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September 2009/No.14

LifeTimes



Charles E. Smith Life Communities



Left: Revitz House residents Ursula and Harry Sanders were among the 36 Holocaust survivors living on our campus who attended the Holocaust Remembrance Luncheon sponsored by the Progress Club at Ring House. Guests had the opportunity hear their stories first hand.



Ursula shared this photo of her family's store in Berlin, seized by Nazi troops in a boycott of Jewish businesses.

Residents share stories of survival at Holocaust Remembrance lunch

by Emily Tipermas

"Austreten!" "Get off!" demanded Nazi guards, when Harry Sanders' train stopped abruptly near Lublin, Poland. He had already spent months in Nazi forced labor camps, and now he believed he was on transit to yet another camp. But there was no camp when the train stopped and the doors opened; instead, there was a line of 25 Nazi soldiers with machine guns drawn. As the prisoners flung themselves from the train, shots rang out and the men

tumbled, one on top of the other. All were left for dead. That night, under cover of darkness, partisans hiding in a nearby forest approached the sprawl of bodies left by the tracks. "Is there anyone alive, anyone who can stand up and walk?" From the bottom of the heap, Harry Sanders, slightly wounded, answered. For the next year and a half, Sanders became a partisan in the

woods with his rescuers. Today he lives comfortably at Revitz House with his wife Ursula, whose family escaped from Berlin in 1933, leaving behind their family business and most of their possessions.

This is one of many stories that guests heard first-hand at a special luncheon held at Ring House on August 9. The event, sponsored by the Progress Club, a local organization, brought 36 of the Holocaust survivors living on the campus of Charles E. Smith Life Communities together with Progress Club guests and student volunteers to meet in an informal setting and learn about a catastrophic period of history.

The idea for the lunch came about when Progress Club member Joel Appelbaum read an obituary of a Holocaust survivor and began to consider how few survivors remained. Appelbaum wanted to do something to honor survivors and to enable families and especially younger people to have face-to-face conversations with survivors while the opportunity still exists. He turned to the Charles E. Smith Life Communities in Rockville, where his father received care at the Hebrew Home.

Some of the campus residents have been involved as volunteers with the U.S. Holocaust Museum, some participated in

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Generation to Generation



Charles E. Smith Life Communities

Translate energy savings into money savings

Seniors, especially those on fixed incomes, are looking for specific ways to save money. Lowering home utility bills is a good place to start. The U.S. Department of Energy offers tips worth considering at its web site, www.energysavers.gov. Here's a summary:

Heating and Cooling: If your unit is older than 15 years, it's probably time to think about replacing it with a new energy-efficient model. Technology has created enormous improvements that, despite the cost of a new unit, guarantee a significant decrease in energy consumption. Check your ductwork for dirt and leaks, remember to have seasonal check-ups, and replace air filters every 1-2 months.

Lighting: Use lower wattage where safety is not compromised, and consider purchasing the newest compact fluorescent light bulbs. Each bulb can save you \$30 or more over its 10,000-hour lifetime (compared to the 1,000-hour lifetime of traditional bulbs).

Air Leaks and Insulation: According to the USDE, "the potential energy savings from reducing drafts in a home may range from 5 percent to 30 percent per year, and the home is generally much more comfortable afterward." When your house was built, the insulation installed probably complied with that era's recommended minimum. An expert can help evaluate areas of heat or cooling loss and suggest methods for improved, more efficient containment.

Windows: "When properly selected and installed, energy-efficient windows can help minimize your heating, cooling,

and lighting costs," says the USDE. By their estimate, replacing older single-pane windows with new ENERGY STAR® certified windows (roughly \$1000 per window, depending upon type and manufacturer) can provide savings of as much as \$500 a year. Replacement costs can often pay for themselves in as little as three years.

Appliances/Electronics: This category accounts for roughly 20 percent of your entire energy bill. While you can't expect an immediate pay-back here, as you shop, look for the Federal Trade Commission's EnergyGuide labels on appliances and ENERGY STAR® labels on appliances and home electronics.

Water Heating: A large chunk of your energy bill, from 14 to 25 percent, goes toward heating water, so it's in your interest to devote some time to selecting the most energy-efficient heater to suit your needs. This can be complicated when comparing type, size and cost; go to the USDE web site for easy-to-understand guidance. Another way to cut water-heating bills, whether you live in a house or apartment, is to use and waste less hot water. Low-flow fixtures (showerheads and faucets) and turning down the temperature on your hot water heater are two ideas.

