



LifeTimes

A Community Comes Together during COVID-19

At Charles E. Smith Life Communities (CESLC), our mission, vision and rich tradition have anchored our organization in the community for 110 years. Today, our values remain strong, even as we encounter unprecedented challenges from the global outbreak of the novel coronavirus (COVID-19). Team members across campus show heroism each day in their steadfast commitment to the health, safety and well-being of residents and one another.

We continue to be proactive, responsive and flexible, while being candid and transparent about how CESLC is taking precautions and creating meaningful experiences for residents. We are following guidance from the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare and Medicaid Services (CMS) and working closely with local, state and federal public health agencies.

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As we respond to the challenges of COVID-19, our team members' commitment to the well-being of our residents remains strong. We are encouraging socially distanced group activities and piloting technology platforms such as Touchtown for interactive programming that includes music, dance and bingo.

INSIDE:

Around Campus | Major Gifts | Youth Philanthropy | Planned Giving | Calendar

FIRST PERSON

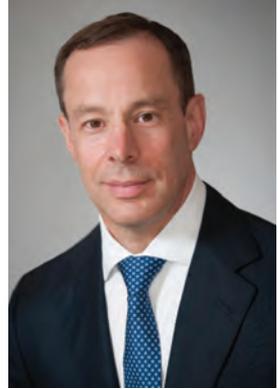
The COVID-19 health crisis has been a turning point for our world, challenging our way of life, beliefs and values. The High Holidays also represent a turning point—an opportunity to pause and reflect on the lessons of the past year in order to chart a successful course for the one ahead.

Recent months tested our resolve in countless ways, and I am very proud of our extraordinary team members, who rose to the occasion. In this newsletter you will read stories that illustrate their swift and impactful responses to the pandemic, informed by science and fueled by a collective commitment to our mission. These include their efforts to protect the health and safety of those we serve, as well as the creation of many innovative programs that promote the emotional well-being of our residents during these unprecedented times.

Every day we receive many kind words of acknowledgement from the greater community, which boost our morale and fortify our response. We are grateful to have an abundance of trust and support. For more than a century, the hard work and enduring collaboration among our lay leaders, team members, volunteers and donors enabled us to build a resourceful and resilient organization.

The experiences of the past year made us stronger and wiser, and our dedication to caring for older adults remains unwavering. Throughout our 110-year history we persevered against many formidable and unexpected challenges. I am confident that our shared values will guide us successfully as we navigate whatever lies ahead in the coming year and those that follow.

Shanah Tovah U'metukah. May you have a happy, healthy and sweet 5781.



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

Eric G. Meyers, *Chair*
Bruce J. Lederman, *President and CEO*
Liliana Lopez, *Director of Communications*

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CESLC Congratulated in Maryland House Resolution

CESLC received a resolution from the Maryland House and Senate congratulating our 110 years of service.

This proclamation acknowledges our long-time commitment to providing innovative, quality and compassionate care to older adults and their families. It is a distinction that celebrates our lasting contributions rooted in our century-old mission, vision and rich tradition. ■

110 Years

Experience Matters

Annual Meeting

CESLC held its 110th annual meeting online this May, with leadership and 64 board members tuned in to a virtual conference. Those in attendance watched a video featuring a HHGW family member and CESLC residents who highlighted the care and critical contributions of team members.



Our 110th annual meeting was held online in May.

President and CEO Bruce J. Lederman briefed the board on CESLC’s response to COVID-19, and CESLC Board of Governors Chair Eric G. Meyers announced the confirmation of a new strategic plan for the organization and thanked the Strategic Planning Committee and Board for their work.

“The current situation has made all of this planning even more important and helpful as we work through the pandemic and post-pandemic world,” said Meyers. He discussed several significant gifts donated to help CESLC continue its mission to deliver quality care and meaningful life experiences to older adults and mentioned HHGW’s 2019-2020 recognition from U.S. News & World Report, the Centers for Medicare and Medicaid Services and Newsweek Magazine.

Aaron Rulnick, chair of the Housing Boards, introduced our new value statements, highlighting their meaningful relevance during COVID-19, and emphasized the importance of board members as community ambassadors. He closed by saying, “While we cannot be physically present together, let our presence be felt.” ■

A Special Send-off from Seniors to Seniors

"I deeply appreciate the hard work and creativity that went into this— just to bring a smile to my face," said Marysol Hohl, a 2020 graduate of Gaithersburg High School. "I loved the sweet rhyme scheme in the poem. This card really made me smile and feel optimistic about my future," said Hohl, who will be attending Liberty University in Virginia this fall.

