



LifeTimes

Gift from Colonel Harland Sanders Foundation Supports Innovative Behavioral Health Program

A hallmark of success for Charles E. Smith Life Communities (CESLC) since our humble beginnings 110 years ago has been the ability to grow and adapt to the evolving needs of the community and the older adults we serve. For more than a century, the foresight and generosity of benefactors has touched every level of care on campus and empowered our organization to introduce innovative services and programs that would not otherwise have been possible.

One recent example of this transformative philanthropy is a \$250,000 grant from the Colonel Harland Sanders Foundation to fund behavioral health initiatives. This donation supports our organization's efforts to reduce the impact of Post-Traumatic Stress Disorder (PTSD) and other forms of trauma among CESLC residents. It also enables implementation of innovative, non-pharmacologic techniques to alleviate symptoms

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Colonel Harland Sanders and his business associate James Matthews are greeted by Sam Roberts, executive director of Hebrew Home of Greater Washington, April 1970.

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FIRST PERSON

Normally, my message to you in this column would reflect the stories you are about to read. However, these are not normal times.

Just as we were about to put this issue into print, our nation and the world began to confront the novel coronavirus (COVID-19) – an unprecedented threat to our health and well-being. There is no playbook for the current crisis. We are remaining proactive, responsive and flexible as we monitor and implement guidance from the CDC, CMS and local and state agencies.

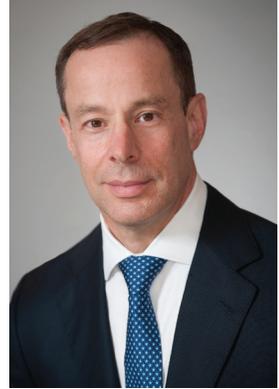
Some new measures, such as the decision to close all residences to visitors, with very limited exceptions, are difficult. Please know that we are focused on maintaining a sense of normalcy for our residents by encouraging virtual visits with friends and family using Skype and FaceTime. We are promoting social distancing and have intensified efforts on infection control.

As we face these challenges, we will call upon the extensive training, skill and passion of our team members. Their dedication to those we serve exemplifies our values, and I am honored to work alongside as we care for and support our residents. Throughout our 110-year history, we have set the bar high. The stories on the following pages reflect our commitment to always do what we do best – provide a safe, supportive and life-affirming environment where meaningful engagement and supportive care promote dignity, wellness and health.

To learn more about our programs and services, upcoming events, and our ongoing response to COVID-19, we invite you to check our web site frequently at smithlifecommunities.org. Please note that we have postponed all spring events and will post new dates on our web site.

I want you to know that we feel privileged to care for our community of older adults and humbled by the trust you have placed in us. I am confident that, with the continued dedication and support of our lay leaders, team members, volunteers and donors, we will successfully navigate our challenges now and in the future.

Be well and Chag Pesach Kasher v'Sameach,



Bruce J. Lederman

A handwritten signature in black ink, appearing to read 'Bruce J. Lederman'.

Bruce J. Lederman, President/CEO

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

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A Different Year

By Rabbi Daniel Braune-Friedman

No matter where our spiritual path takes us the rest of the year, a large majority of Jews find their way to the Seder table for Passover. The Haggadah is our unifying script read aloud on these sacred nights. We are not instructed to read or hear the story, as we do on Purim or other holidays. Rather, we are told to tell about the story to those around us. We even begin the formal part of the Seder with a welcoming to call those who are hungry, not only to partake of the unique foods but also of this unique discussion.



Rabbi Daniel Braune-Friedman

For many, one of the focal points this year will be how to incorporate older adults, the most vulnerable to the novel coronavirus (COVID-19), while practicing the physical distancing that we have been asked to keep in order to avoid the spread of the virus.

COVID-19 has forced all of us to reduce our communal events to less than 10 and keep a safe distance from others in the group. At CESLC, residents will celebrate Passover in their apartments or rooms with Passover kits and online model Seders. Live streaming will be available for Hebrew Home of Greater Washington residents.

