Moving Towards Recovery, One Step at a Time

Four years ago, Donald Smythe-Macaulay took the advice of his doctor and had hip replacement surgery. “I suffered from arthritis in my right hip and my doctor said the best thing to do was have this surgery,” says Smythe-Macaulay. “I postponed it, but the pain was so bad that I decided to have the operation.”

The day before he was scheduled for surgery, Smythe-Macaulay collapsed in his apartment. Alone for nearly two hours, his son Christopher found him, called an ambulance, and rushed him to the hospital.

“After my fall, my surgery was canceled due to blood clots that had formed in my leg,” says Smythe-Macaulay. “My son then made arrangements for me to come to Hebrew Home to begin my rehabilitation.”

Smythe-Macaulay arrived at the Post-Acute Care Center at Hebrew Home of Greater Washington and began his rehabilitation journey with a care team including physical therapist Kalai Sambasivam and occupational therapist Elexa Waugh-Quasebarth.

“When Mr. Smythe-Macaulay first arrived he was immobile and unable to stand or walk,” recalls Sambasivam. “Due to his immobility, the team of occupational

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Recently, more than 200 clinical professionals and elder care advocates throughout the region gathered for the 8th Annual Sara and Samuel J. Lessans Healthcare Symposium. This year’s symposium focused on the role of medical ethics in the care of an older population. William D. Novelli, PhD, a faculty member of the McDonough School of Business at Georgetown University, was the keynote speaker. The day’s sessions challenged and encouraged the attendees as well as provided opportunities to network and collaborate with fellow caregivers. As described by committee member Dr. Elisa Gil-Pires, Vice President of Medical Affairs and Medical Director at Charles E. Smith Life Communities, “When planning the symposium we are very intentional about including multiple aspects of the topic so that all areas of healthcare professionals can benefit from it.” According to Dr. Gil-Pires, the symposium not only incorporates the medical and clinical aspects of patient care, but also psychological, spiritual and social components.

We are honored to host the symposium, which has educated nearly 1,500 professionals and caregivers since its inception in 2015. Established through the generous support of Dr. Stuart Lessans and his wife, Dr. Ellen Lessans, in honor of his parents Sara and Samuel J. Lessans, the symposium demonstrates how a community health provider and a visionary donor can partner to address community needs. At the inception of the gift, Stuart and Ellen made their gift to “offer great educational experiences provided by a truly remarkable institution.”

Programs such as the Sara and Samuel J. Lessans Healthcare Symposium, allow us to collaborate with the broader community to educate and inform those who care for older adults on our campus and throughout the region and to fulfill our mission to provide quality care and meaningful life experiences for older adults and their families.

Rabbi Abraham Joshua Heschel reminded us that “A test of a people is how it behaves toward the old…the affection and care for the old, the incurable, the helpless are the true gold mines of a culture.” The support from Stuart and Ellen Lessans exemplifies our shared values and we are extremely grateful for their generosity and encouragement to go forward and seek new ways to continue our work that began over a century ago.

L’shalom,

Bruce J. Lederman, President/CEO
Charles E. Smith Life Communities (CESLC) is pleased to welcome Christopher Banks as its new Vice President of Development and Community Engagement. Banks will lead the development and implementation of the philanthropic and community engagement initiatives.

LifeTimes sat down with him to talk about his professional experience and impressions of CESLC.

Can you share a few highlights of the meaningful impact you have seen achieved through philanthropy?

Over the years I have enjoyed the privilege of inviting many major donors to participate in the important work of various organizations. The support of these donors has helped to construct buildings, enhance or initiate programs and services, and enlarge endowments for future endeavors. However, most importantly – lives have been transformed. Donors and the recipients of their largess live fuller, more meaningful lives as the result of these gifts.

What influenced your decision to continue your professional journey at CESLC?

I was most impressed with the conversations I had with President and CEO Bruce Lederman, lay leadership, members of the senior management team, CEO Emeritus Warren Slavin, and department team members. I learned about the rich and proud history of the organization, its generous donors and some of its aspirations. I was moved by the shared commitment to our residents and patients. At CESLC, I have found a community that aspires to build upon its successes and have a greater impact on the lives of those we serve.

