



2016 Senior Services Guide



Summit on Aging Held in Montgomery County

County Executive Isiah Leggett hosted the **Summit on Aging in Montgomery County** on December 3 at the Silver Spring Civic Building and shared his vision of the County as it relates to senior issues. He described his vision of his senior agenda as “making Montgomery County an inclusive community for a lifetime.” Leggett cited significant progress in making the County a more “age-friendly” community since the first Senior Summit was held in November, 2009 on

the University of Maryland at Shady Grove campus.

Seven “read ahead” papers on the County web site provided detail about the expanded ways for boomers and older persons to get around the County, engage in enjoyable and meaningful activities, obtain a broad range of health and community-based support services, access diverse housing options, and benefit from initiatives by firefighters, police and other public safety personnel.

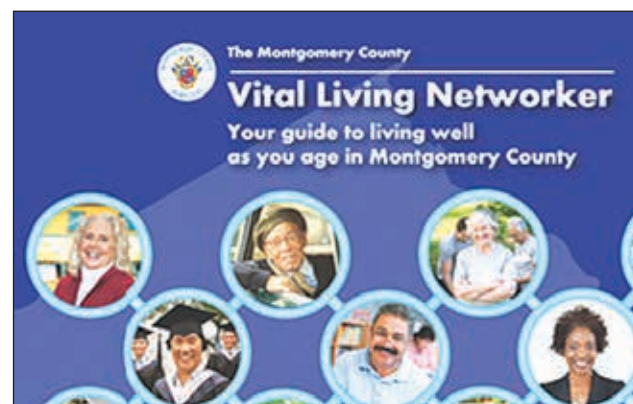
Continued on page S4

Vital Living Networker

Your guide to living well as you age in Montgomery County

Want to make the most of your years after 50? Life after 50 presents new opportunities and challenges. Preparation will help insure that your “third age” is productive and rewarding. Every person’s situation is unique. In Montgomery County – “A Community for a Lifetime” – there is a wide array of workshops, classes, and interest groups that can enhance your enjoyment of life.

The Vital Living Network – a voluntary group composed of professionals and others with an interest in vital aging – in collaboration with Montgomery County’s Department of Health and Human Services Aging and Disability Services, has produced a comprehensive online guide to educational, recreation, volunteer and professional opportunities in the County – the **Vital Living**



Networker.

The **Networker** covers a range of enrichment, engagement, and employment activities and services focused on vital living. Information about additional resources relating to life’s basics needs such as housing, transportation, safety, financial and legal assistance, and health care is contained in the extensive **Networker’s** Appendix.

Access the **Vital Living**

Networker at:

www.montgomery-county.md.gov/senior/Resources/Files/Vital-Living-Networker_2015.pdf

The mission of the Vital Living Network is to initiate, advocate for and support opportunities that engage and energize Montgomery County’s 50+ populations.”

The **Networker** is designed to help users enjoy all that the county has to offer.

Silver Spring Senior Living Community Construction Planned in 2016

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 new community will serve a mix of incomes, varying between 40%, 50% and 60% of area median income as well as 10 market-rate units. The 40%, 50% and 60% AMI income limits (for a one-person household) for 2015 are \$30,600, \$38,250, and \$45,900, respectively. Affordable rents for one-bedroom apartments are projected to range from \$731 - \$1,041 and affordable rents for two-bedroom apartments are projected to be \$828 - \$1,235;

Continued on page S4

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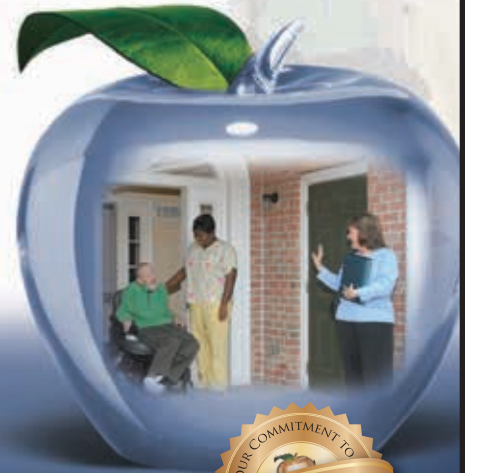
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Montgomery County Assisted Living Facilities

