



Too good  
to be true

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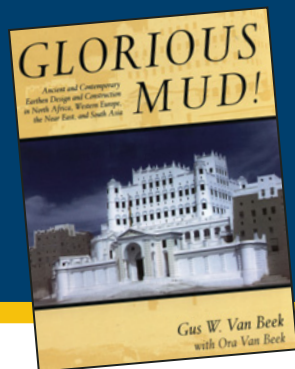
Residents  
celebrate  
Israel@60

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Candace Bushnell,  
author of *Sex and  
the City*, at Aunt  
Minnie Luncheon

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# LifeTimes

March 2008/No.8

Charles E. Smith Life Communities

## Revealing the beauty in mud

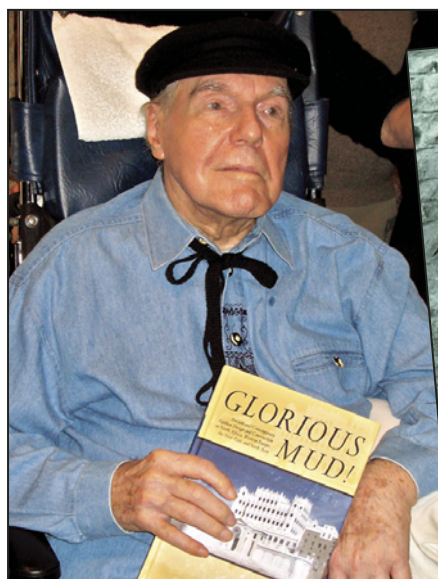
By Emily Tipermas

Crafting shelter from the elements has occupied mankind since, well, the beginning of time. Understanding one particular building material – mud – has

occupied renowned archeologist Gus Van Beek for more than four decades.

Van Beek, Curator Emeritus for anthropology at the Smithsonian's National Museum of Natural History, and now a resident of the Hebrew Home, recently celebrated the culmination of his vast research and methodical excavations with the publication of his latest book, *Glorious Mud!* (Smithsonian Institution Scholarly Press, 2007).

As a doctoral candidate at Johns Hopkins University, Van Beek's rare talent and steam-engine energy captured the attention of Professor William Foxwell Albright, who recruited Van Beek to join



*Dr. Van Beek's meticulous digging techniques revealed clues to previous civilizations and earned him an international reputation.*

his archaeological team in Jerusalem in the 1950s.

While there, Van Beek assisted distinguished archaeologist Kathleen Kenyan in the excavation of Jericho. The experience guided his growth to become one of the leading archaeologists of his day. Van Beek developed an innovative technique and approach to unearthing the past that has influenced an entire generation of scholars and archaeologists.

In *Glorious Mud!* Van Beek analyzes



*Hebrew Home resident Gus Van Beek and his wife Ora studied archaeological sites throughout Europe and the Middle East. His field of specialty is mud architecture.*

mud architecture dating back 13,000 years. He studies the methods and design techniques in ancient as well as contemporary structures, from simple huts to elaborate palaces. He draws upon extensive field explorations in the Middle East,

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# Generation to Generation



Charles E. Smith Life Communities



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**SPECIAL OFFER**

## When It's Too Good to Be True

Whether it comes by phone, letter, e-mail, or a knock on the door, the message of a skilled con artist can be irresistible. It may look official, sound legitimate, and seem too good to turn down, but if it's a scam, the consequences of signing up or giving out a credit card number can be serious...and very costly.

### Seniors are prime targets

AARP reports that more than half of all fraud cases involve unsuspecting seniors. How could this be? Researchers at the University of Iowa have shown that critical neurological changes may compromise judgment and decision-making abilities in a significant number of older adults, rendering them vulnerable to fraud. Con artists bank on this and, according to the FBI, also rely upon other traits of this population:

- Seniors raised to be "polite and trusting" may have difficulty saying NO or hanging up on a caller with an honest voice.
- Seniors often worry that if they admit to being scammed, relatives will conclude they lack the competence to continue controlling their own finances. So, to preserve independence, they'll avoid discussing possible fraud.

