



2018 Senior Services Guide

Independent Living for Seniors Coming to Damascus Town Center

The Montgomery County Planning Board has given preliminary approval to Nova-Habitat to build a 72-unit senior housing project on a three-acre site adjacent to Damascus United Methodist Church. Nova-Habitat called on Victory Housing, the affordable-housing development arm of the Archdiocese of Washington, to design the facility. Construction is expected to begin in 2018 with occupancy scheduled for 2019. Fifteen percent of the units will be Moderately Priced Dwelling Units.

Seniors living at the project will be within walking distance of the Damascus library and the shopping center with a Safeway, Dollar Tree, Anytime Fitness, Chipotle, and numerous other options.

The building will have a pitched roof to help establish residential character and will include numerous A-frame gable ends with decorative trusses to break up the roof line. Masonry elements will be used on the lower portion of the façade with a transition to lighter weight and color materials on the upper floors to help reduce the perceived size of the structure.



Architect's rendering of Victory Haven senior housing project planned for Damascus Town Center.



The site plan calls for a four-story, 72,000 square-foot, L-shaped building with a short, three story tall end fronting on MD 108. Also included is a main access drive, a large traffic circle acting as a focal point and as a turn-around for emergency vehicles, and parking for the residents.

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Stay Up-To-Date with Local Senior News in each issue of **Parish Times**

ParishTimes.com

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Maplewood

PARK PLACE

Declare Your Independence!

Self-Governance Means You Make the Decisions

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.

Own Your Home and Make It Your Own

Unlike most communities, Maplewood residents own their own homes. In addition, there are several tax and financial benefits that you won't find anywhere else. With a wide selection of residences, which you can customize to suit your style, you'll find it easy to bring your treasured belongings with you — including your beloved pets!

Best of all Maplewood Park Place allows you to declare your independence by giving you the freedom to enjoy life and let our professional and caring staff take care of the details. Enjoy Maplewood's full calendar of lively events and social activities, as well as fine dining, indoor swimming & fitness center, workshop, on-site medical clinic — just to name a few of our services. Plus, on-site assisted living and skilled nursing — if and when you need it.

Schedule your appointment to discover the difference 301-530-0500.

Tech-savvy seniors get online

by Lisa Weintraub Schifferle,
Attorney, FTC, Division of
Consumer and Business Education

Did you know that some older adults never go online? You may have a friend or family member who's reluctant because they don't think their information will be safe. They might feel better if you share some ways they can protect themselves online. Here are some tips to use and share.

Create strong passwords. Longer is stronger. Passwords can protect your accounts, like email or social media, and can also protect your devices. They keep your information and photos safe if your device ends up in someone else's hands. Use different passwords for your devices than the passwords you have for online accounts.

Use only secure sites when shopping or banking online. Look for a "lock" symbol or "https" at the start of the website's name. If you don't see those, then don't enter any personal or financial information. Also, don't click on links in emails. Links may down-



load malware, malicious software that can weaken your computer's security. Or they might direct you to scam sites.

Don't use public Wi-Fi to access personal or financial information when you're on-the-go. That means the library, coffee shop or airport are usually not the safest places to check your online banking or medical records.

On social media, adjust your privacy settings so you're comfortable with who's seeing your infor-

mation. For example, you may want only "friends" or "followers" to see your posts. Also, it's safest to avoid posting information like your phone number, full date of birth, address, or when you're going out of town.

By sharing these tips, you can help others feel more confident about staying safe online. For more tips on online safety, visit ftc.gov/onguardonline and watch the FTC's video on computer security.

OPT

Montgomery County Home Health Agencies

Adventist Home Health Services

12041 Bournefield Waysuite B
Silver Spring, MD 20904
(301) 592-4400

Asbury Home Services

201 Russell Avenue
Gaithersburg, MD 20877
(301) 216-5697

Bayada Home Health Care, Inc

352a Christopher Avenue
Gaithersburg, MD 20879
(301) 977-6400

Comprehensive Home Health Care Agency

2141 Industrial Parkway, Suite 201
Silver Spring, MD 20904
(301) 860-0406

Encompass Home Health of Central Maryland

2275 Research Boulevard, Suite 500
Rockville, MD 20850
(888) 923-5842

Holy Cross Home Care and Hospice

10720 Columbia Pike Second Floor
Silver Spring, MD 20901
(301) 754-7740

Home Health Connection, Inc

4340 East West Hwy, Suite 1150
Bethesda, MD 20814
(301) 718-0112

Human Touch Home Health of Maryland, Inc

2141 Industrial Parkway, Suite 207
Silver Spring, MD 20904
(240) 582-7563

Potomac Home Health Care

6001 Montrose Road 301
Rockville, MD 20852
(301) 896-6349

Professional Healthcare Resources of Maryland, Inc

10605 Concord Street, Suite 309
Kensington, MD 20895
(240) 395-0000

Riderwood Village, Inc

3120 Gracefield Road
Silver Spring, MD 20904
(301) 572-8375

Source: Maryland Department of Health and Mental Hygiene



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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.

