



# 2019 Senior Services Guide

# Medical Waste in Recycling Bins is an Increasing Problem

*Montgomery County's  
Department of  
Environmental Protection  
Reminds Residents to  
Consult Their Medical  
Suppliers for Proper Ways  
to Dispose of Dangerous  
Medical Waste*

**T**he Montgomery County Department of Environmental Protection (DEP) and its Division of Solid Waste Services (DSWS) has been discovering an increase in medical waste being placed in curbside recycling bins by residents. These materials are not acceptable in the County's recycling program and DSWS is reminding residents that their medical suppliers can provide the best methods of disposal of medical waste items.

Medical waste items may contaminate an entire bin of acceptable recyclable materials and, if collected, pose significant danger to the health and safety of the employees that collect recycling from single-family homes and townhomes. These items also endanger employees that process and sort materials at the County's Recycling Center in Derwood.

Examples of medical waste items that have been found inappropriately mixed in with recyclable materials at the Recycling Center include plastic intravenous fluid (IV) bags, plastic respirator and medical equipment tubing, CPAP masks and syringes (including sharps used for injections and plastic syringes used for flushing IV lines). These items should never be placed into blue recycling bins for recycling collection. While many items for medical use at home may be made of plastic, they are most likely contaminated with blood, bodily fluids or other infectious materials—all of which



**The Landing of Silver Spring, 13908 New Hampshire Avenue, opens in January.**

# New Assisted Living Community in Silver Spring

**T**he Landing of Silver Spring, a new residential community with 79 assisted living and 59 memory care units, is scheduled to open in early 2019. Located between Randolph Road and the Intercounty Connector, the facility was developed by Leisure Care, LLC, one of the largest privately owned operators of senior living communities in the United States

Community amenities will include:

- Fitness, Balance Builders and wellness

programs

- Onsite physical and occupational therapy
- Brain fitness program by Posit Science
- Language Learning program powered by Rosetta Stone
- Travel by Leisure Care, the company's distinctive travel agency
- Opal, Leisure Care's signature memory care program
- Full-service dining, as well as a bistro and

hospitality bar

- Regularly scheduled transportation
- A calendar of fun, innovative and engaging programs, events and activities

Founded in 1976, Leisure Care operates over 40 retirement communities with another 15 under development. For more information about The Landing at Silver Spring, visit: [www.leisurecare.com/our-communities/landing-of-silver-spring](http://www.leisurecare.com/our-communities/landing-of-silver-spring).

Select  
homes available

# 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.**



## Friendly At-Home Tech Help For People Over 50\*

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**"Just wanted to thank you for your help last week. I enjoyed being around a professional who arrives when he says he will, doesn't rush you, and is very easy to understand." — Lois S.**

- Fix problems with computer, tablet, phone, printers, Wi-Fi
- Set-up new computers, tablets, phones, printers, Wi-Fi, smart TVs. Expert with Apple, Windows and Android
- One-on-one tutoring on computer, tablet, phone use, and many more software programs, and apps
- Data Recovery and much more



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"Let me solve your tech problems and help you enjoy technology"



  
**TechMedic4u**  
Affordable Rates  
Satisfaction Guaranteed  
Serving MD, DC & NoVA  
\*FYI. We don't check ID. ☺  
*Call to discuss your needs  
and for free estimate.*

## Affordable Care Act Update

*Enroll now for 2019 health and dental plans!*

**W**ith the headlines out of Washington, you may have questions about what the latest developments mean for you and your coverage. For now, here's what you need to know:

Open enrollment for 2019 health and dental plans ends December 15. Nine out of 10 people who enrolled with Maryland Health Connection qualified for lower costs.

The recent reduction in federal funding for the federal navigator program does not pertain to Maryland. Maryland Health Connection is a state-based marketplace. Therefore, the funding that supports its navigator program has been maintained for its navigators, who provide help for enrollment into free and low cost health coverage and private health plans. Outreach and communication to the 6% of Marylanders who still lack health coverage is vital.

Even if you're already enrolled, it's more important than ever to come back each year to browse plan



prices to make sure you're getting the best deal for you and your family. Visit [MarylandHealthConnection.gov](http://MarylandHealthConnection.gov), download the mobile app, or get free, in-person help from experts throughout Maryland.

Stay updated: sign up for alerts from [MarylandHealthConnection.gov/blog](http://MarylandHealthConnection.gov/blog), and follow on Twitter @MarylandConnect.

Maryland Health Connection continues to help eligible people enroll year-round – including those who have recently experienced certain life changes like losing their job, getting married or divorced, or having a baby. If you are eligible for Medicaid or MCHP, you can enroll any time.

OPT

## Downsizing, Right Sizing Or Buying Your First Home? Lynn Can Help!



**Lynn A. Stewart** is a premiere Seniors' Real Estate Specialist, helping clients "right-size" or "down-size" families, while relocating seniors with patience and care.

