



2015 Senior Services Guide

Affordable Independent Senior Living Community Planned for Silver Spring

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

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

The new community will serve a mix of incomes. Units will be set aside for residents with between 40% - 60% of area median income. There will also be 10 market-rate units. Income limits for a one-person household: 40% - \$29,960, 50% - \$37,450, and 60% \$44,940. Victory Crossing's apartments will be a mix of one (80) and two-bedroom units (25). Rents



Victory Crossing will be an affordable, 105-unit midrise apartment building for mixed-income seniors developed on 2 acres of land, which will be leased from Montgomery County. The property will be financed, in part, by a HUD-insured FHA 231 mortgage, a County loan, CDA financing, and 4% Low-Income Housing Tax Credits.

for one-bedroom apartments are projected to range from \$659 - \$1,040; rents for two-bedroom apartments are projected to be \$1,235 for a 60% unit and \$1,683 for a market-rate unit.

Though intended to serve seniors who can live independently, the property is designed as a supportive environment for

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Handy New Booklet for Seniors Tells How to "Get Out & Stay Active"

With a copy of "Get Out and Stay Active: Living and Thriving in Montgomery County," seniors can learn about programs and services in the County such as: active adult programs for those 55+; senior centers; fitness and sports; travel; tips and tours; volunteering; and transportation options.

The 22-page booklet was published by Montgomery County Recreation in partnership with the Department of Health and Human Services' Division of Aging and Disability Services.

Available online at: www.montgomerycountymd.gov/senior/Resources/Files/Get-out_Stay-Active_Part1.pdf

Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902
240-777-4924

OPT



Sorting Through the Maze of Assisted Living Options When Does a Smaller Facility Make Sense?

By Joan Hyman, Vice President,
AlfredHouse Eldercare

Making the decision to help a family member move to assisted living is often challenging. Deciding which type of assisted living setting will meet your family member's healthcare

needs, cognitive and memory requirements, lifestyle, personality, cultural background and financial constraints can be even more challenging.

In Montgomery County, we are fortunate that our community hosts

Continued on page S11

Facebook: It's more than what your friends had for breakfast

When discussing social media I frequently hear complaints that Facebook has turned us into a self-absorbed society. And to some degree that may be true. The Selfie certainly drives that point home.

But think about your social interactions when out and about, perhaps picking up groceries or celebrating a friend's birthday. We make idle chit chat without giving it a second thought: Sure is hot out there...Did you see the game last night?...Can't wait till Friday...Have a nice day. These conversations may be a bit light, but nevertheless bring us a small and important sense of civility and



Continued on page S4

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Article 1



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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 assis-



tance with ADLs in private-pay, congregate-living settings. Sunrise Senior Living in McLean (Va.) was the industry pioneer and is one of the largest providers of assisted living in the United States with more than 400 communities in 37 states. In addition to help with ADLs and assistance with medication, most assisted living communities provide three meals a day in restaurant settings, leisure activity programs, and limited transportation services.

It's important to know what assisted living is not. It is not skilled nursing, and it is not regulated by the Federal government. Residents of assisted living communities who develop needs beyond help with ADLs and medications – who need the constant care and supervision of healthcare professionals – may have to be discharged to nursing homes.

Maryland has developed a three-tiered approach to licensing and

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

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

Because assisted living commu-

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

Each Assisted Living residence is required to complete a Uniform Disclosure Form describing its services and policies. Fee structures for assisted living vary, with some facilities charging a single fee based on the resident level of care while others provide an “a la carte” menu of services. It is important to understand what is included in the base monthly rate, what services require an additional charge, and circumstances under which fees may increase. The Uniform Disclosure Form includes fee information and is required to be filed with the Office of Health Care Quality as part of an application for licensure. The Uniform Disclosure Form must be made available upon request or be part of the Assisted Living marketing materials.

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

Assisted living facilities in Montgomery County with three or fewer residents and those with

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



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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.