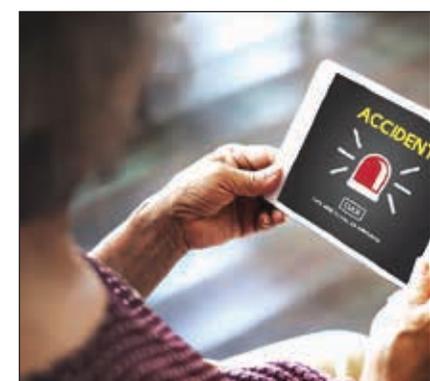
Morton A. Davis is the program coordinator for KSS. He is a member of the Montgomery County Commission on Aging and a resident of Leisure World of Maryland. Davis is actively involved in senior safety issues and is available (along with other KSS volunteers) to attend your senior event or community meeting. 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 the KSS program coordinator at Police.KSS@montgomerycountymd.gov for more information.

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Compound in green tomatoes extends lifespan, healthspan in animal models, human cells

November 03, 2017

Good news for tomato lovers: a naturally occurring compound found in green tomatoes could hold a key to healthier aging, according to a recent study conducted in animal models and human cells. The work is the result of an extensive collaboration among three laboratories of the National Institute on Aging's Intramural Research Program.

The team initially studied how tomatidine – a compound found at high levels in green tomatoes—can affect the genomics, metabolomics (unique chemical fingerprints left behind by cell metabolism)—and behavior of *C. elegans* – the lab workhorse roundworm that mimics many human aging molecular pathways.

One area of focus was the effect of tomatidine in aged muscle cells. Sarcopenia, a decline of skeletal muscle tissue as we age, is a top cause of functional decline and loss of independence in older individuals. Sarcopenia is mainly caused by deterioration of the powerhouse of the cell, the mitochondria. By recycling slower-working mitochondria through a process called mitophagy, cells can improve efficiency. Tomatidine has been shown to improve muscle function in animal models through the maintenance of vigorous mitochondria in aged muscle cells.

The NIA team found that *C. elegans* that were given tomatidine in their food lived significantly longer and had improved physi-



cal health than those with standard diets. The compound lessened the decline in cellular function that comes with age in *C. elegans*. Metabolomics data in tomatidine-treated *C. elegans* showed an increase in production of key genes associated with mitochondrial maintenance and health.

Researchers think that tomatidine likely induces a mild oxidative stress, allowing cells to upregulate signals that can improve efficiency and strength. Production of one such cellular signal—transcription factor Nrf-2—is known to be stimulated by exercise and

fasting, which have been shown to lessen the impact of aging in many animal models.

Though most of this work was discovered in *C. elegans*, NIA researchers also did preliminary human cell testing, where they have found that tomatidine modulated similar mechanisms in human cells. In future studies, they want to take a closer look at how tomatidine might spark improved human cellular health and potentially improve healthy aging. They will also continue examining how tomatidine might interact with other known anti-aging compounds.

This study provides basic evidence that a particular compound in tomatoes may be beneficial for aging. Scientists will continue their studies to see if the compound in some form, or adding such vegetables to a human diet, could someday be part of a healthy aging strategy. More studies need to be done, but the seeds for future work have already been planted.

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Montgomery County Assisted Living Facilities

LEVEL TWO FACILITIES

Bartholomew House
6904 River Road
Bethesda, MD 20817
(301) 320-6151
Capacity: 35

Byron House
9210 Kentdale Drive
Potomac, MD 20854
(301) 469-9400
Capacity: 35

Grace House
3214 Norbeck Road
Silver Spring, MD 20906
(301) 924-4424
Capacity: 32

Landow House, Inc.
1799 East Jefferson Street
Rockville, MD 20852
(301) 816-5056
Capacity: 98

Marian Assisted Living, Inc.
19109 Georgia Avenue
Brookeville, MD 20833
(301) 570-3190
Capacity: 44

Raphael House
1517 Dunster Road
Rockville, MD 20854
(301) 217-9116
Capacity: 31

Rebecca House, LLC
9910 River Road
Potomac, MD 20854
(301) 656-8823
Capacity: 15

LEVEL THREE FACILITIES (Capacity > 20)

Alfredhouse Symphony
6020 Needlewood Road
Derwood, MD 20855
(301) 260-2080
Capacity: 34

Arden Courts of Kensington
4301 Knowles Avenue
Kensington, MD 20895
(301) 493-7881
Capacity: 64

Arden Courts of Potomac
10718 Potomac Tennis Lane
Potomac, MD 20854
(301) 983-3620
Capacity: 84

Arden Courts of Silver Spring
2505 Musgrove Road
Silver Spring, MD 20904
(301) 847-3051
Capacity: 52

Asbury Methodist Village
333 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4124
Capacity: 164

Aspenwood
14400 Homecrest Road
Silver Spring, MD 20906
(301) 598-6424
Capacity: 55

Bedford Court
3700 International Drive
Silver Spring, MD 20906
(301) 598-8801
Capacity: 76

**Brighton Gardens at
Friendship Heights**
5555 Friendship Boulevard
Chevy Chase, MD 20815
(301) 656-1900
Capacity: 154

**Brighton Gardens of
Tuckerman Lane**
5550 Tuckerman Lane
Rockville, MD 20852
(301) 897-8566
Capacity: 111

Brightview Falls Grove
9200 Darnestown Road
Rockville, MD 20850
(240) 314-7194
Capacity: 100

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

Brookdale Potomac
11215 Seven Locks Road
Potomac, MD 20854
(301) 765-9198
Capacity: 139