What are your goals for CESLC’s Development and Community Engagement Department?

My primary goal is to attract more financial support for our organization and raise the necessary funds to continue to fulfill our strategic plan, expand the number of donors who are supporting our efforts and attract new financial resources. I also hope to increase the number of individuals, of all ages, who have a heightened awareness of who we are and the many ways in which they can be involved.

When not working, how do you like to spend your time?

I enjoy being outside and physically active. I like working on my yard and garden, improving my short game on the golf course, especially with my son, running road races, and skiing the Teton Mountains with my daughter. When not on the go, I enjoy reading a good book at the beach or attending a variety of cultural activities, especially the symphony.
Honoring a Legacy of Care and Spiritual Guidance for a Community

Charles E. Smith Life Communities’ (CESLC) Board of Governors and Board of Directors convened on May 16 for the 108th Annual Meeting, reflecting on the accomplishments of 2017 and outlining CESLC’s path forward.

The meeting also served as a moment to recognize Rabbi James Michaels and his 15 years of service to the organization. He has been Director of Pastoral Care since 2003. He will be retiring on July 1, 2018.

“Rabbi Michaels lives our mission and our values in his dedicated service to enrich the spiritual lives of our residents and their families and as a community leader in pastoral care education,” says President and CEO Bruce Lederman. “It was befitting to honor him and recognize his many accomplishments at this year’s Annual Meeting.”

Looking back, Rabbi Michaels says he can still recall the day he arrived on campus. “I was so impressed with the organization and the attention it gave to the religious needs of residents,” says Rabbi Michaels. “I knew I was going to fit in here.”

Rabbi Michaels says he has had many wonderful experiences during his tenure. One that stands out to him occurred in 2006 when he was approached by Steven Fanaroff. Fanaroff came to services every afternoon to say Kaddish for his father, Louis Fanaroff, who had died a year earlier. Nearing the end of the year, Fanaroff told Rabbi Michaels he wanted to do something for the organization in his father’s memory.

“We asked Steven if his family, long-time supporters of CESLC, would donate to have a new Torah scroll written for us. He consulted with his family and they agreed almost immediately,” recalls Rabbi Michaels. “Our goal was to create a Torah scroll that would be light and small enough for residents to hold and feel close to it.”
Charles E. Smith Life Communities Welcomes New Director of Pastoral Care

Rabbi Daniel Braune-Friedman will join Charles E. Smith Life Communities (CESLC) as the new Director of Pastoral Care, following the retirement of Rabbi James Michaels. He will begin on June 27, 2018.

“I am delighted to welcome Rabbi Braune-Friedman to our organization and am looking forward to working with him in advancing our mission,” says President and CEO Bruce Lederman. “He has impressive experience and expertise in serving the spiritual lives of older adults and providing support in good and bad times. He is a welcome addition to our team and community.”

Rabbi Braune-Friedman, also known as Rabbi Dan, most recently served as Director of Pastoral Care at the Hebrew Center for Health and Rehabilitation in West Hartford, Connecticut.

His responsibilities included serving the spiritual needs of patients, families, and staff of all faiths; providing an authentically Jewish perspective on issues of ethics in patient care; working collaboratively with their Life Enrichment Department; arranging for worship services or other religion-specific needs; providing education to a diverse staff on Jewish religion and culture; and oversight of kosher dietary requirements.

Rabbi Braune-Friedman received his Smicha (rabbinical ordination) from Yeshivat Chovevei Torah and is a board certified chaplain.

“I am very excited to join the team at Charles E. Smith Life Communities and looking forward to meeting my fellow team members and creating meaningful experiences for those within our community,” says Rabbi Braune-Friedman. 

As the Torah scroll was being written, the scribe and Rabbi Michaels took it to each building on campus. “The Torah belongs to everybody so we wanted people of all faiths to have an opportunity to write a letter in it,” says Rabbi Michaels.

Rabbi Michaels says his fondest memories are those with residents. “I’ve had so many special moments with residents during my time here;” says Rabbi Michaels. “I’ve shared their joys, their woes, and grieved when they’ve passed away.”