She has tremendous resources available to help clean out, sell or donate your valuable belongings. She has helped Blessed Sacrament Parishioners to successful sales & relocation with assistance from her stagers, painters, carpenters, etc.

- Ms. Stewart is involved in volunteering for many civic & charitable organizations, including the Sanctuary Sodality of the Shrine of the Most Blessed Sacrament for years.
- She welcomes your questions & is happy to offer you a free market analysis on your present property without obligation.

- ◆ Top Producer ◆ E-Pro
- ◆ Member Association of Aging
- ◆ Certified Negotiation Expert
- ◆ Licensed: MD, DC & VA

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[www.lynnstewartells.com](http://www.lynnstewartells.com)  
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# DRIVER SAFETY

**AARP** Real Possibilities

*Holy Cross Hospital*

## AARP Smart Driver Class Dec. 12 at Holy Cross

**Y**ou are invited to reserve a seat for the AARP Smart Driver Class on December 12 from 11:00AM to 3:30PM at the Holy Cross Hospital Senior Source Center at 8580 2nd Avenue in Silver Spring.

This ONE-DAY session is a classroom refresher course designed to sharpen your driving skills and develop new defensive driving techniques for drivers age 50 and older. There will be one half-hour break in the class, when participants can eat a snack or lunch. If participants wish to bring a snack or a light lunch, a refrigerator is available for storage upon request, or there is a convenience store approximately one block away.

Reserve your seat by registering at: [www.holycrosshealth.org/classes-for-seniors](http://www.holycrosshealth.org/classes-for-seniors)

Your official registration will not

be complete until the payment for the class has been made. The cost for the AARP Smart Driver class is \$15 for AARP members and \$20 for non-members. When you come to class, please bring a personal check, cashier's check or money order (no cash, please) with you. Be prepared to pay the instructor before the class starts and to give the instructor your membership number if you are an AARP member.

Garage parking is available in the public parking garage on Cameron Street. The cost is \$.70 an hour. There are a number of handicapped spaces available in the parking garage, however if those spaces are taken persons with handicapped placard/licenses can park free of charge in any space available (as long as their handicap placard is visible).

OPT



# Montgomery County Adult Day Centers

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

## A Plus Care

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

## Albert and Helen Misler Adult Day Center

1801 East Jefferson Street  
Rockville, MD 20852  
(301) 255-4240  
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: 91



## Evergreen Adult Medical Day Care

9290 Gaither Road  
Gaithersburg, MD 20877  
(301) 527-1100  
Capacity: 123

## Holy Cross Hospital Medical Adult Day Center

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

## 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

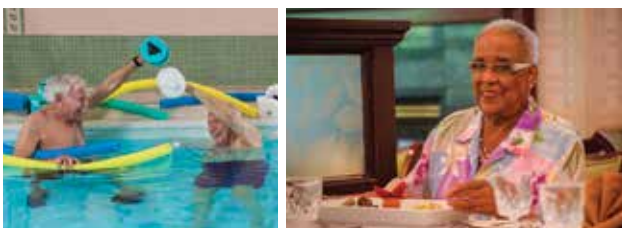
## Worldshine International LLC

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

Source: Maryland Department of Health and Mental Hygiene

## Experience the Difference.

Smiles come easy at Premier Residences of Chevy Chase. Our residents love to stay active by working out, swimming laps, dining on exceptional cuisine and keeping involved in the community. When they choose to relax, their well-appointed apartments are the perfect retreats. Our experienced staff is just as enthusiastic about making sure residents are happy and many of them have been here for over a decade. Let us give you reason to smile with a private tour.



### The differences go on and on

- No buy-in fees
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- 24-hour concierge
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**Melissa A. Wu, LLC** is a caring attorney with firsthand experience working with seniors. Taking care of your legal matters shouldn't be stressful or uncomfortable. Melissa will help you navigate through the planning process with compassion and thoughtful insight.



## Dedicated ♦ Compassionate ♦ Caring

Melissa Wu is passionate about advising clients in the following areas of law:

**Estate Planning ♦ Elder Law ♦ Probate Law  
Guardianship Law ♦ Consumer Protection Law**

**What is Elder Law?** Elder Law is a specialized area of law that involves representing, counseling, and assisting seniors, people with disabilities, and



their families in connection with a variety of legal issues, from estate planning to long term care issues, with a primary emphasis on promoting the highest quality of life for the individuals. Typically, Elder Law attorneys address the client's perspective from a holistic viewpoint by addressing legal, medical, financial, social and family issues.

**The Law Office of Melissa Wu, LLC**  
9711 Washingtonian Boulevard, Suite 550  
Gaithersburg, MD 20878  
**240-505-8649**



## Assisted Living Primer

**H**ow are you doing with your ADLs? The term "activities of daily living," or ADLs, became widely used by gerontologists starting in the 1980s to refer to the basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring (e.g. from a bed to a chair). Helping seniors with their ADLs is the purpose of assisted living.