Hohl was one of 30 local graduating seniors who received a congratulatory card made by residents of Landow House and Cohen-Rosen House. Each card was artistically decorated and included a poem and motivational message. "I want all young people to know they're stronger than they think. That's something that took time for me to recognize," Landow House resident Winnifred Meiselman said. According to Meiselman, she made a card to cheer up someone during this difficult time. "I hope my words encouraged and inspired the graduate who received them."

"My heart goes out to the graduates this year. Something they've been looking forward to has been unfortunately disrupted," Landow House resident Audrey Rabinowitz said. "We wanted to make the cards to let them know that someone was thinking of them."

Montgomery College graduate Carlo Vakas volunteered at Landow House in 2019 through Opening Minds Through Art (OMA), an intergenerational expressive arts program designed to create social connections among volunteers while stimulating creativity. When he received a card in the mail from Audrey and Sid Rabinowitz, he immediately wrote them back saying, "It was a pleasure hearing from you both! The card was beautifully crafted. It truly warmed my heart to receive this."

CESLC community partner Link Generations delivered the cards to the high school graduates. Some, including Hohl, volunteered on campus through Link Generations prior to COVID-19 and sent letters to residents throughout the pandemic.

"I'm grateful for the intergenerational activities that continued through these times. I've felt so happy to be a part of a program that makes people feel loved. I was especially touched when the older adults reached out to wish me a happy graduation," said Hohl. ■



Marysol Hohl holds one of the many congratulatory cards made by residents for graduating high school and college students.

TO A NEW GRADUATE

By Ed G.

Oh greet the day
with great elation
You've reached the day
of graduation!

You've reached the next step:
higher grade
Or else a job for which
you're paid!

So wipe from off your face
that frown.
You're going up, not down!

Heroes Work Here

Over the past several months, the CESLC medical team has risen to the challenges posed by the COVID-19 pandemic, working tirelessly to protect the health, safety and well-being of patients and residents throughout these unprecedented times. The community has recognized these efforts with an outpouring of support and appreciation, including cards, emails and artwork, that have lifted our spirits. These words of encouragement recognize our CESLC team members' commitment to providing compassionate, quality care. Here are some examples of the letters that came into our mailbox:

"To the amazing doctors and health team at CES Life Communities —thank you for everything you do year-round and especially during this very trying and difficult time. Your care and compassion for our most vulnerable people is greatly appreciated."

— Mimi Brodsky Kress



"These times are truly scary and stressful. So it is good to know that I don't need to worry about the care my mother is receiving at Landow. Early on, before almost anybody was thinking about what this would mean, you let us know that visitors would be screened. Then you said no visitors. Those are both hard

calls, and yet really the only call. We all have so much on our plates right now and it is reassuring to know our parent is receiving the best care. I so appreciate your medical team for making these responsible decisions that will protect the community."

— Laurie Berman

"There are not enough words to thank you for your service and devotion to the senior community during this extremely difficult time. You are heroes in our time of greatest need and the epitome of the word 'mitzvah'."

— Karen Weinberger ■

Sports Industry Professionals Share Their Expertise

The Business of Sports event was the first of its kind and one of the last events we hosted in-person before stay-at-home orders took place in Maryland. Its popularity encourages us to continue to network, build relationships and share our mission in this way. For the foreseeable future we will be relying on digital platforms to accomplish these goals. We encourage you to review our Calendar on page 15 and be on the lookout for future webinars, virtual symposiums and Facebook Live events.

A group of well-known professionals from the sports industry shared their formula for success—hard work, perseverance and networking—with an enthusiastic audience of more than 150 community members at a March networking event at AMP by Strathmore at Pike and Rose.

The panel included Estee Portnoy, business manager and spokes-



A panel of sports industry professionals share their formula for success at a March networking event.

person for basketball legend Michael Jordan; Steve Buckhantz, a Washington, D.C., Sports Hall of Fame inductee who spent more than 22 years as the play-by-play announcer for the Washington Wizards; Brian Mitchell a former running back for the Washington Redskins and host of The Brian Mitchell Show; and Charlie Slows, the radio play-by-play announcer for the Washington Nationals. The event was moderated by Carol Maloney, host of The Carol Maloney Show on ESPN and long-time beat reporter for the major sports teams in D.C.