Energy Vampires: These are "the electronics, adapters, and appliances with fangs in your outlet, sucking power even when apparently not in use or 'off,'" says the U.S. Environmental Protection Agency. Combined, they account for 11 percent of all energy usage, and that figure is growing. One example: the recharger for your cell phone. So unplug where possible! ■



Ed Van Coutren

Initiatives

Heating and air conditioning units at Charles E. Smith Life Communities are monitored 24/7 by a sophisticated Computerized Energy Management System, reports Ed Van Coutren, who heads up Engineering on our 38-acre campus. The system, which is continually updated, monitors and controls all equipment so it runs at optimal efficiency.

With a generous grant of nearly \$100,000 from Maryland Energy Administration's EmPower Clean Energy Program, Van Coutren will replace fluorescent light bulbs in every residence with 22-percent more efficient bulbs, and he will install the most innovative add-on technology to large motors throughout our buildings. The combined result of these initiatives will be an overall 10-percent reduction of electrical energy usage.

Several years ago, Van Coutren supervised the installation of ozone technology in our large commercial washing machines. This has led to a significant reduction in water for the operation of our campus laundry.

Van Coutren is a Maryland First Class Engineer who has worked in engineering for 33 years on our campus.

Perspectives:

"Turn off everything not in use: lights, TVs, computers, etc."

— *The Alliance to Save Energy*

> > Holocaust Remembrance

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Ring House resident Suzanne Holzer is the five-year old at the left of this family photo, taken in Poland. Only two children survived. During the Holocaust, she toiled in forced labor camps. After the war, she obtained this picture from the photographer who lived in France.



Steven Spielberg's *Shoah Project*, or have spoken to school groups to share their stories; others are more private about this chapter in their lives. On Sunday, their stories, each unique, each poignant, filled the room. For each person, the path to survival was based on luck and happenstance; each survivor knows their story could easily have had a different ending.

Suzanne C. Holzer, a Ring House resident, tells a story involving internment in multiple concentration camps including Plaszow, where she labored in a factory repairing German uniforms, in Auschwitz, Wilishtal, and finally Theresienstadt, where she arrived following a forced march during which many prisoners died from exhaustion or random execution. "I'll never forget seeing Germans running as they were chased by Russians," she says, describing the moment of liberation by Russian forces.

Helen Breitowitz's experience is not one about Nazi labor camps, but about a different sort of imprisonment. When the Nazis rolled into Helen's town in Poland, she fled to an area controlled by Russians. Her freedom was short-lived. Russian officials arrested her in the middle of the night and forced her onto a cattle car. Helen emerged from the train in November of 1940 into a frigid, desolate forest of Siberia, one of a thousand Jews shipped to this bleak destination. With no



Ring House resident Helen Breitowitz, holding a photo of her great granddaughter Abbi, survived the Holocaust in a frozen wilderness with her husband David.

houses, no streets – "just nothing," remembers Breitowitz – they were handed axes (no nails) and told to build their own shelters. There, she and her husband David survived for three brutal years.

In another educational experience in May, nursing assistants at the Hebrew Home visited the U.S. Holocaust Museum to learn how the experience of the Holocaust shaped the lives of the residents in their care. The August luncheon was created to educate the community by sharing our own residents' histories. ■

Residents record CD

To hear Irving Berlin's "God Bless America" sung by roughly 100 of our residents is a golden moment, and one that everyone can experience thanks to a new CD entitled "*Shabbat Shalom from the Hebrew Home*" that music specialist Liz Kruger is creating in honor of the Home's upcoming Centennial Celebration and her 25th year of singing at the Charles E. Smith Life Communities. Slated for release in late 2009, the album is geared toward Jewish families. It features Hebrew, Yiddish, and English songs and Shabbat blessings, with upbeat tempos and lively musical arrangements.

"Today, more residents know the lyrics to classic Beatles songs than to Yiddish ones," Kruger said. "I want to

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For the final track of her forthcoming CD, Liz Kruger recorded Hebrew Home residents singing "God Bless America." Her proud dad, Jack Robinson, who lives in the Wasserman Residence, gladly added his voice to the chorus.

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David A. Samuels, Chair

Warren R. Slavin, President/CEO

Marilyn Feldman, Editor

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301.881.0300

Ring House

You're invited...