When people are unable to perform these activities, in order to cope they need help, either from other human beings or mechanical devices or both. Although persons of all ages may have problems performing the ADLs, prevalence rates are much higher for the elderly than for the non-elderly. Measurement of the activities of daily living is critical because they have been found to be significant predictors of the use of paid home care, alternative living arrangements, nursing homes, physicians and hospital services.

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

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

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

and treatment regimens, ongoing therapeutic intervention or intensive supervision to manage chronic behaviors."

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



**Winter Growth**  
Assisted Living • Medical Day Program • Respite Care

## ADULT DAY PROGRAM

*Providing the support aging loved ones need to safely enjoy enriching lives full of friendships and new experiences*

- Nursing Oversight
- On-Site Physical Therapy
- Transportation
- Brain Fitness Activities
- Strength-Building Exercises
- Recreational Programs and Outings
- Dementia Care

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

**18110 Prince Philip Drive**  
**Olney, MD 20832**  
**(301) 774-7501**



# 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  
SEE AD PAGE S5

### Arden Courts of Potomac

10718 Potomac Tennis Lane  
Potomac, MD 20854  
(301) 983-3620  
Capacity: 52  
SEE AD PAGE S5

### Arden Courts of Silver Spring

2505 Musgrove Road  
Silver Spring, MD 20904  
(301) 847-3051  
Capacity: 52  
SEE AD PAGE S5

### Asbury Methodist Village

333 Russell Avenue  
Gaithersburg, MD 20877  
(301) 216-4003  
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) 598-2900  
Capacity: 76

### Brighton Gardens at Friendship Heights

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

### Brighton Gardens of Tuckerman Lane

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

### Brightview Falls Grove

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

### Brightview West End

285 North Washington Street  
Rockville, MD 20850  
(301) 250-1628  
Capacity: 98

### Brookdale Olney

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

### Brookdale Potomac

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

### Five Star Premier Residences of Chevy Chase

8100 Connecticut Avenue  
Chevy Chase, MD 20815  
(301) 907-9894  
Capacity: 31  
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 S13

### Kensington Park Retirement Community

3616-3618 Littledale Road  
Kensington, MD 20895  
(301) 946-7700  
Capacity: 160  
SEE AD PAGE S7

### 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

### Serenity Gardens Assisted Living

10501 Bit and Spur Lane  
Potomac, MD 20854  
(301) 656-8823  
SEE AD PAGE S12

*Continued on page S6*

## When it comes to memory care EXPERIENCE MAKES A DIFFERENCE

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

### A CLEAR DIFFERENCE

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

### IT DOESN'T STOP THERE

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

Arden Courts. Often imitated, never duplicated.



Visit Arden Courts today to see why  
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Arden Courts of Potomac  
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Arden Courts of Silver Spring  
301.847.3051



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Arden Courts   
Memory Care Community



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.

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

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

Montgomery  
HOSPICE

## Do you know someone who cannot get to Mass?

Since 1952, the Archdiocese of Washington has produced a weekly televised Mass for those who are homebound. It is a wonderful ministry for those members of our Catholic family who are unable to be physically present with a local worshipping community for the Sunday Eucharistic celebration.

The Mass airs every Sunday at 10:30a.m. on WDCW-50.

Cable, Dish, or DirecTV subscribers: Ch. 50; Comcast: Ch. 23 in Washington, DC and Montgomery County, Ch. 3 in Prince George's County and Southern Maryland; RCN: Ch. 15; Verizon: Ch. 3.

#### Would you like to be on TV?

Join the congregation at a taping of the TV Mass! Your presence at the TV Mass is a wonderful way to bring the Mass to those

who are homebound. Two Masses are taped on the same evening from 7:30-8:45pm in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception (400 Michigan Avenue NE in Washington, DC). Come for one Mass or stay for both! The next taping date is Thursday, January 24. To receive *Celebrate!* – the free TV Mass newsletter – email [communications@adw.org](mailto:communications@adw.org) with your email address.

