



Discounts for seniors and how to find them  
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“Remember This”  
A series of three seminars on dementia care  
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# LifeTimes

March 2013/No. 28

 Charles E. Smith Life Communities

## A man of well chosen words *by Emily Tipermas*

When Lucille Kligerman, a lively 96-year-old resident, recently said, “I just couldn’t put down *Last Laughs: A Pocketful of Wry for the Aging*,” we were intrigued—especially when she noted that the book’s author, Everett Mattlin, drops by her room weekly for a game of Scrabble.

> > *Continued on page 11*

*In a regular weekly game, resident Lucille Kligerman pits her Scrabble skills against volunteer Everett Mattlin, a Phi Beta Kappa from Harvard University, Fulbright Scholar in London, and Chicago Tribune-New York Daily News syndicated columnist.*



## A fresh new look



Charles E. Smith Life Communities is constantly evolving to meet community needs and expectations. Within just the past year, for example, transformative changes have taken place: the opening of our new Dekelbourn Therapy Center, an outstanding space for recovery and rehabilitation; a contemporary fresh look and new equipment in the dental clinic and two beauty salons in the nursing home, both contributing to the quality of life for our elderly residents; and of course, the opening of our sixth residence, the spectacular Cohen-Rosen House for memory care. I invite you to take a tour of our newest building on pages 8 - 9.

Now, another venerable part of Charles E. Smith Life Communities also has a fresh and updated look: this newsletter. *LifeTimes* has a slimmer and trimmer page size, easier to hold and mail, and read on a tablet, but still packed with the latest news of our campus and about the people who are living, learning, working, volunteering and contributing to make this the exceptional elder-care community it is.

I hope you enjoy the new look of this publication. The paper was first published in September 1972 as the *Home Front*. Leonard I. Abel was president of the board and his wife Helen edited that first issue 41 years ago. For the past 40 years, Marilyn Feldman has served as editor. You may be reading this publication online, receiving it in the mail, or discovering it in the pages of the *Senior Beacon*. Each issue reaches over 140,000 in our community.

We are always interested in your reactions and feedback: please find our reader response form on page 10.

Warren R. Slavin  
President, CEO

The first issue of the *Home Front* was published 41 years ago in 1972. In 2006, the paper was renamed and redesigned as we introduced the Charles E. Smith Life Communities brand.



## Reel Movies: Are seniors an untapped audience for documentaries?



Over the next few months, residents at Ring House will have the opportunity to view documentary films that are likely to inspire dialogue, continued learning and possibly civic engagement. These films are being shown through a program called Reel Aging Movies, and we are pleased to report that Ring House has been selected as one of six organizations across the country to participate in this pilot documentary screening series.

The film series will present information to residents in a format that combines storytelling with insight into current and social issues. Topics illustrated by these documentary films cover educating youth in low-income communities, food and nutrition, energy and the environment, intergenerational programs and competitive athletics. The first film in the series, *Age of Champions*, was shown February 14, and the program will span four months.

*The Fillmore in Silver Spring invited our campus residents to a Sweetheart Social on February 25 for an evening of desserts and dancing to live music in this trendy and popular entertainment venue.*



*Matt Jenkins and Chef David Warne, right, a former Brit, serves up fish and chips as a prototype for a new series of international dinners at Ring House. Residents can sign up for these special theme meals which are served in the Café, with festive decorations and games.*

*Turn the page for senior discounts...*

# Generation to Generation

## Prowling for “Senior Discounts”

The *Generation* spotlight shines once again on “Senior Discounts,” a topic of perennial popularity among readers. Ah yes, value and savings still count in today's world.

Our goal is not only to guide seniors to local deals, but also to reemphasize that the key to locating deals is to ask. Most times merchants don't hang signs on their door that read, “We offer discounts to our senior customers.” Therefore, you must boldly step up to the tee (or cash register) and pose the question.

Hopefully, the discounts on this page will whet your appetite to discover more. We encourage you to check our growing list of discounts posted at [www.hebrew-home.org](http://www.hebrew-home.org). And, please share any great discounts you've discovered or are offered by your business by emailing us at [hhinfo@hebrew-home.org](mailto:hhinfo@hebrew-home.org). A call is fine too: **301.770.8371**. Consider us partners in this discount quest!



