



LifeTimes

Girl Scout's Ingenuity Meets CESLC Mission



Zoe Chyatte distributes information to educate the community of the services provided by ElderSAFE™.

Walt Whitman High School junior, Zoe Chyatte, has been performing *mitzvot* since she was in kindergarten. Through Girl Scouts of the USA, Zoe has packed lunches for homeless shelter residents, served at soup kitchens and raised money for a host of organizations - including So Others Might Eat (SOME), Manna Food Center and the Veronica House. She also mentors a younger Girl Scout troop through sales projects and service activities, and she accompanies the troop on camping trips.

Recently, Zoe discovered a new area of service. She connected with a fellow member of Adat Shalom Reconstructionist Congregation, ElderSAFE™ Center Director Tovah Kasdin. "I thought it would be

awesome to work under Tovah, and I was right," Zoe said.

ElderSAFE is the first program of its kind in the Washington, D.C. metropolitan area to provide safe temporary shelter to older adults experiencing elder abuse. It also coordinates and provides community referrals, increases public awareness and educates about elder abuse.

In the summer of 2016, Zoe began an ElderSAFE internship at Charles E. Smith Life Communities (CESLC). Since then, she has twice participated in the Harold and Shirley Robinson Youth Philanthropy Funders Program (H²YP), which provides high school students with the opportunity to learn about philanthropy by understanding the financial needs of our organization and allocating funds to projects requested by departments across campus.

Zoe decided to pursue the Girl Scout Gold Award, the highest honor any Girl Scouts can achieve. According to Girl Scouts of the USA, the Gold

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FIRST PERSON

Beginning with our founding in 1910 and those earliest days of caring for older adults at the small rowhouse on M Street, thousands of people have generously shared their knowledge, talents and resources to enhance the lives of our residents, patients and families on our campus. Scores of volunteers and donors build upon the foundation laid down by these generous and caring souls. Their example inspires and empowers us to live our mission and strive for excellence in all that we do.



Bruce J. Lederman

In 2018, volunteers provided more than 33,000 hours of service. At CESLC we find that our volunteers and donors engage because they share our common commitment to *Tikkun Olam* - to heal and mend the world through acts of kindness and compassion. This issue of LifeTimes features several stories of committed people who individually or collectively transformed the lives of people in need, strengthened our community and repaired our broken world.

Volunteering is as much about receiving as it is about giving. Whether one chooses to lead a current events discussion group at Ring House, or engage with residents through music and art at Revitz House, there are many opportunities on our campus to fulfill the mitzvah to honor older adults. The approaching Passover holiday, brings many volunteer opportunities at Hebrew Home and all our residences on campus. To learn more, please visit the volunteer page on our website.

As you read the inspirational stories of those who support our mission, I encourage you to consider how you might share in our commitment to assure older adults live well, by receiving quality care and services and enjoying days filled with life enriching moments.

On behalf of the all of us at CESLC, best wishes to you and your family for a chag sameach,

A handwritten signature in black ink, appearing to read 'J. Lederman', written in a cursive style.

Bruce J. Lederman, President/CEO

LifeTimes is published quarterly by Hebrew Home of Greater Washington, Inc., dba Charles E. Smith Life Communities. Hebrew Home is a registered charity in Maryland and Virginia. A copy of our financial statement is available from the Maryland Secretary of State or the Virginia State Office of Consumer Affairs.

**Contact us: info@ceslc.org
www.smithlifecommunities.org**

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Pastoral Interns Continue to Bring Spiritual Support to Campus

CESLC delivers innovative and quality services for older adults of all faiths, guided by our Jewish values. We tailor our spiritual, social and cultural programs to enrich every experience on our campus. Led by Rabbi James Michaels, Clinical Pastoral Education (CPE) interns impact residents at Hebrew Home of Greater Washington every year. "Chaplaincy is a wonderful gift of compassion and supportive listening that so many of our residents can benefit from," said Chaplain Intern Rabbi Rebecca Gould.

This new group of interns started their educational training in August 2018, some to fulfill a calling to chaplaincy and others to complement seminary education.



Chaplain interns Emily Collette, Linda Mahler, Cantor Ben Kintisch and Rabbi Rebecca Gould.