OPT



## Montgomery County Assisted Living Facilities

Continued from page S5

#### Serenity Gardens Assisted Living

10829 Burbank Drive  
Potomac, MD  
SEE AD PAGE S12

#### Serenity Gardens Assisted Living of Rockville

18106 Cashell Road  
Rockville, MD 20854  
(301) 525-3933  
SEE AD PAGE S12

#### Springvale Terrace, Inc

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

#### Sunrise at Fox Hill

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

#### Sunrise at Montgomery Village

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

#### Sunrise of Bethesda

4925 Battery Lane  
Bethesda, MD 20814  
(301) 657-6880  
Capacity: 178

#### Sunrise of Chevy Chase

2201 Colston Drive  
Silver Spring, MD 20910  
(201) 588-0484  
Capacity: 196

#### Sunrise of Rockville

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

#### Sunrise of Silver Spring

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

#### The Angels Garden

4101 Bel Pre Road  
Rockville, MD 20853  
(301) 460-0304  
Capacity: 15  
SEE AD PAGE S6

#### The Village at Rockville

9701 Veirs Drive  
Rockville, MD 20850  
(301) 424-9560  
Capacity: 57

#### Wintergrowth - Montgomery Center

18110 Prince Philip Drive  
Olney, MD 20832  
(301) 774-7501  
Capacity: 16  
SEE AD PAGE S4

#### Woods

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

Source: Maryland Department of Health and Mental Hygiene



## 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!

- ◆ Bel Pre Road in Rockville
- ◆ 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

Call us for a tour 301-806-0151  
[www.angelgardenhomes.com](http://www.angelgardenhomes.com)



# 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](http://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](http://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](http://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](http://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](http://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](http://www.medicare.gov/NHCompare/home.asp)

## 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](http://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/](http://www.fns.usda.gov/snap/)

OPT



## Montgomery County Hospices



### Caringmatters, Inc.

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

### Holy Cross Home Care And Hospice

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

### Jewish Social Service Agency Hospice

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

### Montgomery Hospice, Inc.

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

Source: Maryland Department of Health and Mental Hygiene

## 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.

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301-801-5044



## 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.

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- ◆ Alzheimer's
- ◆ Dementia
- ◆ Parkinson's
- ◆ Stroke
- ◆ Other health conditions

#### Mailing Address:

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

## Montgomery County Continuing Care Retirement Communities (CCRCs)

#### 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





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# Comfort & Consolation: Care of the Sick and Dying

*A Pastoral Letter from the Bishops of Maryland*

**T**his 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:

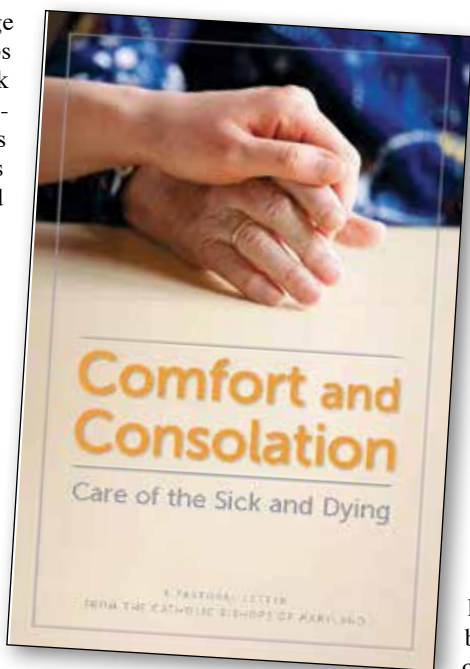
- Summary Q&A -

outlines the main points of Comfort and Consolation

- Legal Guide - provides practical advice for completing an advance directive that properly reflects Catholic principles and that also includes the Catholic Declaration on Health Care Decision Making

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

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# Villages – Age-in-Place Supported Communities

## What is a Village?

**T**he 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, grassroots organizations run by volunteers and paid staff to coordinate villagers access to affordable services, including transportation, health and wellness programs, home repairs, social and educational activities and trips.

Villages provide critical neighbor-to-neighbor connections to combat social isolation, improve mobility and access to services, and provide knowledge and support necessary to empower seniors and others to be healthy and secure. The Village Coordinator provides guidance, support and resources to support the creation and sustainability of villages in communities across the County.

Montgomery County is committed to support local initiatives. Resources for active and developing villages are available at: [www.montgomerycountymd.gov/HHS-Program/ADS/Villages/resources.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/resources.html)

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## Active Villages in Montgomery County

### Aging Well With Friends

[agingwellwithfriends.org](http://agingwellwithfriends.org)  
[emitchell@friendshouse.com](mailto:emitchell@friendshouse.com)

### Bannockburn NAN (20817)

[bannockburncommunity.org/nan.php](http://bannockburncommunity.org/nan.php)  
[keltym@verizon.net](mailto:keltym@verizon.net)

### Bradley Hills village

<https://bhv.clubexpress.com>  
[bradleyhillsvillage@gmail.com](mailto:bradleyhillsvillage@gmail.com)

### Bethesda Metro Area Village (20816)

[bmavillage.org](http://bmavillage.org)  
[BMAVillage@gmail.com](mailto:BMAVillage@gmail.com)

### Burning Tree Village (20817)

[burningtreevillage.org](http://burningtreevillage.org)  
[Board@BurningTreeVillage.org](mailto:Board@BurningTreeVillage.org)

### Chevy Chase at Home (20815)

[chevychaseathome.org](http://chevychaseathome.org)  
[info@chevychaseathome.org](mailto:info@chevychaseathome.org)

