



LifeTimes

Music Program Creates Joyful Harmony among Neighbors

"It is great to be making music together," says Revitz House resident Annie Muchnick. She and a group of Revitz House residents who play in a small chamber orchestra spent a recent afternoon at the Wasserman Residence performing alongside Hebrew Home of Greater Washington residents during one of their monthly chamber orchestra jam sessions.

The orchestra is part of the expanded Ensemble in Residence program at Revitz House and HHGW.

"The chamber orchestra started as a way to bring the two communities together," says Lauren Latessa, artistic director of the Iris Music Project. "Residents from different buildings often don't know each other, so we thought this could be a wonderful way to bring people together."

"This program creates a strong sense of community," says Muchnick. Having played the piano since she was 6 years old, she enjoys the opportunity to play music with Hebrew Home residents.

During this particular afternoon, the musical repertoire ranged from "I Want to Hold Your Hand" by the Beatles to folk selections such as "This Land is Your Land" by Woody Guthrie.

Since January, the Ensemble in Residence program has held 53 orchestra rehearsals, concerts and classes, with combined programs between Revitz House and Hebrew Home typically involving about 25 residents. In addition, the professional musicians leading the program provided 276 private half-hour music lessons to Revitz House residents.



Bruce Klavan, left, who takes violin lessons thanks to the Ensemble in Residence program, plays for his mother Shirley.

Continued on Page 11

INSIDE:

Planned Giving | Youth Philanthropy | CESLC in the Community | Calendar

FIRST PERSON

Each year I eagerly await publication of Giving USA, the annual authoritative report on charitable giving researched and written by the Indiana University Lilly Family School of Philanthropy.

Some of the highlights of the 2021 report have particular resonance for our 2022 philanthropic goals at Charles E. Smith Life Communities:

- *Giving to religion grew by 5.4% with an estimated \$135.78 billion in contributions.*

Honoring Jewish traditions and providing a spiritually nurturing environment for residents of all faiths, rooted in Jewish values, is one of the strongest motivators for our donors' support. Every day, we work to honor our values of *Tzedek, Chesed, Kavod* and *Hiddur*.

- *Giving to health grew by 7.7% to \$40.58 billion.*

The pandemic underscored the importance of supporting healthcare for the most vulnerable. We pride ourselves on excellence in this area, and appreciate each charitable gift that enhances our ability to provide best-in-class medical, nursing and rehabilitative care, regardless of ability to pay.

- *Giving by bequest totaled an estimated \$46.01 billion, a decline of 7.3%.*

Even with the decline, bequest giving reached its second-highest level of giving when adjusted for inflation. Realized bequests are an important component of charitable funds at CESLC and support our mission well into the future.

We look forward to a strong finish to our year. Please consider making a year-end gift to CESLC. With your help, we will raise more than \$1.5 million to support the outstanding programs and services provided to the 1,000 older adults on our campus at the level our community expects and deserves.

I would like to wish all of our supporters a joyous holiday season and a very happy new year. ■



Jennifer Goforth
VP, Resource Development

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

Jeffrey S. Puretz, Chair
Bruce J. Lederman, President/CEO
Jennifer Goforth, VP, Resource Development
Liliana Lopez, Director of Communications

© 2022 by Hebrew Home of Greater Washington
6121 Montrose Road, Rockville, MD 20852

PRESIDENT'S CIRCLE DINNER

The President's Circle Dinner, an event thanking major gift donors, was held on Sunday, November 13, at Planet Word Museum.



Guests enjoyed an exclusive viewing of Planet Word Museum, located at the historic Franklin School in Washington, D.C. The museum opened in 2020 and is designed to inspire a love of words and language in a fun, interactive experience.

Paula Robinson, left, Seth Greenstein and Carolyn Eichberg at the dinner.



CESLC President/CEO Bruce J. Lederman, left, with Aaron and Alisa Rulnick in the Spoken Word Great Hall.



Celebrating Builders of the Future

CESLC recently celebrated the members of the Builders of the Future Society, recognizing their contributions and legacy gifts. The October luncheon also honored Dr. Stuart H. Lessans for his contributions to CESLC and the establishment of the Dr. Stuart H. Lessans Cognitive Health Fund.



The Word Mavens, Joyce Eisenberg and Ellen Scolnic, shared their take on Yiddish words.

The Word Mavens, Joyce Eisenberg and Ellen Scolnic, authors of the “Dictionary of Jewish Words,” provided entertainment, offering a humorous conversation about Yiddish words and their meaning, often put in context with funny anecdotes. They discussed such words as maven, chutzpah, challah, shrek, and knipple. Perhaps most fitting, though, was the word mensch: a good person; someone to admire and emulate, someone such as a member of the Builders of the Future Society, including Dr. Lessans.

A retired ophthalmologist, Lessans recently established the Dr. Stuart H. Lessans Cognitive Health Fund, including both a current donation and a significant legacy gift. The fund is in addition to an endowment he and his wife, Dr. Ellen Lessans, created in 2015 to support the annual Sara and Samuel J. Lessans Healthcare Symposium in honor of his parents.