- If a senior does report the crime, memory may fail when it comes to providing specific details.

### The whiff of fraud

Fraud comes in many guises, so it pays to become familiar with how some common ones function.

- **Sweepstakes** – "Congratulations" spells trouble if, in order to claim a prize, you have to pay a fee or purchase merchandise.
- **Travel Scams** – "Congratulations, You've Won a Luxury Vacation" should set off an alarm. Check the source before rushing to make reservations.
- **Charity Scams** – Playing upon sympathy or guilt, a con artist will craft a dramatic appeal for donations to an urgent cause. Before sending money, check the legitimacy of the charity.
- **Foreign Lottery** – In a phone call, letter, or e-mail from a foreign country, you may be instructed to dial a toll-free number to learn how to select a winning lottery number. Don't call!
- **Home Improvement Schemes** – If the contractor has no business ID, no local address or phone number, no references, provides no written estimate or contract, and wants a cash payment up front, shut the door.
- **Health Insurance Fraud** – If a wily

telemarketer urges you to switch your enrollment in Medicare to a better plan, do nothing by phone and hang up fast!

### Increase Your Awareness

The National Crime Prevention Council at [www.ncpc.org](http://www.ncpc.org) makes these suggestions:

- Ask to receive in writing any "amazing offer" or "unbelievable deal" so you can review it carefully before making a decision.
- Never share personal information over the phone or Internet unless you have initiated the contact.
- If a caller asks for advance payment with your credit card number or wants your social security number, hang up.

Learn more about fraud prevention at [www.fraud.org](http://www.fraud.org), a website created by the National Consumers League in Washington, DC. ■

### Perspectives

**"I never cease being dumbfounded by the unbelievable things people believe."**

— Leo Rosten, Humorist

Generation to Generation first examined the problem of scams in 2004. To read its useful tips, go to our Newsroom page at [www.hebrew-home.org](http://www.hebrew-home.org), click on "Past Issues" next to the Generation newsletter, and scroll down to #69, "Scams: Don't Let It Happen to You."

## Revealing the beauty in mud

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Yemen, Pakistan, India, France, Germany, and the American southwest, where he studied classic American adobe in New Mexico.

At his side throughout his travels and research pursuits has been his devoted wife and collaborator, Ora, a dance artist who trained under Martha Graham and a scholar in her own right.

In reviewing *Glorious Mud!* Amihai Mazar, professor of archaeology at the Hebrew University of Jerusalem, states that Van Beek "covers everything relevant to this form of architecture, including a detailed analysis of its past, present, and future benefits for humanity."

The book is available through Rowman & Littlefield Publishers, Inc. at 1.800.462.6420. ■



At a party held at the Hebrew Home, museum colleagues from the Smithsonian, friends and family came to congratulate Gus Van Beek on the completion of his latest book.



## The best!

Readers of Bethesda Magazine voted the Hebrew Home of Greater Washington 2008 "Best Senior Living Facility." The magazine listed winners in 61 categories in its January/February issue.

## Jewish Americans

In January, the Charles E. Smith Life Communities co-sponsored "The Jewish Americans" series, which aired on WETA-TV. More than 468,000 local adult viewers tuned into the program, and the show pulled in double the usual number of households. ■

Bob and Arlene Kogod chat with Sharon Percy Rockefeller at the kick-off event at the 6th and I Historic Synagogue (below top).

Ring House resident Claire Bieber, mother of WETA Executive Producer Jeff Bieber, braved a rainy evening to attend the event (below bottom).

## Dekelbourn Family Foundation provides grant

We are extremely pleased to announce the Elsie and Marvin Dekelbourn Family Foundation has provided a \$250,000 grant to subsidize the cost of our newest bus and to provide support for transportation costs. Elsie and Marvin, of blessed memory, have left a legacy of community service and philanthropy in the arts and human services in both Washington and southern Florida.

Over the past three years, our transportation program has provided more opportunities for residents in Ring House, Revitz House, Landow House and the Hebrew Home to get out into the community. Our buses take residents to art exhibits and events that complement on-campus activities, shuttle residents between our five buildings to participate in cultural performances, and drive residents to major events such as the Aunt Minnie Luncheon and the Starlight Ball. Outings accommodate needs that are unique to each residence.