### FOOD

- **The Cuban Corner Restaurant:** 825 Hungerford Drive. Offering a tasty range of authentic Cuban fare. Seniors 55+ get a 10% discount by mentioning Hebrew Home. [www.cubancornerrestaurant.com](http://www.cubancornerrestaurant.com)
- **East Pearl Restaurant:** 838 Rockville Pike. Specializing in Hong Kong cuisine. Mon-Tues, seniors 65+ should mention Hebrew Home to receive 5% discount. [www.eastpearl-restaurant.com](http://www.eastpearl-restaurant.com)
- **Ted's 355 Diner:** 895 Rockville Pike, in Wintergreen Plaza. Sun-Thurs, “Senior Specials” menu for seniors 62+. <http://www.teds355.com/welcome.php>

### ENTERTAINMENT

- **Olney Theater Center:** Professional, award-winning regional theater celebrating its 75th season. Seniors 55+, get \$5 off Tues evening and Wed-Sat matinee performances. [www.olneytheatre.org](http://www.olneytheatre.org)

### SERVICES/MERCHANTS

- **Montgomery County Aquatics** (All Centers): “Live a little...Swim a lot!” Great discount rates for seniors 55+, for singles and couples. <http://bit.ly/14paLx3>
- **Dress Barn:** Tuesdays, seniors 65+ get a 10% discount off purchase at Kentlands location; offer may apply elsewhere. [www.dressbarn.com](http://www.dressbarn.com)

## Initiatives

- **Friedman Plumbing Express:** “Your 911 for Plumbing!” For seniors 65+, 10% off all plumbing services. [www.friedmanplumbing.com](http://www.friedmanplumbing.com)
- **DHI Roofing Contractor:** “Specialists in Complicated Repairs and Difficult Roofs.” Seniors 60+ get 15% discount on all work. Contact owner Eric Denchfield at 301.530.6676 or [denchfielderic@gmail.com](mailto:denchfielderic@gmail.com). [www.dhiroofingcontractor.com](http://www.dhiroofingcontractor.com)
- **Maaco:** “The Premier Collision Shop That Paints Cars!” Offering 10% off paint service and 10% off collision repair. They provide a ride home while car is being fixed. Bring in this page or mention Hebrew Home. 301.495.7314. <http://silver-spring.maaco.com>
- **Parys Remodeling:** Handyman/remodeler Chris Parys offers competitive prices for seniors. Contact him at 301.221.8674 or [ceparys@yahoo.com](mailto:ceparys@yahoo.com).
- **Training At Home:** Computer training in your home, senior to senior. Guaranteed results or the lesson is free! Seniors receive 20% discount on all training, installations, and repairs. Call Mike Goldstein, 301.335.9187.
- **Westwood Cleaners** on 1776 E. Jefferson St. in Rockville opposite Ring House. Dry cleaning, laundry, alterations. Seniors 60+ get 10% discount on dry cleaning, 20% for five or more items. Call 301.770.6766.

Seniors looking to downsize or relocate to this area will find great values in residence options at Charles E. Smith Life Communities.

Retirees may be surprised at how affordable it is to live at Revitz House or Ring House. Seniors at Revitz House enjoy kosher dinners and benefit from utilities, a personal emergency response system, group bus transportation, social services, recreational activities and a wellness program factored into their rent. And – small pets are welcome. At Ring House, a range of apartment sizes and rental rates, many subsidized, are available. Kosher breakfast and dinner and a helpful set of services and amenities are included.

Hirsh Health Center, our outpatient medical clinic devoted to senior medical care, accepts Medicare and most major insurance plans. Home Care Solutions, a joint project of the Hebrew Home of Greater Washington and Augustine Home Health Care, provides caregiver assistance in your home.

Call **301.770.5012** to learn more about senior living at its best!

