 30 to 60% of the median, requiring assistance to afford senior housing.

"Each year, the Archdiocese of Washington serves tens of thousands of people in need through its charitable and social concern agencies. The work of Victory Housing is not simply a task or a job or a service; it is a living participation in the mission of Christ in the world. In partnership with the government, businesses and the wider community, Victory Housing is able to provide affordable housing options in areas where even moderate housing is out of reach for many," said Cardinal Wuerl. "Our Holy Father, Pope Francis, has challenged us to 'go out' into the world and to share with people the beauty of the Gospel. Victory Housing brings hope to those in need by providing affordable housing for senior

citizens and families. May God bless the residents of Victory Court in their new homes and all who have worked so faithfully to bring Victory Housing to this moment," he continued.

Victory Court residents will live within walking distance of stores and restaurants, including those at Rockville Town Center, as well as government offices and the Rockville Metrorail Station. Montgomery County's Department of Housing and Community Affairs provided a loan for the property. One of the top 10 affordable housing lenders in the country, Capital One Bank provided \$8.4 million in financing through the purchase of tax-exempt bonds issued by the Housing Opportunities Commission of Montgomery County. "As a future resident of Victory Court, I am very excited about this community," said Herbert Zemil, 72, a D.C. native who has been living in Rockville for the past six years. "I am particularly looking forward to being around people of my own age in this gorgeous building and the fact that I am going to have amenities like a washer-dryer right in my unit."

Victory Housing, Inc. currently owns 28 communities comprising 1,911 apartments for seniors and families in Maryland and the District of Columbia. For rental information and to apply for an apartment, prospective residents can contact Lethea Williams at Victory Court at 301-294-1111 or manager428@habitatamerica.com or visit [www.victorycourt.org](http://www.victorycourt.org).

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Participating in the ribbon cutting ceremony were (L-R): Victory Court resident Herbert Zemil; Lillian Cruz, Senior Constituent Services Manager for Congressman Chris Van Hollen; Kayrine Brown, Director of Mortgage Finance at Housing Opportunities Commission; Montgomery County Executive Isaiah "Ike" Leggett; Victory Housing Chairman Paul Johnson; Cardinal Donald Wuerl; James A. Brown, Jr., President, Victory Housing, Inc.; County Council member Nancy Floreen; former Rockville Mayor Phyllis Marcuccio; Rick Nelson, Montgomery County Director Department of Housing and Community Affairs; Edmund Delany's business profile as Senior Vice President, Community Development Finance at Capital One Financial Corp

## Senior Housing Planned for White Oak



Next up for Victory Housing is Victory Crossing, a 105-unit, four-story residential complex in White Oak. The mixed-income community for residents 62 and older is now in the zoning process. Like Victory Court in Rockville, Victory Housing will be built on land leased from Montgomery County.



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# Professional Health Care Management:

## The “What Do We Do Now?” service industry

By Jackie Lapidus, Psy.D. Executive Director, Care Management Associates.

Whether people are in the midst of a medical – a hospitalization, for example – or a social crisis or just trying to plan ahead, a professional care manager can save time, energy, and costly missteps when making

decisions about how and where to arrange for care, according to Dr. Jackie Lapidus, Psychologist and Executive Director of Washington DC/Montgomery County-based Care Management Associates.

Care managers work with individuals and families to help them make informed decisions, often in

times of uncertainty and with limited time. They are typically nurses or social workers with special training and experience in the field of health care – and particularly geriatric care (though not all clients are elderly). Families know their situations, their resources, the problems they have already encountered; care managers know the full range of options for providing quality care. The goal is to bring those two pieces together. Care managers can help families explore options they

may not have considered.

Care managers start with an assessment. They go where their clients are: home, hospital, assisted living facility, rehab, or nursing home. Meeting with clients and their caregivers allows care managers to understand the cultural, financial, logistic, spiritual, and health care needs of their clients. Because care managers know the community resources, they offer clients a wealth of resources with which they have experience: elder

law attorneys, accessibility remodeling companies, home care agencies, assisted living facilities, move managers, bill payers, and the like. Care managers also know costs associated with care. The options presented to families need to be based not only on the client's current needs, but also what the needs will be in the coming months and years.

Families don't have to make these important decisions alone.

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- ✓ What are the best assisted living communities;
- ✓ What Medicare covers;
- ✓ How to navigate the health care system

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Jackie Lapidus, Executive Director  
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## Stephen Ministry Initiated at St. Andrew Apostle Parish in Silver Spring, MD

In September 2012, St. Andrew Apostle Parish in Silver Spring launched a new initiative called the Stephen Ministry, which provides congregations with the training, resources, and ongoing support to organize and equip a team of lay caregivers—called Stephen Ministers—in the congregation. Stephen Ministers provide high-quality, confidential, Christ-centered care and support to people experiencing life difficulties, such as the loss of a loved one, divorce, illness, job loss, loneliness, disability, and relocation, among others. *This Ministry supports the clergy and can help connect parishioners to care and services provided by priests and the Church.*

Twelve Stephen Ministers at St. Andrew's parish have completed more than 50 hours of training and have been paired with care receivers. Thus far more than 15 parishioners have received support and care through the Stephen Ministry. According to Stephen Ministry Leader Faye McAneny, the new initiative has been well received by the congregation. “We are so pleased with how well the Ministry has been going and how many parishioners we have been able to help,” she said. “Through the Stephen Ministers and under the guidance of our clergy, the congregation can experience a new level of spiritual care giving.”



Stephen Ministers, from left, Lydia Ellison, Eileen Mooney, Pam Seater

Stephen Ministers work with all members of the parish, but can particularly impact the lives of seniors. A few ministers work with seniors in long-term care facilities or those experiencing difficult life transitions. And the Ministry is growing—10 additional ministers have started their training and will be commissioned by the church next spring to be paired with care receivers. This new group includes more men to further expand the Ministry's reach in the church. With the guidance of Stephen Ministry leaders and clergy, the Ministers will be able to bring the compassion and support of Christ to people in pain and grief.

Since 1975, the Stephen Ministries organization, based in St. Louis, Missouri, has helped more than 11,000 congregations implement Stephen Ministry. These congregations represent more than 150 denominations and come from all 50 states, 10 Canadian provinces, and 23 other countries. For more information, visit St. Andrew's Stephen Ministry web page at <http://standrewapostle.org/ministry/stephen-ministry>.

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## 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: neighbor helping neighbor. 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.

Village to Village Network (VtV) is a national peer to peer network to help establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or suburban settings. The mission of VtV is to enable communities to establish and effectively manage aging in community organizations initiated and inspired by their members.

### How does a Village work?

Village organizers, who are typically ages 50 and older, create volunteer programs for seniors in their communities as well as negotiate with service providers to assist older adults in their homes. A broad range of services may be

available, including rides to medical appointments, discounts at local theaters, reliable home repair services and home health care. Many Villages also offer social activities and informational seminars for their members.