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



Individuals and caregivers have a responsibility to preserve human life through care and medical science. However, this responsibility has moral limits. Extraordinary means that may

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

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

- Summary Q&A - outlines the main points of *Comfort and Consolation*
- Legal Guide - provides practical advices for completing an advance directive that properly reflects Catholic principles and that also includes the Catholic Declaration on Health Care Decision Making

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

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Facebook: More than what your friends had for breakfast*Con't from page S1*

connection.

So, back to Facebook. Before the internet age, I was horrible at keeping in touch with people, even those whose friendship I cherished. Time and distance always seemed to get the best of me. Through Facebook, I get to “visit” with friends with whom I would otherwise have long lost touch. Seeing friends’ updates and photos is like running into them at the grocery store or having a brief chat after mass. We have a chance to catch up. Through Facebook, I know a bit about how their family is doing, where they went on vacation, and perhaps when a loved one has passed.

Yes, there are some who post too much personal information, overdo the selfies, and who are uncomfortably boastful. But these are the same people who tell you the gruesome details of their gall bladder surgery in the checkout



line, talk during movies and whose Christmas letters read more like resumes. Social media has its etiquette as well – most are well-behaved but there may be a few who are not.

Perhaps most importantly, Facebook can reduce social isolation for those who may have difficulty getting out and about.

Visiting with friends and family on Facebook helps maintain a sense of connection to the outside world. Studies have shown that connecting via Facebook can reduce depression and loneliness in those who are physically isolated from family and friends. Facebook is also a great way to maintain spiritual connections as many churches now

have Facebook pages that are regularly updated with parish news, prayer and photos.

What about privacy? This is an important consideration. When you sign up for a Facebook account, the set up process walks through the privacy settings. As with any social media, just be careful to share only information that you would be comfortable if it accidentally found a wider audience than you intended. Keep in mind that you do not have to “share” on Facebook to enjoy it. Many people rarely (or never) share photos or other updates. Use it only as you are comfortable.

So go ahead and try it – sign up, share a photo or some news. Go to Facebook.com to get started.

OPT

Pam Holland teaches technology to adults. She can be reached at Pam@Tech-Moxie.com or on the web at Tech-Moxie.com. SEE AD PAGE S3.

Montgomery County Hospices**Holy Cross Home Care and Hospice**

11800 Tech Road,
Suite 240
Silver Spring, MD 20904
(301) 754-7740
Contact: Margaret Hadley
SEE AD PAGE S3

Jewish Community Hospice

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

Montgomery Hospice, Inc.

1355 Piccard Drive,
Suite 100
Rockville, MD 20850
(301) 921-4400
Contact: Ann Mitchell
SEE AD PAGE S2

Montgomery County Assisted Living Facilities**LEVEL TWO FACILITIES****Bartholomew House**

6904 River Road
Bethesda, MD 20817
(301) 320-6151
Contact: Joseph Hanle
Capacity: 33

Byron House

9210 Kentdale Drive
Potomac, MD 20854
(301) 469-9400
Contact: Sharon Borowiec
Capacity: 33

Grace House

3214 Norbeck Road
Silver Spring, MD 20906
(301) 924-4424
Contact: Meg DeSchraver
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: Marcy Hunter
Capacity: 41

Raphael House

1517 Dunster Lane
Rockville, MD 20854
(301) 217-9116
Contact: Melissa Thomas
Capacity: 31

Rebecca House

9910 River Road
Potomac, MD 20854
(301) 656-8823
Contact: Georgia Weiss
Capacity: 31

**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
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5555 Friendship Boulevard
Chevy Chase, MD 20815

(301) 656-1900
Contact: Wesley Street
Capacity: 154

**Brighton Gardens of
Tuckerman Lane**

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

Brightview Falls Grove

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(240) 314-7194
Contact: Kelly Harms
Capacity: 100

Emeritus At Potomac

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Contact: Richard O'Brien
Capacity: 139