### PERSPECTIVE

*“A bargain ain’t a bargain unless it’s something you need.”*

— Sidney Carroll,  
film & TV screenwriter

*Turn the page for a symposium and 3 free seminars...*



## **Charles E. Smith Life Communities, Suburban Hospital and Sibley Memorial Hospital Convene Symposium to Examine Care Coordination**

On Friday, April 19, Charles E. Smith Life Communities, together with Suburban Hospital and Sibley Memorial Hospital, members of Johns Hopkins Medicine, will convene 200 health care practitioners, professional and family caregivers for a thought-provoking symposium, “Care Coordination for Your Older Patient,” at Woodmont Country Club in Rockville, MD.

The symposium is particularly timely as managing all the aspects of a senior patient’s care safely and efficiently is a key topic in medicine, a critical area where accurate communications, emerging models of care and the positive involvement of family caregivers and community resources intersect.



Keynote presenter **Dr. Richard Schulz** will set the foundation for the day’s discussion. He is professor of psychiatry, epidemiology, sociology, psychology, community health, nursing and health and rehabilitation sciences; director of the University Center for Social and Urban Research, University of Pittsburgh; associate director, Aging Institute of UPMC Senior Services; and director, Geriatric Education Center of Pennsylvania.

Visit [www.hebrew-home.org](http://www.hebrew-home.org) for more information on all presenters, concurrent tracks, and a panel discussion based on case studies.

Registration to the half-day symposium is open now with early bird rates in effect until March 31. The symposium provides CMEs and CEUs for attendees in medicine, nursing, social work, assisted living and nursing home administration. Registration information is also available at 301.816.7715.

This educational symposium is the third in a series and follows well-received programs on New Frontiers in Dementia Care and Transitions in Care. ■

## Remember This

Three free seminars on dementia and memory care are being presented in conjunction with the opening of the new Cohen-Rosen House. The “Remember This” series, which debuted last fall to a full house and great reviews, provides professional and family caregivers with answers to especially challenging aspects of memory care. All sessions offer continuing education credits and take place in the Landow House Theater. A complimentary supper precedes the lectures at 5:30 pm; the talks begin at 6.

Dr. Jason Brandt, who is on the faculty at Johns Hopkins University, kicks off the spring series on Thursday, March 14. He will discuss methods of detecting cognitive impairment through questionnaires, in-person testing and telephone-based assessments.

Dr. Neil Buckholtz, Director of the Division of Neuroscience at the National Institute on Aging, will speak on Thursday May 21.

Educational consultant Jennifer Lubaczewski FitzPatrick closes the spring series Wednesday, June 19. She will address “Sexual Behaviors and the Dementia Patient.”

For more information on this expert series, sponsored by the Hurwitz Lecture Fund, contact Jill Berkman at 301.816.5052. Reservations for individual presentations or for the series can be made with Jill or online at [www.cohen-rosen.org](http://www.cohen-rosen.org). ■

Charles E. Smith Life Communities

**Remember This**  
Three free seminars addressing crucial topics in dementia and memory care

**Thursday, March 14**  
*Screening for Dementia*

**Tuesday, May 21**  
*Alzheimer's: Current Understanding and New Directions*

**Wednesday, June 19**  
*Sexual Behaviors and the Dementia Patient*

*Dinner: 5:30 pm*  
*Lecture: 6 pm*

Register online at  
[www.cohen-rosen.org](http://www.cohen-rosen.org)  
or call 301.816.5052  
1799 E. Jefferson Street, Rockville



**Memory loss affects each resident and family differently. Our newest residence, the Cohen-Rosen House, is welcoming its first residents now. Call 301.816.5050 for more information; turn the page for a glimpse inside.**



## Glimpse inside the new Cohen-Rosen House

*Architectural photos  
by Boris Feldblyum*

With the opening of this new community for 18 residents, Charles E. Smith Life Communities addresses a critical issue in eldercare with a state-of-the-art, \$8 million residence.

Residents will enjoy private studio apartments with private baths, a cozy physician's office, an airy four-seasons room, a serene spa, a music room and a media center where staff can help them tap into today's technology. Other benefits of living at Cohen-Rosen House include a household concept of staffing, access to comprehensive mental health services, and professionally-trained staff with expertise in Alzheimer's/dementia care. For information about living at Cohen-Rosen House, please call 301.816.5052.