Ring House, which opened in November 1989, invites residents, families and friends to celebrate its 20th anniversary at a gala open house on Sunday, November 15, 2:30 - 4 p.m., with hors d'oeuvres, a celebratory cake, and entertainment. Guests will be able to enjoy performances by the Ring House Barbershop Quartet, accompanied by resident Grace Weinstein, and by family musicians on dulcimer and classical piano. Resident art will be on display, as well as photos of the past 20 years on the big screen TV. Centenarians Ruth Ferguson and Sanford Heller will join the festivities. ■

A local Girl Scout troop working toward their Gold Award, the highest achievement within the Girl Scouts of the USA, created this wheelchair-accessible seated planter for Ring House. A cheerful array of herbs now fills the pots, thanks to the diligent gardening skills of Ring residents, including Joyce Lyman and Edith Ratner. Landow House residents have also planted herbs in their patio garden. Chefs in both residences are harvesting the herbs to enhance meals: a beef roulade flavored with rosemary, soups with a hint of dill, and Italian Night tomato sauce enlivened with basil.



On the road again: summer trips for Ring House residents included excursions to Skyline Drive and Hershey Park.



Revitz House

The "hot" event for Revitz residents this summer was "Beach Blanket Bingo." The festive evening started off with a special Boardwalk-style dinner of fish and chips, while residents donned multi-colored visors and tossed about brightly-decorated beach balls. After dinner, the Bingo game began, led by Sid Levy, Shirley Klavan and Helen Hein. There were cash awards, door prizes and refreshing ice pops for dessert. The lucky winners took home beach towels and coolers. The grand prize, of course, was a full-size beach blanket with matching pillow.

So, move over, Frankie and Annette! Beach Blanket Bingo was such a splash that it may very well become an annual summer event. ■



Louis Taub had a ball at the Revitz Beach party!

> > Residents record CD

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help preserve some traditions."

This summer, Kruger transformed the Wasserman Social Hall into a recording studio. With the technical assistance of 18-year-old Yaniv Hoffman, a budding music producer who records performances for his alternative rock band Judah Blue, Kruger led the assembled group through multiple takes of the popular patriotic anthem that was composed in 1918. Accompanied by pianist Ziona Tuchler were resident Helen Washington, who recited a stirring introduction, and Jeannette Puretz, who softly warbled a solo rendition as a lead-up to the full group joining in. "I love you and I love your voices," said Kruger. "Give yourselves a hand!"

Kruger travels to all the residences on our campus on a weekly basis, singing and playing guitar for seniors who respond eagerly to the vibrancy of her sessions. If you are interested in purchasing a CD, please email Kruger at lifelinesongs@gmail.com and she will contact you once the album is released. ■

Landow House



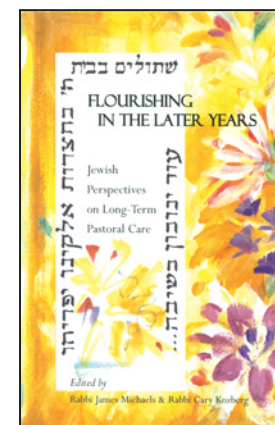
This caterpillar, caught in the act of becoming a moth, was shown to inquisitive residents.

"Echoes of Nature," a local traveling science program, visits Landow House twice a month. Its goal, according to Echo Uzzo, the effervescent director of this educational enterprise, is to make the wonders of the natural world accessible to students of all ages, including seniors too frail for nature walks. ■

Hebrew Home & Rakusin Rehabilitation

Rabbi James Michaels, who heads religious programming and oversees the Clinical Pastoral Education program on our campus, has co-authored a new book, *Flourishing in the Later Years*. This is the first book to examine the topic of long-term pastoral care from a Jewish perspective. The co-author, Rabbi Cary Kozberg, directs pastoral care at Wexner Heritage Village in Columbus, Ohio.

The anthology includes articles by chaplains, nurses, administrators and recreation therapists that provide a wide view of the many facets of senior care. The book may be ordered from www.TheVictoriaPress.com. ■



About 40 residents from the former Soviet Union now take advantage of Russian-language programming and cultural events at the Hebrew Home. The Russian Memorial Day concert is an annual highlight.



A delighted resident hugs a dancer following a performance by Bowen McCauley Dance. The troupe led a movement class for residents after the show.

Physical therapist Amanda Schuler, left, at Rakusin Rehabilitation Center, adds an element of fun to recovery by introducing Nintendo's gaming console Wii Fit to the therapy regime. Marie Hilliard uses it to improve her balance and standing tolerance.