The costs of operating this transportation program have escalated in recent years. Maintenance and gasoline have more than doubled.

A lifelong friend of Clarice and Robert Smith, Marvin built homes and apartment buildings with Bob Smith. Their visionary partnership helped shape the face of Northern Virginia with the successful Crystal City complex. Marvin was one of the philanthropists who helped acquire the land for our current campus. The Charles E. Smith Life Communities is grateful to the family and board of the Dekelbourn Family Foundation for their continued caring and strong support of our mission. ■





## Hebrew Home

"What's the big story in your world today?" former Redskins star Dexter Manley asked at the Men's Schmooze Group. The 13-year football veteran came to the Wasserman Residence for an hour's chat with residents in this volunteer-led group. As the men chatted about headlines in politics and sports over beer and pretzels, one resident announced his big story was, "I'm still here!"

*Former Redskins star Dexter Manley chats with residents Gary Dubin, David Zimmer and Jack Robinson in the Men's Schmooze Group at the Hebrew Home. Volunteer Arnold Hammer, standing, left, runs the group.*



Engaging and warm, Manley fielded questions: "Why are there so many injuries in football today?" "Who was your best coach?" "Who's going to win the Super Bowl?" (Yes, he picked the Giants.) Manley told the men that today, he feels football players have become a little selfish. "They have the 'I' syndrome, but football is a 'we' sport. You need to eat and sleep football

12 months a year. I am passionate about football!"

"You got a wife? A young girlfriend?" Manley asked back. "How many women? Tell me your story."

"I hate to tell you!" replied 100-year-old Maurice, a retired pharmacist and athlete on school teams. "But the young ones I'm afraid of now; I can't handle 'em." Residents spoke of their World War II experiences, of immigrating to America, and of their own passion for the Redskins. Resident Gary Dubin, who had covered sports for WTTG-TV locally and for a New York cable network, dressed for the occasion in a burgundy cap and pants, and Redskins T-shirt printed in English and Hebrew.

"Thanks for sharing your stories," Manley said, and told his own story of growing up in a Houston ghetto, focused on sports as his ticket to a better life. "I never wavered; I kept my determination," he recounted. Manley had 37 scholarship offers, played for Oklahoma State and was drafted by the Redskins at age 22 in 1981. The men were mesmerized as he told of quickly earning a half million dollars a year, and getting hooked on drugs. "The biggest mistake I ever made. I lost my determination and passion -- drugs will do that -- and am ever grateful to Joe Gibbs for his unwavering patience and faith in me. I look at what I lost: \$20 million, my wife, my family. I'm just grateful to be alive."

"When I get to your age, I want to have memories like you. You are sharp as a tack," he said to the men. ■

## Home Care Solutions

Everyone needs to get out, but for many residents of the Hebrew Home, going out alone is not really an option. For those times when it just isn't practical to go out alone, Home Care Solutions can help.

Whether the need is a trip to the doctor, a wedding or other social engagement, Home Care Solutions' certified nursing assistants can accompany residents, opening doors, carrying packages, providing personal assistance, or just being there for support. Call Maria Malate at Home Care Solutions, 301.816.5020. ■

## Ring House

*Red Hat ladies at Ring House pack lunch for a men's shelter. Ruth Fergenson, 101, lends her support to the assembly line.*



*Ring House residents love music and kids. They got both in a performance by the Emerald Quartet, a group organized by Betty Miller, who is a former faculty member of the Levine School of Music. From left, Ruby Simon on keyboard, Ruby Miller-Gootnick on flute, Katherine Paterson on violin, and Benny Miller-Gootnick on cello. The quartet of middle schoolers is in its fourth season.*



## Residents celebrate Israel@60

Most residents on our campus vividly recall the United Nations vote and the establishment of the Jewish state in 1948. A plethora of programs at Charles E. Smith Life Communities celebrates Israel's 60th anniversary. During February, residents attended a foreign policy lecture, a concert at the JCC, an exhibit of photographs in Baltimore chronicling the birth of Israel, and performances by teen singers from Kiryat Bialik, Israel.