### **Lead donors:**

Judy and Richard Cohen

### **Construction Committee:**

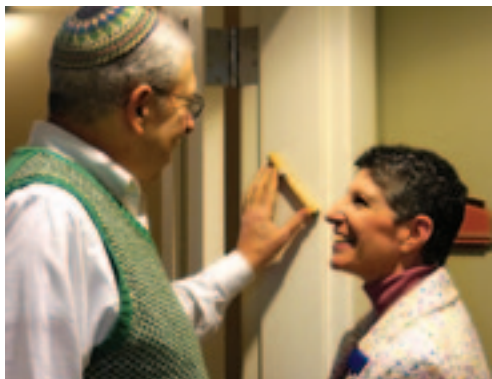
Rusty Minkoff, Chair;  
Morris Dweck, Richard Cohen

### **Architect:**

THW Design of Atlanta, Georgia;  
Eric Krull, Principal Architect

### **Contractor:**

Whiting-Turner Contracting Company



*Rabbi James Michaels and Landow House/  
Cohen-Rosen House Administrator Heidi  
Brown attach a mezuzah to the doorpost for  
the first Cohen-Rosen House resident.*

**"I went today to visit Cohen-Rosen House. I was blown away by the community and the care — it truly is an amazing place and filled with such great staff. I am just glad they trusted me to rush and let my client become their first resident!"**

*— Lisa Rindner, MSW LGSW, Social Worker, Iona Senior Services, Washington DC*

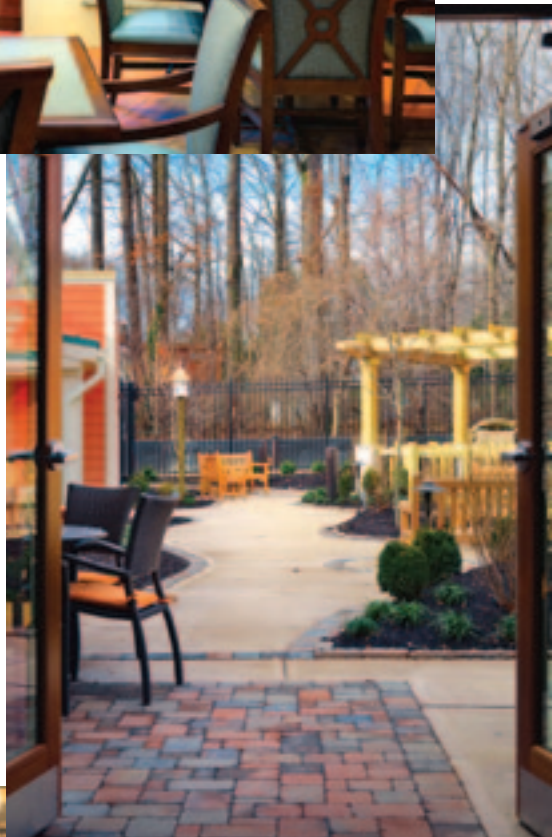




*Meals are planned and served family-style, with an open kitchen area where residents and their visitors can help themselves to snacks whenever they wish.*

*A secure garden provides not only lovely views from both public areas and personal bedrooms, but also a wonderful spot to enjoy outdoors safely.*

*Imagine sitting in the sun-filled two-story living room in the new Cohen-Rosen House, where comfortable seating groups allow residents and their guests to relax and chat adjacent to an aquarium, piano, two-sided fireplace or garden views.*



Dear Sir/Madam,

I want to express my gratitude to the Hebrew Home for the care my mother, Adelaide G. Clarke, received over the years as a rehabilitation patient and as a resident on 3 North. During our mother's visits as a rehabilitation patient she always had nothing but positive things to say about the care she received and the staff who worked with her. When it became necessary for her to have the care offered by a residential nursing facility, the Hebrew Home was the natural and best place for my mother's care.

The staff that cares for those on 3 North are amazing, loving, caring, genuine individuals, and we are so grateful to them for the work they do and the way in which they do it: with hearts of compassion and tenderness, with dignity for the needs of the elderly. It wasn't unusual for staff members on 3 North to also encourage family members with kind words and actions when they became aware of difficult situations in our own family.