Retired Potomac attorney Kim Zeitlin was one of the attendees. “The design of the event was stellar, which left me with a strong impression about the quality of the programs and services at Charles E. Smith Living Communities,” he said. “I left with full confidence that, if I commit to becoming involved with them in a project where we have a shared interest, it will be implemented in a first-class way.”

“Not only did we have fun and the opportunity to meet new people, but we also were able to introduce CESLC’s mission and vision to many who were not previously familiar with the role of this important organization in our community,” said David Samuels, Board of Governors member and chair of the event. ■

Grant Funds Hearing Loops for Hearing-Impaired Residents

A recent grant from the Max and Rebecca Rochkind Family Foundation that supports the installation of hearing loops will improve the quality of life for hearing-impaired residents of Ring House and Revitz House.



A hearing loop is a wire that encircles a room, connects to the sound system, and wirelessly connects the sound to an individual's telecoil-enabled hearing device. The system eliminates most background noise, and the sound is customized to each resident's unique hearing device, resulting in clear sound quality. CESLC will train team members to assist residents in activating their hearing devices and will provide headsets to residents who do not have telecoil devices.

"Older adults with hearing loss can become frustrated or embarrassed at their inability to hear or carry on a conversation," explained Diane Stern, Revitz House administrator. "As a result, they may avoid social gatherings, and this self-imposed isolation can result in feelings of loneliness and depression."

As shelter-in-place guidelines loosen, the hearing loops will benefit hearing-impaired residents who attend religious services as well as the hundreds of Life and Leisure events in the common rooms. These have included concerts, film screenings and educational lectures, from bagel brunches to the "Remember This" series. Many of these programs not only stimulate the mind, but also contribute to a sense of community that is important to a person's well-being.

"The hearing loops will enable Revitz House residents who have a hearing deficit to participate more fully in programs," said Cathy Tricquet, Revitz House life and leisure manager. "We have observed that residents who are unable to hear are quieter and do not interact as much. This technology will definitely enhance their experience."

The trustees of the Max and Rebecca Rochkind Family Foundation are the children of Joseph Rochkind, who was a resident of Hebrew Home in the 1990s. The family approached CESLC with their goal of making a capital gift that would directly impact the lives of residents.

"It was an easy decision to select CESLC for this donation because, during the last years of his life, our father was cared for by their attentive and dedicated staff," said Foundation Trustee Sue Wilchins. "As a family with several hearing-impaired members, we know how important it is for everyone to be comfortable participating in community events." ■

The true heroes in this battle are our team members, each of whom has stepped up to the extraordinary task. They embody a selfless spirit and continue to raise the bar, working tirelessly to protect those in their care. Each department has a critical role to safeguard the health of residents while supporting their unique needs, wants, interests and passions.

We have piloted new technology platforms and programs to foster communication within our broader community—shifting events to social media, family visits to virtual settings, and meetings to video conferencing. Assisted living and independent living residents are connected to their



Cellist Lauren Latessa provides a socially distanced concert for residents.



With communal dining discontinued, our dedicated team members deliver meals and snacks to residents.

neighbors by Touchtown, our in-house, closed-circuit television community engagement platform. A daily interactive schedule includes news and programming such as cooking lessons, music performances, academic lectures, dance lessons and bingo. In addition, the launch of telehealth capabilities extends the medical care provided by our physicians and other healthcare providers, without the risk of direct contact.

In March, we implemented visitation restrictions and intensified infection control efforts. We also increased our inventories of supplies and food. Additionally, we increased our communication with you, including town hall meetings and updates on our COVID-19 webpage.

As we face the challenges presented by COVID-19, we draw strength, not only from each other, but also from the outside. Family members and residents alike have shared their gratitude for our efforts, encouraging us along the way.

Since 1910, our promise has been to deliver quality care and meaningful life experiences to older adults. We will continue to do what we do best—deliver a safe, supportive and life-affirming environment for our patients and residents. ■

Outstanding Volunteer Service Award Recipient is a “Shining Light” for Residents

Last year, over 900 volunteers donated 29,000 hours of time at CESLC; Sheldon Needle, the recipient of the 2020 Kitty Davis Award for Outstanding Volunteer Service, contributed 256 of those hours.

Needle has become a familiar face at HHGW throughout his 38 years as a volunteer and he continued his weekly visits until residences closed to visitors in March. Upon this change, he continued to interact with residents through virtual visits.