**Five Star Premier
Residences of Chevy Chase**
8100 Connecticut Avenue
Chevy Chase, MD 20815
(301) 907-9894
Capacity: 31
SEE AD PAGE S3

Friends Assisted Living
17350 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7511
Capacity: 24

Ingleside at King Farm
701 King Farm Road
Rockville, MD 20850
(240) 499-9015
Capacity: 46
SEE AD PAGE S7

**Kensington Park
Retirement Community**
3616-3618 Littledale Road
Kensington, MD 20895
(301) 946-7700
Capacity: 160
SEE AD PAGE S15

**Kingshire Manor
Assisted Living**
9701 Medical Center Drive

Rockville, MD 20850
(301) 315-1960
Capacity: 34

**Maplewood Park Place
Health Care Center**
9707 Old Georgetown Road
Bethesda, MD 20817
(301) 530-0500
Capacity: 29
SEE AD PAGE S1

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

Olney Assisted Living LLC
16940 Georgia Avenue
Olney, MD 20832
(301) 570-0525
Capacity: 64

Springvale Terrace, Inc
8505 Springvale Road
Silver Spring, MD 20910
(301) 587-0190
Capacity: 59

Sunrise at Fox Hill
8300 Burdette Road
Bethesda, MD 20817
(301) 469-8005
Capacity: 105

Continued on page S10

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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 health-care 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,

Continued on page S10



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

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Ms. Melissa Hadley
Interim Executive Director
(301) 330-3000

Bedford Court

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

Brooke Grove Retirement Village

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

Friends House Retirement Community

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

Ingleside at King Farm

701 King Farm Boulevard
Rockville, Maryland 20850
Ms. Christine L. Podles
Executive Director
(240) 499-9031
SEE AD PAGE S-

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
Mr. Scott McAlister
General Manager
(301) 571-7400
SEE AD PAGE S-

National Lutheran Home & Village at Rockville

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

Riderwood Village

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

Source: Maryland Department of Aging



THE ANGELS GARDEN ASSISTED LIVING

The Angels Garden are small assisted living homes set in lovely residential neighborhoods. Our homes are able to meet the special needs of seniors and individuals with physical impairments. We utilize a holistic approach to meet the needs of all of our residents.

Our Homes are Located near Leisure World Community!

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- ◆ Bustleton Lane in Silver Spring
- ◆ Breeze Hill Lane in Silver Spring

Types of Care: Assisted Living Care in All Levels • Dementia Care • Hospice • Respite Program • Health Management

A SAFE HAVEN FOR YOU

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www.angelgardenhomes.com

Family, Friends, and Stroke Survivors

The Montgomery County Stroke Association (MCSA) is here for you!

The dual mission of the MCSA is to offer helpful information and caring support to stroke survivors and their family caregivers, and to promote awareness in the community.

SERVICES & PROGRAMS

- ⇒ Speech/Language Therapy Groups
- ⇒ Social and Recreational Activities
- ⇒ Outreach Visitation Program
- ⇒ Other Community-based Programs
- ⇒ Informational workshops
- ⇒ Telephone support for stroke survivors and caregivers
- ⇒ Membership is free and is open to stroke survivors, caregivers, and friends.



MCSA meets throughout the Silver Spring, Bethesda, and Upper County areas.

You are not alone.

MCSA
P.O. Box 9343
Silver Spring, Maryland 20916
www.mcstroke.org • 301-681-6272

The Montgomery County Stroke Association, Inc. (MCSA) is a non-profit 501(c)(3) charitable organization established in 1981.

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

NIH SeniorHealth

National Institutes of Health Senior provides aging-related health information easily assessable for adults 60 and over.

Website: www.NIHSeniorHealth.gov

Nursing Home Compare



The primary purpose of this tool is to provide detailed information about the past

performance of every Medicare and Medicaid certified nursing home in the country.

Website: www.medicare.gov/NHCompare/home.asp

Prescription Drug Programs

This section of the Medicare.gov website provides information on public and private programs that offer discounted or free medication, programs that provide assistance with other health care costs, and Medicare health plans that include prescription coverage.

Website: www.medicare.gov/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/



Seniors Today: Resources For Vital Living

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

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

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Austin Heyman

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www.jssa.org

contactus@jssa.org

Maryland:
301-816-2633

Virginia:
703-896-7918

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JSSA is a nonprofit social service agency offering a patient-focused approach to care that supports the changing physical, emotional, and social needs of aging adults.

Montgomery County Adult Day Centers

(Adult Day Centers are non-sectarian. Centers have wide service areas. Hours of operation vary.)

Albert and Helen Misler Adult Day Center
1801 East Jefferson Street
Rockville, MD 20852
(301) 468-1740
Capacity: 55

Bella's Reserve
2120 Industrial Parkway
Silver Spring, MD 20904
(301) 244-5112
Capacity: 110

CCACC Adult Day Healthcare Center
9366 Gaither Road
Gaithersburg, MD 20877
(301) 820-7200
Capacity: 300

Easter Seals Adult Day Services, Silver Spring
1420 Spring Street
Silver Spring, MD 20910
(301) 920-9700
Capacity: 80

Eldercare of Damascus, Inc
26137 Ridge Road
Damascus, MD 20872
(301) 253-2764
Capacity: 50



Evergreen Adult Medical Day Care
9290 Gaither Road
Gaithersburg, MD 20877
(301) 527-1100
Capacity: 123