The Seder involves asking questions and being a part of something greater. But this year also gives older adults a different night. A night to live out another important part of the Seder. The rabbis tell us to see ourselves as if we left Egypt. The language, in Hebrew, is in the singular. Each one of us needs the support of the community, but we also need to find our unique relationship to God. This year we have the support of our entire world as we are all in this together, even if we are relating the story to ourselves.

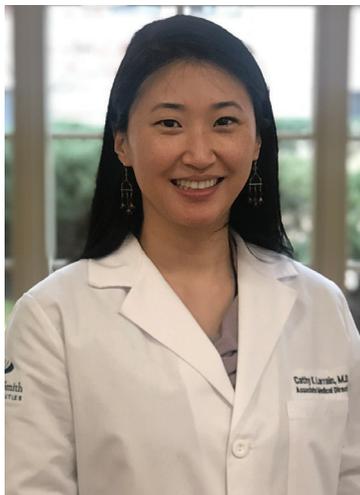
Chag Kasher v'Sameach. ■



Announcing CESLC's Associate Medical Director

We welcome Associate Medical Director Cathy Larrain M.D. to our medical team. Dr. Larrain joins CESLC after six years as a hospitalist and is board certified in internal medicine and geriatric medicine.

She recently completed fellowships at The George Washington University in geriatric medicine, palliative and hospice care as well as complementary and integrative medicine. "Every team member has an important role in providing quality care for residents on campus," she said. "I am excited to be here and motivated by the excellent service and the support of the community at CESLC." ■



*Associate Medical Director
Cathy Larrain, M.D.*

CESLC Team Members Appointed to American Health Care Association Leadership Committees



*Vice President of Operations Brenda Rice and
Director of Quality Assurance and Compliance
Susan Boettger.*

CESLC Vice President of Operations Brenda Rice and Director of Quality Assurance and Compliance Susan Boettger were appointed to 2020 American Health Care Association (AHCA) committees. In their roles, they will represent nearly 12,000 long-term care providers across the country.

Rice was appointed to the Survey/Regulatory Committee for AHCA where she will review proposed laws, regulations and policies that impact nursing centers. In this role, she analyzes the consistency of compliance actions and regulatory interpretations taken by state survey agencies and regional offices of the Centers for Medicare and Medicaid Services.

Boettger was appointed to serve on the AHCA Quality Improvement Committee, where she focuses on evaluating and sharing educational tools and resources to promote the application of effective practices intended to improve processes. ■

Slavin Celebrated for Significant Impact as CESLC Leader

The remarkable legacy and accomplishments of CESLC's CEO Emeritus Warren R. Slavin were recognized at a dedication ceremony, where the Post-Acute Care Center (PACC) at Hebrew Home of Greater Washington (HHGW) was named in his honor. Slavin served as CESLC's president and CEO from 1994 to 2016.

"Warren understood the great need for post-acute care on our campus and, in partnership with the Board of Governors, established the Post-Acute Care Center in 1995. Since then, this service has played a vital role in our continuum of care," said Eric G. Meyers, chair of the Board of Governors. "Warren is a man 'drunk with a certain belief,'" noted Meyers, quoting the words of the poet Ralph Waldo Emerson. "He deeply believes that we are responsible for the welfare of older adults and that each individual can make a difference."

After Slavin retired, CESLC received significant contributions to dedicate the PACC in his name. The benefactors include the Charles E. Smith Family Foundation; the David Bruce Smith Foundation; Edward, Irene and Martine Kaplan; and the Robert P. and Arlene R. Kogod Family Foundation.



Past President and CEO Warren R. Slavin at the naming ceremony for the Slavin PACC at HHGW.

Today, the Slavin PACC at HHGW serves more than 1,400 patients annually with a focus on helping patients return home. Not only is it one of the most highly regarded rehabilitative centers in the region, the Slavin PACC at HHGW is recognized by U.S. News and World Report as a 2019-20 Best Nursing Home and as one of Newsweek's 2020 Best Nursing Homes.