Rabbi Michaels will remain part of the organization, as he will continue to lead the Clinical Pastoral Education program. “I plan to train chaplains for a few more years and hope to be able to give guidance to the new Director of Pastoral Care and help whenever necessary,” says Rabbi Michaels.

“Rabbi Michaels’ legacy can be seen in the memorable experiences he has helped create as a faith leader for residents, team members, and the community,” says Lederman. “We are grateful for all he has done and I look forward to continuing working together in the years ahead.”
A Community Comes Together to Honor Holocaust Survivors

Charles E. Smith Life Communities (CESLC) held the eighth annual Holocaust Survivors Brunch to pay tribute to Holocaust survivors living on CESLC campus. This year, teenagers from local synagogues and a local church attended to meet survivors and hear their stories.

One of the attendees was Miriam Shah, 17. She sat at a table with Boleslaw “Bud” Brodecki, a survivor of the Auschwitz concentration camp.

Mr. Brodecki, 96, and his wife, Zosia Brodecki, 90, are residents of Revitz House. Mrs. Brodecki is also a Holocaust survivor, imprisoned in five concentration camps during the war. Mr. and Mrs. Brodecki met in a displaced persons camp in Germany soon after the war ended. They have been married for 72 years.

“I don’t know how I survived,” says Mr. Brodecki. “I think it’s just something within you.” Mr. Brodecki endured eight concentration camps and a death march where only 100 of 400 prisoners survived.

Shah says that speaking with Mr. Brodecki was one of the most touching experiences of her life. “He is such a kind man who told me his story, and even showed me the number tattooed on his arm. I will never forget that.”

Shah visited Auschwitz in the summer of 2016 for World Youth Day, and says speaking with Mr. Brodecki was very impactful. “To see him alive after hearing what he went through was extraordinary,” says Shah. “After surviving the greatest tragedy of the 20th century, he can sit and talk of his experience. It taught me that no matter what tragedy we may experience in life, there is always hope.”

Shah says she recently learned that many of her peers are unaware of the significance of the Holocaust. “This is something that must change as it is critical my generation and others never forget what happened,” says Shah.
Regina Quartey, evening shift supervisor at Smith-Kogod Residence, is the recipient of the 2017 Healthcare Council of the National Capital Area Employee of the Year Award.

“Regina has exceeded all expectations in patient focus since taking over the evening shift supervisory position,” says Hebrew Home of Greater Washington Director of Nursing Olivia Kitcher-Yamikeh. “This level of customer service is shown in her work with residents, their families, and team members.”

Quartey is from Ghana and moved to the United States in 2013. She joined Charles E. Smith Life Communities in November 2015 as a registered nurse at Wasserman Residence and became the evening shift supervisor at Smith-Kogod Residence in April 2017.

“This award came as a complete surprise. I am truly honored by the recognition,” says Quartey. “I am proud to be part of the team and of all the work we do every day to care for residents and patients.” Quartey oversees seven nursing units and supervises 49 team members.

“She is intelligent, respectful, and knows her responsibilities well,” says Gerard Wandji, morning shift supervisor at Smith-Kogod Residence. “I was so proud and happy for her when she received her award because she truly deserves it.”

“My team made this happen and everything we’ve accomplished is due to their hard work and dedication to the residents and patients,” says Quartey. “It feels great to come to work and know you are working with the best in this industry.”

Clinicians and Caregivers Come Together to Address Gap in Our Healthcare System

On May 4, Charles E. Smith Life Communities (CESLC) hosted the 8th Annual Sara and Samuel J. Lessans Healthcare Symposium. The symposium addressed the role of medical ethics in the care of older adults and attracted 200 healthcare professionals, including physicians, nurses, social workers, nursing home managers, and assisted living managers.

“I was ecstatic to see so many healthcare professionals come together to discuss the role of medical ethics and its impact on the older adults we serve,” says CESLC VP of Medical Affairs and Medical Director Dr. Elisa Gil-Pires. “We must always be cognizant of the wishes of patients and their families and prepared to formulate approaches that address ethical dilemmas whenever they arise.”