LEVEL TWO FACILITIES

Bartholomew House

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

Byron House

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

Grace House

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

Landow House, Inc

Contact: Marcia Westcott
1799 East Jefferson Street
Rockville, MD 20852
(301) 816-5056
Capacity: 98
SEE AD PAGE S7

Marian Assisted Living, Inc

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

Raphael House

Contact: Nellia Kaiyo
1515-1517 Dunster Road
Rockville, MD 20854
(301) 217-9116
Capacity: 31

Rebecca House, LLC

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

LEVEL THREE FACILITIES

(Capacity > 20)

Arden Courts of Kensington

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

Arden Courts of Potomac

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

Arden Courts of Silver Spring

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

Asbury Methodist Village

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

Aspenwood

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

Bedford Court

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

Brighton Gardens at Friendship Heights

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

Brighton Gardens of Tuckerman Lane

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

Brightview Falls Grove

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

Brookdale Potomac

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

Five Star Premier Residences of Chevy Chase

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

Friends Assisted Living

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

Ingleside at King Farm

Contact: Adaeze Ikeotuonye, LNHA
701 King Farm Road
Rockville, MD 20850
(240) 499-9015
Capacity: 46
SEE AD PAGE S12

Kensington Park Retirement Community

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

Kingshire Manor Assisted Living

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

Maplewood Park Place Health Care Center

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

Meadows

Contact: Patricia Anderson
1635-1641 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 64

Olney Assisted Living LLC

Contact: Melissa Stewart
16940 Georgia Avenue
Olney, MD 20832

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SUMMIT

Con't from page 1

The papers also presented progress reports on increased County communication and outreach to build awareness among residents about these benefits and services.

In addition to celebrating these accomplishments, The Summit reviewed community input derived from numerous focus groups and the results of the "Age-Friendly Montgomery" survey regarding

what senior residents feel is being done well and where improvements are still needed. Morning and afternoon work sessions began the work to develop a three-year strategic plan to address identified needs and gaps, including senior services priorities for Fiscal Year 2017.

Attendees at the day-long Summit heard from County leaders, former Secretary of the Administration on Aging Dr. Fernando Torres-Gil, and Executive Director of the National Association of Area Agencies on Aging Sandy Markwood.

OPT

Federal Services for Seniors

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



U.S. Administration on Aging

Administration on Aging contains a wide array of information on older persons and services for the elderly. Several resource rooms focusing on such topics as Alzheimer's Disease and caregiving are available. Website: www.aoa.gov



ADEAR Center

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



Eldercare Locator

The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services available in their communities. Website: <http://eldercare.gov>



FDA for Older People

FDA has numerous articles, brochures and other publications with information for older people on a wide range of health issues, including arthritis, cancer, health fraud, and nutrition. Website: www.fda.gov/oc/seniors



Go4Life

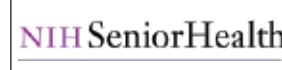
Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help adults 50+ fit exercise and physical activity into your daily life. Website: <http://go4life.nia.nih.gov/>



National Center for Elder Abuse

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

case of elder abuse. Website: www.ncea.aoa.gov



NIH SeniorHealth

National Institutes of Health Senior provides aging-related health information easily assessable for adults 60 and over. Website: www.NIHSeniorHealth.gov



Nursing Home Compare

The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country. Website: www.medicare.gov/NHCompare/home.asp



Nutrition.gov

A federal resource that provides easy access to all online federal government information on nutrition. Website: www.nutrition.gov



Prescription Drug Programs

This section of the Medicare.gov website provides information on public and private programs that offer discounted or free medication, programs that provide assistance with other health care costs, and Medicare health plans that include prescription coverage. Website: www.medicare.gov/navigation/medicare-basics/medical-and-drug-costs.aspx



The Senior Corp

Senior Corps is a network of programs that tap the experience, skills, and talents of older citizens to meet community challenges through its three programs – Foster Grandparents, Senior Companions, and the Retired and Senior Volunteer Program. Website: www.seniorcorps.org



Supplemental Nutrition Assistance Program (SNAP)

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

OPT



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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.