Respect for personal choices, beliefs and dignity of our residents is a fundamental part of our mission. The CPE internship teaches the process of becoming a chaplain through course work, resident interaction and collaborative learning. According to Rabbi Michaels, "CPE cultivates vital skills where chaplains hold a unique and important role. The understanding we attain from one another is indispensable." The four interns in the 2018-19 class come from various faith backgrounds which contributes extensively to their growth along this journey.

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Longtime and New Supporters United by Friendship and Community



Keepers, Billy Burak and Moe Dweck, at the Old Course at St. Andrews.

Longtime CESLC supporter Moe Dweck leads a golf group named The Keepers at Woodmont Country Club in Rockville. Year after year, the group presents Dweck with a token of appreciation for his leadership. In 2015, Dweck asked his fellow Keepers to show their appreciation by making a gift in his honor to CESLC's ElderSAFE™ Center; they happily did so.

Every year since, Billy Burak, of The Keepers, reaches out to his fellow golfers requesting donations to continue the tradition of giving to CESLC. Now, nearly 75 percent of the group's members contribute annually in Dweck's honor. It was the positive experience with this philanthropy project that encouraged Burak to increase his gift to the Guardian Campaign over the past two years. "I hope to be able to help others by supporting CESLC's important services that so many people need and count on," said Burak, who will continue to organize donations to CESLC from The Keepers.

It is this feeling of camaraderie and personal connection that brings new supporters to CESLC's Guardian Campaign each year. For Dick Kaufmann, it was his friend Phyllis Scalettar who



Dick Kaufmann, singing with Director of Gift Planning Elana Lippa, performs regularly at CESLC, captivating crowds with his voice and his charisma.

reintroduced him to CESLC. Kaufmann had early connections to CESLC when he served on the board of the Jewish Community Center on

16th Street in the 1960's, during Charlie Smith's tenure as President. Kaufmann worked with Smith and became involved with the group who was planning the campus in Rockville at the time. "My involvement was more on the JCC side than with Hebrew Home. I was never directly involved with Hebrew Home of Greater Washington until more recently," said Kaufmann.

Kaufmann's reintroduction to CESLC began when he met Phyllis Scalettar at a party. The two began talking and Scalettar shared with Kaufmann that her sister was having a very positive experience at Revitz House. After hearing more about the Revitz House community from Scalettar, Kaufmann offered to perform there with his band. "I did not know Phyllis prior to this, but she and I have become friends since then," said Kaufmann. "Now that I perform regularly on the CESLC campus, it has a different meaning to me. I see the pleasure that the residents get, and that makes me happy. I love performing as much, if not more, than the residents enjoy listening to the music, which prompted me to make a larger gift this year." Kaufmann became a Guardian Campaign donor with a President's Circle level contribution.

Kaufmann's contribution is the result of his growing relationships and involvement in our campus. "Up until this year, I never really thought much about it," he said. "I contribute to a number of things, but having performed, seeing the pleasure on the faces of the residents and knowing I could do something more tangible was attractive to me." ■

2018 GIVING BY THE NUMBERS

At Charles E. Smith Life Communities, we are committed to offer the quality care, services and experiences that residents and patients deserve. In 2018, over 1,100 residents and patients on our campus chose to participate in experiences that enriched their lives. Thanks to the commitment of individuals, families, foundations and organizations, we continue to live our mission, and we are thankful for their contributions.

1.3 MILLION IN 2018 GIVING

\$1,069,998 Guardian Campaign Donations
\$257,742 Direct Mail Donations

334 NEW ANNUAL GIVING DONORS

314 new Direct Mail Donors
20 new Guardian Donors

36 PERCENT INCREASE

in NEW donors for Annual Giving

100 PERCENT PARTICIPATION

from the Board of Governors

Grant for Intergenerational Program Brings Art and Music to Residents' Life Journey

Charles E. Smith Life Communities was awarded a three-year grant to implement therapeutic arts programs, Opening Minds through Art (OMA) and MUSIC & MEMORY (M&M), at Hebrew Home of Greater Washington. The grant is funded by an anonymous foundation and administered by the Association of Jewish Aging Services (AJAS). Both programs, which involve youth volunteers, promote social engagement, confirm a sense of accomplishment and improve older adults' well-being. The culturally rich aspects of OMA and M&M provide an ideal platform on which to build relationships between young people and older adults.



Volunteers work individually with residents to create inspired works of art through the OMA program. Pictured above are two pieces featured in a 2018 campus art show.