### East County Senior Village (20904)

[eastcountyvillageseniors.org](http://eastcountyvillageseniors.org)  
[scsaunders33@outlook.com](mailto:scsaunders33@outlook.com)

### Friendship Heights Neighbors

[fhneighbors.org](http://fhneighbors.org)  
[information.fhnn@gmail.com](mailto:information.fhnn@gmail.com)

### King Farm Neighbors Village

<https://kingfarm.helpfulvillage.com/>  
301-799-8104

### Little Falls Village (20816)

[littlefallsvillage.org](http://littlefallsvillage.org)  
[info@littlefallsvillage.org](mailto:info@littlefallsvillage.org)

### Greater Stonegate village

[greaterstonegatevillage.org](http://greaterstonegatevillage.org)  
240-918-7989

### Manor Connections

[manorconnections.org](http://manorconnections.org)  
[info@manorconnections.org](mailto:info@manorconnections.org)

### Maplewood Village (20814)

[maplewoodcitizens.org/maplewood-village.html](http://maplewoodcitizens.org/maplewood-village.html)  
[facebook.com/MaplewoodVillageBethesda/](https://facebook.com/MaplewoodVillageBethesda/)  
[mdeering@starpower.net](mailto:mdeering@starpower.net)

### Mill Creek Village (20855)

[millcreekvillage.wordpress.com](http://millcreekvillage.wordpress.com)  
[mctvillage@gmail.com](mailto:mctvillage@gmail.com)

### Muslim Community Center (20905)

[mccmd.org/mccseniors](http://mccmd.org/mccseniors)  
[snegm@aol.com](mailto:snegm@aol.com)

### North Chevy Chase Connections

<http://northchevychasecon.wixsite.com/nccc>  
[NorthChevyChaseConnections@gmail.com](mailto:NorthChevyChaseConnections@gmail.com)

### Olney Home for Life (20832-33-60-61)

[olneyhomeforlife.org](http://olneyhomeforlife.org)  
[info@olneyhomeforlife.org](mailto:info@olneyhomeforlife.org)

### Potomac Community Village (20854)

[potomaccommunityvillage.org](http://potomaccommunityvillage.org)  
[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org)

### Silver Spring Village (20910)

[silverspringvillage.org](http://silverspringvillage.org)  
[info@silverspringvillage.org](mailto:info@silverspringvillage.org)

### Somerset Helping Hand

Helping-Hand  
301-657-3211, [kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)

### Town of Garrett Park Senior Committee (20896)

[garrettpark-md.gov/c/411](http://garrettpark-md.gov/c/411)  
[garrettpark2@comcast.net](mailto:garrettpark2@comcast.net)

### Villages of Kensington (20895)

[villagesofkensingtonmd.org](http://villagesofkensingtonmd.org)  
[villagesofkensington@gmail.com](mailto:villagesofkensington@gmail.com)

### The Village at Kentlands and Lakelands

[villagekentlandslakelands.org](http://villagekentlandslakelands.org)  
[franrandolph@gmail.com](mailto:franrandolph@gmail.com)