Keynote speaker William D. Novelli, PhD, co-founder and co-chair of the Coalition to Transform Advanced Care, and professor at the McDonough School of Business at Georgetown University, addressed the gap between what families and loved ones want when advanced illness occurs and what actually happens.

“We are making progress, but still have a long way to go to close that gap between what people want when they are seriously ill and what our society currently provides,” says Novelli.

According to Novelli, in order to close this gap, patients and families must understand the realities of advanced illness and what their rights and responsibilities are with regard to care and treatment. “Clinicians must understand what patients and families want and involve them in treatment decisions,” says Novelli. “Our health system also needs to be more attuned and responsive to situations, including patient and family satisfaction, and the extent and costs of care.”

Left to right: CESLC President and CEO Bruce Lederman, Dr. Stuart Lessans, Dr. Ellen Lessans, Keynote Speaker William D. Novelli, PhD, CESLC Board of Governors member Gary Saffitz.
Two breakout sessions followed Novelli’s remarks. Panelists addressed various scenarios concerning caregivers and how best to respond to concerns and needs of patients and family members.

Dr. Stuart Lessans and his wife, Dr. Ellen Lessans, endowed the symposium in memory of his parents, Sara and Samuel J. Lessans. Dr. Stuart Lessans says topics covered at the symposium are critical for all healthcare professionals because our population is living longer.

“...The incidence of many diseases, cancer for example, will increase as the population ages. Due to scientific advances, physicians, patients and families are often confronted with circumstances in which treatment may inadvertently prolong suffering and the dying process rather than bring healing and recovery,” says Dr. Lessans. “The medical community must find common ground for moral discourse that could guide decision-making in this difficult period in the lives of older adults.”

Dr. Lessans says attention to psychosocial issues is also key and demands involvement of patients and their families as partners. “Physicians should be sensitive to the range of psychosocial distress and social disruption common to dying patients and their families,” says Dr. Lessans. “An interdisciplinary team involving physicians, nurses, social workers, chaplains and others can be invaluable.”
A Gift for Generations to Come

Samuel “Sammy” Einfrank always believed in supporting his local community, according to friend and executor Nancy McNair, and that is the reason why Mr. Einfrank left his entire estate to charity when he died in 2017.

Charles E. Smith Life Communities (CESLC) will be receiving a gift by bequest from his estate. “Sammy knew Charles E. Smith Life Communities to be a worthwhile organization from its exemplary reputation for long-term care and because his significant other, my aunt Leona Scherr, personally benefited from the post-acute rehabilitation program,” says McNair.

Mr. Einfrank’s legacy gift will help establish a solid financial foundation for CESLC, and therefore positively affect the continuum of quality services offered to older adults and their families. “Mr. Einfrank was a loyal donor, and we are grateful for his foresight. Our services will benefit from his legacy of care and compassion for years to come,” says Elana Lippa, CESLC’s Director of Gift Planning.

According to McNair, Mr. Einfrank moved to Washington, D.C. in 1937 to work for the federal government. He later enlisted and served three years in the U.S. Navy. After his service, he enrolled at George Washington University to study engineering and then went on to work as a civilian engineer for the U.S. Navy.

Lawrence E. Rubin, Mr. Einfrank’s estate attorney, recalls with fondness his visits with Mr. Einfrank when they would sit and talk. “He was a very soft-spoken man with a great sense of humor who always had a twinkle in his eye,” says Rubin. “His legacy is one of giving and community, and it will live on through those who will benefit from his generosity.”

To learn more about establishing your charitable legacy at CESLC, please contact Elana Lippa at lippa@ceslc.org or 301-770-8342.
Moving Towards Recovery  Continued from page 1

therapists and geriatric nursing assistants worked together to transfer him in and out of bed and to therapy."

Sambasivam worked with Waugh-Quasebarth on a therapy plan that incorporated exercises to improve Smythe-Macaulay’s hip range of motion, flexibility and upper body movement. “It was really quite impressive to see someone so motivated and determined to stand and walk again,” says Sambasivam.