Upcoming events include these highlights in dance, song, education and drama. While bus outings are limited to residents, families and guests from the community are welcome to join the special events taking place in our residences. Please reserve space by calling Patty Hagen at 301.816.5009. ■

### Anna Shulman Show: a play presented by the Jewish Historical Society

|          |         |              |
|----------|---------|--------------|
| March 9  | 2:30 pm | Smith-Kogod  |
| March 13 | 2:30 pm | Landow House |
| March 18 | 7:45 pm | Ring House   |

### Big Sing VI and other resident chorus performances: residents sing favorite songs

|          |         |                   |
|----------|---------|-------------------|
| March 30 | 2:30 pm | Ring House        |
| April 6  | 3 pm    | Smith-Kogod       |
| April 13 | 3 pm    | Wasserman         |
| May 18   | 2:30 pm | Ring House Chorus |
| June 1   | 3 pm    | Wasserman Chorus  |

### Yesodot: Israeli dancers

|        |         |              |
|--------|---------|--------------|
| May 4  | 2 pm    | Wasserman    |
| May 4  | 3:15 pm | Smith-Kogod  |
| May 14 | 7 pm    | Landow House |
| May 14 | 8 pm    | Ring House   |



These colorfully-clad teens are members of the Israeli dance troupe Tz'irei Bialik, which recently performed at Ring House and the Hebrew Home as part of Israel@60 programming.



### Independence Day Sing-along with Liz Kruger

|       |         |              |
|-------|---------|--------------|
| May 6 | 11 am   | Wasserman    |
| May 6 | 2 pm    | Landow House |
| May 8 | 1:30 pm | Revitz House |
| May 8 | 7:45 pm | Ring House   |
| May 9 | morning | Smith-Kogod  |

### "Israel – My Dream, My State, My Home,"

#### A living history performance

|        |         |              |
|--------|---------|--------------|
| May 14 | 8 pm    | Revitz House |
| May 21 | 7:45 pm | Ring House   |

### Celebrating Israel: Musical programs at Ring House

|          |         |                                |
|----------|---------|--------------------------------|
| March 22 | 7:45 pm | Seymour Green and Friends      |
| May 22   | 2 pm    | Bob Lachin: Jewish piano music |

### Trips and tours

|          |         |                                                                                                                                                      |
|----------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| March 26 | morning | Association of Jewish Aging Services national conference tours campus; program includes Israeli-style breakfast and Hebrew Day Institute performance |
| April 16 | 11 am   | Israel Embassy Tour                                                                                                                                  |
| June 1   | noon    | Community celebration on National Mall                                                                                                               |



## In Our Mailbox

Dear Mr. Slavin,

Little did I think when I sent you a thank you note almost three years ago for the care given to my late husband that I would be sending you yet another one. But we never know what life has in store for us. And so when I needed back surgery and was told I had to go to a Rehab facility, I immediately called Sharon who put me in touch with Elaine in Admissions. Thanks to both of them for facilitating my admission to Rehab.

All of my "adopted family" from 2 North and 3 North greeted me with open arms when I arrived. And I must say I really felt "at home."

Needless to say the care I received was superb. Maxine (a.m.) and Beatrice (p.m.) were wonderful and attentive. Julienne Bityeki, Nurse Manager on 2 North, is a treasure and she is on top of her game in running the floor like a "well oiled machine."

And how fortunate the patients on 2 North are in having Dr. Benson as their physician. She is extremely knowledgeable. She always has a smile and takes time to answer any questions you may have – no matter how busy she is. The Hebrew Home is lucky to have Dr. Benson on their team.

A special thanks to Rabbi Michaels for his caring and concern. Attending Shabbat Services at the Home with the Rabbi was very comforting.

So Mr. Slavin, as much as I like you, your team and the Hebrew Home in general, please don't take offense when I tell you I prefer never to have to write any more thank you notes to you. But be assured that I will be back to visit when I am able.