### What is the cost for services?

Some Villages may charge a membership fee, which varies from Village to Village. In some cases, there are no fees and instead the Village establishes volunteer programs. Some utilize volunteer time exchanges called “time banks.” The cost of professional services, such as home repairs, will vary.

### Benefits of Organizing a Village:

■ Villages help older adults stay in their communities, delaying or preventing the need for institutional care.

■ Members of a Village have influence over the types of services that are provided to older adults in their community.

■ Villages encourage volunteerism.

To learn more, visit the Village to Village Network at [www.vtvnetwork.org](http://www.vtvnetwork.org) and review the Blueprint for Villages.

### Current Montgomery County Villages

For more information about cur-

rent Villages in the Montgomery County community, call, email or visit the web page of one of the Villages listed below.

**Bannockburn Neighbors Assisting Neighbors**  
[bannockburncommunity.org](http://bannockburncommunity.org)

**Burning Tree Village**  
[burningtreevillage.org](http://burningtreevillage.org)

**Chevy Chase at Home**  
[chevychaseathome.org](http://chevychaseathome.org)

**Olney Home for Life**  
[olneyhomeforlife.org](http://olneyhomeforlife.org)

**Silver Spring Village**  
[silverspringvillage.org](http://silverspringvillage.org)

**Town of Garrett Park, Seniors Committee**  
301-933-7488

**Bethesda Senior Village (In Development)**  
[hcaraher@verizon.net](mailto:hcaraher@verizon.net)

**Bethesda-North (In Development)**  
[Firekrone@yahoo.com](mailto:Firekrone@yahoo.com)

**Takoma Park planners (In Development)**  
[wolfgang.mergner@gmail.com](mailto:wolfgang.mergner@gmail.com)

Source: Montgomery County Department of Health and Human Services

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## 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.

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](http://www.mdcathcon.org/endoflife).

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## 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 1 licensees (mostly smaller group-home facilities) may only provide “assistance with taking medication or coordinating access to necessary medication and treatment.” Level 2 licensees are permitted to “administer necessary medication and treatment, including monitoring the effects of the medication and treatment by staff.” Level 3 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 3 facilities are able to provide care for Alzheimer's sufferers.

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

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

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

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

Assisted living facilities in Montgomery County with 3 or fewer residents and those with 18 or more are inspected every year. Facilities with more than 3 but fewer than 18 are inspected at least once every 3 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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# Montgomery County Residential Service Agencies

**24-7 Brightstar Healthcare**  
10400 Connecticut Avenue #404  
Kensington, MD 20895  
(301) 588-0859  
Contact: Egons A. Plavnieks

**A Unity Health Management Group, Inc.**  
8555 16th Street, Suite 810  
Silver Spring, MD 20910  
(301) 562-6136  
Contact: Charles Brooks

**A1 Medical Supply, Inc.**  
615 South Frederick Avenue  
Suite R1  
Gaithersburg, MD 20877  
(301) 987-7800  
Contact: Zina Finkelshteyn

**AAA Warman Home Care, LLC**  
604 S Frederick Avenue Suite 300  
Gaithersburg, MD 20877  
(301) 428-2940  
Contact: Christina Gonzales-Ferna

**Absolute Care Therapy**  
14034 Bromfield Road  
Germantown, MD 20874  
(301) 806-0063  
Contact: Augustina Enweze

**Adult Companion Care, Inc.**  
1 Research Court Suite 450  
Rockville, MD 20850  
(877) 549-7894

**Advance Home Healthcare**  
11002 Veirs Mill Road Suite 738  
Wheaton, MD 20902  
(301) 962-6200  
Contact: Shirley Blair

**Advanced Healthcare Staffing & Training Solutions**  
1327 Carlsbad Drive  
Gaithersburg, MD 20879  
(240) 277-0444  
Contact: Cecily Gachenge  
Gichobi

**Advanced Home Support, Inc.**  
121 Congressional Lane  
Suite 203  
Rockville, MD 20852  
(240) 430-1500  
Contact: Samuel R. Lish

**Adventist Home Assistance**  
12041 Bournefield Way Suite B  
Silver Spring, MD 20904  
(301) 592-4500  
Contact: Keith Ballenger

**Affordable Senior Home Care of the Nation's Capital**  
5425 Wisconsin Ave. Suite 600  
Chevy Chase, MD 20815  
(301) 968-2457  
Contact: John Bradshaw

**Allcare at Home, LLC**  
10014 Colesville Road Suite B  
Silver Spring, MD 20901  
(301) 681-7399  
Contact: Felix Lindeire

**Alliant Staffing, LLC**  
7201 Wisconsin Avenue #705  
Bethesda, MD 20814  
(301) 654-1002

**American Caregivers Inc.**  
3060 Fairlands Road  
Silver Spring, MD 20904  
(301) 408-0100  
Contact: Mary Emah

**American Home Health Solutions Inc.**  
1311-A East West Highway  
Silver Spring, MD 20910  
(888) 390-3713

**Ameristar Healthcare Services, Inc.**  
1751 Elton Road Suite 206  
Silver Spring, MD 20903  
(301) 445-1315  
Contact: Wilfred Kandie

**Anchor Healthcare Services**  
1 Research Court Suite 450  
Rockville, MD 20850  
(703) 955-2143  
Contact: Valerie Cummings

**Angel Healthcare, LLC**  
12324 Needlepine Terrace  
Silver Spring, MD 20904  
(240) 643-3390  
Contact: Edidiong U. Ubom

**A-Plus Home Health Services**  
13600 Aqua Lane Suite 100

Rockville, MD 20850  
(301) 424-5539  
Contact: Andrea S. Kohn

**Asbury Communities Hcbs, Inc.**  
417 Russell Avenue  
Gaithersburg, MD 20877  
(301) 216-4275  
Contact: Amy Ostrolink

**At Home Therapy, LLC**  
7315 Wisconsin Ave. Suite 925  
Bethesda, MD 20814  
(301) 760-7113  
Contact: Michele Rosefelt

**Automatic Nursing Care Services, Inc.**  
7505 New Hampshire Ave. #316  
Takoma Park, MD 20912  
(301) 408-2930  
Contact: Marie Augustin

**Bestcare Home Care LLC**  
811 Quince Orchard Boulevard  
Suite 23  
Gaithersburg, MD 20878  
(240) 838-9655  
Contact: Clement C. Rutto

**Beulah Home Services, Inc.**  
1407 Caitlin Court  
Silver Spring, MD 20904  
(301) 502-6011  
Contact:

**Blessing Home Healthcare Services**  
20302 Grazing Way  
Montgomery Village, MD 20886  
(240) 620-8628  
Contact: Mohamman Fouseni

**BMA Healthcare Services, Inc.**  
13526 Collingwood Terrace  
Silver Spring, MD 20904  
(301) 421-0044  
Contact: Ethel N. Nwanna