CESLC was one of just 15 communities from a pool of 42 applicants to receive a grant. "Charles E. Smith Life Communities has a long and rich history of intergenerational engagement which is woven within the fabric of their culture," said AJAS President and CEO Donald J. Shulman. "Their inclusion, as a recipient in this highly sought after grant, from my perspective, was well deserved. I was thrilled to see their name on the short list of awardees."

According to an article in *LeadingAge Magazine* by Elizabeth Lokon and CESLC Creative Engagement Coordinator Carol Dana, OMA is grounded in person-centered philosophies and strengths-based approaches and focuses on the skills and abilities that people with dementia still possess. Because people with cognitive impairment often retain social graces and the ability to form relationships, OMA makes intergenerational partnerships one of the cornerstones of its program,

pairing an older adult with a youth volunteer who has received training in how to communicate with individuals with dementia.

“Opening Minds through Art is a pioneering, evidence-based art-making program for people with memory loss, one of the most beautifully conceived and impactful programs of its type in the country. We are thrilled that the grant will allow the introduction of this powerful program to Hebrew Home of Greater Washington,” said Dana. “OMA brings joy and a sense of accomplishment to participants. It also provides a window into the vital spirit that still remains at the essence of each participant through the artwork that participants create.” Dana is an OMA trained professional who leads arts programs in our assisted living and independent living residences.

Both art and music programs will include five eight-week sessions where student volunteers will be trained to provide guidance and support to residents for OMA and MUSIC & MEMORY. The OMA volunteers will work with the same partner throughout an eight-week session, which will culminate in an art show.

MUSIC & MEMORY provides a one-to-one experience that brings personalized music selections to older adults through digital audio systems, vastly improving quality of life. Youth volunteers will be trained and paired with Hebrew Home residents to create personalized playlists and use the technology enabling those living with Alzheimer’s, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

Engaging student volunteers with both of these innovative programs will increase young people’s ability to work with older adults and instill a positive outlook toward aging. “When young people engage with Hebrew Home residents, they gain important skills and sensibilities that help them appreciate older people, meet them where they are and assist them,” said Manager of Volunteers Monica Mayer. “Each student working directly with a resident will gain insight into the resident’s history, enhance their appreciation of other generations, strengthen their sense of empathy and see the value of serving others.” ■

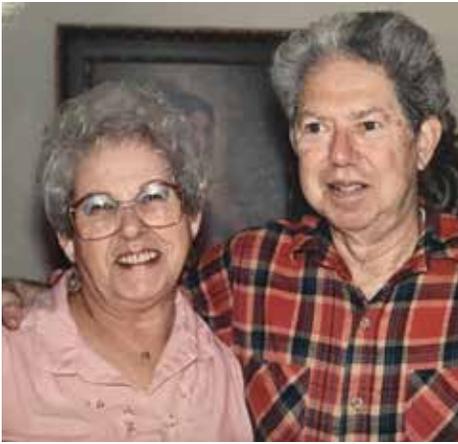


Personalized digital music selections are provided to older adults through the MUSIC & MEMORY program.

Volunteer's Legacy of Contribution

A 1974 Montgomery County Outstanding Volunteer Award recipient, Minnie Levin, z"l, volunteered up to five days a week, often arriving at 6:30 a.m. to assist the nursing team at Hebrew Home of Greater Washington. She logged an astounding 11,430 volunteer hours from 1970 to 1987, with daily work ranging from dressing and feeding to visiting and escorting the 33 residents of Wasserman 2 North.

The residents Levin served benefitted immeasurably from her unremitting support. They adored her, and their families regarded her as an integral member of the Hebrew Home team. Dorothy Silverman,



Bequest donor Richard Levine's parents, Minnie and Louis Levin, z"l, circa 1985.

daughter of Wasserman resident Jennie Bass, z"l, wrote a letter to Levin in 1978 stating, "I will never be able to thank you enough for all you have done to bring a little happiness and sunshine into my mother's life. I have never met anyone as devoted and dedicated as you." These words of appreciation are echoed today by retired CESLC Director of Volunteers Hedy Peyser, who describes Levin as "compassionate, kind, caring and among the very best of Hebrew Home of Greater Washington volunteers." She describes Levin's

relationships with the residents as affectionate and supportive. Levin referred to the residents who she assisted and advocated for as "my people."