Sincerely,  
Harriet Chaikin



## Making a difference

Hebrew Home Nurse Manager Akwo Esemé shipped used hospital beds from the Home to an impoverished health clinic in the Cameroon, Africa. "The villagers all came out, including the city mayor, government officials, and the medical team. The people were all singing and crying because they couldn't believe it."

"There are so many items the population needs," he continued, "and it moved me to do something. I feel very happy to see how I can make a difference."

"I received wonderful support," he said, "and the Hebrew Home was very helpful. People from Kumba really thanked the Hebrew Home. I'm trying to put things together in the health area and go back each year. What I have learned from the Hebrew Home, I want to take back to Kumba." ■



Grateful villagers and health clinic staff in the Cameroon, Africa, celebrate the arrival of used hospital beds and other health equipment from the Hebrew Home. Nurse Manager Akwo Esemé, who arranged for the shipment, is at center, wearing a business suit.

## Volunteers

"Put him in music school," said the prescient grandfather of former student volunteer Geoffrey Fine. Fine is now cantor at Beth El Temple Center in Belmont, Massachusetts.

When Director of Volunteers Hedy Peyser interviewed 11-year-old Geoffrey 33 years ago, she knew right away this boy was special. His musical ability coupled with an unusually generous manner made him an exceptional addition to the volunteer ranks. When he wasn't busy entertaining seniors on every floor with his singing and violin, Geoff helped with escorting wheelchair-bound residents to activities, visiting at their bedside, and happily assisting in the Wasserman Soda Shop.

Today the cantor stops by Peyser's office whenever he's in town because, after all these years, he still appreciates the opportunities and encouragement she afforded him. He also recognizes that much of what he has accomplished stems from his important experiences in the Home's volunteer department.

If you know students who have the makings of a terrific volunteer, have them contact Hedy Peyser or Linda Cohen, Volunteer Department, 301.770.8332. ■



Fine, in student volunteer days.



Cantor Geoff Fine, a former student volunteer, visits Hedy Peyser, Director of Volunteers.

# EventMakers

## Sex and our city! Aunt Minnie Luncheon May 16



Candace Bushnell, featured speaker at the Aunt Minnie Luncheon

Each spring the Women's Auxiliary holds the popular Aunt Minnie luncheon in honor of Minnie Lansburgh Goldsmith, a Washington woman who led a truly altruistic life. Join us at this year's luncheon on Friday, May 16, at the Bethesda North Marriott Hotel and Conference Center, at 11 a.m. as we welcome our guest speaker Candace Bushnell, whose two novels, *Sex and the City* and *Lipstick Jungle*, have become provocative television shows.

Bushnell's first novel was the basis for the HBO series *Sex and the City* starring Sarah Jessica Parker. The series broke down the bedroom doors of New York's rich and beautiful, exposing their stories of sex, love and relationships. Her latest novel, *Lipstick Jungle*, revises the image of corporate America and has become the basis of a new television series for NBC starring Brooke Shields. Bushnell's message of strength through femininity is evident in her two best selling novels and makes her a most appropriate speaker for the Aunt Minnie event.

Aunt Minnie herself was an example of feminine strength. She once raised \$88,000 in 88 minutes on behalf of the Hebrew Home and always assisted those most in need in our community.

Julie Beiser and Marla Caplan are chairing this annual luncheon to benefit residents at the Hebrew Home. Individual tickets start at \$110, and sponsor tickets which include a table for 10, start at \$2,000. Tickets are available online at [www.hebrew-home.org](http://www.hebrew-home.org), beginning March 10, and there is an early bird discount available until April 28. Join us May 16 for a fabulous afternoon. For more information, contact Khalid Walker, 301.816.7715, or [walker@hebrew-home.org](mailto:walker@hebrew-home.org). ■



## Starlight Ball huge success

Resident Sarah Kanzer and Arnold Litman, husband of resident Bea Litman, take a spin on the dance floor at the Starlight Ball.