Holy Cross Medical Adult Day Center
Contact: Kathleen Williams
9805 Dameron Drive
Silver Spring, MD 20902
(301) 754-7150
Capacity: 35

Jasmine Medical Day Care Center
12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(240) 364-4471
Capacity: 140

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

Loving Heart Adult Day Care Center
400 B East Gude Drive
Rockville, MD 20850
(301) 309-0946
Capacity: 180

Montgomery Adult Day Care
9123 Gaither Road
Gaithersburg, MD 20877
(240) 423-9182
Capacity: 123

Plus Care (A)
50 West Gude Drive, Suite 48 & 52
Rockville, MD 20850
(240) 668-3418
Capacity: 160

Rainbow Gardens Adult Day Health Care Center
8 Metropolitan Court #4
Gaithersburg, MD 20877
(240) 683-9010
Capacity: 310

Rainbow of Montgomery County
8400 Helgerman Court
Gaithersburg, MD 20877
(301) 987-8889
Capacity: 218

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

Washington-McLaughlin Adult Day Care Center (The)
6501 Poplar Avenue
Takoma Park, MD 20912
(301) 613-7793
Capacity: 60

Winter Growth - Montgomery Center
18110 Prince Phillip Drive
Olney, MD 20832
(301) 774-7501
Capacity: 61

Worldshine International Llc
20420 Century Blvd
Germantown, MD 20874
(240) 899-4898
Capacity: 170

Source: Maryland Department of Health and Mental Hygiene



Life is all about Choices...

...now is the time to make yours!



701 King Farm Blvd. • Rockville, MD
www.inglesidekingfarm.org

Ingleside at King Farm is a CARF accredited, not-for-profit, continuing care retirement community.

An engaged life is all about options. Whether your taste is contemporary or traditional, urban or eclectic, your home at Gardenside will be a reflection of your personal sense of style. Our wide range of floor plans offers the perfect space for you. Our one-, two- and three-bedroom selections feature open-concept floor plans with modern kitchens, generous closets, balconies, and large windows to welcome in natural light. With personalized customization available, your apartment will be the perfect place to call home.

Call 240-428-6435 while you can still take advantage of Charter Club benefits and availability!

Ingleside at King Farm is expanding with the proposed building of 121 new independent living apartments, 32 private assisted living memory support suites, and a Center for Healthy Living, subject to approval by the Maryland Department of Aging.





Call us.
We can help.

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

Call us. Any time. Any day.
301-921-4400



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

www.montgomeryhospice.org

Comfort & Consolation: Care of the Sick and Dying

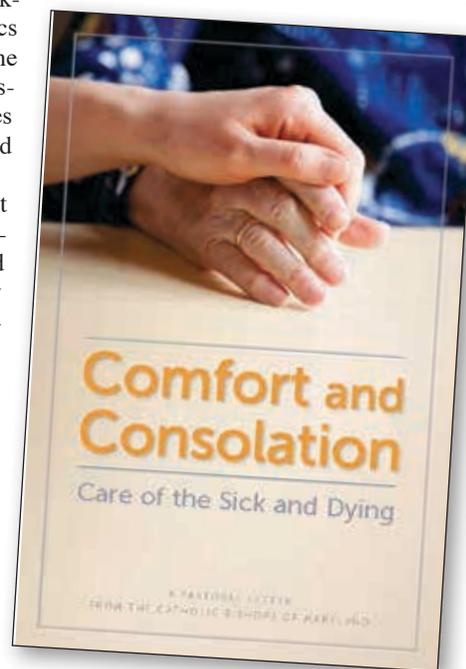
A Pastoral Letter from the Bishops of Maryland

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

Developed in light of Catholic teachings and in accord with Maryland law on advance directives, *Comfort & Consolation* includes a practical four-page form, the Catholic Declaration on Health Care Decision Making, which Catholics can use to tell health care providers how they wish to direct their care. It covers spiritual support, nutrition and hydration, pain-relieving medication, terminal illness and pregnancy.

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

Individuals and caregivers have a responsibility to preserve human life through care and medical science. However, this respon-



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

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

- Summary Q&A - outlines the main points

of *Comfort and Consolation*

- Legal Guide - provides practical 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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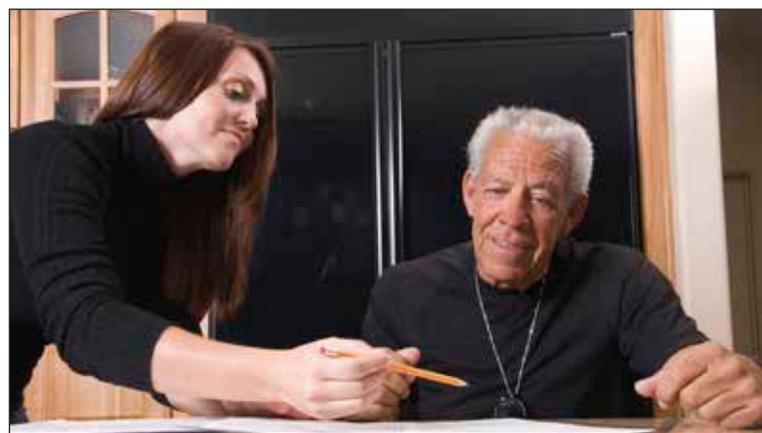
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Adult Day Service – Helping the Middle Hold

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 20 licensed adult day centers in Montgomery County, up from 13 just a few years ago.