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8100 Connecticut Avenue
Chevy Chase, MD 20815
(301) 907-9894
Contact: Ruth M. Dukuly
Capacity: 31
SEE AD PAGE S5

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,
NHA
Capacity: 46
SEE AD PAGE S7

**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
SEE AD PAGE S1

Meadows

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

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2611 Olney Sanda Spring Rd.
Olney, MD 20832
(301) 570-2611
Contact: Sandy Reed
Capacity: 94

Springhouse of Bethesda

4925 Battery Lane
Bethesda, MD 20814
(301) 652-1445
Contact: Jean H. Levin
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: Gregory Leach
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) 921-0045
Contact: Kathy Tyler
Capacity: 100

Sunrise of Rockville

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

Sunrise of Silver Spring

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Contact: Susan M. Maupin
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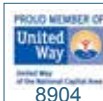
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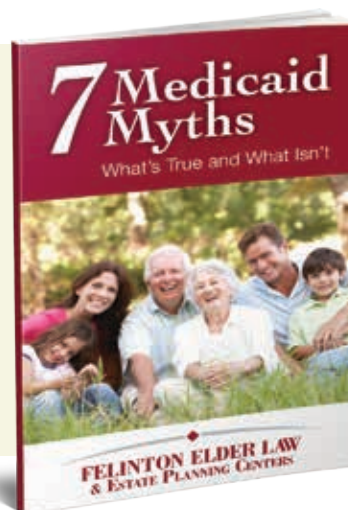


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working patiently with sellers of long-time residences. Call her for your free copy of *Don't Throw My Memories in the Trash*, a help to seniors & their families.

- Ms. Stewart is involved in many civic and charitable organizations, including Catholic Charities, and feels that giving back to the community, both in time and money, is important.
- She also welcomes your questions and will be happy to offer you a free market analysis on your present property without obligation.

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At Ingleside at King Farm life is just an extension of the good life you have always led. Only just a little bit easier. A little bit more fun. And much more care-free. Here you'll find a vibrant, engaging community alive with opportunities designed to enhance the lives of its members.

If you would like to consider a move to Ingleside at King Farm but the timing is not quite right yet, then the IKF Wait List Club will fit into your plans perfectly. As a member, you can experience the Ingleside lifestyle before you move to Ingleside at King Farm.

The IKF Wait List Club is a perfect way to join the community with the flexibility that will suit your lifestyle.



701 King Farm Blvd., Rockville, MD • (240) 428-6435



NIH Funds Applied Gerontology

Focus on Cognition, Decision Making, Mobility and Independence

Researchers receiving funding from the National Institute on Aging (NIA) will seek ways to improve cognition, decision making, mobility and independence of older people. The awards, announced November 12, renew funds for 11 Edward R. Roybal Centers for Research on Applied Gerontology, and the designation of two new centers. The centers have been innovative models for moving promising social and behavioral research findings out of the

laboratory and into programs and practices that can be applied every day to improve the health and well-being of older people. NIA is part of the National Institutes of Health.

"Through a range of projects, the centers seek to find new and better ways to maintain mobility and physical function; support sound financial and medical decision making; aid cognitive function; manage pain; and enhance caregiving," said NIA Director Richard J. Hodes, M.D.

In recent years, Roybal Centers have made major contributions to our understanding of how to improve rates of flu shots and colonoscopy screenings, through development of an active choice model by the National Bureau of Economic Research Center for Behavior Change in Health and Saving. The Oregon Roybal Center for Translational Research on Aging at Oregon Health & Science University has been using cutting-edge sensors to obtain real-time

information on older people in their homes, balancing a need-to-know by caregivers and health care providers with the privacy of individuals. In addition to providing information on potential emergency situations, these data give researchers an unprecedented look at the daily lives of older people, which can be analyzed in many ways for many purposes.