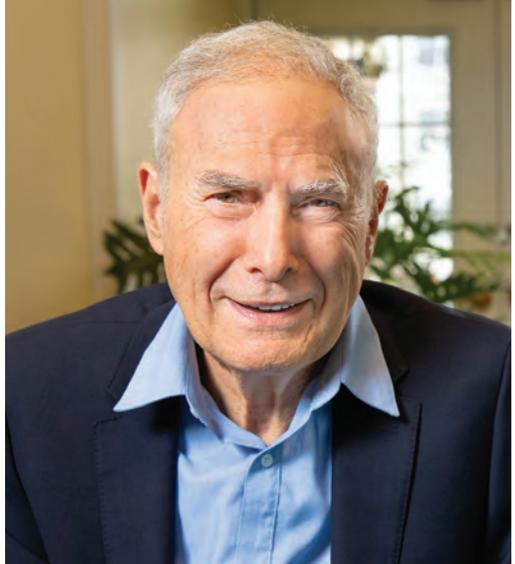
“My secret sauce is my friendly attitude and an ability to engage in conversation about a variety of subjects, from Judaism to current events,” he explained. “I think the residents see that I am a friendly and caring person who is genuinely interested in them.”

“I look forward to our frequent conversations,” said HHGW resident Ed Clement. “Sheldon is a blessing in my life; he’s a wonderful light in this community.”

Needle had no prior relationship with HHGW when he first visited to say kaddish for a parent at the daily minyan one day in 1982. At subsequent services, he became friendly with the participating residents. When he noticed that one man stopped attending, Needle visited the resident in his room. He continued to stop by to see him there every week, and gradually, he met other residents and started to visit them on a regular basis, as well.

“My volunteer work has become an important part of my life and gives me great satisfaction,” said Needle. “I could not duplicate this experience anywhere else.”

“We are grateful to Sheldon and all of our volunteers for their commitment to our mission. We miss the joy they bring to our campus and appreciate those who have called and written to share encouragement and support,” said CESLC Volunteer Manager Monica Mayer. “Regrettably, because of COVID-19, we could not hold our annual volunteer luncheon this year, but we look forward to celebrating together next year when it is safe to do so.” ■



Sheldon Needle is the recipient of the 2020 Kitty Davis Award for Outstanding Volunteer Service.



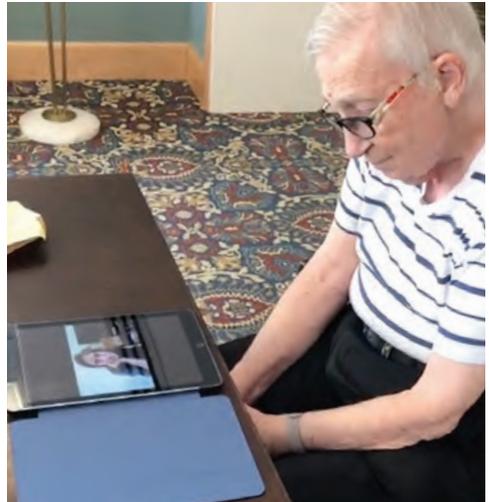
Technology Shapes Connections for Residents during COVID-19

As the coronavirus (COVID-19) began to spread across our region, CESLC sought to proactively identify new ways to ensure the health and well-being of residents while remaining responsive to their social and emotional needs. An opportunity to innovate originated at Landow House where recently funded iPads are being used to keep residents connected with loved ones and engaged in popular pastimes. The iPads were recently funded by the Past Presidents of the Women's Auxiliary and the Harold and Shirley Robinson H²YP Youth Philanthropy Program—a program that offers students an opportunity to select grants that benefit CESLC residents. They have become essential in many residents' daily lives.

"When I see musicians on the iPad play a song or two, it gives me a connection with them. It seems cozy and homey even if they cannot be here in person," said Landow House resident Ed Greengrass. Residents have the opportunity to hear selections from musicians who would have otherwise performed on campus. Landow House resident Eveyln Sturza said, "Seeing and hearing Lauren play the cello takes me away from the stressful things that are going on. It helps my whole day."

The iPads provide a way for residents to remain connected with people who regularly visited campus prior to the stay-at-home order issued by Maryland Governor Hogan. Residents use the iPads to keep in touch with loved ones virtually, whether to engage in a meal with family or a game with grandchildren.