OPT

Hospice Care: What's it all about?

By Susan Burket, Communications Manager, Montgomery Hospice

The term 'hospice' refers to care provided to a terminally ill patient who has chosen to concentrate exclusively on palliative care and cease curative treatments. Hospice care is usually provided in a person's home, which may be a nursing home, assisted living facility, or the home of a friend or family member. The cost of hospice care is covered by Medicare and most insurance companies. The coverage includes medical equipment and supplies, medications, and visits by members of the hospice team.

Hospice teams typically consist of a medical director, a nurse, a nursing assistant, a social worker, a nondenominational chaplain, and trained volunteers. The hospice team works together with the patient's family and the patient's personal doctor to manage physical pain and symptoms, and also work to resolve and emotional or practical issues. Some hospices have an "inpatient" facility where they care for patients whose symptoms cannot be effectively managed in their homes.

Another important benefit that a hospice program offers is bereavement care, sometimes called grief care, which is provided in ways that fit each person's values, beliefs and culture. Hospice counselors work with the patient and their family

during the illness and also provide support to family members for a year after the patient's death.

Hospice care is designed to provide dignity and support to patients who are expected to have six months or less to live. If their condition improves, they can be 'discharged' from hospice. Others continue in hospice care for longer than six months. Patients can choose to leave hospice at any time if, for example, they decide to pursue more aggressive treatments.

OPT

SPOTLIGHT ON MARYLAND TAXES

Maryland Tax Breaks for Senior Citizens

If you are 65 or older, you can take advantage of several tax benefits on your Maryland return.

You are allowed a higher income level before being required to file a return, and you and your spouse may claim an additional \$1,000 exemption on the Maryland return for being 65 years of age or older or blind. If any other dependent claimed is 65 or over, you also receive an extra exemption of up to \$3,200. Make sure you check both boxes in columns 6 and 7 of the Exemptions section for each of your dependents



who are age 65 or over. After you complete the Exemptions section, enter your total exemption amount on your Maryland return.

You may also qualify for a pension exclusion that increases each year, and your Social Security and Railroad Retirement benefits are not

subject to Maryland tax.

For links to online Maryland tax worksheets for seniors and answers to Frequently Asked Questions about Maryland taxes for seniors, visit: <http://taxes.marylandtaxes.com>

OPT

Montgomery County Hospices

Holy Cross Home Care and Hospice

Contact: Jennifer Elrod
10720 Columbia Pike
Silver Spring, MD 20901
www.holycrosshealth.org/hospice
(301) 557-HOME (4663)

Hospice Caring, Inc.

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

Jewish Social Service Agency Hospice

1309 Piccard Dr #201
Rockville, MD 20850
www.jssa.org/get-help/hospice
(301) 881-3700

Montgomery Hospice, Inc.

Contact: Ann Mitchell
1355 Piccard Drive,
Suite 100
Rockville, MD 20850
www.montgomeryhospice.org
(301) 921-4400
SEE AD PAGE S8

Source: Maryland Department of Health and Mental Hygiene

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ASSISTED LIVING PRIMER

Con't from page S4

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 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/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.

OPT



Montgomery County Assisted Living Facilities

Con't from page S4

Sunrise at Montgomery Village
 19310 Club House Road
 Montgomery Village, MD 20886
 (301) 921-0445
 Capacity: 100

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

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

Village at Rockville (The)
 9701 Veirs Drive
 Rockville, MD 20850
 (301) 424-9560
 Capacity: 39

Winter Growth
 18110 Prince Philip Drive
 Olney, MD 20832
 (301) 774-7501
 Capacity: 16

Woods
 1612 Hickory Knoll Road
 Sandy Spring, MD 20860
 (301) 260-2311
 Capacity: 48

Source: Maryland Department of Health and Mental Hygiene

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- **DISABLED AND RECUPERATIVE CARE** – including care for individuals who have been in accidents, people recovering from surgery or other medical procedures, and more
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When Strokes Aren't Classic

By Vaughn Alex, Montgomery County Stroke Association

There's a time and a place for the classics. Classic art, classic music, even classic cars. However, what about stroke?

There are classic signs of stroke, most often represented by the F.A.S.T. acronym:

- F Facial drooping.
- A Arm weakness.
- S Speech difficulties.
- T Time to act.

Anyone experiencing sudden



drooping of the face, difficulty or inability to lift their arm, or an onset of inability to speak clearly is in **immediate** need of medical help to either rule out or treat a

stroke. Time is of the absolute essence, and the longer the wait between onset and medical intervention, the greater the chance of permanent damage or death.

As with most things, though, strokes may present themselves with other than the "classic" symptoms described above. Confusion, severe headache, inability to understand what people are saying, what you are reading, even not being able to see out of one or both of your eyes. Pain and "odd" feelings may also be signs of a stroke. The loss of feeling in an arm may or may not be accompanied by a strange tingling in that arm. Additionally, symptoms of a stroke may present as memory loss or emotional problems. People who have suffered a stroke may be unable to control their feelings

or act out.

The signs can be very subtle, or hit you like the proverbial ton-of-bricks.

What's more, these symptoms may be persistent, or very transitory and brief in nature. Also, they may fluctuate in intensity, then suddenly disappear.