The two new centers, their principal investigators and research focus are:

- Johns Hopkins University, Baltimore – The Johns Hopkins Roybal Center will conduct research on the informal support resources of vulnerable older adult populations, focusing on the transition of health care services from traditional institutions like nursing homes to home- and community-based models, which include key family members and caregivers.

- Brandeis University, Waltham, Massachusetts – The Boston Roybal Center will develop and test interventions to increase and sustain an active lifestyle to promote health and well-being, especially among those populations at risk for poor health outcomes.

The National Institute on Aging leads the federal effort supporting and conducting research on aging and the medical, social and behavioral issues of older people. For more information on research and aging, go to www.nia.nih.gov.

OPT

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

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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



Recreation Reopens Clarksburg 55+ Active Adult Program

After being eliminated more than four years ago due to budget cuts, the Clarksburg 55+ Active Adult Program has resumed operations at the Clarksburg Park Activity Building, 22501 Wims Road. The new senior program will be offered on Wednesdays from 11 a.m. to 3 p.m.

The 55 + Active Adult Programs, formerly known as the Neighborhood Senior Programs, offer socialization, entertainment, health, wellness, exercise and informational programs in 13 locations throughout the County.

For more information, call 240-777-4924.

OPT

Community Planned for Silver Spring

Con't from page S1

its residents. Community areas will include a community room, warming kitchen, wellness center, computer room, library, outdoor patio, exercise room, game room, and an arts/crafts room.

It is estimated the project will obtain final approvals in late-spring of 2015 and undergo a 13-month construction period.

OPT

The Continuum of Care

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

Most CCRCs are at the upper end of the cost spectrum of retirement communities. Continuing Care Retirement Communities, also known as Life Care Communities, offer a secure, stimulating and protected environment for seniors, with access to medical and nursing services, should the need arise. There



are a range of contract agreements, terms, entrance fees and monthly service fees which are set by the individual CCRC and regulated by the Maryland Department of Aging.

Montgomery County Continuing Care Retirement Communities

(source: Maryland Department Of Aging,)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Mr. Henry R. Moehring
Executive Director
(301) 330-3000

Brooke Grove

18100 Slade School Rd.
Sandy Spring, MD 20860
Ms. Eileen Alexander
Executive Director
(301) 924-2811

Bedford Court

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

Friends House Retirement Community

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

National Lutheran Home & Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
Ms. Jana Broughton
Executive Director
(301) 424-9560

Ingleside at King Farm

701 King Farm Blvd.
Rockville, Maryland 20850
Ms. Marilyn Leist
Executive Director
(240) 499-9031

Maplewood Park Place

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

Riderwood Village

3150 Gracefield Road
Silver Spring, MD 20904
Mr. Chip Warner
Executive Director

Mercy Brings Halloween Cheer to Byron House



At left, Mercy second-graders Luke Finnell, Jake Phillips and Andrew Hall enjoy sharing costumes and smiles with residents at Byron House, an assisted living facility on the school's campus.

Bottom left, Mercy students Catherine Ronis (first grade), Bennet Danser-Anger (kindergarten), and Annie Ondeck (first grade) enjoyed trick or treating and singing some Halloween songs to Byron House residents. Bottom right, Mercy kindergartners Alexandra Ward, Mary Sullivan, and KoKo Agege enjoyed sharing Halloween songs with residents at Byron House, as assisted living facility on the school's campus.



Montgomery County Adult Day Centers

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: 300

Easter Seals Adult Day Services - Silver Spring

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

Eldercare of Damascus, Inc.

26137 Ridge Road
Damascus, MD 20872
(301) 253-2764
Contact: Kelly Harrington
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: Lee, Jeonghi
Capacity: 132

Holy Cross Hospital Medical Adult Day Center

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

Jasmine Medical Day Care Center

12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(240) 364-4471
Contact: Peter C. Chow
Capacity: 140

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

400 B East Gude Drive
Rockville, MD 20855
(301) 309-0946
Contact: Tiryuanet Abebe
Capacity: 180

A Plus Adult Medical Day Care

50 West Gude Drive, Suite 48

& 52
Rockville, MD 20850
(240) 668-3418
Contact: Yan A. Su
Capacity: 160

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

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

Open Enrollment for Health Insurance Underway

Residents without health insurance coverage are urged to sign up through the Maryland Health Connection.