In Our Mailbox

Dear Mr. Slavin,

My mother, Mollye Rosenberg, lived in the Smith-Kogod building, 1 East, for nearly six years. And I truly believe these were among her best quality of life years since my father's passing in 1987.

The women and men who work day in and day out on 1 East are a remarkable group who provided my mother the best medical and personal care services rendered with loving kindness that far exceeded any job description they were given when hired.

On many occasions, after visiting my mother, I would tell my wife that the person who hires for 1 East has a talent for finding – not workers – but angels. Whether the 1 East residents are easy going or difficult, soft spoken or abusive, they are all treated with respect, kindness and, indeed, loving care.

For these gifts I express my heartfelt gratitude and thanks to those...

...who bathed and dressed my mother

...who took the time to find ways to get her to take her meds

...who made her laugh and laughed with her

...who wheeled her to meals and helped her eat

...who provided for her medical and nursing care

...who got her to sing – and love it

...who restored her desire for creative drawing

...who sought out my mom's uniqueness and helped it flower

...who put a baby doll in her arms to nurture as her own

...who kept a cup of chocolate ice cream in the freezer for her

...who greeted my visits with a smile and a "Hi, George, your mom is over here"

...who answered my questions of her condition and care

...who kept my mother's records up to date

...and who, in my mom's last week, connected with my sister and me to share, like old friends, Mollye's stories and words of comfort.

Oh, yes, there is one other thing...they gave me peace of mind to be able to go about my life and work knowing she was always safe.

1 East is the gold standard of care.

Sincerely,
George Rosenberg



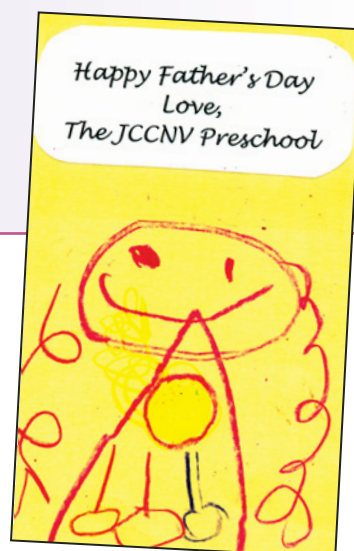
Anita Alpern: Bringing sunshine into residents' lives

Anita Alpern, of blessed memory, was a regular presence on our campus, active on our Board and Planned Giving Committee and a hands-on volunteer with our residents. Eventually, she moved into the Wasserman Residence and experienced first-hand the high level of care we provide.

Fittingly, Ms. Alpern included a bequest in her will creating a permanent fund for Social Work to provide the extra help needed to take residents for walks outside.

By letting us know she had included the Hebrew Home in her estate plan, Ms. Alpern enjoyed the benefits of our prestigious Builders of the Future Society during her lifetime. Members are invited to a special annual luncheon, are recognized in our annual report, and can see their names inscribed on the Builders Wall near the Wasserman Residence entrance. Including a bequest in your own estate plan is easy. The wording can be as simple as, "I give \$50,000 to the Hebrew Home of Greater Washington."

We now honor Anita Alpern's memory by inscribing her name on the Wall of Honor, and each time a resident finds support through our Social Work services or is accompanied outdoors to enjoy our beautiful gardens, her memory shines a little brighter. To learn how to make your memory shine, contact Julia Pitkin-Shantz at 301.770.8342.



Early Childhood students at the JCC of Northern Virginia used crayons and colored paper to create charming Father's Day cards for male residents of the Hebrew Home. JCCNV students are now busily making Rosh Hashanah cards to share New Year's greetings.



Senator Ben Cardin, who came to the Rakusin Rehabilitation Center to visit a friend, stops for a photo with Charge LPN Marceline Nkwenti.

EventMakers

2009 Guardian Campaign

In times of economic hardship, it is the vulnerable among us who suffer the most. This year, the Home is faced with financial challenges not seen in many years. The majority of Hebrew Home residents, 335 individuals, depend on Medicaid to cover the cost of their care. Yet government reimbursement does not cover the entire expense of providing the level of care they need and deserve.

This year, the State of Maryland is cutting Medicaid reimbursements to the Home by more than \$4.80 per person per day. That translates to nearly \$600,000 annually in lost revenue! At the same time, the daily cost of care at the Hebrew Home has increased nearly 14 percent this year. The Home's annual budget shortfall is projected to be nearly \$2.4 million in 2009.