The most important thing to remember is that *any* symptom, whether alone or in conjunction with others, is a signal for *immediate* medical attention. *Any* symptom, whether severe or mild, is enough reason to seek immediate medical attention.

There are different types of stroke, due to clots cutting off blood to an artery (ischemic), or bleeding into the brain (hemorrhagic). How you will be treated depends on being diagnosed

quickly enough to begin the appropriate treatment.

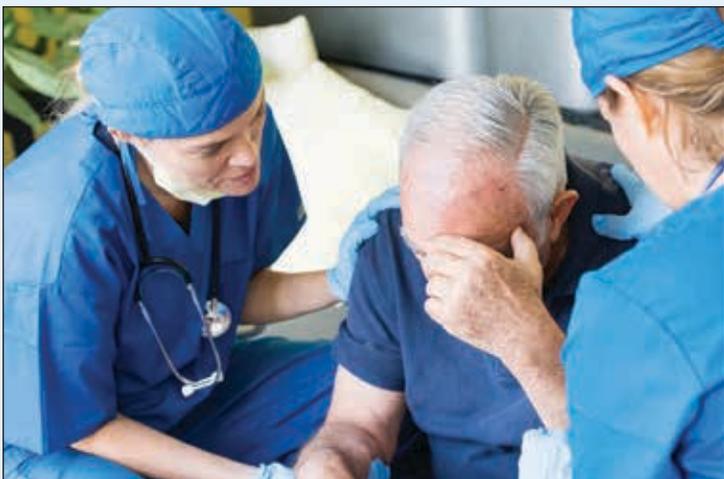
The time to treat, though, may be measured in only minutes. Once a stroke begins to present symptoms, no matter how mild, medical intervention is needed immediately to limit the damage. The period to administer clot busting drugs such as tPA (Tissue Plasminogen Activator) or to use physical methods such as stent retrievers to mechanically remove a clot is measured in mere hours. This time-frame is reduced by the need to recognize and diagnose the location of the clot.

One study showed that of 60% of those treated with both tPA and stent retrievers were able to live independently, as opposed to only 30% who were treated solely with tPA. In the United States, stroke is the number five cause of death. However, it is the number one cause of permanent disability.

In law, there is a phrase, "Time is of the essence." With a stroke, it can be said that time is life itself.

See MCSA ad page S5

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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: neighbors helping neighbors. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

Villages are membership-driven, grass-roots organizations run by volunteers and paid staff to coordinate villagers access to affordable services, including transportation, health and wellness programs, home repairs, social and educational activities and trips.

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 and review the Blueprint for Villages.

Active Villages in Montgomery County

For more information about current Villages in the Montgomery County community, email or visit the web page of one of the Villages listed below.

Aging Well With Friends (Sandy Spring)
agingwellwithfriends.org
emitchell@friendshouse.com

Bannockburn NAN (20817)
bannockburncommunity.org/nan.php
keltym@verizon.net

Bradley Hills village
bradleyhillsvillage.weebly.com
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village (20816)
www.bmavillage.org
BMAVillage@gmail.com

Burning Tree Village (20817)
burningtrevillage.org
Board@BurningTreeVillage.org
Cabin John (20817)
jfbell@mac.com

Chevy Chase at Home (20815)
chevychaseathome.org
info@chevychaseathome.org

East County Senior Village (part of 20904)
eastcountyvillageseniors.org
scsaunders33@outlook.com

Friendship Heights Neighbors
www.fhneighbors.org
information.fhnn@gmail.com

Little Falls Village (20816)
littlefallsvillage.org
info@littlefallsvillage.org

Maplewood Village (20814)
maplewoodcitizens.org/maplewood-village.html
mdeering@starpower.net

Mill Creek Village (20855)
millcreekvillage.wordpress.com
mctvillage@gmail.com

Muslim Community Center (20905)
mccmd.org/mccseniors
snegm@aol.com

Olney Home for Life (20832, 20833, 20860, 20861)
olneyhomeforlife.org
info@olneyhomeforlife.org

Potomac Community Village (20854)
potomaccommunityvillage.org
info@PotomacCommunityVillage.org

Silver Spring Village (20910)
silverspringvillage.org
info@silverspringvillage.org

Somerset Helping Hand
<http://townofsomerset.com/2160/Helping-Hand>

Town of Garrett Park Senior Committee (20896)
garrettpark-md.gov/c/411
garrettpark2@comcast.net

Villages of Kensington (20895)
villagesofkensingtonmd.org
villagesofkensington@gmail.com

The Village at Kentlands and Lakelands
villagekentlandslakelands.org
franrandolph@gmail.com

Village of Takoma Park (20912)
villageoftakomapark.com
villageoftakomapark@gmail.com
Wyngate Neighbors Helping Neighbors (20817)
wnhn.org
wnhn.help@gmail.com

Villages in Development

FELD Village (Rockville City's Great Falls, Evans, Laura and Dale)
nonny62@verizon.net

King Farm Neighbors Village
kfnvinfo@gmail.com

Greater Stonegate Village
matthk00@verizon.net

Leisure World
Nnhn62217@gmail.com

Long Branch Village Initiative
pazit.aviv@montgomerycountymd.gov

Manor Connections
info@manorconnections.org

North Chevy Chase CONNECTIONS
abbypsimms@gmail.com

Parkside Condominium
bethesdapat@gmail.com

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

Twinbrook Village
communitywildlifehabitat@gmail.com

Source: Montgomery County Department of Health and Human Services

Any Physical Activity Is Better Than None

Any level of physical activity can reduce seniors' risk of heart disease according to results of an 18-year study involving more than 24,000 adults ages 39 to 79.