Consumers can now go to www.marylandhealthconnection.gov and browse the site to compare prices and plans available during open season, as well as get an estimate of financial assistance that may be available to help pay for insurance premiums.

Residents who enrolled during the first year of open enrollment (October 15, 2013 to March 15, 2014) need to re-apply on

Maryland's new website by December 18 or risk losing any financial assistance they received to help pay the insurance premiums.

For details on sign up locations, go the Capital Health Connection website at www.capitalhealthconnection.org or call 240-773-8250.

For additional information on eligibility guidelines and the documents needed to apply, go to www.capitalhealthconnection.org

OPT

Keeping Seniors Safe

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

Morton A. Davis is the program coordinator for KSS. He is a member of the Montgomery County Commission on Aging and a resident of Leisure World of Maryland. Davis is actively involved in senior safety issues and is available

(along with other KSS volunteers) to attend your senior event or community meeting. He and other volunteers can speak on the following safety topics:

- Safe shopping habits and parking lot safety
- Home safety and personal preparedness for an emergency
- Fraud and scams
- Identity theft identification and prevention
- Who to call for emergency and non-emergency needs

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

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



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

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

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

Montgomery County and State Resources for Seniors

Senior Site

Consumer Issues, Employment & Volunteer Opportunities, Health Issues, Recreation & Libraries, Safety, Senior Housing, Social Support, Tax and Financial Affairs, Transportation
Montgomery County Government
www.montgomerycountymd.gov/senior/

Senior Safety Program

www.montgomerycountymd.gov/senior/safety.html

Empowering Seniors against Fraud, Abuse and Neglect

Montgomery County State's Attorney's Office
240-777-7300

A Consumer Guide for Seniors

State of Maryland, Office of the Attorney General
888-743-0023
www.oag.state.md.us

Senior Health Assistance Program

Senior Medicare Patrol (SMP Program)
Montgomery County Aging and Disability Services
301-590-2819

Office of Consumer Protection

240-777-3636

POLICE

Emergency 911
Non-Emergency 301-279-8000
www.montgomerycountymd.gov/poltempl.asp

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: 92

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 Rehabilitation & Nursing Center
18131 Slade School Road
Sandy Spring, MD 20860

(301) 924-5176
Capacity: 168
SEE AD PAGE S6

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

Collingswood Nursing & Rehabilitation 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 & 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: 45
SEE AD PAGE S7

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
SEE AD PAGE S1

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: 175

NMS Healthcare of Silver Spring
4011 Randolph Road
Wheaton, MD 20902
(301) 933-2500
Capacity: 114

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

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

When Does a Smaller Facility Make Sense?

Con't from page S1

a rich array of assisted living choices. All assisted living homes, regardless of their size, are licensed by the State of Maryland and regulated by the Maryland Code (COMAR) section 10.07.14. Whether you choose an apartment-style assisted living facility with 100 units or a cozy assisted living home for five, you can be assured that they are mandated to adhere to exactly the same regulations regarding training, services, assessment of residents, clinical oversight and other aspects of operations, by the State of Maryland and the county in which they are located.

Each assisted living facility, regardless of size, is licensed to provide a specific level of care: Level I – low level of care, Level II – moderate level of care, and Level III – high level of care. Families and prospective residents should always ask the license level of each facility being considered and obtain a copy of its Uniform Disclosure Form describing its services, fees and policies.

As the provider of assisted living in homes that range in size from 5-16, family members searching for care often express surprise that we are able to provide comprehensive services in what may look like a residential home. It is important to remember that smaller assisted living settings can go by a variety of names – for example: group homes, residential care homes – but regardless of these terms, they are full service assisted living facilities, albeit on a

more intimate scale.