**BW Surgical Supply, Inc.**  
10556 Metropolitan Avenue  
Kensington, MD 20895  
(301) 946-1888  
Contact: Yan Feldblyum

**Candid Home Health Care Services**  
8605 Cameron Street Suite M-1  
Silver Spring, MD 20910  
(301) 760-7654  
Contact: Lucy E. Eyombo

**Capital City Nurses Healthcare Services**  
4915 St Elmo Avenue Suite 301  
Bethesda, MD 20814  
(301) 652-4344  
Contact: Susan Rodgers

**Capital Home Care, Inc.**  
14820 Physicians Lane Unit 242  
Rockville, MD 20850  
(301) 641-0599  
Contact: Manish Arora

**Care Focus Companion Services, LLC**  
9525 Georgia Avenue Suite 207  
Silver Spring, MD 20910  
(301) 755-2475  
Contact:

**Care Personnel Healthcare, Inc.**  
12101 New Hampshire Avenue  
Silver Spring, MD 20901  
(301) 579-5551  
Contact: Christie Diabate

**Care Plus**  
19390 Montgomery Village  
Avenue  
Montgomery Village, MD 20886  
(301) 740-8870  
Contact: Tom Najjar

**Care Positive**  
7503 Glenside Drive  
Takoma Park, MD 20912  
(301) 439-1810  
Contact:

**Careland**  
20611 Boland Farm Road  
Germantown, MD 20876  
(301) 515-1090  
Contact: Gregory Bolotin

**Carestaff Nursing Service, Inc.**  
10301 Strathmore Hall Suite 301  
North Bethesda, MD 20852  
(443) 600-3659  
Contact: Josephine Furtick

**Caring Hands Home Care Nursing Services**  
7720 Wisconsin Avenue #205  
Bethesda, MD 20814  
(301) 968-7300  
Contact: Okechukwu Ogu

**Caring Matters Home Care**  
3008 Paladin Terrace  
Olney, MD 20832  
(301) 728-8415  
Contact: Priscilla Walker

**Charity Hearts Healthcare Services**  
3504 Softwood Terrace  
Olney, MD 20832  
(443) 851-3055  
Contact: Olalekan M. Ojo

**Cheerway Care**  
932 Hungerford Drive Suite 40-B  
Rockville, MD 20850  
(301) 294-7555  
Contact: Leah Whetzel

**Circle of Friends, LLC**  
17610 Auburn Village Drive  
Sandy Spring, MD 20860  
(301) 260-0338  
Contact: Tanya Ravinski

**Comforcare Senior Services South Montgomery**  
5640 Nicholson Lane Suite 216  
Rockville, MD 20852  
(301) 816-0222  
Contact:

**Comfort Home Care**  
121 Congressional Lane #201  
Rockville, MD 20852  
(301) 984-1401  
Contact: Bill Gelfeld

**Comfort Keepers**  
414 Hungerford Drive Suite 248  
Rockville, MD 20850  
(301) 340-0100  
Contact: David R. Gibson

**Compassionate Health Care, Inc.**  
6935 Laurel Avenue Suite 202  
Takoma Park, MD 20912  
(301) 270-1577  
Contact: Edgar T. Julian

**Compassionate Nursing & Health Care Agency**  
8115 Fenton Street, Suite 203  
Silver Spring, MD 20910  
(301) 587-0063  
Contact: Gbomai Bestman-Johnson

**Connie's Health Care Agency**  
18441 Crownsgate Circle  
Germantown, MD 20874  
(240) 398-1433

**Conventional Health Services**  
11710 Old Georgetown Road  
#1109  
North Bethesda, MD 20852  
(301) 775-1861  
Contact: Telfie Lakew

**Daystar Home Care Inc.**  
1 Research Court Suite 450  
Rockville, MD 20850  
(301) 519-8038  
Contact: Michael Amanfu

**Devotion Home Care and Staffing Agency**  
23217 Murdock Ridge Way  
Clarksburg, MD 20871  
(240) 476-4729  
Contact: Shahnaz Arshad

**Doc's Nursing Jobs, Inc.**  
23322 Rainbow Arch Drive  
Clarksburg, MD 20871  
(301) 540-8444  
Contact: Dr. Gibson K. Orij

**Encore Nursing Services, Inc.**  
155 Gibbs Street Suite 426  
Rockville, MD 20850  
(301) 309-9954  
Contact: Gerrie Ann A-Cheng

**Eron's Home Health & Personal Care Services**  
13439 New Hampshire Avenue  
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*Continued on page S9*



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(301) 754-7740  
Contact: Margaret Hadley  
www.holycrosshealth.org/homecareandhospice

**Jewish Community Hospice**  
6123 Montrose Rd  
Rockville, MD 20852  
(301) 881-3700  
Contact: Joyce Sexton  
www.jssahospice.org

**Montgomery Hospice, Inc.**  
1355 Piccard Drive, Suite 100  
Rockville, MD 20850  
(301) 921-4400  
Contact: Ann Mitchell  
www.montgomeryhospice.org



# Adult Day Service – Helping the Middle Hold

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

Elder care has replaced 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 16 licensed adult day centers in Montgomery County, up from 13 just two years ago.

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## IT TAKES A COMMUNITY TO HELP SENIORS THRIVE



### WELCOMING ALL IN THE COMMUNITY.

<i>Independent Living with a new look</i>	Ring House	301.816.5012
<i>Affordable Independence</i>	Revitz House	301.770.8450
<i>Personalized Assisted Living</i>	Landow House	301.816.5050
<i>Outstanding Rehab &amp; Recovery</i>	Hebrew Home	301.770.8476
<i>Outpatient Senior Medical Care</i>	Hirsh Health Center	301.816.5004
<i>Respectful Long-Term Care</i>	Hebrew Home	301.770.8476
<i>New Memory Care Residence</i>	Cohen-Rosen House	301.816.5052

[www.smithlifecommunities.org](http://www.smithlifecommunities.org)



Charles E. Smith Life Communities

## Montgomery County Adult Day Centers

### Albert and Helen Misler Adult Day Center

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

### Bella's Reserve

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

### CCACC Adult Day Healthcare Center

9366 Gaither Road  
Gaithersburg, MD 20877  
(301) 820-7200  
Contact: Ned Li  
Capacity: 240

### Easter Seals Adult Day Services – Silver Spring

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

### Eldercare of Damascus, Inc.

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

**Family Services, Inc. / The Support Center**  
1010 Grandin Avenue  
Rockville, MD 20851

(301) 738-2250  
Contact: Paulette Craddock  
Capacity: 110

### Fellowship Adult Medical Day Care

18901 Waring Station Road  
Germantown, MD 20874  
(301) 916-4141  
Contact: Jonathan Schultz  
Capacity: 132

### Holy Cross Hospital Medical Adult Day Center

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

### Loving Care Adult Medical Day Care

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

### Loving Heart Adult Medical Center

9123 Gaither Road  
Gaithersburg, MD 20877  
(301) 990-1253  
Contact: Cindy J. Yun  
Capacity: 150

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

8 Metropolitan Court #4  
Gaithersburg, MD 20877

(240) 683-9010  
Contact: Lisa Hawkins  
Capacity: 276

### Rainbow of Montgomery County

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

### Rainbow of Rockville

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

### Randolph Hills Adult Day Care Center

4011-A Randolph Road  
Wheaton, MD 20902  
(301) 933-2500  
Contact: Lorna Barnes  
Capacity: 34