Researchers found a link between physical activity and reduced risk of heart disease in both elderly and middle-aged people.

"Elderly people who were moderately inactive had a 14 percent reduced risk of cardiovascular events compared to those who were completely inactive," said study first author and cardiologist Sangeeta Lachman. "This suggests that even modest levels of physical activity are beneficial to heart health," said Lachman, who is with the Academic Medical Center in Amsterdam, the Netherlands.

No gym nearby? That's not a problem. Seniors should be encouraged to at least do low-intensity physical activities, such as walking, gardening, and housework, she said.

The study results were published Nov. 22 in the European Journal of Preventive Cardiology.



"Given our aging population and the impact of cardiovascular disease on society, a broader array of public health programs are needed to help elderly people engage in any physical activity of any level and avoid being completely sedentary,"

Lachman concluded in a journal news release.

OPT

Source: European Journal of Preventive Cardiology, news release, Nov. 22, 2017.

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
www.montgomerycountymd.gov/SAO/
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
240-777-3000

Montgomery County Office of Consumer Protection

www.montgomerycountymd.gov/ocp/
240-777-3636

POLICE

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

Affordable Care Act Update

Enroll now for 2018 health and dental plans!

Open Enrollment for Health Insurance Ends January 15

Maryland has achieved an impressive drop in its uninsured rate, from 14% to about 6% in just five years. Nearly 400,000 people in the state gained health coverage, including nearly 280,000 Marylanders who have free or low-cost coverage through the expansion of Medicaid. Maryland ranked fifth in the nation for young adult enrollments (18-34), according to data from the 2017 open enrollment released by the U.S. Department of Health and Human Services.

With the headlines out of Washington, you may have questions about what the latest developments mean for you and your coverage.

Here's what you need to know:

- Friday, December 15, 2017, is the last day to enroll in or change plans for 2018 coverage. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period. During this time you can enroll or change plans, and apply for financial help with health coverage. Nine out of 10 people who enroll with Maryland Health

Connection qualify for lower costs.

- Even if you're already enrolled, it's more important than ever to browse plan prices to make sure you're getting the best deal for you and your family. Visit MarylandHealthConnection.gov, download our mobile app, or get free, in-person help from experts throughout Maryland.
- Most Marylanders receiving financial help will not see an increase in their monthly costs, even if their plan's premium went up this year. In fact, some people who previously would not have qualified for financial help will now qualify for a tax credit to help lower their costs.

It is important for Marylanders to understand that the Affordable Care Act (ACA) is still the law of the land, and you may still pay a penalty for not having health insurance. If you signed up for health insurance for 2017, your coverage is protected through the end of this year. Make sure you stay covered throughout the year by continuing to pay your premium on time.

OPT



The intersection of New Hampshire Avenue and Colesville Road, adjacent to a new police station, will be the location of Victory Crossing, which is now 85% complete on schedule for completion in February.

Silver Spring Affordable Housing Project Near Completion

Victory Crossing, the affordable independent senior-living community being developed by Victory Housing in Silver Spring, is now nearing completion, with initial occupancy schedule for March 2018.

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. 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.

OPT

Mealtime at Kensington Park: where palates are pleased and memories are made, every single day

The dining experience at Kensington Park is not only a taste sensation but also a special occasion, every time residents and their guests gather—whether they're celebrating or not. We believe that tabletime togetherness is a meaningful opportunity for families and friends to slow down, share laughs, strengthen bonds and make memories. As a result, we make it easy for residents to invite company as often as possible—their guests always eat free.

Mealtime at Kensington Park is good for the heart, in more ways than one. Our top-notch chef creates beautifully prepared dishes, all made from scratch with fresh ingredients. Our servers indulge diners with bend-over-backwards attention. We treat everyone at our table as someone important, because they are.

Visit Kensington Park today, and have a meal on us!



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3620 Littledale Rd, Kensington, MD 20895
www.KensingtonParkSeniorLiving.com



Alzheimer's Semipostal Fundraising stamp dedicated

Postmaster General Megan J. Brennan dedicated a stamp to fund research to help find a cure for one of the top 10 leading causes of death — Alzheimer's.

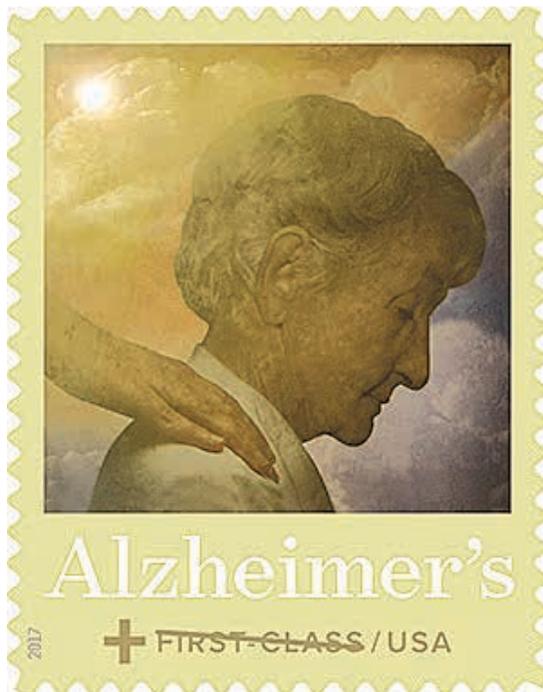
The first-day-of-issue dedication ceremony for the Alzheimer's Semipostal Fundraising stamp took place November 30 at Johns Hopkins Bayview Medical Center in Baltimore. Please share the news on social media using the hashtag #AlzheimersStamp.