"While I am honored to have this center dedicated to me, I am not the hero here," Slavin said. "The real heroes are the team members who provide the care. It is a great honor for me to have my name associated with the wonderful work that they do every day." ■

Experiences Enriched Through a Generous Gift

As a vocalist from the resident choir, Ring House Singers, Dr. Harold Weiss sings music from around the world during the winter resident musician showcase. A room full of Ring House residents enjoy the performance that includes “Zulu Warrior” and “Al Kol Eileh” among the selections.

A few days prior to the showcase, Weiss, along with other Ring House residents, gathered to discuss a video program called “The Art of Conducting.” The video included a New York Philharmonic Orchestra



Ring House residents and the professional music trio at the winter Ring House resident musician showcase. Standing from left to right: Ring House resident, Beverly Namath; cellist, Lauren Latessa; and Ring House resident, Dr. Harold Weiss. Seated from left to right: violinist, Eva Cappelletti-Chao and pianist, Jiyoung Oh.

performance of pieces by Beethoven and Brahms and an interview with the late maestro, Leonard Bernstein, explaining the art of tempo, drama and interpretation.

“The music program at Ring House is beyond a doubt the best in the region,” said Weiss. “I toured many residences, and nothing compares to this program. It’s superb!” Weiss has been a Ring House resident since 2018 and has always been a music fan.

The Life and Leisure programs enjoyed by Weiss and other residents are examples of the many reasons that Ring House is an outstanding

place to live for older adults. A 2019 gift of \$60,000 from the Hittman Family Foundation helps support many of these programs.

“My family and I made this gift in appreciation and support of the many engaging programs that make Ring House an exceptional place to live,” said Judy Hittman, a trustee of the Foundation. “A dear friend of mine lives at Ring House, and I was very impressed by the abundance and quality of the activities. My friend leads a full and rewarding life, and I know many of her neighbors share her experience.”

Many residents participate in expressive arts and music programs. Ring House residents also explore the community beyond Rockville. In just one month, residents may visit the Strathmore Music Center, Olney Theatre Center, the United States Botanic Garden, Meadowside Nature Center and the National Portrait Gallery.

“Ring House provides transportation to Regal Cinema in Rockville, where we can watch high definition broadcasts of the ‘Live at the Met’ series that is filmed at the Metropolitan Opera House in New York City,” said Ring House resident Beverly Namath. “This is an exceptional experience for anyone who loves opera as I do. I never miss a performance.”

After the last performance at the showcase, Weiss packs up his sheet music to join the crowd. Namath makes rounds with neighbors to greet them during the reception that follows. Weiss praises the trio of professional musicians for their performances at Ring House and thanks them for their commitment to making the music programs so worthwhile. “I look forward to more afternoons of music with my neighbors and this group of talented musicians,” said Weiss. ■

Extending the Reach of Care With Telemedicine

**CARDIAC
TELEMEDICINE
DONATION**



The Walter and Sarah Diener Foundation donated \$30,000 to expand cardiac telemedicine services to all HHGW residents. Cardiac telemedicine is a medical innovation that facilitates remote consultations with an offsite

cardiologist. It was successfully piloted at the Slavin PACC at HHGW in 2019. This gift will allow CESLC to purchase additional equipment and supportive services needed to extend this program. ■

Rediscovering the Skills and Passion for Playing Piano

The Harold and Shirley Robinson H²YP Youth Philanthropy Program (H²YP) kicked off its eleventh year as a new group of high school students gathered for their first board meeting. The program offers students an opportunity to have active roles as philanthropists and decision-makers for grants that benefit CESLC residents, while also inspiring a new generation of givers.

“Philanthropic work is important to me because allocating money to those in need allows me to empathize with older adults and learn more about local causes,” said Walter Johnson High School Junior Elijah Kasten. “I also enjoy developing my leadership skills and engaging with the community.”