What the residents and their families may not have known is the positive impact that volunteering had on Levin herself. "I need them as much as they need me...after a full day of visiting, preparing and serving meals, taking residents to therapy and clinics, and assuring them that I do care and I do love them, I breathe a sigh of relief and experience a very good feeling," she wrote in 1974. After surviving a nearly fatal health crisis, she decided to give her time to Hebrew Home. According to her son, Richard Levine, her volunteer work became her reason for living. "It was all she talked about. Working at Wasserman kept her active and connected. She was on air after helping there," he said.

When her son and his wife Leslie discovered the scrapbook his mother created with over seventy pages of memories and honors from Hebrew Home, they knew right away the most appropriate way to memorialize his mother. They decided on a bequest to CESLC – made to honor Minnie Levin's devotion and dedication – which is intended to benefit future residents. How fitting that, after so many years of Minnie



Pages from Minnie Levin's scrapbook dedicated to her volunteer experience at Hebrew Home of Greater Washington.

Levin giving her time, energy, love and effort, this bequest made in her memory will further CESLC's mission of providing unparalleled care to our community. "My mother was loving and loved," says Levine. "She would be delighted to know she was again helping the residents at CESLC. I am thrilled to know that this gift will help people in a place that was such an important part of her life." ■

WHY I GIVE

We would like to hear why you support CESLC.

We encourage you to tell us why you contribute, the impact we may have had on you and your family or the people you are honoring with your gift.

The next time you contribute to CESLC, please include a note with your gift or send us an email at whyigive@ceslc.org.

Whatever your reason for giving, thank you.

Your support contributes to the depth of services and life-affirming experiences offered to the 1,100 residents of CESLC.

Sharing Our Experience With the Community

CESLC events bring community members together. From fashionable evenings to medical symposiums, we provide opportunities for attendees to learn, share and grow in both their personal and professional lives.



Tziporah Salamon delighted CESLC guests with tips on dressing to be and feel your best! She is pictured with event chairs, from left to right Alison Baraf, Natalie West, Tziporah Salamon, Paula Robinson, Draga Dubick and Jacki Rams.

A stylish night with feathers, designer shoes, bejeweled accessories and sparkling wine with fashion model and icon Tziporah Salamon brought over 100 women to Rock Creek Mansion. “I really enjoyed the idea of dressing to please yourself first and of accepting your talents, whatever they are,” said attendee, Erika Dickstein. “I was happy to make many new

friends and connect with other professionals that evening.”

Our events influence the members of our community which extends through those impacted by our specialized seminars and discussions.

CESLC hosts the annual Sara and Samuel J. Lessans Healthcare Symposium, and last year’s topic discussed the role of medical ethics in the care of an older population. “This was a phenomenal platform for courageous conversation about perceived barriers and end of life matters as someone in healthcare,” said Dr. Lee-Anne West, medical director for inpatient hospice services at Capital Caring. The healthcare symposium draws a crowd of approximately 200 participants each year with medical, social work, case work, nursing home, assisted living and/or nursing backgrounds.

Events like our 2018 educational seminar on financial exploitation of older adults offer continuing education credits and professional insight. Financial advisor, Melanie Folstad said, “I am always striving to stay abreast of the topics and issues that are relevant to my clients. Whether learning about financial exploitation or staying on top of current financial events, my time at CESLC is always well spent.”

The take-aways from the discussions at each of our events impact attendees in ways that encourage them to return to their community with positive influence. “We hope that every event sheds light not only on the impact CESLC has campus-wide but also in the greater Washington

D.C. community,” said Vice President of Development and Community Engagement Christopher Banks. “Furthermore, we hope our events inspire attendees to return to campus, to financially support our efforts and to recommend CESLC events and services to others.” ■



Financial seminar hosted on campus about harnessing the power of the new tax law with a client-centered approach co-led by Jeffrey G. Gershen, CPA, chair of the CESLC Planned Giving Advisory Committee and member of the CESLC Finance Committee.

Zoe Chyatte *continued from page 1*

Award acknowledges girls who exemplify leadership through Take Action projects that have sustainable impact in their communities and beyond. Zoe chose to focus her Take Action project on elder abuse awareness, an issue of deep importance in the community where only one in 24 cases of elder abuse are reported. Many older adults may not yet know about innovative programs like ElderSAFE that can assist them.