### Washington-McLaughlin Adult Day Care Center (The)

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

### Winter Growth – Montgomery Center

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

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Chaplains  
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Montgomery HOSPICE



# Montgomery County Assisted Living Facilities

## LEVEL TWO FACILITIES

### Bartholomew House

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

### Byron House

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

### Grace House

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

### Landow House, Inc.

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

### Marian Assisted Living, Inc.

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

### Raphael House

1515 Dunster Road  
Rockville, MD 20854  
(301) 217-9116  
Contact: Sheila Griffith  
Capacity: 31

### Rebecca House, LLC

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

## LEVEL THREE FACILITIES (Capacity > 20)

### Arden Courts of Kensington

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

### Arden Courts of Potomac

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

### Arden Courts of Silver Spring

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

### Asbury Methodist Village

333 Russell Avenue  
Gaithersburg, MD 20877  
(301) 216-4303  
Contact: Susan Boettger  
Capacity: 164

### Aspenwood

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

### Bedford Court

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

### Brighton Gardens at Friendship Heights

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

### Brighton Gardens of Tuckerman Lane

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

### Brightview Falls Grove

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

### Emeritus at Potomac

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

### Five Star Premier Residences of Chevy Chase

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

### Friends Assisted Living

17350 Quaker Lane  
Sandy Spring, MD 20860  
(301) 924-7538  
Contact: Donna Bussard, RN  
Capacity: 24

### Ingleside at King Farm

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

### Kensington Park - Groves & Woodlands

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

### Kingshire Manor Assisted Living

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

### Maplewood Park Place Health Care Center

9707 Old Georgetown Road  
Bethesda, MD 20817  
(301) 530-0500  
Contact: Rachel Langton  
Capacity: 29  
maplewoodparkplace.com  
SEE AD PAGE S8

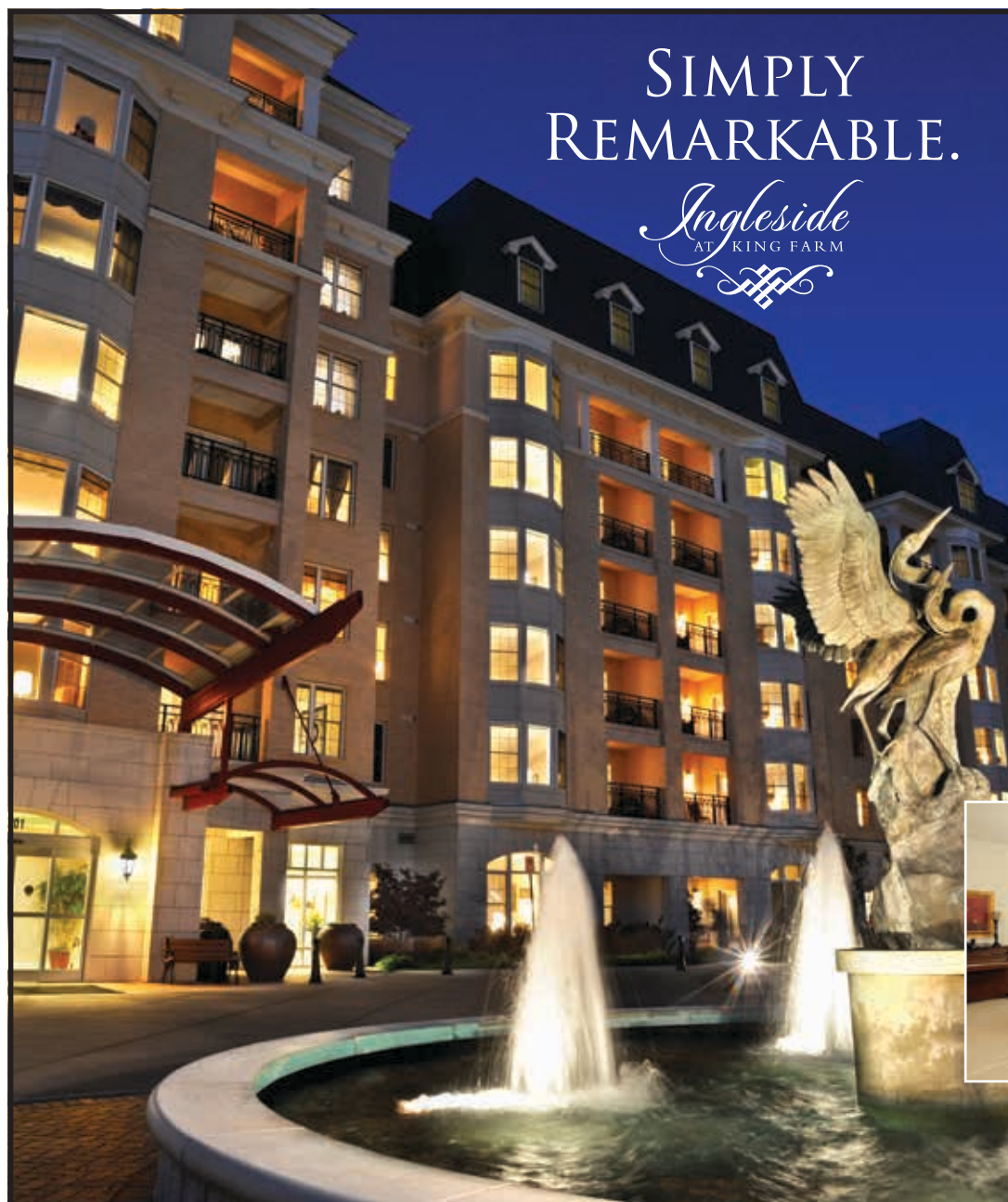
### Meadows

1637 Hickory Knoll Road  
Sandy Spring, MD 20860  
(301) 260-2311  
Contact: Patricia K Anderson  
Capacity: 64

### Solana Olney (The)

2611 Olney Sandy Spring Road  
Olney, MD 20832

*Continued on page S7*



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701 King Farm Blvd. ❖ Rockville, MD 20850





## Montgomery County Assisted Living Facilities

Con't from page S6

(301) 570-2611  
Contact: Sandy Reed  
Capacity: 94

**Springhouse of Bethesda**  
4925 Battery Lane  
Bethesda, MD 20814  
(301) 652-1445  
Contact: William Young  
Capacity: 98

**Springhouse of Silver Spring**  
2201 Colston Drive  
Silver Spring, MD 20910  
(301) 495-7366  
Contact: Bertha Simmons  
Capacity: 75