To date, close to 100 students have participated, awarding more than \$100,000 in grants that have supported 43 unique programs. H²YP grants funded reiki therapy, equine-assisted therapy, pastoral care and ElderSafe Center™ resources along with excursions to historical sites and cultural venues in the Washington Metropolitan area.

Revitz House resident Gloria Zevin praised the efforts and generosity of the students, who approved a \$3,500 grant last year to enable her and several other Revitz House residents to take lessons on a digital piano donated by Phyllis Scalettar. According to the participating residents, the lessons inspire, entertain and enrich their lives.

“I had not played since I was ten years old, but it all came back to me,” said Zevin. Now, when she visits her daughter’s home, she entertains her family with her rediscovered talent on the piano.

“I want the students to feel comfortable no matter what level they are,” said their piano instructor, Andrea Langevin, who has taught piano for close to 30 years. “The lessons are meant to relax them and provide an additional outlet for creative self-expression. Piano lessons are also therapeutic physically and mentally. Reading music is good for cognition, as is attention to tempo and volume. Playing the notes and chords helps maintain flexibility and coordination.”

Anna Kharlip is also Langevin’s student. She studied classical piano as a teenager growing up in Kazakhstan but stopped playing in order to pursue her career and raise her daughter.

“The lessons were a dream come true,” said Kharlip, who practices



Revitz House resident Gloria Zevin smiles with her daughter after a 2019 piano recital.



Revitz House resident Anna Kharlip performing at a 2019 piano recital.

day and night. "It was such a joy to play again. Creating music is emotionally healing and the experience helps me be more positive."

In late October, residents who participated in piano lessons demonstrated their talents at a recital attended by more than 60 guests. As they listened to the familiar refrains of Mozart's "Eine Kleine Nachtmusik," "The Merry Widow Waltz" by Franz Lehar and the ever popular "Over the Rainbow," those in attendance were reminded of music's

power to transcend challenges and transform lives. The participating residents' enthusiasm not only inspired another year of piano lessons at Revitz House but the success of the program also was a bridge for H²YP students to connect the impact of *tzedakah* to CESLC's mission. ■



Members of the 2020 Harold and Shirley Robinson H²YP Youth Philanthropy Program at their kick-off board meeting.



Mental health experts from the Washington Metropolitan area presented on traumas confronting older adults followed by a question and answer session with professionals visiting our campus for this seminar.

CESLC and the ElderSAFE™ Center hosted “The Impact of Trauma on the Mental Health of Older Adults” seminar, sponsored by the Maryland Gerontological Association (MGA) and Grass Roots Organization for the Well Being of Seniors (GROWS). Mental health professionals participated in the seminar and shared information on the common signs and symptoms of trauma in older adults. MGA shared their feedback:



INBOX
To: **Charles E. Smith Life Communities**

CC:

Subject: **MGA Thank You Note–November 19th Seminar**

Dear Charles E. Smith Life Communities leadership and team members,

On behalf of MGA, thank you for your contribution to the overwhelming success of the forum on “The Impact of Trauma on the Mental Health of Older Adults.” Of the over 50 guests in attendance, the majority rated the presentation as excellent.

MGA is a volunteer-based grassroots organization, and we rely on the support of our community partners, like you, to fulfill our mission of advancing knowledge and increasing competency of those serving the older adult population. Because of your support as a host, this forum brought MGA one step closer to meeting its mission.

We are sure that it was because of your graciousness that our attendees were able to relax and truly focus on the presentations.

Here are two comments from the evaluations:

“As a result of the presentation, I will broaden my awareness of triggers that rouse trauma experiences, be more sensitive when listening to trauma in a client’s history and document more detailed history while looking for behavioral triggers.”

“The speakers were all great. I learned new information and refreshed my knowledge on topics that I learned in other trainings. This was a very useful presentation on trauma.”

Thank you again for your support. We hope you enjoyed your experience as much as we enjoyed working with you all!