Smythe-Macaulay’s doctor eventually cleared him for his hip replacement. However, a month after his surgery, he suffered a major setback when he was in a car accident. He suffered a broken shinbone, fractured knee, dislocated hip and slight concussion. He returned to Hebrew Home after his hospital stay.

“It was a terrible feeling to lose all the progress I had made,” says Smythe-Macaulay. “But once I returned to Hebrew Home I knew I would stand and walk again.”

Sambasivam and the physical and occupational therapy team went to work on strengthening Smythe-Macaulay’s core so that he would be able to stand on his injured knee and hip. Smythe-Macaulay says he will never forget the day he stood and walked again.

“I went to the parallel bars with Elexa and said ‘let me try to walk’ and she said ‘go ahead,’” recalls Smythe-Macaulay. “I took a few steps on my own and everyone started clapping. It was a wonderful feeling.”

Today, as a resident of Hebrew Home, Smythe-Macaulay works with physical therapist Raja Ram Chamala. Chamala’s initial goals were for Smythe-Macaulay to get in and out of bed unassisted and to transport himself in his wheelchair. “When we first met, his knee was still very stiff and this held his mobility back,” says Chamala. “We started with a lot of stretching, joint mobility exercises, and encouraging him to simply move more.”

Now Smythe-Macaulay is able to get in and out of bed on his own and brings himself to therapy. “Raja really pushed me to work hard and made me believe I could do these things on my own,” he says.

Smythe-Macaulay says his next goal is to be able to walk unassisted so that he may one day return to his native country of Sierra Leone. “I thank the Lord every day for Hebrew Home and for the people I’ve worked with who have helped me. It’s been a wonderful journey.”
A Volunteer’s Passion and Commitment to Giving Back

Jane Rosov starts her volunteer shifts ready to take on tasks assigned. When asked to meet with newly admitted residents to take their photos for their medical records, she grabbed the camera not knowing that she would walk away with more than photographs.

“I met with each resident, took their photo, and then sat with them to talk about how their day was going,” recalls Rosov. “I think that makes them feel right at home and I was so happy to do that for them.”

Rosov began volunteering at Charles E. Smith Life Communities (CESLC) seven years ago because of her personal connection to Hebrew Home, and has since volunteered over 150 hours each year.

“I volunteer here because both my mother and father had short-term stays at Hebrew Home and I saw firsthand the needs of residents and the little things volunteers could do to help them,” says Rosov. “I knew I could do something to contribute and that’s when I decided to get involved.”

Rosov received the 2018 Kitty Davis Award for Outstanding Volunteer Service for her passion and dedication to volunteering. “I was delighted and honored to receive this award,” says Rosov. “It feels good to be recognized, but for me it will always be about the residents. That’s what’s most important.”

“Rosov was nominated because of her versatility and because she has always been reliable, accurate, and accountable. That is what makes her deserving of the Kitty Davis Award for Outstanding Volunteer Service,” says Manager of Volunteers Monica Mayer. “She embodies our values and is a wonderful supporter of the organization.”

Rosov says she speaks often to her family on the importance of helping others. “What I’ve mentioned to my children, and hope it extends to my grandchildren, is that it’s so important to give back,” says Rosov. “We are all fortunate for what we have and should pass on the importance of helping others to the next generation.”

In 2016, Rosov became a member of the Builders of the Future Society by designating CESLC as a partial beneficiary of her Thrift Savings Account. “It gives me great satisfaction to be able to give back in this way,” says Rosov.
Enthusiasm Surrounds Youth Philanthropy Program

At a ceremony held on May 6, local high school students awarded $19,000 in grants to support various programs across the Charles E. Smith Life Communities’ campus.

The students are participants in the 2018 Harold and Shirley Robinson H2YP Youth Philanthropy Program, where high school students have the opportunity to serve as a foundation board. This was the program’s ninth season with 38 students participating, the largest group in the history of the program.

The group received $28,750 in funding requests, but had only $19,000 to allocate. They listened to presentations about each grant proposal, determined funding priorities, and eventually came to a consensus on how to allocate funds.