**Springhouse of Westwood**  
5101 Ridgefield Road  
Bethesda, MD 20816  
(301) 657-9111  
Contact: Jean H. Levin  
Capacity: 92

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

**Sunrise at Fox Hill**  
8300 Burdette Road  
Bethesda, MD 20817  
(301) 968-1800  
Contact: Phil Nickse  
Capacity: 105

**Sunrise at Montgomery Village**  
19310 Club House Road  
Montgomery Village, MD 20886  
(301) 921-0041  
Contact: Janet Bradley  
Capacity: 100

**Sunrise of Rockville**  
8 Baltimore Road  
Rockville, MD 20850  
(301) 309-0500  
Contact: Kimkitta Butler  
Capacity: 89

**Sunrise of Silver Spring**  
11621 New Hampshire Avenue  
Silver Spring, MD 20904  
(301) 625-8655  
Contact: Susan M. Maupin  
Capacity: 84

**Woods**  
1614 Hickory Knoll Road  
Sandy Spring, MD 20860  
(301) 260-2311  
Contact: Karyna Balbuena  
Capacity: 48

# Happy 10th Birthday NIHSeniorHealth.gov

**N**IHSeniorHealth.gov makes aging-related health information easily accessible for seniors, family members and friends seeking reliable, easy to understand online health information. The site was developed in 2003 by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH).

NIHSeniorHealth.gov features authoritative and up-to-date health information from Institutes and Centers at NIH. In addition, the American Geriatrics Society provides expert and independent review of some of the material

found on the web site. Health topics include general background information, open-captioned videos, quizzes and frequently asked questions (FAQs). New topics are added to the site on a regular basis.

A research-based approach guided the development of NIHSeniorHealth. The design of the site grew out of NIA's research on the types of cognitive changes that are a part of the normal aging process. Changes in memory, text



comprehension, information processing speed and vision can interfere with older adults' use of computers. Research indicates older adults can effectively use computers if information is provided in a senior-friendly manner. NIH extensively tested NIHSeniorHealth.gov with adults age 60 to 88 to ensure that it is easy for them to see, understand and navigate.

The Web site's senior-friendly features include:

- Consistent site-wide navigation
- Topics consistently organized into logical chapter headings and sub-headings
- Dark font against a light background
- Large, sans-serif font
- Ability to enlarge text and change contrast
- Easy-to-click links, including search results

NIHSeniorHealth makes every effort to comply with Section 508 of the Rehabilitation Act of 1973, which aims to make federal electronic technology accessible for persons with disabilities. **OPT**

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**Marian Assisted Living**  
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## Keeping Seniors Safe

**K**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 volunteers may speak on the following safety topics:

- Identity theft prevention
- Driver safety
- Safe shopping habits
- Fraud and scams
- Home safety inspections
- Property crimes

When attending an event, the volunteers will 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 Morton Davis at 240-773-5625 (Office) or 240-242-3742.

Source: Montgomery County Department of Police

## Thanksgiving Cheer at Byron House

Second graders from Our Lady of Mercy School enjoyed giving Thanksgiving Day cards and singing some Mercy favorites to residents at Byron House, an assisted living facility on the school's campus.



Second-grader Peggy Lannan and a Byron House resident enjoy each other's company.



A gentleman resident of Byron House reads a card presented by Mercy second-grader Anna Luther.

## Donor Age Not a Factor in Most Corneal Transplants

**T**en years after a transplant, a cornea from a 71-year-old donor is likely to remain as healthy as a cornea from a donor half that age, according to a recent study funded by the National Institutes of Health. Corneas from donors over age 71 perform slightly less well, but still remain healthy for the majority of transplant recipients after 10 years, the study found.

The Cornea Donor Study, funded by NIH's National Eye Institute (NEI), found that 10-year success rates remained steady at 75 percent for corneal transplants from donors 34-71 years old. In the United States, three-fourths of cornea donors are within this age range, and one-third of donors are at the upper end of the range, from 61-70 years old. But young donor corneas are relatively rare. In 2012, corneal donors under age 31 comprised less than 10 percent of the U.S. donor pool. When the study began in 2000, many surgeons would not accept corneas from donors over 65.

The results were published online in *Ophthalmology*, the journal of the American Academy of Ophthalmology (AAO), on Nov. 15, and presented the same day at a joint meeting of the Eye Bank Association of America and the Cornea Society in New Orleans.

"Our study supports continued expansion of the corneal donor pool beyond age 65," said study co-chair

Edward J. Holland, M.D., professor of ophthalmology at the University of Cincinnati and director of the Cornea Service at the Cincinnati Eye Institute. "We found that transplant success rates were similar across a broad range of donor ages."

The cornea is the clear window that allows light into the eye and helps focus it. Scarring, swelling, or



other damage to the cornea can lead to blurred vision. Such damage can occur after injuries or infections, from inherited conditions, or as a complication of cataract surgery.

A corneal transplant is performed when decreased vision or discomfort from corneal damage cannot be corrected with lenses or medication. It involves removing a portion of the damaged cornea and grafting corneal tissue from a deceased donor in its place. More than 46,000 corneal transplants were performed in the United States last year. In addition, eye banks in the United States exported about 20,000 corneas to other countries in 2012, an increase of 7 percent over 2011.

"The supply of corneas does not meet the demand internationally, and as the aging population grows at home and abroad, the need for corneal transplants is expected to grow, too. The Cornea Donor Study was designed to address whether making use of donor corneas across the full range of ages available might help solve this problem," said Maryann Redford, D.D.S., M.P.H., a clinical research program director at NEI.

"Overall, the findings clearly demonstrate that most corneal transplants have remarkable longevity regardless of donor age," said Mark Mannis, M.D., chair of ophthalmology at the University of California, Davis, and co-chair of the study. "The majority of patients continued to do well after 10 years, even those who received corneas from the oldest donors."

"The Cornea Donor Study demonstrates the viability of older donor tissue in the majority of cases with endothelial disease. In time, we hope the study will have a lasting impact on the practice of corneal transplant surgery," Dr. Mannis said. "Although the results suggest that age-matching may be appropriate for the very youngest donors and patients, we do not think it is necessary in the vast majority of cases."

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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.