During these unprecedented times of social distancing, some residents have found a source of calm in technology. According to CESLC Creative Engagement Coordinator Carol Dana, "The interactions on the iPads have brought residents great joy, lots of laughter and



Recently funded iPads enable Landow House residents to engage in socially distanced activities including music and meditation.

heartwarming smiles. It has eased the fears for some of the family members while erasing some of the loneliness the residents are feeling.”

These iPads became critical devices that allowed CESLC Life and Leisure team members to offer one-to-one activities from technology education and music trivia to meditation sessions.

“I could hear the sound of the ocean and feel my fingers dabbing in the water. I experienced a floating sensation,” said Sugar Rosenberg after following a guided meditation session. “The purpose of these meditations is to calm you, which is needed now more than ever,” she added.

Landow House Administrator Kellie Baker said, “With traditional programming unavailable, having the tools to proactively create experiences that continue connecting residents in new ways both virtually and in a one-to-one format provides the opportunity to engage.”

With a recorded meditation session playing from an iPad in her living room, Landow House resident Audrey Rabinowitz focuses on her breathing and the tranquility of birds chirping, waves stirring and winds whispering. “When I concentrate on my breathing and on the instructions of the recording, it helps me tune everything else out,” said Rabinowitz. “I find it relaxing.”

As we continue to face new challenges from the coronavirus pandemic, we remain inspired by the many ways we have drawn closer through the use of technology. We are invigorated by a community of youth philanthropists who donated critical technology and grateful to team members whose creativity introduced alternatives to the traditional ways residents spend their days. Together, CESLC is overcoming barriers in order to follow shelter-in-place orders, observe social distancing and get through this pandemic engaged in meaningful experiences and connected to loved ones in new ways. ■

Creating Comfort during Challenging Times

For CESLC intern Gabe Pinkney, COVID-19 was an opportunity to use his professional background to create innovative, meaningful experiences for residents. Pinkney, a sports announcer in the Washington, D.C., metropolitan area for 15 years, graduated from McDaniel College in Maryland this spring with a master's degree in gerontology.

"Sometimes, when we are presented with a hurdle, we rely on our talents and what we know best," Pinkney said. "I was determined to continue impacting residents' lives, despite having to work from home, so I combined two of my passions, voice performance and helping others, in a creative new adventure using guided meditations for older adults."

Pinkney began his internship assisting with Opening Minds Through Art (OMA), an intergenerational expressive arts program designed to create social connections between volunteers and residents while stimulating creativity, at Landow House. But when COVID-19 precautionary restrictions stopped volunteers from working on campus, Pinkney had to think of a new way to complete his internship. He created eight unique guided meditations that residents can play in the comfort of their homes. Landow House resident Sugar Rosenberg said, "The beach meditation takes me to another place. My experience was peaceful. It reminded me of my honeymoon and family time at the seashore."

Each of Pinkney's guided meditations offers residents a serene journey with varied themes ranging from tropical beaches and mountainous landscapes to beautiful night skies in a quiet field. According to Pinkney, he hopes the meditations give residents an opportunity to relax and explore their creativity through visualization that taps into personal imagination.

Another Landow House resident reminisced about family camping trips after listening to a stargazing meditation, saying, "I've found the experience to be really calming, especially in a time like this."

"As we practice safe social distancing, we foster opportunities for intergenerational collaborations and a true sense of community," said Pinkney. "While volunteers provide for residents, the residents also provide plenty for us, too. They share wonderful moments and memories. I cherish our time together and am very grateful to be involved here." ■



Intern Gabe Pinkney

Ring House Resident Mollee Kruger Publishes Her 11th Book: *Author Draws Inspiration from her Ring House Community*

Award-winning author, poet, playwright, journalist and essayist Mollee Kruger, who has lived at CESLC since 2008, recently published her 11th book, a memoir entitled “Port of Call: Memories of an Ancient Mariner.” The prolific writer said that she gets her inspiration “from everything and anything” including living at Ring House.



Author Mollee Kruger

“I finished my coming-of-age memoir, ‘The Cobbler’s Last,’ after moving here with my husband twelve years ago,” she noted. “I discovered that, like me, many of my fellow residents identified with the challenges of growing up Jewish in a non-Jewish world during the Great Depression and World War II.”

“After the death of my husband in 2013, the Ring House environment provided welcome healing time to write my first novel, ‘The Swift Seasons.’ I tackled the book immediately after his death and finished it three years later when I was 87.” The book deals with the fears and foibles of aging and offers a love story that develops among the residents in a retirement community.