So this year, as we have since the founding of the Hebrew Home in 1910, we count on the charitable support of the community to help us fulfill our mission to shelter and care for the area's elderly, regardless of their financial status.

Guardian Campaign Chairs Rob Selzer and Jeffrey Pargament and their committee of dedicated volunteers are seeking to raise a minimum of \$1 million to help offset the budget deficit created by this "perfect storm" of decreasing reimbursements and rising costs. You can help us by making a generous contribution to the 2009 Guardian Campaign.

"Not Your Parents' Starlight Ball"

We will be thanking donors of \$400 or more to the Guardian Campaign at "Club Starlight, Not Your Parents' Starlight Ball" on Saturday, December 12, at the Ritz Carlton in Washington, DC. Leave your tuxedos and gowns at home and join Club Starlight Chairs Margie Halem and Suzanne Singer for a casual chic night on the town, featur-



Phyllis and Ron West will be honored with the Guardian Leadership Award.

ing a silent auction and entertainment by comedian Sarge.

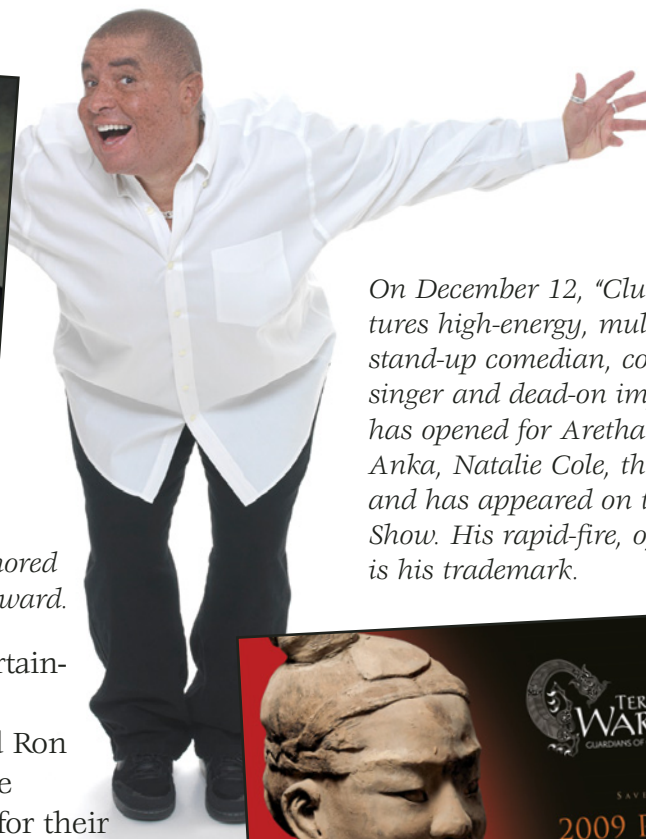
At this event, Phyllis and Ron West will be honored with the Guardian Leadership Award for their dedicated service to the Charles E. Smith Life Communities and the Guardian Campaign. Tribute ads in their honor will be included in this year's program. To make a gift to the Guardian Campaign and for tribute information, go to www.hebrew-home.org or call 301.770.8329.

Guardians meet Guardians

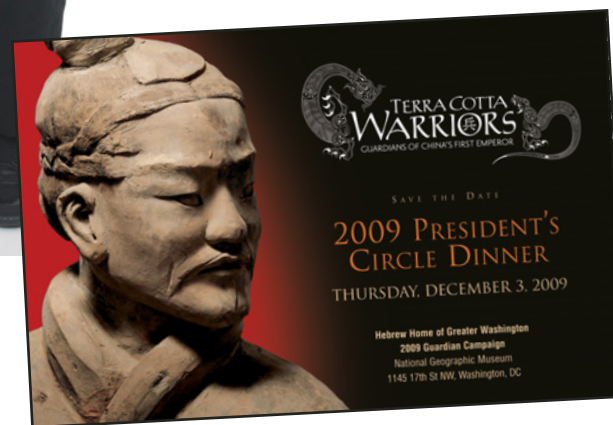
One of the highlights of the annual Guardian Campaign is the President's Circle Dinner, scheduled this year on Thursday, December 3, at the National Geographic Museum, including an exclusive tour of the new exhibit, "Terra Cotta Warriors – Guardians of China's First Emperor."