VICTORY CROSSING

Con't from page 1

rents for market-rate units are projected to be \$1,660.

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

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

It is estimated that ground will break in early 2016. The construction period will take approximately 15 months at which time leasing will begin.

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.

OPT

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 Road
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

Continued on page 10



72-Hour Post-Discharge Program

For nearly 20% of all Medicare patients, their benefit isn't enough to keep them home post discharge. CarePlus can change that!

Do your patients...

- ❖ Take many medications/have former medication errors
- ❖ Have balance issues
- ❖ Have multiple chronic illnesses
- ❖ Make frequent trips to the ER/Hospital
- ❖ Prefer to remain in the comfort of their own home
- ❖ Lack local support of family and friends
- ❖ Have difficulty getting to doctor appointments

CarePlus realizes this is an industry wide concern. To address the problem, we created three affordable packages to transition your most vulnerable patients home safely, and ensuring compliance with their discharge orders and medication. This added benefit keeps clients in their homes, making a successful discharge.

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3 days
6 Hour CNA visits
Transportation Home
Medication Pick up
Grocery Shopping
Light Housekeeping
Caring companionship

Package B

\$895

3 days
12 Hour CNA visits
Package A, plus:
Nurse (RN) visit
Bathing Assistance
Meal Preparation
Medication reminders

Package C

\$1,595

3 days
24 Hour CNA coverage
Package B, plus:
Transfer assistance
Personal Hygiene Care
Range of Motion Exercises

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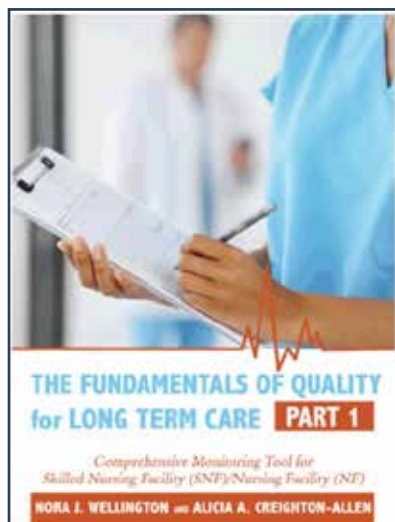
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BOOK 1:

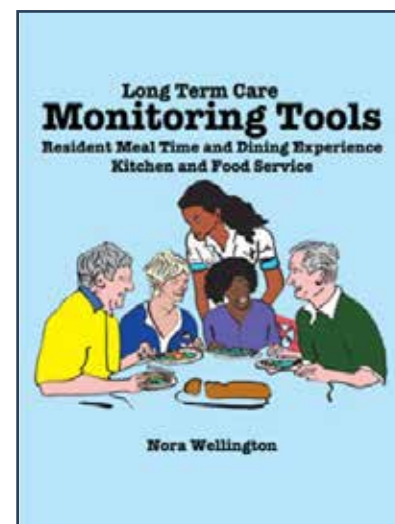
The Fundamentals of Quality For Long Term Care: PART 1
Comprehensive Monitoring Tool for SNFs and NFs

By: Nora J. Wellington,
MBA, LNHA &

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BOOK 2:

Long Term Care Monitoring Tools (Paperback):
Resident Meal Time and Dining Experience
Kitchen and Food Service
By: Nora Wellington

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- Continence management
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Safeguarding seniors from abuse	ElderSAFE Center	301.816.5099
Outpatient medical care	Hirsh Health Center	301.816.5004

www.smithlifecommunities.org



Charles E. Smith Life Communities



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- Confused about what the Medicare A, B, C and D plan letters mean?

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Julia Rivas CLTC, CAS, CAS
Chief Encouragement Officer
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julia@smarteradvantageltc.com * smarteradvantageltc.com

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.

behaviors.”