It's with a grateful and sincere heart that I write this letter in hopes of expressing our thanks for the way in which you loved and cared for our mother, Addie. May God bless all of you and continue to prosper you as He has promised.

Sincerely,  
Brenda McClelland

*Dr. George Chacko returned to the Hebrew Home to thank his therapists for his miraculous recovery and to share the book he authored about his experience. He is pictured with his wife and therapist Sweta Diwan. He credits his recovery to the faith his Hebrew Home therapists had in him, to his prior mastery of yoga, and to God.*



## How do you like our new look?

Better than ever!    I hate change!    Um, it's growing on me.

Favorite articles: \_\_\_\_\_

Favorite photos: \_\_\_\_\_

What I'd like to see next time: \_\_\_\_\_

**Clip** and **mail** this form to: Public Relations Department  
Charles E. Smith Life Communities  
6121 Montrose Road, Rockville, MD 20852

**Save a stamp** and respond at [www.hebrew-home.org](http://www.hebrew-home.org), on the News page.

**Or email** comments to [hhinfo@hebrew-home.org](mailto:hhinfo@hebrew-home.org)

# W O R D S

continued from page 1

It turns out that Mattlin, 85, whose book quote appears here, has been volunteering at the Hebrew Home since 2001. He has served as Bingo caller, led a current events discussion group, escorted residents to activities and appointments, trained to assist residents nearing the end of their lives, and dealt the cards for a weekly Rummy game.

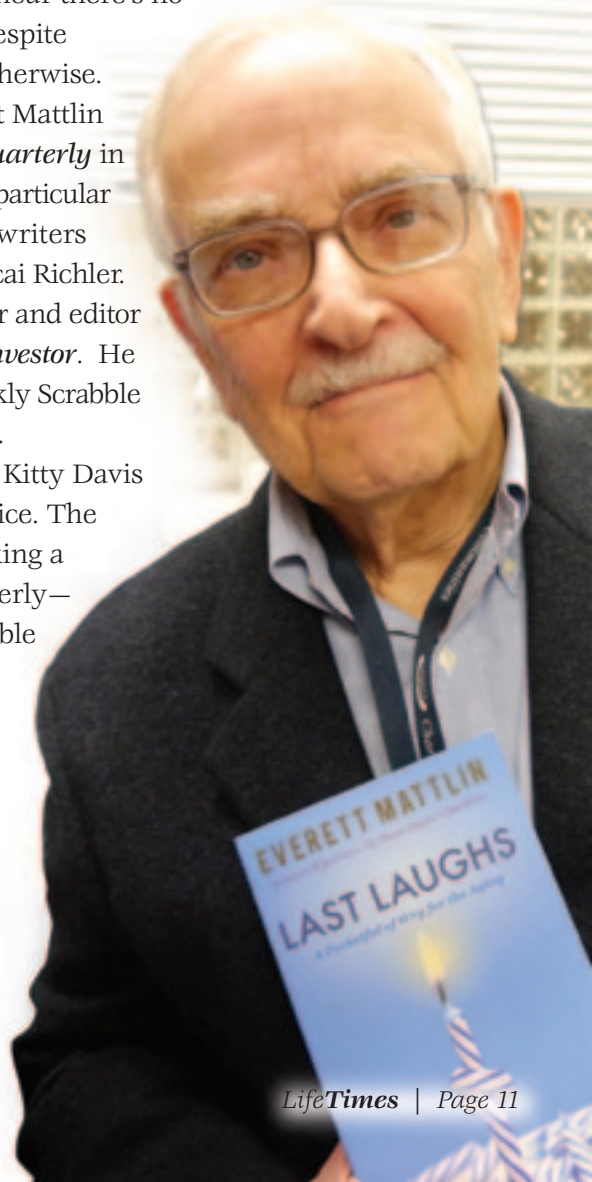
"I'm a senior who goes to spend time with other seniors," Mattlin states, but then expands this thought, explaining how there's a mutual benefit to volunteering, specifically when a helping relationship evolves into a friendship. "I find that I'm bolstered and inspired by those seniors who remain open to what life still has to offer, and stay optimistic and cheerful no matter their physical trials or how many days are left them."