### Village of Takoma Park (20912)

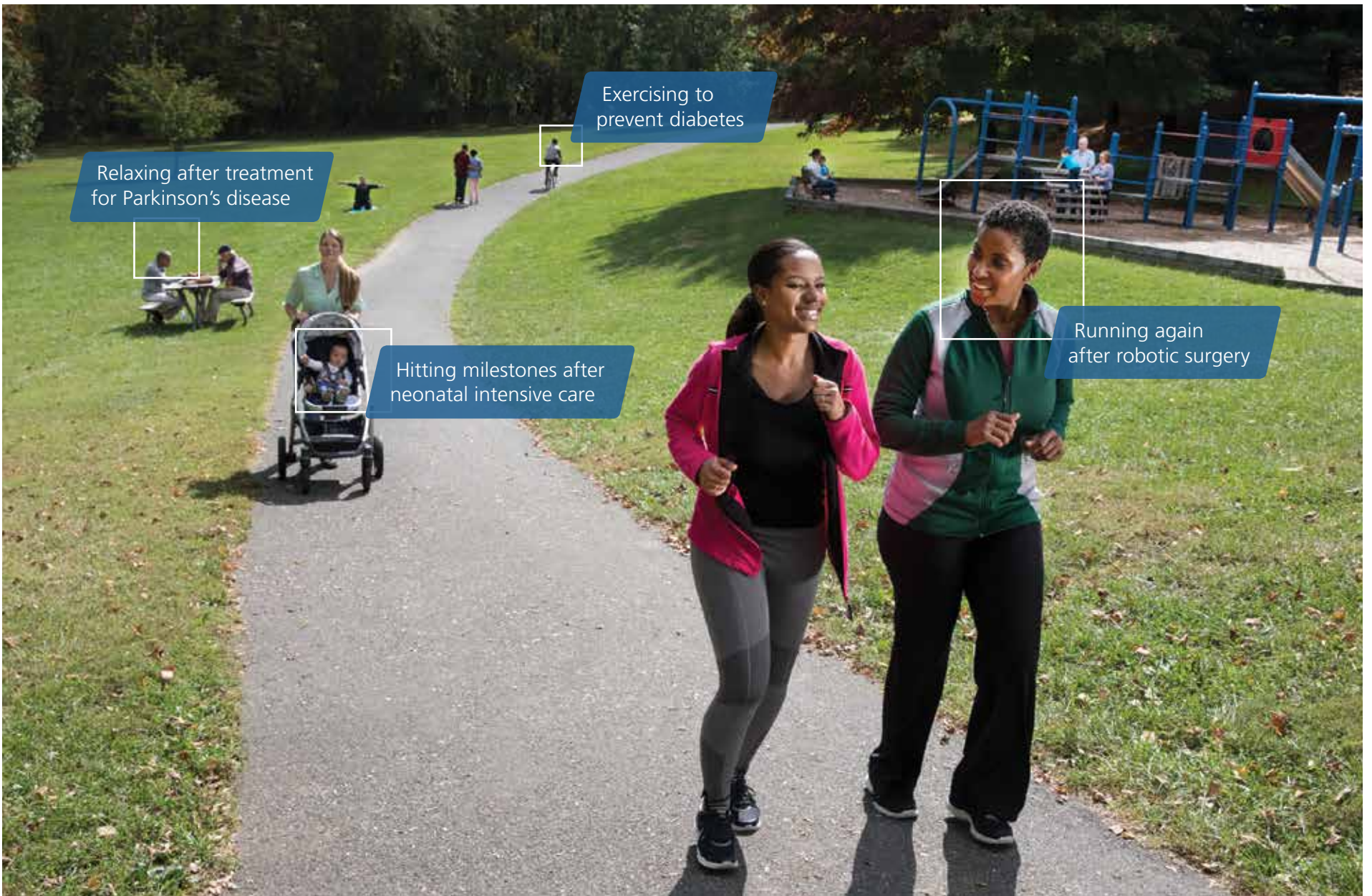
[villageoftakomapark.com](http://villageoftakomapark.com)  
[villageoftakomapark@gmail.com](mailto:villageoftakomapark@gmail.com)

### Wyngate Neighbors Helping Neighbors (20817)

[wnhn.org](http://wnhn.org)  
[wnhn.help@gmail.com](mailto:wnhn.help@gmail.com)

*Continued on page S15*





# Discover your own path to good health.

**We're on it.** In our vibrant community, life is always moving. And Holy Cross Health is advancing too. From hospitals and primary care sites, to specialty care and wellness programs, we're a forward-thinking health system committed to helping our neighbors meet their goals to achieve a better quality of life.

For classes and to find a physician, visit **HolyCrossHealth.org** or call **301-754-8800**.



# Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

<b>Althea Woodland Nursing Home</b> 1000 Daleview Drive Silver Spring, MD 20901 (301) 434-2646 Capacity: 50	<b>Brighton Garden Tuckerman Lane</b> 5550 Tuckerman Lane North Bethesda, MD 20852 (301) 897-8566 Capacity: 39	<b>Collingswood Nursing &amp; Rehab. Center</b> 299 Hurley Avenue Rockville, MD 20850 (301) 762-8900 Capacity: 160	<b>Ingleside at King Farm</b> 701 King Farm Boulevard Rockville, MD 20850 (240) 499-9015 Capacity: 45 SEE AD PAGE S13	<b>Manorcare Health Services - Bethesda</b> 6530 Democracy Boulevard Bethesda, MD 20817 (301) 350-9000 Capacity: 110
<b>Arcola Health and Rehabilitation Center</b> 901 Arcola Avenue Silver Spring, MD 20902 (301) 649-2400 Capacity: 151	<b>Brooke Grove Rehab. &amp; Nursing</b> 18131 Slade School Road Sandy Spring, MD 20860 (301) 924-5176 Capacity: 190	<b>Fairland Center</b> 2101 Fairland Road Silver Spring, MD 20904 (301) 384-6161 Capacity: 92	<b>Kensington Healthcare Center</b> 3000 McComas Avenue Kensington, MD 20895 (301) 933-0060 Capacity: 140	<b>Manorcare Health Services - Potomac</b> 10714 Potomac Tennis Lane Potomac, MD 20854 (301) 299-2453 Capacity: 158
<b>Bedford Court Healthcare Center</b> 3701 International Drive Silver Spring, MD 20906 (301) 438-6616 Capacity: 60	<b>Cadia Healthcare - Springbrook</b> 12325 New Hampshire Avenue Silver Spring, MD 20904 (301) 622-4600 Capacity: 93	<b>Fox Chase Rehab &amp; Nursing Center</b> 2015 East-West Highway Silver Spring, MD 20910 (301) 587-2400 Capacity: 74	<b>Layhill Nursing and Rehabilitation Center</b> 3227 Bel Pre Road Silver Spring, MD 20906 (301) 871-2031 Capacity: 118	<b>Manorcare Health Services - Silver Spring</b> 2501 Musgrove Road Silver Spring, MD 20904 (301) 890-5552 Capacity: 148
<b>Bel Pre Health &amp; Rehabilitation Center</b> 2601 Bel Pre Road Silver Spring, MD 20906 (301) 598-6000 Capacity: 92	<b>Cadia Healthcare - Wheaton</b> 4011 Randolph Road Wheaton, MD 20902 (301) 933-2500 Capacity: 116	<b>Friends Nursing Home</b> 17340 Quaker Lane Sandy Spring, MD 20860 (301) 924-7531 Capacity: 82	<b>Manor Care Health Services - Chevy Chase</b> 8700 Jones Mill Road Chevy Chase, MD 20815 (301) 657-8686 Capacity: 172	<b>Maplewood Park Place</b> 9707 Old Georgetown Road Bethesda, MD 20814 (301) 530-0500 Capacity: 31 SEE AD PAGE S1
<b>Bethesda Health and Rehabilitation</b> 5721 Grosvenor Lane Bethesda, MD 20814 (301) 530-1600 Capacity: 195	<b>Carriage Hill Bethesda</b> 5215 Cedar Lane Bethesda, MD 20814 (301) 897-5500 Capacity: 108	<b>Hebrew Home of Greater Washington</b> 6121 Montrose Road Rockville, MD 20852 (301) 770-8310 Capacity: 556	<b>Manor Care Health Services - Wheaton</b> 11901 Georgia Avenue Wheaton, MD 20902 (301) 942-2500 Capacity: 94	