Her Take Action project involves researching locations frequented by older members of the community and delivering ElderSAFE brochures to them. Thanks to the generosity of longtime supporter Marla Schulman and her company Schreiber Translations, Inc., Zoe distributes brochures not only in English but also in Spanish, French, Amharic, Russian, Korean, Vietnamese and Mandarin to ensure all resources are language and culturally competent.

Zoe looks forward to attaining the Gold Award. Her hard work will benefit older adults by spreading awareness about elder abuse within our community and beyond. Zoe’s commitment to this *mitzvah* is evident, and her exuberant passion to increase awareness of elder abuse will benefit the community and all those reached. According to Kasdin, “Zoe has gained significant knowledge through her participation in ElderSAFE and H2YP and now is invested in the issue of elder abuse – this investment allows her to be an effective advocate. She is an exceptional example for anyone looking for a way to make a difference in the lives of older adults.” ■

A Memorable Experience for a College Essay

“My favorite part of the year is speaking about each grant and handing a gigantic check to the recipients. Smiles on these residents’ faces are the biggest reward, as I know that I have positively impacted their lives,” reads the admissions essay that paved the way for Ellie Shein to become part of Tulane University’s Class of 2023. Shein is a young volunteer with the Harold and Shirley Robinson H²YP Youth Philanthropy Program, a youth grantmaker program that offers local high school students an opportunity to have active roles as philanthropists and decision-makers for grants benefiting residents on our campus.



Students, Rayna Langholt and Teddy Freeman, wrote of their experiences at CESLC in their college admissions essays.

“I believe that anything that has a lasting impact on someone is important, and since H²YP has made such a positive impact on my life, there was no chance that I would leave it out of my application,” said Shein. “H²YP was the activity I chose. H²YP has taught me how to handle money, voice my opinions, help others and even more.” Shein is a senior at Winston Churchill High School and keeps a busy schedule with extracurricular activities outside of school, but it was her volunteer work at CESLC that became the theme of her essay that talks about her most meaningful extracurricular activity.

Shein is one of many young volunteers who find it important to share their experience at CESLC with the rest of the world and one that defines them during a milestone in life, the college admissions process.

“Sharing my experiences with admissions offices was important to me because I think I have a unique experience that not many other kids have,” said Teddy Freeman, also a member of H²YP. Freeman is a senior at Winston Churchill High School and was recently admitted to Elon University Class of 2023.

Rayna Langholt, who graduated from Quince Orchard High School in

2018 and now attends Towson University, also wrote about her volunteer work at CESLC participating in art therapy programs at Ring House and playing music at Landow House. "This volunteer experience led me to identify my passion for music therapy and to bring people the benefits of music," Langholt wrote on her essay. "When I saw how much the residents loved the music and what I was doing, I found my calling."

Students' essays breathe life into their college applications, creating a self-portrait that provides greater insight into the lives of students. Students who volunteer for CESLC choose to use their experience on our campus because of the impact on both residents and themselves.

"My experience has been positive, and it has provided me with lots of life lessons. Whether it was interacting with residents or the skills I've learned through H²YP, I have taken away a lot of positives during my time as a volunteer," said Freeman.

"Being a part of H²YP has helped me grow as a person. I am sometimes very timid, and when I began H²YP I was afraid to voice my opinions, but through the years I realized that my opinion is what helps us come to decisions on what programs to fund. With that realization, I have been able to come out of my shell and express myself more," said Shein.

According to many of our young volunteers, their experience has increased their interest to volunteer when away at college, and for some, it has opened up new ways to look at potential career choices.

"I think my experiences volunteering at Hebrew Home have made it very likely that I will try to volunteer in the community at Elon," said Freeman. "I don't know what opportunities will be available, but I am going to try to get involved with Hillel at Elon. Hopefully they do some fun and meaningful volunteer work."

"Wherever I end up in the future, I know for sure that I am going to bring the benefits of music to communities around me," wrote Langholt. "And this is what I hope to pursue in college and beyond." ■

Volunteer Opportunities Available for Young Adults

Are you looking for a meaningful Bar/Bat Mitzvah project?

Is your BBYO Chapter looking for a volunteer project?

Are you a Hillel member looking to give back to the local community?

MAKE AN IMPACT IN SOMEONE'S LIFE.