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

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

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



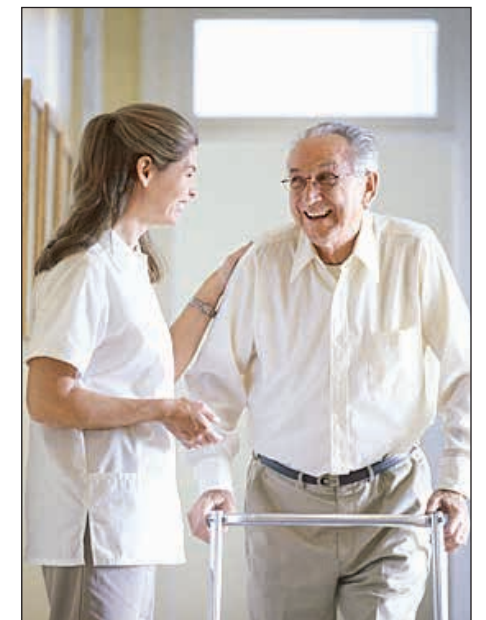
In the late 1980s and early 1990s the assisted living industry – blending aspects of both the hospitality (hotel) and the healthcare industries – evolved to provide assistance with ADLs in private-pay, congregate-living settings. Sunrise Senior Living in McLean (Va.) was the industry pioneer and is one of the largest providers of assisted living in the United States with more than 400 communities in 37 states. In addition to help with ADLs and assistance with medication, most assisted living communities provide three meals a day in restaurant settings, leisure activity programs, and limited transportation services.

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

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

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

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



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Montgomery County Assisted Living Facilities

Con't from page S3

(301) 570-0525
Capacity: 64

Solana Olney (The)

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

Springhouse of Bethesda

Contact: Jean H. Levin
4925 Battery Lane
Bethesda, MD 20814
(301) 652-1445
Capacity: 98

Springhouse of Silver Spring

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

Springvale Terrace, Inc

Contact: Margaret

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

Sunrise at Fox Hill

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

Sunrise at Montgomery Village

Contact: Kathleen Tyler
19310 Club House Road
Montgomery Village, MD
20886
(301) 921-0445
Capacity: 100

Sunrise of Rockville

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

Sunrise of Silver Spring

Contact: Susan M.

Maupin
11621 New Hampshire
Avenue
Silver Spring, MD
20904
(301) 625-8655
Capacity: 84

Village at Rockville (The)

Contact: Lawrence
Bradshaw
9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 39
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Woods

Contact: Karyna
Balbuena
1612-1614 Hickory
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Source: Maryland
Department of Health
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Comfort & Consolation: Care of the Sick and Dying

A Pastoral Letter from the Bishops of Maryland

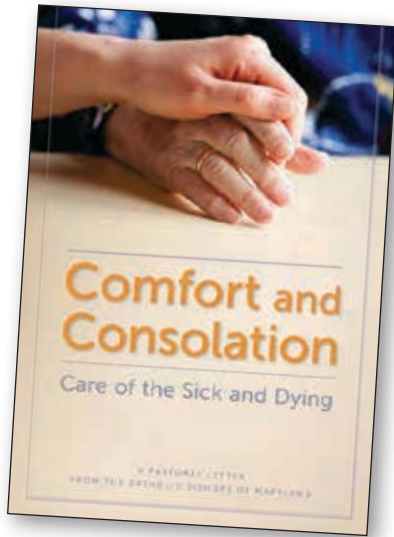
This 48-page booklet helps Catholics think through the often difficult questions that arise in times of grave illness and impending death.

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/comfort.

OPT

Montgomery County Continuing Care Retirement Communities

(source: Maryland Department of Aging)

Con't from page S5

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(301) 924-5100

National Lutheran Home
& Village at Rockville
9701 Veirs Drive
Rockville, MD 20850
Mr. Jason Gottschalk
Executive Director
(301) 424-9560

Ingleside at King Farm
701 King Farm Boulevard
Rockville, Maryland 20850
Ms. Christine L. Podles

Executive Director
(240) 499-9031

Maplewood Park Place
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Bethesda, MD 20814
Mr. Scott McAlister
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Montgomery County Hospices

Holy Cross Home Care And Hospice

Contact: Margaret Hadley
11800 Tech Road,
Suite 240
Silver Spring, MD 20904
(301) 754-7740
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Hospice Caring Inc

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

Jewish Community Hospice

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

Montgomery Hospice Inc

Contact: Ann Mitchell
1355 Piccard Drive,
Suite 100
Rockville, MD 20850
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Source: Maryland
Department of Health
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