For individuals who need a lot of hands-on attention but have budget constraints, small assisted living facilities may be an excellent option. Small homes often have consistent staff and higher direct-caregiving staff ratios than larger facilities that serve similar residents, allowing staff to spend more time with each individual throughout the day. On the



other hand, more independent residents, or those needing a highly structured environment with a busy roster of social activities, may be best served in a larger facility where there are usually more options for social engagement.

At AlfredHouse, we find that families often contact us because their family member has aged-in-place and is no longer able to take advantage of the array of options that their larger assisted living facility offers. These families find that this can be the right time to consider moving to a smaller facility where the atmosphere is more intimate and the care is often highly personalized. SEE AD PAGE S3.

OPT

Retirement Fund for Religious

Annual Collection Benefits 35,000 Sisters, Brothers, Priests in Religious Orders

The 27th national collection for the Retirement Fund for Religious will be held in most U.S. Catholic parishes December 13-14. The annual, parish-based appeal is coordinated by the National Religious Retirement Office (NRRO) and benefits more than 35,000 senior Catholic sisters, brothers and religious order priests.

The 2013 appeal raised nearly \$28.4 million, enabling the NRRO to distribute \$23 million in financial assistance to 424 religious communities. Additional funding is allocated for communities with the greatest needs and for retirement planning and educational resources.

Catholic bishops in the United States initiated the collection in 1988 to address the significant lack of retirement funding among U.S. religious communities. Proceeds are distributed to eligible communities to help underwrite such day-to-day needs as prescription medications and nursing care. Since the collection began, Catholics have contributed \$726 million. Over 93 percent of donations directly support senior religious and their communities.

Despite the overwhelming generosity to this fund, many religious communities continue to lack resources sufficient to support retirement and eldercare. Of 590 communities submitting data to the NRRO in 2013, fewer than eight percent were fully funded for retirement.

The financial crisis is rooted in low salaries and changing demographics. Traditionally, Catholic sisters, brothers and religious order priests—known collectively as

women and men religious—worked for small stipends that furnished only the basics of daily living. As a result, many communities lack adequate retirement savings. At the same time, elderly religious are living longer and now outnumber younger, wage-earning religious. Sixty-eight percent of religious in communities providing data to the NRRO are past age 70, and the income of those engaged in compensated ministry cannot keep pace with the growing cost of eldercare. In 2013 alone, the total cost of care for senior women and men religious was over \$1.2 billion.

In recent years, the NRRO has expanded efforts to help religious communities address the root causes of the retirement-funding shortage. For many, a major obstacle to financial stability is the struggle to maintain outdated congregational properties while providing quality eldercare. In 2013, the NRRO received a \$2.5 million grant from the Conrad N. Hilton Foundation, payable over three years. A substantial portion of this award is being dedicated to the creation of educational programming and resources related to effective property planning and management.

“Despite the troubling statistics, many religious communities have made great strides in addressing their funding deficits, and contributions to the Retirement Fund for Religious have bolstered this progress,” said Precious Blood Sister Janice Bader, NRRO’s executive director.

More information is available at www.retiredreligious.org

OPT

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<i>Outpatient Senior Medical Care</i>	Hirsh Health Center	301.816.5004
<i>Respectful Long-Term Care</i>	Hebrew Home	301.770.8476
<i>Memory Care Residence</i>	Cohen-Rosen House	301.816.5050
<i>Safeguarding seniors from abuse</i>	ElderSAFE Center	301.816.5099