Continued on next page

## Serenity Gardens

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## Serenity Gardens Services

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- Hospice
- Alzheimer's
- Diabetes Care
- Insulin Care
- Specialized Diets
- Specialized Care
- Oxygen Dependence
- Wound Care
- Ostomy Care



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Potomac

### LOCATION 2

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Potomac

### LOCATION 3

18106 Cashell Road  
Rockville

### LOCATION 4

2308 Coleridge Drive  
Silver Spring

### LOCATION 5

711 Lamberton Drive  
Silver Spring

Phone: 301-200-9275 • Fax: 800-521-9231 • Cell: 301-525-3933



## Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

### Montgomery Village Health Care Center

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

### Oak Manor Healthcare Center

3415 Greencastle Road  
Burtonsville, MD 20866  
(301) 557-1400  
Capacity: 145

### 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

### Regency Care of Silver Spring, LLC

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

### Rockville Nursing Home

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

### Shady Grove Nursing and Rehabilitation 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

### The Village at Rockville

9701 Veirs Drive  
Rockville, MD 20850  
(301) 424-9560  
Capacity: 160

### Wilson Health Care Center

301 Russell Avenue  
Gaithersburg, MD 20877  
(301) 216-4004  
Capacity: 285

Source: Maryland Department of Health and Mental Hygiene



## Uber Launches Wheelchair-Accessible Service in DC

Uber is launching wheelchair-accessible service in the District and five other cities, the company announced Tuesday, pledging a 15-minute wait time for customers with disabilities for fares equivalent to UberX.

Uber has entered into a contract with MV Transportation, which calls itself the country's leading paratransit firm, to provide the service for customers with disabilities. MV will supply drivers and vehicles, while trips will be



arranged through the Uber app.

Uber has long been criticized for its lack of wheelchair-accessible vehicles, and a lawsuit filed by the nonprofit Equal Rights Center in 2017 called out the company for its failure to provide access for passengers in wheelchairs and motorized scooters.

For more details about Uber's services for persons with disabilities, visit: <https://accessibility.uber.com/>

Source: Washington Post (November 20)

# When you plan for the future, it's easy to live in the moment.



  
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An Ingleside Community

You know you've planned well for the future when it's the last thing on your mind. With Gardenside 100% sold, a place on our wait list allows you to enjoy today, without worrying about the what-ifs of tomorrow. Reserve your place now in Gardenside and look forward to engaged living at Ingleside at King Farm.

*To learn more about the wait list for Gardenside call 240-428-6435.*



701 King Farm Blvd. • Rockville, MD  
[www.inglesidekingfarm.org](http://www.inglesidekingfarm.org)





## 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](http://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.

## SPOT A STROKE Act FAST call 911



## When Strokes Aren't Classic

By Vaughn Alex, Montgomery County Stroke Association

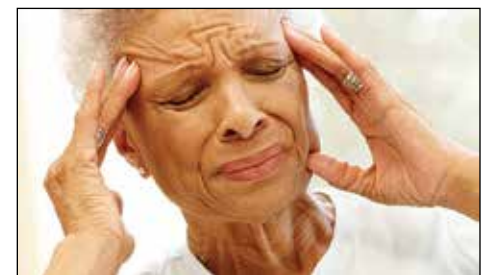
There's a time and a place for the classics. Classic art, classic music, even classic cars. However, what about stroke?