Starlight Ball, Guardian chairs and Starlight Ball Chairs Natalie West and Marla Garchik presented a check showing the total as of Dec. 8 to Hanita Schreiber, Chair, and Warren R. Slavin, President/CEO of Charles E. Smith Life Communities. ■

The 2007 Guardian Campaign surpassed its \$1 million goal and raised \$1,125,500 for the Hebrew Home. Eric West, of West, Lang, Schlager Commercial Real Estate, and Steven A. Widdes, a principal with Paley, Rothman, Goldstein, Rosenberg and Cooper, led the campaign. At the

## Meet Julia

We welcome Julia Pitkin-Shantz, CLU, ChFC, CFP® as Director of Gift Planning. Julia's role is to develop planned gifts such as charitable gift annuities, bequests and trusts. You can discuss your personal goals with her, and she will work with you, your family, and your financial and legal advisors to ensure you achieve them.

Discovering planned giving solutions that accomplish your goals requires expertise. Julia brings 29 years of charitable, estate, and retirement planning experience from Northwestern Mutual Financial Network and The Jewish Federation of Greater Washington. A member of the prestigious DC Estate Planning Council, she is well regarded in the legal and financial community.

Julia's strong technical background allows her to develop creative ideas to solve challenging estate planning problems. She is able to speak in non-technical terms, allowing donors to ask questions and feel comfortable and informed about their options.

If you have thought about making a gift but don't know how to arrange it, please contact Julia Pitkin-Shantz at 301.770.8342, or by email at [pitkin-shantz@hebrew-home.org](mailto:pitkin-shantz@hebrew-home.org). ■



Julia Pitkin-Shantz, Director, Gift Planning





Dan Davis converts visits to the Hebrew Home into opportunities to escort his mother Ethel Davis on happy walks through the halls as he pipes out jaunty tunes on his flute. "Goodbye Mursheen Durkin" is her all-time favorite. ■

## How to Reach Us

|                                                              |                                                              |
|--------------------------------------------------------------|--------------------------------------------------------------|
| ■ <b>Hebrew Home</b><br>301.770.8476<br>www.hebrew-home.org  | ■ <b>Revitz House</b><br>301.881.7400<br>www.revitzhouse.org |
| ■ <b>Hirsh Health Center</b><br>301.816.5004                 | ■ <b>Ring House</b><br>301.816.5012<br>www.ringhouse.org     |
| ■ <b>Landow House</b><br>301.816.5060<br>www.landowhouse.org | ■ <b>Volunteer Programs</b><br>301.770.8333                  |

**www.smithlifecommunities.org**

 **Charles E. Smith Life Communities**

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## CampusCalendar



### Special Events

#### *Every Monday*

"Learn with Rabbi Scolnic," 12:30–1:30 p.m. in the Ring House social hall, with Rabbi Samuel Scolnic, Rabbi Emeritus of Beth El Synagogue. Treat yourself to lunch at the Ring House snack bar prior to the program and to thought-provoking discussions. Parking available across the street at Panera.

#### *19-20 April*

Passover Seders

#### *16 May*

Aunt Minnie Goldsmith Spring Luncheon features Candace Bushnell, author of *Sex and the City* and *Lipstick Jungle*, 11 a.m., Bethesda North Marriott Hotel and Conference Center. Reserve online at www.hebrew-home.org.

#### *21 May*

Annual Meeting, Charles E. Smith Life Communities

#### *1 June*

Residents will join this major community event on the National Mall to celebrate Israel@60. See page 5 for more campus events related to Israel's 60th.

### Save the Date

#### *22 September*

Golf Invitational at Lakewood Country Club.

#### *28 September*

Home Run 10k/5k/fun run, culminating in a great post-race celebration at Federal Plaza, benefits the Home and Jewish Foundation for Group Homes. Plan to join our growing numbers. 301.770.8351.

#### *13 December*

Starlight Ball

For more information about these upcoming events, visit www.hebrew-home.org, Events page.

### Family Support Group

Our support group is open to caregivers in the community as well as Charles E. Smith Life Communities families. Join us on the second and fourth Friday of each month, 1 – 2 p.m. in the Smith-Kogod Residence library. Rhonda Weinstein, LGSSW, leads the group, 301.770.8483.

Beginning in April, an evening support group will also meet, 6 p.m., on the first Tuesday of the month.