The price of the stamp includes the First-Class Mail single-piece postage rate in effect at the time of purchase plus an amount to fund Alzheimer's research. By law, revenue from sales of the Alzheimer's Semipostal stamp — minus the postage paid and the reimbursement of reasonable costs incurred by the Postal Service — will be distributed to the National Institutes of Health, which is part of the U.S. Department of Health and Human Services.

"The Postal Service is proud to issue this stamp today to help raise public awareness of Alzheimer's," said Brennan. "Proceeds from its sale will help support urgently needed medical research into this incredibly debilitating disease."

Joining Brennan in the ceremony were National Institute of Health Deputy Director of the National Institute on Aging Dr. Marie A. Bernard and Johns Hopkins Bayview Medical Center President Dr. Richard Bennett.

"We're in a new age of Alzheimer's research with a number of efforts underway," said Bernard. "NIA is working to identify new genes that affect Alzheimer's disease and



their role as risk factors or protective factors, to explore imaging techniques and ways to detect development of the disease well before symptoms appear, to develop and test new therapies, and to test and implement new approaches to providing care and supporting caregivers. The new semipostal stamp will both raise awareness of Alzheimer's research and care, as well as contribute to the search for effective ways to prevent and treat this heart-breaking disease."

"Johns Hopkins Bayview has a long his-

tory of geriatric care and research," said Bennett. "We are honored to host the dedication of the United States Postal Service's Alzheimer's Semipostal stamp. Proceeds from the sale of this beautiful stamp will benefit the next generation of research at the National Institutes of Health. We hope this research will lead to new answers for our patients and their families who live with the everyday realities of Alzheimer's disease."

Also attending was Kathy Siggins of Mount Airy, MD, who followed the discretionary semipostal program criteria for submitting the stamp suggestion. Siggins' husband succumbed to the disease in 1999.

The artwork is an illustration that first appeared on the 2008 42-cent Alzheimer's Awareness stamp. It shows an older woman in profile with a hand on her shoulder, the suggestion of sunlight behind her, and clouds in front of and below her. On the 2008 stamp, she was facing left; the artwork for this stamp shows her facing right to help differentiate between the two stamps. Stamp artist Matt Mahurin of Topanga Canyon, CA, worked under the direction of art director Ethel Kessler of Bethesda, MD.

A Heart-Breaking Disease Affecting Millions of Individuals and Caregivers

According to the Centers for Disease Control, Alzheimer's is one of the top 10 leading causes of death in the United States. It destroys the minds of those affected by it and poses challenges for family members and caregivers. It is the most common form of dementia, but is not a normal part of aging.

The disease is named after Alois Alzheimer, the German physician who in 1906 discovered and described two hallmark signs of the disease in the brain — clumps of amyloid protein fragments and tangles of tau protein fibers — and linked them to observable symptoms.

Symptoms can include:

- loss of memory;
- problems with speech and language;
- inability to perform familiar daily tasks;
- trouble interpreting visual images, spatial relationships, and other sensory information; and
- changes in personality and behavior such as depression, apathy and agitation.

While there is not yet a cure for Alzheimer's or a way to prevent it, public support has intensified the search for ways to treat its symptoms, slow its progression, and care for those who live with the disease. In 2012, the U.S. Department of Health and Human Services released a "National Plan to Address Alzheimer's Disease" that addresses the many challenges faced by patients, researchers and caregivers. The plan offered a coordinated effort to prevent and effectively treat the disease by the year 2025 and called for improvements in clinical and long-term care.

According to the Alzheimer's Association, more than 5.3 million Americans age 65 and older are estimated to have Alzheimer's disease, a number predicted to rise as the population ages. Net proceeds from this stamp will be distributed to the U.S. Department of Health and Human Services, all part of a national effort to find ways to prevent, treat, and someday stop this disease.

OPT



2018

PRE-LEGISLATIVE INFOSESSION ON PHYSICIAN-ASSISTED SUICIDE

Out-of-state interest groups want to legalize the dangerous practice of Physician-Assisted Suicide in Maryland. Come learn about the proposed law that has been successfully defeated for 3 years in a row, and how you can help fight to keep PAS out of our state.

This event is free. For more info and to reserve your seat, visit: www.mdccatholic.org



**WEDNESDAY
NOV. 29, 2017
7 to 8 P.M.
OUR LADY OF MERCY
9200 Kentsdale Drive
POTOMAC, MD**

**WEDNESDAY
DEC. 6, 2017
6 to 7 P.M.
ST. FRANCIS DE SALES
535 Riverside Drive
SALISBURY, MD**

**WEDNESDAY
JAN. 10, 2018
6 to 7 P.M.
CATHOLIC COMMUNITY
OF ST. FRANCIS XAVIER
13717 Cuba Road
HUNT VALLEY, MD**