Join us as a volunteer and experience the fulfillment of helping others and living our Jewish Values. Contact Monica Mayer at 301-770-8333 or visit our website at smithlifecommunities.org/giving/volunteer

Past Presidents of the Women's Auxiliary Collectively Contribute to CESLC

The Women's Auxiliary Past Presidents have been dedicated supporters of CESLC for decades, predating our move to Rockville in 1969. This remarkable group of women, each of whom served as a president of the Women's Auxiliary, have provided more than one hundred thousand dollars in gifts to CESLC since their formation. Last year's gift provided funds to secure a collection of iPads for recreation therapy programming. Previous group gifts have created art programs, offered new forms of entertainment and initiated technology advancements for residents.

There are currently 36 past presidents who decide at their annual luncheon how they will collectively contribute to CESLC. "This is an important group to be a part of because it's our way of still being involved in the Hebrew Home," Past President Andee Forster said. "Hebrew Home of Greater Washington and the Women's Auxiliary have a special place in my life. The Women's Auxiliary connected me with other Jewish women who wanted serve the Home, and it allowed us to be a part of something bigger through our volunteering efforts. The Past Presidents share a common bond and are all committed to giving to Hebrew Home."

The Women's Auxiliary, which formed in the early 1920's, supported the endeavors of what Hebrew Home for the Aged, now CESLC, was providing its residents. The Past Presidents continue to support CESLC through individual donations.

"The Women's Auxiliary was important not only because of the financial contributions made to Hebrew Home but also for the community of women that developed from it," said Gail Brenner. "That community of women was, and still is, a vital group in my life. I am so grateful to continue to connect with so many of them and give back to CESLC." ■

Clinical Pastoral Education *continued from page 3*

"It is a blessing to learn with people of different faiths and diverse goals," said Emily Collette, a student at Virginia Theological Seminary. "We learn from each other new ways of doing the work we were called to do. God calls all kinds of people, and I think that's really inspiring."

"One of the takeaways from Rabbi Michaels is that this journey is not something you can do alone. It is a wonderful thing that CESLC is doing to take care of people's spiritual needs," said Chaplain Intern Linda Mahler. "Here, residents deepen their faith and maintain their religious practices. This place is extraordinary, and that's true whenever you put loving human beings together in the presence of God." ■

OUR CALENDAR

REGISTRATION FOR ALL EVENTS: www.smithlifecommunities.org/events/



MARCH 21 PURIM



APRIL

3 Clergy Seminar – The Importance of the Medical Orders for Life Sustaining Treatment Form

A seminar for interfaith clergy and social workers. CEU credit available for Social Workers.

11 a.m. – 2 p.m. | Wasserman Social Hall
6121 Montrose Road, Rockville, MD 20852

10 Volunteer Appreciation Luncheon *by invitation only*

Noon – 1:30 p.m.
Wasserman Social Hall
6121 Montrose Road
Rockville MD 20852

APRIL 20 - 27 PASSOVER



MAY

10 Are We Prepared? Four Chronic Diseases Transforming Aging and Health Care

The Ninth annual Sara and Samuel J. Lessans Healthcare Symposium for clinicians and caregivers. Presented by Charles E. Smith Life Communities in partnership with Suburban Hospital, a member of Johns Hopkins Medicine.



Keynote Speaker: **Scott Berkowitz, MD**, Senior Medical Director, Accountable Care, Associate Professor of Medicine, Division of Cardiology, Executive Director, Johns Hopkins Medicine Alliance for Patients, LLC.

8 a.m. – 2 p.m. | Woodmont Country Club
1201 Rockville Pike, Rockville, MD 20852

SAVE THE DATE | SUNDAY, JUNE 2, 2019

50th Anniversary Celebration

Join CESLC, the Bender JCC and JSSA for a celebration of our 50th year in Rockville.
Family-friendly activities, music and food.

11 a.m. – 2 p.m. | Charles E. Smith Life Communities
6121 Montrose Road, Rockville MD 20852

Hebrew Home of Greater Washington

Post-Acute Care Center and Long-term Care
301-770-8476

Cohen-Rosen House

301-816-5050

Landow House

301-816-5050

ElderSAFE™ Center

301-816-5099

Revitz House

301-770-8450

Hirsh Health Center

301-816-5004

Ring House

301-816-5012



Online now at
www.smithlifecommunities.org:
• Registration for all events
• Volunteer and career opportunities



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CESLC residents share the joy of Purim and create decorations to celebrate the holiday. Among the mitzvot of Purim across campus are the reading of the Megillah and Purim festivities.