“Port of Call” is the long-awaited, often humorous sequel to “The Cobbler’s Last.” Kruger relates her travels as a 20th century female writer and focuses on the many distractions that can keep authors from reaching their metaphorical ports of call. The Baltimore native invites readers to share her adventures on several continents while describing an early job in an advertising agency and her deliberations about marrying or pursuing a career.

What’s next for Kruger? She said she plans to work on a collection of short stories. “To quote from ‘Port of Call,’ I’m not done yet...there’s still a few leftovers in the freezer, and it would be wasteful to toss them out. Let’s just say I would like to turn out a full dozen books in honor of the twelve tribes of Israel. That dedication would make my rabbi very happy.”

Kruger’s collection of writing is available in the Ring House library. Her poems are a favorite of neighbors, who host literary programs on their closed-circuit television platform. Ring House will host a virtual reading and book signing for “Port of Call” in the months ahead. In the meantime, more information about the author can be found at www.molleekruger.com. ■

Research Inspires Gift to CESLC

A 1990 investigation of ethical environmental standards for miners inspired Sheldon Samuels' interest in CESLC. During his research, Samuels, the now retired director of health, safety and environment for the AFL-CIO, discovered what he believed was a successful, self-contained therapeutic community. That place was HHGW.

Samuels began contributing annually to CESLC, later donating two sculptures from the Selikoff Fund for Environmental and Occupational Cancer Research, an organization in which he remains active as the executive vice president. According to Samuels, these statues, one of a praying rabbi and another of Bernardino Ramazzini, considered the founder of occupational medicine, represent inspiration through history.

Samuels, along with his wife, Morjean, and daughter, Susan, decided to make CESLC the beneficiary of their family estate. He explained, "My moral obligation and ethical prescription for the health of my own community motivated our support for CESLC. We focused on an organization that we knew we could help."

Remembering CESLC in your will or living trust enables you to fulfill your own charitable and financial planning goals, while ensuring that CESLC's vital work of caring for our community's older adults continues far into the future.



Sheldon Samuels

Bequests are easy to document in a will or living trust to indicate a specific amount, percentage or remainder of one's assets. While we recommend consultation with an attorney, here is sample language for specific or residual bequests:

For a specific bequest to Hebrew Home of Greater Washington: "I bequeath \$ _____ to the Hebrew Home of Greater Washington, Inc. (Tax ID# 53-0196508)."

For a residual bequest to Hebrew Home of Greater Washington: "I give, devise and bequeath ___ % of the remainder and residue of property owned at my death, whether real or personal, and wherever located to the Hebrew Home of Greater Washington, Inc. (Tax ID# 53-0196508)."

Donors who include CESLC in their estate plan are welcomed as members of the Builders of the Future Society at an annual luncheon and recognized on the Builders of the Future wall in the Wasserman Residence and in CESLC's annual report.

There are other ways to perpetuate your support of CESLC. For more information, contact 301-770-8328. ■

OUR CALENDAR

SEPTEMBER 19-20 ROSH HASHANAH



SEPTEMBER 25

Beyond Pills: Complementary and Integrative Medicine for Older Adults, Virtual Healthcare Symposium
10th 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.

This event was originally scheduled for May 8 and is redesigned as a complimentary virtual 90-minute symposium. For those who registered to attend on May 8, please register again for this program.



Keynote Speakers:
Mikhail (Misha) Kogan, M.D., ABIOM, RCST, Senior Medical Director, Accountable Care, Associate Professor of Medicine, Division of Cardiology, Executive Director, Johns Hopkins Medicine Alliance for Patients, LLC.



Andrew Wong, M.D.
Connecting the Dots of Wellness: Utilizing the Power of Lifestyle, Integrative and Functional Medicine for Optimal Health at Any Ages

SEPTEMBER 28 YOM KIPPUR



OCTOBER 3-9 SUKKOT

OCTOBER 11 SIMCHAT TORAH



OCTOBER 29

Women's Networking Event

An entertaining webinar with award-winning chef, TV personality, cookbook author, educator and food writer Patricia (Pati) Jinich. She is best known for her James Beard Award-winning and Emmy-nominated public television series *Pati's Mexican Table*.

7:30 p.m. | Complimentary

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



From the Hebrew Home of Greater Washington archives: a resident studies Talmud in 1930.



110 *Years*
Experience Matters

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