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## Montgomery County Residential Service Agencies

*Con't from page S4*

### Family & Nursing Care Select, LLC

962 Wayne Avenue Suite 503  
Silver Spring, MD 20910  
(301) 587-9600  
Contact: Neal Kursban

### Family of Nations, Inc.

13910 Castle Boulevard  
Suite 101  
Silver Spring, MD 20904  
(240) 604-5447  
Contact: Nnedinma Anyanwu

### Five Star Aspenwood, LLC

14400 Homecrest Road  
Silver Spring, MD 20906  
(301) 598-6424  
Contact: Jonathan Ellis

### Focho Health Services

11510 Georgia Avenue Suite  
100a  
Wheaton, MD 20902  
(240) 595-6511  
Contact: Olivia S. Shipman

### Ftloa, Inc.

12201 Peach Crest Drive Unit G  
Germantown, MD 20874  
(301) 613-4922  
Contact: Fatima Ellis

### Gloriad and Associates Company, LLC

15200 Mcknew Road  
Burtonsville, MD 20866  
(301) 793-4474  
Contact: Esther Adetobi-Folawiyo

### Golden Touch Health Care, LLC

431 N Frederick Avenue  
Suite 104  
Gaithersburg, MD 20877  
(301) 591-4368  
Contact: Esther Obioha

### Goodhope Health Services, Inc.

914 Silver Spring Ave. Suite 116  
Silver Spring, MD 20910  
(240) 305-4799  
Contact:

### Goodhope Health Services, LLC

914 Silver Spring Ave. Suite 112  
Silver Spring, MD 20910  
(301) 565-0626  
Contact:

### Grandiff Medical Supplies

20 Vital Way  
Silver Spring, MD 20904  
(301) 388-0596  
Contact: Ima Akpaete

### GT & Associates

3460 Olney-Laytonsville Rd  
#211a  
Olney, MD 20832  
(202) 310-2686  
Contact: Gerald F. Tucker

### HHC Staffing, Inc.

3 Bethesda Metro Center Suite  
700  
Bethesda, MD 20814  
(301) 365-4777  
Contact: Sadia Sultana

### Holy Cross Private Home Services Corporation

9805 Dameron Drive  
Suite Hcri 18

Silver Spring, MD 20902  
(301) 754-7780  
Contact: Kathleen Paven

### Home Care Assistance

8100 Norfolk Avenue  
Bethesda, MD 20814  
(301) 654-1525  
Contact: Kenneth E Hansen

### Home Care Solutions

1801 E Jefferson Street  
Rockville, MD 20852  
(410) 770-9930  
Contact: David Mainguy

### Home Health Connection, Inc.

4340 East West Highway  
Suite 1150  
Bethesda, MD 20814  
(301) 718-0112  
Contact: Shahin D. Mafi

### Home Helpers

13018 Clarksburg Square Road  
Clarksburg, MD 20871  
(301) 916-8638  
Contact: Ruschelle Monte

### Home Instead Senior Care #197

2439 Linden Lane  
Silver Spring, MD 20910  
(301) 588-9710  
Contact: Patricia A. Maroon

### Home, Inc.

15 E Deer Park Drive #200  
Gaithersburg, MD 20877  
(301) 519-8611  
Contact: Aliverdi Roustam

### Housen Homecare, Inc.

11501 Georgia Ave, Suite 405  
Silver Spring, MD 20902  
(301) 933-8188  
Contact: Yvette R. Housen

### Houseworks, LLC

4350 East-West Highway  
Suite 401  
Bethesda, MD 20814  
(240) 821-9800  
Contact: Kelly Salb

### Ideal Home Care, LLC

966 Hungerford Drive Suite 11a  
Rockville, MD 20850  
(240) 625-5798  
Contact: Michele Asseke

### Infinity Nursing

18549 Brooke Road  
Sandy Spring, MD 20860  
(301) 260-1208  
Contact: Grace F. Obebe

### Insource Health Care Services, LLC

14623 Blackburn Road  
Burtonsville, MD 20866  
(301) 421-9670  
Contact: Khadijatu Jackson

### J and J Medical Services, Inc.

8510 16th Street Suite 419  
Silver Spring, MD 20910  
(301) 518-2638  
Contact: Rosemary Kaikai-Broadbell

### Jaroma Distinct Care

4402 Meanderwood Drive  
Burtonsville, MD 20866  
(301) 549-1021  
Contact: Rita Elad

### Jessa Medical Supply, Inc.

112 Market Street

Gaithersburg, MD 20878  
(301) 990-8706  
Contact: Aliyev Muse

### Just Divine Homecare Agency, LLC

12832 Clarksburg Square Road  
#208  
Clarksburg, MD 20871  
(301) 219-1585  
Contact: Priscilla Andoh-Baah

### Kahak Health Care Services

11002 Veirs Mill Road Suite  
300  
Silver Spring, MD 20902  
(301) 933-0050  
Contact: Michel Kahak

### Karline Health Care

11501 February Circle #304  
Silver Spring, MD 20904  
(301) 622-0086  
Contact: Aveline Nicol-Wilson

### Kennedy Care

6930 Carroll Avenue Suite 610  
Takoma Park, MD 20912  
(301) 244-9900  
Contact: Jennifer Miller

### Landi Quality Healthcare Services, LLC

3349 Buehler Court  
Olney, MD 20832  
(301) 346-1162  
Contact:

### Lawson Medical Supplies

431 North Frederick Avenue  
Gaithersburg, MD 20877  
(301) 948-6900  
Contact: Olusegun Olatunji

### Lifematters

7768 Woodmont Avenue #200  
Bethesda, MD 20814  
(301) 652-7212  
Contact: Craig Goodman

### Livhome, Inc.

9081 Shady Grove Court  
Gaithersburg, MD 20877  
(301) 438-0630  
Contact: Emily M. Molloy

### Maxim Healthcare Services, Inc.

9525 Georgia Avenue Suite 101  
Silver Spring, MD 20910  
(301) 585-9595  
Contact: Shonta Dawes

### MBL Associates, Inc.

845-Q Quince Orchard Boulevard  
Gaithersburg, MD 20878  
(301) 355-7660  
Contact: Munjanjay Litell

### Medicaid Providers

8607 2nd Avenue Suite 306  
Silver Spring, MD 20910  
(301) 495-6330  
Contact: David E. Greene

### Medical Supply Center

2923-C Olney Sandy Spring  
Road  
Olney, MD 20832  
(301) 774-8200  
Contact: Mary E. Kapur