— **Marina Nellius**, LMSW, Community Social Worker

Colonel Sanders *cover story continued from page 1*

of anxiety and depression in residents living with dementia. Opening Minds through Arts is one of these programs and promotes creative self-expression and social engagement while making art.

“Behavioral health is a vital part of residents’ care,” said Beth K. Shapiro, a behavioral health social worker at HHGW. Shapiro works with residents, their families and CESLC team members to recognize symptoms of trauma and reduce the triggers that may result in the re-traumatization of residents. Shapiro’s function is part of the program backed by the grant. She supports residents’ care teams in the implementation of programs and interventions that strive to reduce symptoms of trauma based on each individual’s experience and needs. The purpose is to create an environment that feels safe to residents and engages them and their family in meaningful ways.

“The social work team assesses all residents for behavioral health issues when they move in,” Shapiro said. “They are referred to me if we think they will benefit from additional support.” According to Shapiro, CESLC residents who have experienced some degree of trauma—possibly as Holocaust survivors, war veterans or from childhood—benefit from this program. “For some, even the process of adjusting to a new living environment has the potential to re-traumatize,” she explained.

The grant is a result of advocacy from long-time donor Joseph A. Baldinger, a Maryland attorney and board member of the Colonel Harland Sanders Foundation. His late father, Milton I. Baldinger, a prominent Washington D.C. attorney, created the foundation for Harland Sanders and his wife Claudia, the founders of Kentucky Fried Chicken corporation.

“The number of older adults is growing exponentially, and they face many specific and unique cognitive and behavioral health challenges, including PTSD, which is receiving increased recognition as a real and serious threat to both mental and physical health,” said Baldinger. “Over the years, our Foundation has directed its funding towards scientific and innovative healthcare solutions for women, children and all people in need throughout the United States and Canada. Charles E. Smith Life Communities has a strong reputation for serving our community, and their mission and vision align perfectly with the goals of our charitable giving.”

“As we address evolving challenges in the new decade, including the shifting dynamics of the healthcare system, the shrinking reimbursement, and the needs of the aging baby boomer generation, we are grateful to organizations such as the Colonel Harland Sanders Foundation for providing funding that will help us manage these fluctuations successfully,” said CESLC Vice President of Operations Brenda Rice. “We appreciate the Colonel Harland Sanders Foundation gift that allows us to offer programs to reduce residents’ anxiety and stress so that they can enjoy a better quality of life.” ■

An Uplifting Evening of Gratitude and Jazz

With a touching rendition of “Defying Gravity” from the Broadway musical “Wicked,” singer and actress Rachel York kicked off the show at the Donor Thank You Dinner this winter at the Bethesda Jazz and Blues Supper Club. More than 130 donors who contributed \$500 or more to CESLC in 2019 enjoyed dinner and a musical performance.

The annual gathering is an opportunity to network and connect with community members whose generous support allows us to continue meeting the ever-growing needs of older adults in our community. The evening was an inspirational affair.

“It is through community support that we are able to fulfill our mission of caring for the older adults of our community 24 hours a



Broadway singer and actress Rachel York entertained supporters of CESLC at the Donor Thank You Dinner held on January 30.



From left to right: CESLC President/CEO Bruce J. Lederman, incoming Guardian Campaign Co-chairs Carolyn G. Eichberg and Matthew D. Schwartz, along with Board of Governors Chair Eric G. Meyers.



Board of Governors Chair Eric G. Meyers recognized outgoing Guardian Co-chairs Paula H. Robinson (pictured) and Jacqueline M. Rams for their four years of leadership.

day, seven days a week, 365 days a year,” said Board of Governors Chair Eric G. Meyers in his remarks. Guardian Campaign co-chairs Jaqueline M. Rams and Paula H. Robinson were recognized for their leadership during the past four years, and the new chairs Carolyn G. Eichberg and Matthew D. Schwartz were welcomed during the event.