He relishes his front-row seat to fascinating life stories and the chance to share with fellow over-the-hill types the quirky observations of what it truly means to grow old in today's society. "I'm old because I'm supposed to be old when I've lived this long," he asserts in his book; he undoubtedly chuckles over this with residents who would concur there's no getting around the realities of aging, despite "golden-age" gurus who try to prove otherwise.

A retired editor and author, Everett Mattlin was founding editor of *Gentlemen's Quarterly* in 1957; during his 13-year tenure he took particular pride in publishing the early work of writers Joseph Heller, Joan Didion and Mordecai Richler. From 1969 to 1996, he was senior writer and editor of a financial magazine, *Institutional Investor*. He channels his literary skills into his weekly Scrabble games with Lucille, a worthy opponent.

Mattlin is the recipient of the 2013 Kitty Davis Award for Outstanding Volunteer Service. The Hebrew Home is a great place for making a real contribution to the lives of the elderly—and for absorbing some of their invaluable wisdom. Call Director of Volunteers Hedy Peyser at **301.770.8332**.

*"For there is much about old age, as about all of life, that is incongruous, and all you can do is laugh at the absurdity of it all." ~ Everett Mattlin*



### 2013 Hymen Goldman Honoree

We are pleased to announce David Bruce Smith will be the 2013 Hymen Goldman Award honoree on May 8 at the 103rd Annual Meeting. Marc Solomon will be installed as Chair of the Board of Governors; Andrew Friedlander is outgoing chair.



*Sigismond Terry*



## Meet a Shining Star

One way Hebrew Home residents and family members demonstrate gratitude for exceptional care is by nominating that person for a Shining Star Award.

We'd like to tip our hat to one recent award winner, Sigismond Terry, a geriatric nursing assistant (GNA) in the Smith-Kogod residence and on our staff since 1998.

Terry describes the heartfelt passion that infuses his daily work, saying, "I love what I do. What's always in my head is this: how can I make these residents happy." Correspondingly, he makes every effort "to

treat these people like I would a parent."

"Beyond his hard work and efficiency, Terry has always been so patient and kind to my father," says Carolyn Levine, who is co-chair of the Home's Family Council. As her dad's physical condition declined, she shares that "Terry maintained his dignity by allowing him to do as much as possible himself."

Perhaps the greatest compliment Mrs. Levine has for Terry is that "he makes me feel like we are caring together as a team." Most families would like to feel this when they share caregiver responsibility for a loved one, so we're especially proud we have GNAs like Terry who inspire that sense of confidence. ■



*Dental volunteers at recent meeting in the new dental clinic in the Wasserman Residence.*



*Every year, the community pitches in to fill in for staff who are on leave to celebrate Christmas with their families. These are some of the 75 volunteers who helped in the kitchen, visited with residents and assisted with activities.*

*Smooth jazz fills the social hall at the Hebrew Home. Professional musicians and entertainers add a wonderful dimension to residents' lives.*



*Susan Wranik wearing a fireman's hat in honor of first responders and County Executive Ike Leggett are pictured at a GROWS event on our campus. The Grass Roots Organization for the Wellbeing of Seniors meets annually at Ring House, bringing over 200 senior care professionals to Charles E. Smith Life Communities.*



*LifeTimes* is published quarterly by the Hebrew Home of Greater Washington, Inc. The Hebrew Home is registered in Maryland as a charitable organization. Documents and information filed under the Maryland Charitable Solicitation Act may be obtained from the Maryland Secretary of State, 410.974.5534. We are an equal opportunity employer and we provide access to community programs without regard to race, age, national origin, familial status, religion, sex or disability. Our services and programs are open to all in the community.