### Metropolitan Medical Supplies, LLC

610 Professional Drive  
Suite 240  
Gaithersburg, MD 20879  
(301) 519-0999  
Contact: Sarah M. Abdou

### Mhcare

13801 Hidden Glen Lane  
North Potomac, MD 20878  
(301) 906-5557  
Contact:

### Montgomery Home Care Services, LLC

13812 Arctic Avenue  
Rockville, MD 20853  
(301) 460-1003  
Contact: Annette Davis

### Myrvick Care Agency

1 Research Court Suite 450  
Rockville, MD 20850  
(301) 519-8000  
Contact: Marie M. Darisme  
Sanon

### Nation Care

6480 New Hampshire Avenue  
#104  
Takoma Park, MD 20912  
(301) 559-1115  
Contact: Pius Fon

### Nunec Home Health Care Services, LLC

14520 Fairdale Road  
Silver Spring, MD 20905  
(240) 643-5638  
Contact: Alexander Amadi-Obi

### Nutrichoice Partners, Inc.

2313 Distribution Circle  
Silver Spring, MD 20910  
(301) 495-1291  
Contact: Debra F. Rownaghi

### Options For Senior America

7979 Old Georgetown Road  
Suite 700  
Bethesda, MD 20814  
(301) 562-1100  
Contact: Ramzi Rihani

### Orthocare Solutions, Inc.

6101 Executive Boulevard  
Suite 380  
Rockville, MD 20852  
(301) 990-1640  
Contact: Ashayla Sherry

### Perpetual Home Health Care Services, LLC

9725 Hedin Drive  
Silver Spring, MD 20903  
(301) 434-0015  
Contact: Elizabeth B. Kamara

### Potomac Home Support

6001 Montrose Road Suite 1020  
Rockville, MD 20852  
(301) 896-6349  
Contact: Lauren Simpson

### Praise Home Health and Staffing

19505 White Saddle Drive  
Germantown, MD 20874  
(301) 367-6378  
Contact: Peace Kachuchuru

### Premier Homecare

6123 Montrose Road  
Rockville, MD 20852  
(301) 984-1742  
Contact: Cindy J. Libby-Green

### Premier In-Home Care, Inc.

10111 Colesville Road  
Suite 102  
Silver Spring, MD 20904  
(301) 326-2225  
Contact: Justus Mulwa

### Professional Healthcare Resources of Maryland, Inc.

10605 Concord Street Suite 309  
Kensington, MD 20895  
(240) 395-0000  
Contact: Shirley Y. Cobb

### Quality Care Services, Inc.

9753 Pleasant Gate Lane  
Potomac, MD 20854  
(240) 461-2672  
Contact: Ernest Mensah

### Quality One Care Home Health, Inc.

10318 Castle Hedge Terrace  
Silver Spring, MD 20902  
(301) 579-4555  
Contact: Mohamed S. Matupe

### Rafiki Nursing Care Services

14608 Tynewick Terrace  
Silver Spring, MD 20906  
(240) 994-1250  
Contact:

### Reliable Care Services

16220 South Frederick Avenue  
#212  
Gaithersburg, MD 20877  
(301) 947-9545  
Contact: Julia Nweke

*Continued on page S10*



- DEMENTIA CARE
- All-Inclusive Rates
- Physicians visits on-site
- Social programs
- In home Registered Nurse
- Medication Management

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- 14017 Breeze Hill Lane, Silver Spring, MD 20906
- 3200 Bustleton Lane, Silver Spring, MD 20906

**301-806-0151** [www.angelgardenhomes.com](http://www.angelgardenhomes.com)



# Montgomery County 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

**Bedford Court Healthcare Center**  
3701 International Drive  
Silver Spring, MD 20906  
(301) 598-2900  
Capacity: 60

**Bel Pre Health & Rehabilitation Center**  
2601 Bel Pre Road  
Silver Spring, MD 20906  
(301) 598-6000  
Capacity: 90

**Bethesda Health and Rehabilitation**  
5721 Grosvenor Lane  
Bethesda, MD 20814  
(301) 530-1600  
Capacity: 185

**Brighton Garden 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: 168

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

**Collingswood Nursing & Rehab Center**  
299 Hurley Avenue  
Rockville, MD 20850  
(301) 762-8900  
Capacity: 146

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

**Fox Chase Rehab & 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) 924-4900  
Capacity: 82

**Hebrew Home of Greater Washington**  
6121 Montrose Road  
Rockville, MD 20852  
(301) 881-0300  
Capacity: 556

**Holy Cross Rehab and Nursing**  
3415 Greencastle Road

Burtonsville, MD 20866  
(301) 388-1400  
Capacity: 145

**Ingleside at King Farm**  
701 King Farm Boulevard  
Rockville, MD 20850  
(240) 499-9015  
Capacity: 26  
inglesideatkingfarm.org

**Kensington Nursing & Rehabilitation Center**  
3000 Mccomas Avenue  
Kensington, MD 20895  
(301) 933-0060  
Capacity: 140

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

**Manor Care Health Services – Chevy Chase**  
8700 Jones Mill Road  
Chevy Chase, MD 20815  
(301) 657-8686  
Capacity: 172

**Manor Care Health Services – Wheaton**  
11901 Georgia Avenue  
Wheaton, MD 20902  
(301) 942-2500  
Capacity: 94

**Manorcare Health Services – Bethesda**  
6530 Democracy Boulevard  
Bethesda, MD 20817  
(301) 530-9000  
Capacity: 110

**Manorcare Health Services – Potomac**  
10714 Potomac Tennis Lane  
Potomac, MD 20854  
(301) 299-2273  
Capacity: 158

**Manorcare Health Services – Silver Spring**  
2501 Musgrove Road  
Silver Spring, MD 20904  
(301) 890-5552  
Capacity: 148

**Maplewood Park Place**  
9707 Old Georgetown Road  
Bethesda, MD 20814  
(301) 530-0500  
Capacity: 31  
maplewoodparkplace.com

**Montgomery Village Health Care Center**  
19301 Watkins Mill Road  
Gaithersburg, MD 20879  
(301) 527-2500  
Capacity: 147

**National Lutheran Home**  
9701 Veirs Drive  
Rockville, MD 20850  
(301) 424-9560  
Capacity: 300

**Oakview Rehabilitation and Nursing Center**  
2700 Barker Street  
Silver Spring, MD 20910  
(301) 565-0300  
Capacity: 138

**Potomac Valley Nursing & Wellness**  
1235 Potomac Valley Road  
Rockville, MD 20850

(301) 762-0700  
Capacity: 175

**Randolph Hills Nursing Home**  
4011 Randolph Road  
Wheaton, MD 20902  
(301) 933-2500  
Capacity: 112

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

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

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

**Springbrook Center**  
12325 New Hampshire Avenue  
Silver Spring, MD 20904  
(301) 622-4600  
Capacity: 87

**Wilson Health Care Center**  
301 Russell Avenue  
Gaithersburg, MD 20877  
(301) 216-4135  
Capacity: 285

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

## Montgomery County Residential Service Agencies

*Con't from page S9*

**Reliable Medical Services**  
16220 S Frederick Avenue  
Suite 212  
Gaithersburg, MD 20877  
(301) 947-9545  
Contact: Julia Nweke

**Reliable Nurses Services, LLC**  
18 Marwood Court  
Rockville, MD 20850  
(240) 305-1040  
Contact: Suená Massaquoi

**Reliance Home Care**  
12615 Blue Sky Drive  
Clarksburg, MD 20871  
(301) 789-2525  
Contact: Jean-Pierre LeDuc

**Riderwood Village**  
3120 Gracefield Road  
Silver Spring, MD 20904  
(301) 572-8344  
Contact: Debora L. Herold

**Right At Home**  
11821 Parklawn Drive  
Suite 302  
Rockville, MD 20852  
(301) 255-0066  
Contact: Lewis Myers

**Roberts Home Medical, Inc.**  
20465 Seneca Meadows  
Parkway  
Germantown, MD 20876  
(301) 353-0300  
Contact: David Chester