The students presented checks at a closing ceremony to support the following programs for 2018: Caring for Colleagues Fund for Team Members, Multi-sensory Environment for Memory Care, support for ElderSAFE™ Center, Siddurim (prayer books) for the Wasserman Residence synagogue, excursion programs for Revitz House residents, and All About the Town, Equine Therapy, and Massage Therapy at Hebrew Home.

“This is a wonderful program that teaches students to work together and allows them to see how their decisions will positively impact the older adults in our community,” says Hebrew Home Administrator Neal White. “I thank them for funding programs that will benefit those at Hebrew Home.”

Michelle Teichberg, a parent of two daughters in the program, says her children are fortunate to be participants. “They have made a positive difference in the lives of others and this program will continue to make a difference in their lives as well.”

The next H2YP season will begin in January 2019. Parents and high school students interested in learning more about the program should contact Lauren Fielding at fielding@ceslc.org.
Resident RedisCOVERs Joy Through Painting

You will not find Ronnie Abrams at home on Wednesday from 1:30 p.m. to 3:30 p.m. That is the day of her painting class. “I think this is a wonderful program we have here,” says Abrams. “It gives me a chance to meet new people and a place to do my painting.”

Abrams attended her first art class at Revitz House shortly after moving to the residence in 2009. According to her, it was a way to stay active. “I just love to paint and it relaxes me,” says Abrams.

Abrams says she gets her inspiration from nature, wildlife, flora and fauna, and over the years has experimented with a variety of mixed media.

This year’s senior art show at the Bender Jewish Community Center displayed one of Abrams’ paintings. It was part of an exhibition entitled “A Lifetime of Perspective: Art by Older Adults.” This was the 20th anniversary of the exhibition and included paintings, photography, sculpture, crafts, and jewelry. Thirty-two residents from Charles E. Smith Life Communities had their work on display.

Lee Hall, art instructor at Revitz House, has known Abrams for seven years. “She experiments more with texture and her colors have gotten much richer,” says Hall. “Her painting has great composition.”

“It was nice to see my work displayed and every year they really put on a very nice show,” says Abrams. “The art class at Revitz House is a wonderful program for residents and I really like to meet others who enjoy painting as much I do.”
ElderSAFE™ Center Recognized for Its Contributions to Protecting Older Adults

The Maryland Gerontological Association (MGA) presented its 2018 Organization Achievement Award to ElderSAFE™ Center at the MGA Annual Spring Conference.

“We are elated to receive this award from the Maryland Gerontological Association in recognition of ElderSAFE’s contributions of essential and lifesaving services to vulnerable adults,” said Tovah Kasdin, ElderSAFE Center Director. “Elder abuse is an epidemic which requires a comprehensive and coordinated response from many community stakeholders and we are gratified to lead these efforts in our region.”

ElderSAFE Center has provided shelter to 15 older adults and educated 5,000 community members, professionals, and over 1,000 team members on elder abuse recognition and response. ElderSAFE Center’s team has also provided consultative resources to over 240 people on its language accessible helpline.

In 2017, Governor Larry Hogan signed the Maryland Health Care Decisions Act into law, preventing an abuser from being the health care agent for the person they abused if they are the subject of a protective order or in the process of divorce or separation. This legislative victory was, in part, due to the strong collaboration between ElderSAFE Center and key community partners.

According to MGA Board President Ted Gross, ElderSAFE Center received the Organization Achievement Award for its accomplishments in client services, education, community partnerships, and advocacy.

“ElderSAFE Center provides critical support to older adults and is addressing a hidden problem that affects far too many,” says Gross. “The Maryland Gerontological Association is proud to recognize its many outstanding accomplishments.”

Established in 2014, ElderSAFE Center is the first comprehensive, healthcare-based elder abuse prevention center in the region, providing safe, temporary shelter, education, and advocacy to protect older adults from abuse and neglect. ElderSAFE Center works with community partners to build a strong and effective response to elder abuse.
From on-site physician care to award-winning lifestyle and leisure programming, residents can take advantage of services and enjoy the amenities at our independent living residence, Ring House. For more information about our community, call 301-816-5050.