Generously hosted by the Annette and Theodore Lerner Family Foundation, this event offers our Guardians an opportunity to stand face-to-face with one of the world's greatest archeological treasures. Susan Norton, Director of the National Geographic Museum, will be our guide for the evening.

The President's Circle Dinner is a special thank-you for Benefactor and President's Circle donors to the 2009 Guardian Campaign and to Major Gift donors. For information about this event, please contact Lisa Friedman at 301.770.8328 or friedman@hebrew-home.org. ■



On December 12, "Club Starlight" features high-energy, multi-talented Sarge, stand-up comedian, concert pianist, singer and dead-on impressionist who has opened for Aretha Franklin, Paul Anka, Natalie Cole, the Beach Boys, and has appeared on the Letterman Show. His rapid-fire, off-the-cuff style is his trademark.



President's Circle donors can look forward to an exceptional opportunity to view terra cotta warriors from China.

Tee Off September 14

Join us for a great day of golf, networking and great food and beverage while you help support the residents of Charles E. Smith Life Communities, at the annual Golf Tournament, Monday, September 14, at Lakewood Country Club. Chair Marc Schlesinger notes there is a limited playing field of just 100 golfers, and spaces are filling up quickly. We'd like to thank our sponsors as of publication date: Sodexo Senior Services, Minkoff Company, Omnicare, Evercare, Reznick Group, RSM McGladrey, Sonnenschein, Nath and Rosenthal, and Santos, Postal & Company.

Details at www.hebrew-home.org. ■



Start training NOW for the annual Home Run 10k/5k and fun run to be held on Sunday, October 18. All races start and end at Federal Plaza on East Jefferson Street in Rockville. Cash prizes will be awarded for the 1st, 2nd and 3rd place male and female finishers in the 10k and 5k as well as 1st place male and female masters finishers in the 10k. This year we have expanded our awards for age group winners to include 1st AND 2nd place finishers. All participants receive Under Armour t-shirts and all fun run participants receive finisher medals. Don't want to run? Register as a "couch potato!"



Our post race party will feature terrific food items from local vendors, a DJ and kids' activities. More details at: www.hebrew-home.org/Homerun2009



Charles E. Smith Life Communities

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CampusCalendar

Special Events

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

14 September

Golf Tournament at Lakewood Country Club, 10:30 a.m. – 6 p.m. Register at www.hebrew-home.org or call 301.770.8351.

18 October

Home Run race begins 8:30 a.m. at Federal Plaza, to benefit the Hebrew Home and Jewish Foundation for Group Homes. Register as a runner, walker or couch potato at www.hebrew-home.org; "early bird" rates through Oct. 4. To volunteer call 301.770.8329.

15 November

Ring House 20th Anniversary Celebration, 2:30 – 4 p.m. Residents, families and friends are invited to this gala open house.

3 December

This year's President's Circle dinner for donors of \$5,000+ includes an exclusive tour of the National Geographic Museum exhibit of terra cotta warriors from China. Call 301.770.8328 for more information.

12 December

Starlight Ball, Ritz Carlton, Washington, DC, honors Phyllis and Ron West. Online registration opens October 19.

Resident Programs and Trips

Posted each month at:
www.hebrew-home.org
www.landowhouse.org

www.ringhouse.org
www.revitzhouse.org



Family Support

Coffee with Barry

Families and residents are invited to ask questions or air comments at informal sessions with Barry Eisenberg, VP of Nursing Home Operations. Every other Wednesday at 6:15 p.m., second floor tower room, Wasserman Residence. Call 301.770.8331 for information.

Family Support Group

Open to the Charles E. Smith Life Communities families as well as caregivers in the community. Second and fourth Friday of each month, 1 – 2 p.m., Smith-Kogod Residence library. Call Kerri Zwolak, 301.770.8479.

You & Your Aging Parent

Explore issues of caring for an aging loved one. Open to anyone caring for a loved one within the community-at-large and to individuals with ties to Charles E. Smith Life Communities. First Thursday of each month, 7 – 8 p.m., Landow House. Call Bonnie Gimble, 301.816.5032.

How to reach us...

■ Hebrew Home
301.770.8476
www.hebrew-home.org

■ Hirsh Health Center
301.816.5004

■ Landow House
301.816.5060
www.landowhouse.org

■ Revitz House
301.881.7400
www.revitzhouse.org

■ Ring House
301.816.5012
www.ringhouse.org

■ Volunteer Programs
301.770.8333