**Rock of Ages Health Care**  
3315 Hampton Point Drive E  
Silver Spring, MD 20904  
(301) 674-1858  
Contact: Akeem Akimbo

**Royal Treatment Health Care Services, Inc.**  
20713 Delta Drive  
Laytonsville, MD 20882  
(301) 975-9457  
Contact: Catena N. Offurum

**S Care on Call**  
7933 Foxcrest Court  
Potomac, MD 20854  
(301) 299-0753  
Contact: Somica Nation

**Saf Medical Services**  
13004 English Turn Drive  
Silver Spring, MD 20904  
(301) 890-4623  
Contact: Emma Manjo

**Safe Home Health Care**  
18365 Last Knife Circle  
Suite 303  
Montgomery Village, MD 20886  
(301) 760-6540  
Contact: Aminata Camara

**Saint Paul's Nursing Care, LLC**  
7100 Muncaster Mill Road  
Derwood, MD 20855  
(240) 476-5756

**Sandra's Nursing Services LLC**  
21106 Tall Cedar Way  
Germantown, MD 20876  
(301) 212-7106

**Senior Helpers**  
15717 Crabbs Branch Way #226  
Rockville, MD 20855  
(301) 590-1234  
Contact: Karen McMorris

**Senior Helpers of Silver Spring**  
11120 New Hampshire Avenue  
Suite 509  
Silver Spring, MD 20904  
(301) 592-1611  
Contact: Wendy L. Johnson

**Sho Health Services, Inc.**  
801 Wayne Avenue Suite G100  
Silver Spring, MD 20910  
(301) 328-0693  
Contact: Mebea Tesfaye

**Smartcare Home Health Services**  
13975 Connecticut Avenue  
Suite 303  
Silver Spring, MD 20906  
(800) 419-5343  
Contact: Aimbola Eboda

**Smartcare PT-OT**  
13975 Connecticut Avenue  
Suite 303  
Silver Spring, MD 20906  
(800) 419-5343  
Contact: Abombola Eboda

**Specialty Care Services, LLC**  
8555 16th Street, #101  
Silver Spring, MD 20910  
(301) 585-6300  
Contact: Al Simons

**Spectrum Medical**  
8820 Brookville Road  
Silver Spring, MD 20910  
(301) 587-2992  
Contact: Steve Ackerman

**Star Medical Staffing, LLC**  
414 Hungerford Drive Suite 200  
Rockville, MD 20850  
(240) 499-8580  
Contact: Lydia Glucksberg

**The Angels**  
1412 Farmcrest Way  
Silver Spring, MD 20905  
(301) 905-7111  
Contact: Christien Okoroafor

**Truevine Home Healthcare, LLC**  
10410 Kensington Parkway  
Suite 100  
Kensington, MD 20895  
(301) 768-4251  
Contact: Christian Bianda

**Trusted Touch Healthcare, LLC**  
11900 Parklawn Drive  
Suite 160  
Rockville, MD 20852  
(301) 272-5140  
Contact: Sibó Ncube

**Two Caring Hands**  
10411 Motor City Drive  
Suite 750  
Bethesda, MD 20817  
(301) 928-4611

**Unity Health Care Services**  
14200 Delilah Court  
Silver Spring, MD 20905  
(301) 793-1302  
Contact: Assumpta Kole Tatah

**Victory Home Health Care, LLC**  
18568 Office Park Drive  
Montgomery Village, MD 20886  
(301) 740-7667  
Contact: Jane Kathurima

**Visiting Angels**  
971 Russell Avenue Unit A  
Gaithersburg, MD 20879  
(301) 355-6578  
Contact: Joan M. Ekobena

**VTM Services, LLC**  
1734 Elton Road Suite 114  
Silver Spring, MD 20903  
(240) 645-7332  
Contact: Naomi H. Mandishona



# The Continuum of Care

**S**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. 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  
Exec. Dir.: Henry R. Moehring  
(301) 330-3000

**Brooke Grove**  
18100 Slade School Road  
Sandy Spring, MD 20860  
Exec. Dir.: Eileen Alexander  
(301) 924-2811

**Bedford Court**  
3701 International Drive

Silver Spring, MD 20906  
Gen. Mgr.: Todd Margulies  
(301) 598-2900

## Friends House Retirement Community

17340 Quaker Lane  
Sandy Spring, MD 20860  
Exec. Dir.: Kevin Harrington  
(301) 924-5100

## Ingleside at King Farm

701 King Farm Boulevard  
Rockville, Maryland 20850  
Exec. Dir.: Marilyn Leist  
(240) 499-9031

## Maplewood Park Place

9707 Old Georgetown Road  
Bethesda, MD 20814  
Gen. Mgr.: Scott McAlister  
(301) 571-7400

## National Lutheran Home & Village at Rockville

9701 Veirs Drive  
Rockville, MD 20850  
Exec. Dir.: Jana Broughton  
(301) 424-9560

## Riderwood Village

3150 Gracefield Road  
Silver Spring, MD 20904  
Exec. Dir.: Chip Warner  
(301) 572-8316

## Doing Well and Doing Good at 97

**R**oland de Cesare, of Mother Seton Parish was awarded a special certificate by County Executive Ike Leggett in October for more than twenty years of volunteer service to the Lord's Table Soup Kitchen which operates at St Martin's in Gaithersburg. Roland is 97 years old! Asked when he plans to give it up he replied, "When I get old".



OPT



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**Recreation for Active Older Adults 55+**  
Fitness, Day Trips, Educational Talks, Dances, Parties & More!



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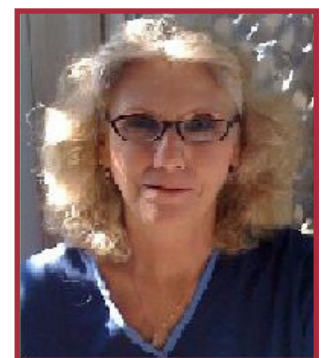
# Geriatric Care Management



A Network Of Care  
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In-Home Care  
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Clients That Will  
Empower Them To  
Have A Greater  
Freedom And Peace  
Of Mind.

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*Caring For Our  
Seniors in Maryland  
"From Our Hearts  
to Your Home"*



## Our Care Services

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Toileting Assistance  
Mobility/Transfers  
Medication Management

Meal/Diet Planning  
Dementia Care  
Companionship  
Senior Outings/Activities

Housekeeping/Laundry  
Home Care Management  
Shop for Groceries  
Special Projects



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Residential Service Agency (RSA), License No. R2301R by the Maryland Department of Health and Mental Hygiene Office of Health Care Quality.



# Groceries with Community in Mind!

A SHARE Food Network *Monthly Food Package* is perfect for “seasoned citizens” who know the value of community and the importance of eating healthy. Thanks to thousands of volunteers, we help families put nutritious food on the table for less each month.

You can order a nutritious monthly food package and/or volunteer to make it all happen!

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