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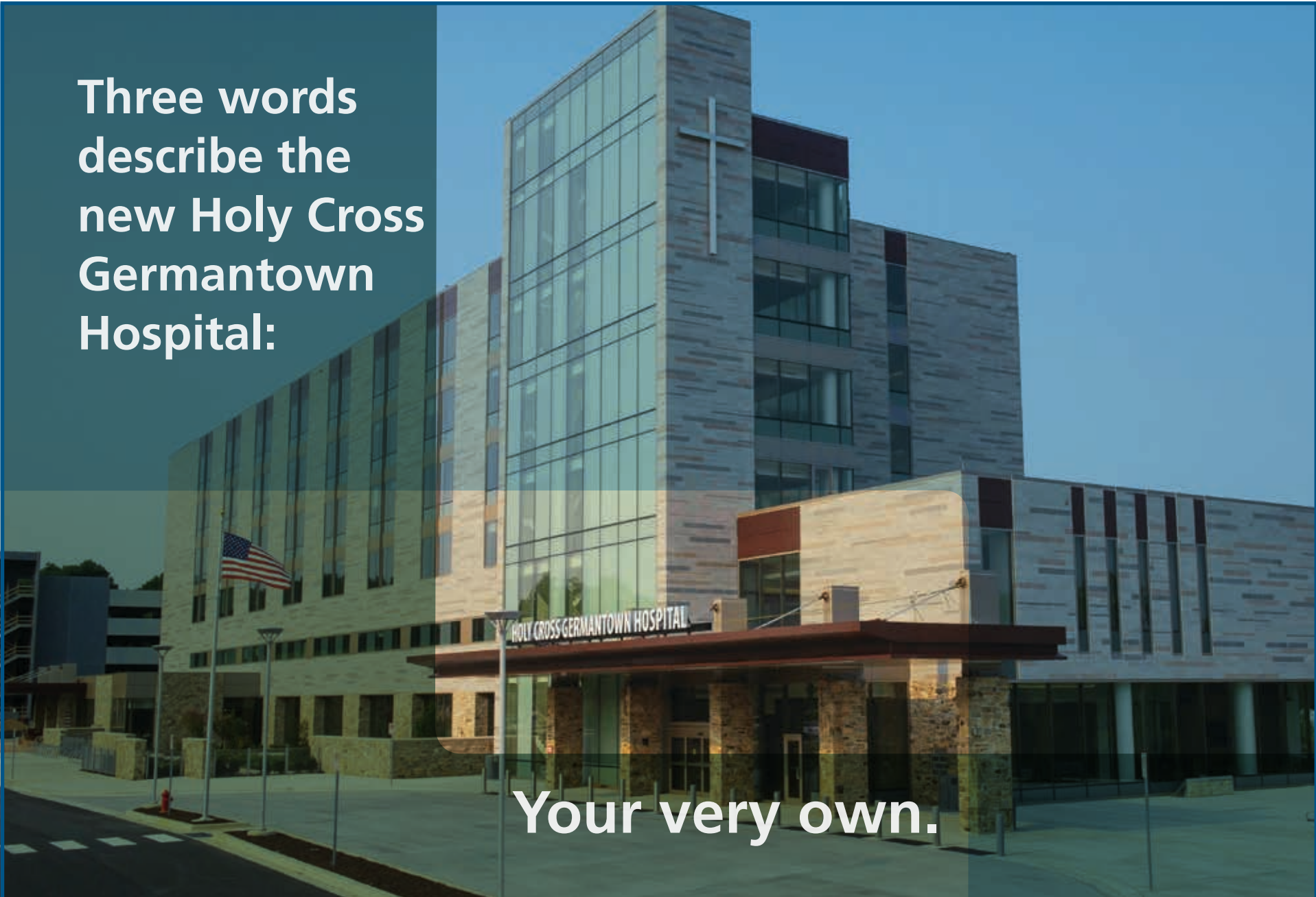
72 HOURS POST Designed to help those getting out of the hospital with assistance at home in the first 3 days post discharge. Includes 6 hours each day to get prescriptions, grocery shop, prepare meals, light housekeeping, & whatever else is needed.

THERE AND BACK Designed to get people to and from simple out-patient surgery, like a colonoscopy, or even dental surgery where the person has to be discharged to someone. Great if the person is a single professional or perhaps half of a two family income home, where the other spouse cannot take off of work.

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