“I enjoyed the performance immensely,” said Jane Rosov, a long-time donor attending the reception. “This evening is a yearly reminder of how strong this community is and how proud I am to support CESLC’s mission.” ■

University of Maryland Student Finds Career Inspiration at HHGW

Samara Kass is no stranger to CESLC. Years ago, as a student at Charles E. Smith Jewish Day School (CESJDS), she spent many Fridays at HHGW singing Shabbat songs with residents. Kass also spent time on campus when her grandfather was at HHGW recovering from a stroke. Fast forward to today and Kass, a first-year college student at the University of Maryland, has returned to CESLC as a volunteer.

For Kass, volunteering at CESLC makes sense. She developed an interest in the medical field while her grandfather was here, and it inspired her desire to help people with medical conditions. As an injured high school athlete working on a biology assignment to create solutions for various illnesses, Kass began to explore the medical field more extensively. This led to her pursuit of an undergraduate degree in biology. As she works towards the prerequisites for medical school, Kass tries to experience practical applications in medical settings.

“The desire to make people feel better, coupled with my choice of a career that allows me to interact with a diverse population, pushed me to explore the medical field,” Kass said. She explained that her time as a volunteer has given her an opportunity to learn about rehabilitation, speech therapy, geriatrics and wound care.

According to Kass, not only does she learn by observing the medical professionals on campus but she also shares experiences with residents by participating in activities like board games, pet therapy, art projects, excursions and musical performances. Many residents have left lasting impressions on her.

Kass says that she has found reward in building relationships, whether over a game of Monopoly or in a Sit and Fit workout session. She is grateful for the opportunity to both explore her future medical focus and establish lasting ties to our community. “After volunteering each day, I am able to reflect on the time I spent getting to know residents personally, and I feel it has made a huge impact on my education choice,” Kass said. She is excited to be able to bring her valuable experience at CESLC to her upcoming summer internship at the University of Maryland, Medical Center where Kass will be helping to research strategies to improve physical wellbeing in older adults. ■



Volunteer Samara Kass outside of the Landow House rehabilitation suite.

Giving by the Numbers

We are grateful to the many individuals, families, foundations and organizations who made generous annual gifts in 2019. Your enduring commitment enables us to maintain critical services for older adults and provide many life-enriching experiences to residents.

We are thankful for the dedicated leadership of Jacqueline M. Rams and Paula H. Robinson, who served as co-chairs of the Guardian Campaign from 2016 to 2019. Under their thoughtful leadership, the Campaign exceeded its goals. This success resulted in part from the matching gift campaign they initiated in 2017, which yielded over \$325,000 to the Campaign over a three year period. Rams and Robinson exemplify the enthusiasm and dedication of our volunteer leadership; without their enduring efforts we could not continue to thrive and meet the complex needs of our 1,100 residents.

TOTAL 2019 ANNUAL GIVING
\$1.4 MILLION

INCREASE IN TOTAL ANNUAL GIVING DOLLARS



6%

NEW ANNUAL GIVING DONORS



377

GUARDIAN CAMPAIGN DONATIONS



\$1,148,169

DIRECT MAIL DONATIONS



\$257,475



100%



PARTICIPATION FROM THE BOARD OF GOVERNORS

OUR CALENDAR

APRIL 9-16
PASSOVER



APRIL 19-25 VOLUNTEER APPRECIATION WEEK

Thank you to all our loyal volunteers!

THE FOLLOWING EVENTS HAVE BEEN POSTPONED.

- Holocaust Remembrance Brunch
- Beyond Pills:
Complementary and Integrative Medicine for Older Adults
The Tenth Annual Sara and Samuel J. Lessans Symposium
for Clinicians and Caregivers.

*New dates will be announced. Please check our website:
www.smithlifecommunities.org/events/ for updates.*

SAVE THE DATE

Annual Meeting

MAY 20, 2020
WEDNESDAY | 6:30 P.M.



**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



Visit us online at
www.smithlifecommunities.org to:

- Register for all events
- Find volunteer and career opportunities
- Make a donation



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Experience Matters

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Community members of Hebrew Home of Greater Washington gathered together for Passover in April 1940.