**Andrew S. Friedlander**, Chair  
**Warren R. Slavin**, President/CEO  
**Marilyn Feldman**, Editor  
**Nicholas Simmonds**, Vice President,  
*Development and Public Affairs*

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

**Support the Hebrew Home through your gift to**

**United Way**  **check 8111** or for **CFC**  **check 49705.**

## Event makers

Singer/song writer Sara Bareilles, entertained over 500 attendees at the fabulous 2012 Starlight Lounge. Special thanks to Chairs Carolyn and David Ruben.

Starlight photos by Michael Kress



Guardian Campaign Chairs Jeffrey Distenfeld and Jeffrey Pargament present a check to Warren Slavin and Andy Friedlander at the 2012 Starlight Lounge. The volunteer-led Guardian Campaign raised \$847,000 to help the Hebrew Home fulfill its mission to shelter and care for the area's frail elderly.

## Let's do lunch 3.13.13

The Aunt Minnie Luncheon has been an annual event benefiting the Hebrew Home for more than 60 years, yet it reinvents itself to remain refreshingly new. This year's luncheon takes place in a new location, Woodmont Country Club, with a delectable program. Join us for a special treat as Former White House Executive Pastry Chef Roland Mesnier entertains the group with tidbits on First Families from Carter to Bush and serves a delicious duo of First Ladies' desserts. Chef Mesnier is the longest-tenured chef to have served in the White House.

At the luncheon we are pleased to honor the Marilyn Diener Cohen Family with the Aunt Minnie Goldsmith Award recognizing their long-time commitment. Registration is open now at [www.hebrew-home.org](http://www.hebrew-home.org). Ticket prices start at \$90. The luncheon Chair is Pearl Lake. More information available online, or call 301.770.8329.



While the Hebrew Home partners with the Jewish Federation of Greater Washington on community issues, we are not a beneficiary agency and do not receive any of its funding.

# Calendar of events

## MARCH .....

**13** **Aunt Minnie Luncheon with former White House Chef Roland Mesnier**  
Woodmont Country Club, 11 am



**14** **"Remember This" Free Lectures with leading experts Screening for Dementia**  
Lanow House Theater,  
5:30 pm dinner, 6 pm lecture

**25**  
**First Passover Seder**



## APRIL .....

**19** **Eldercare Symposium: Care Coordination for Your Older Patients**  
Presented jointly with Suburban Hospital and Sibley Memorial Hospital, members of Johns Hopkins Medicine Woodmont Country Club, 7:30 am



## MAY .....

**8** **Annual Meeting**  
7:30 pm,  
Smith-Kogod Residence

**21** **"Remember This" Free Lectures with leading experts • Alzheimer's Disease: Current & New Directions**  
Lanow House Theater, 5:30 pm dinner, 6 pm lecture

## OTHER EVENTS .....

**September 29**  
Save the date  
**Home Run 5k/10/fun run**

**1st Sunday of the month Jewish War Veterans**  
Ring House, 10 am  
Veterans and interested persons welcome.

**2nd Monday of the month Family Caregiver Support Group**  
Presented jointly by Ring House and JSSA Senior Services  
Free, open to the community  
Ring House, noon-1:30 pm. Call 301.816.2635.



**For more information** about community events, resident programs and news for families, visit **www.hebrew-home.org** and **www.smithlifecommunities.org**.



## How to Reach Us



facebook.com/ceslc



twitter.com/hhgw

■ **Hebrew Home**  
301.770.8476  
Rehab and Long Term  
www.hebrew-home.org

■ **Cohen-Rosen House**  
301.816.5050  
www.cohen-rosen.org

■ **Hirsh Health Center**  
301.816.5004

■ **Lanow House**  
301.816.5050  
www.lanowhouse.org

■ **Revitz House**  
301.770.8450  
www.revitzhouse.org

■ **Ring House**  
301.816.5012  
www.ringhouse.org



**Online now at [www.hebrew-home.org](http://www.hebrew-home.org) :**

Lemon Raspberry Hamantaschen

Your chance to meet White House Chef Mesnier

Register free for "Remember This" lectures



*Charles E. Smith Life Communities*

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*Photo by Hillary Schwab*

**Inside this issue:** Nancy Carpelow and Gig Berman enjoy baking cookies at Ring House. For more resident programs see page 3 and for a glimpse of our newest residence turn to page 8.