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



A severe headache can be one of the symptoms of a stroke.

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

*Continued on page S16*

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**301-355-6578**

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[www.VisitingAngels.com/Gaithersburg](http://www.VisitingAngels.com/Gaithersburg)





# Hospice Care: Finding Meaning in the Gentle Journey

By Kip Ingram, Director of Bereavement Care at Montgomery Hospice

**R**ecognizing the whole person is one of the most important values associated with the hospice movement. That we are physical, emotional and spiritual beings informs the kind of care and support hospice provides. This means that while medical concerns are vitally important, just as significant is what someone thinks and how they might feel, the values and beliefs they hold and the meaning by which they live.

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



provide additional spiritual support when needed.

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

matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." At Montgomery Hospice, our motto is "to gentle the journey" for our patients and families, and for us, this means to help each individual life to be as good as it can be for as long as it can be. So we offer the best in medical care, and we honor the meaning by which a person lives at such a time in life.

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## MEDICAL WASTE

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pose significant health risks to others.

Residents who receive home health care services and who are unsure of how to properly dispose of medical waste are encouraged to contact their physician's office, local hospital, home health care

provider or other supplier of medical products for information on proper disposal of medical waste materials.

For a complete list of items that can be recycled in the County's recycling program, visit [www.montgomerycountymd.gov/recycling](http://www.montgomerycountymd.gov/recycling) or call Montgomery County's Customer Service Center at 311 (out-of-County: 240-777-0311). The TTY number is MD Relay 711.

OPT

## VILLAGES

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### Villages in Development in Montgomery County

#### FELD Village

Rockville City's Great Falls, Evans, Laura & Dale  
nonny62@verizon.net

#### Long Branch Village Initiative

pazit.aviv@montgomerycountymd.gov

#### Kemp Mill

alanb336@hotmail.com

#### Parkside Condominium

bethesdapat@gmail.com

#### Pump House Village

pumphousevillage@gmail.com

#### Rockville City (RAVE) (20850, 20851)

[www.rockvillemd.gov/2008/Villages](http://www.rockvillemd.gov/2008/Villages)  
pevans@rockvillemd.gov

#### Twinbrook Village

communitywildlifehabitat@gmail.com

# Let's Talk Assisted Living.



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Potomac • 301-469-9400

**Grace House**  
Silver Spring • 301-924-4424

**Malta House**  
Hyattsville • 301-699-8600

**Marian Assisted Living**  
Olney/Brookeville • 301-570-3190

**Raphael House**  
Rockville • 301-217-9116



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## Loss of vision associated with loss of cognition

**L**oss of vision may be associated with cognitive function impairment in older people, according to a study by researchers supported in part by National Institute on Aging. The investigators sought to determine which factor—declining vision or cognitive function—contributed more to the association over time. They identified declining vision as having a greater association with cognitive deterioration than the

reverse. Study results appeared in JAMA Ophthalmology online on June 28, 2018.

Visual impairment affects almost 3 million older adults in the United States. This can significantly affect physical and psychological health, resulting in reduced quality of life. The prevalence of blindness and visual impairment increases with age, particularly among people age 75 and older.

For this research, Diane Zheng

of the University of Miami and colleagues analyzed data from the Salisbury Eye Evaluation Study, a longitudinal study that enrolled more than 2,500 participants aged 65 to 84 in the Salisbury area of Maryland. The study team used the Early Treatment Diabetic Retinopathy Study chart to measure visual acuity, or the ability to discern shapes and details of objects, and the Mini-Mental State Exam (MMSE) to measure cognitive function; participants were assessed in four rounds between 1993 and 2003.

The percent of participants with MMSE scores indicating cognitive impairment increased from 11 percent at baseline to 20.6 percent in the fourth round. Visual impairment was associated with poor cognitive function both cross-sectionally and longitudinally. Worsening vision had a stronger association with declining cognition than the reverse. The researchers note that maintaining good vision may be an important strategy for reducing age-related cognitive decline.

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Facial drooping can be one of the symptoms of a stroke.

## STROKES

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immediate medical attention.

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

The time to treat, though, may be measured in only minutes. Once a stroke begins to present symptoms, no matter how mild, medical intervention is needed immediately to limit the damage. The period to administer clot busting drugs such as tPA (Tissue Plasminogen

Activator) or to use physical methods such as stent retrievers to mechanically remove a clot is measured in mere hours. This time-frame is reduced by the need to recognize and diagnose the location of the clot.

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

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



OPT

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