“As I get older, my sensitivity to the need to support cognitive health



Builders of the Future Society members, including Irv Cohen and Stephen Miller, shown, create a lasting impact.



Dr. Stuart H. Lessans



Builders of the Future Society members, including Martin Auerbach, left, and Gary Saffitz, were recognized for their contributions to CESLC.

has grown exponentially. I hope that my legacy gift will go a long way toward enhancing the cognitive health of our residents and creating public awareness of the importance of cognitive care,” says Lessans. “I was fortunate to be blessed with remarkable parents,” he adds, “who instilled in me lessons in charity and justice and the concept of Tikkun Olam,” which means ‘to repair the world,’ to make it a better place. The great honor of being part of the Builders of the Future Society allows me to say to my parents: ‘Mission Accomplished!’”

“Dr. Lessans’ contributions are an example of the impact possible through the combination of a current contribution and a legacy gift,” says Jeffrey Puretz, CESLC Board of Governors Chair. “That approach allows donors to provide significant support for our mission both now and in the future. He is an inspiration to all of us who want to perpetuate our support of CESLC.” ■

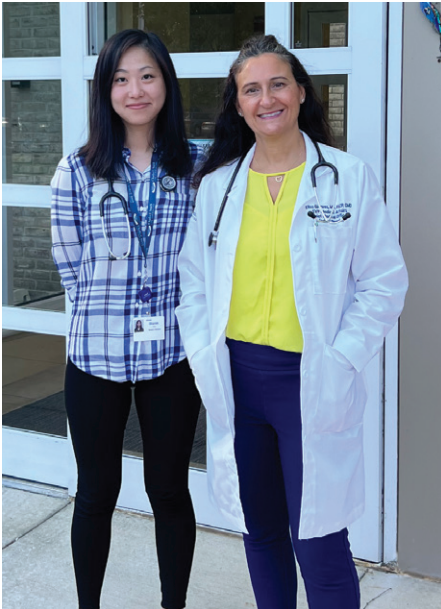
Leave Your Legacy and Sustain Our Mission

A legacy gift to Charles E. Smith Life Communities allows you to fulfill your own charitable and financial planning goals, while ensuring that Charles E. Smith Life Communities’ vital work of caring for our community’s older adults continues far into the future.

There are many ways to perpetuate your support of CESLC. For more information, contact Lisa Friedman at 301-770-8328.

Sharing Experience to Make a Difference in Older Lives

CESLC is proud to offer specialized training for professionals seeking to advance their experience in geriatric care. Our participation in training programs with healthcare partners allows professionals to put theory into practice and apply their knowledge in real-world settings. Our nursing and medical teams, guided by our mission, make lasting contributions to the larger community by sharing their expertise caring for older adults.



Dr. Sharon Kim and Dr. Elisa Gil-Pires



Dr. Damien Doyle and Dr. Sudha Chandrasekhar

NIH HOSPICE AND PALLIATIVE MEDICINE FELLOWSHIP

We continue to partner with The National Institutes of Health Hospice and Palliative Medicine Fellowship, through which participants spend four weeks working with practitioners at Hebrew Home of Greater Washington learning holistic approaches to palliative medicine and long-term hospice care.

"I don't think I really knew what to expect simply because my background was in pediatrics," says Dr. Sudha Chandrasekhar, a fellow at CESLC this year along with Dr. Sharon Kim. "I think I was a little bit tentative coming here because of that uncertainty, but it was a very pleasant surprise; all the doctors are so welcoming."

A pediatrician with her own practice in Arizona, she valued the opportunity to expand her skills and find new ways to frame her philosophy as a doctor.

Many of the families she served as a pediatrician questioned her decision to accept the fellowship, she notes. "Why do you want to do

palliative care?’ they asked. ‘It’s going to be so depressing, it’s going to be very sad.’ The best answer I found was this: To help someone to live well is a privilege, but to help someone die well is a gift. To be able to be that gift in someone’s life is something very special,” she says.

CATHOLIC UNIVERSITY OF AMERICA CONWAY SCHOOL OF NURSING
CLINICAL PRACTICUM

CESLC served as a site this year for a supervised clinical practicum for two Nurse Practitioner students from the Catholic University of America Conway School of Nursing.



From left to right: Hannah Latif, Dr. Elisa Gil-Pires and Jeannie Waytovich

Jeannie Waytovich and Hannah Latif spent their fall semester obtaining direct clinical practice with patients at Hebrew Home of Greater Washington and Landow House under the direction of Elisa Gil-Pires, M.D., CESLC’s SVP, Medical Affairs/ Chief Medical Officer and Medical Director, and Leora Allen, MS, NPC.

Waytovick, a Navy lieutenant, served as a telemetry nurse at Walter Reed National Military Medical Center for three years and then for two years as a post-ambulatory care nurse at Fort Belvoir. “That was the beginning of my geriatric experience, when I knew I had a connection and passion for working with adults,” she says.

“Plus, my military background has helped me to connect with some veteran patients here at Hebrew Home.”

Caring for older adults has always been something Latif wanted to pursue. “My first job was at a retirement home and I felt as if I had a good connection with the elderly,” she says. “In my culture, there is a lot of emphasis on caring for older adults, so that is something I wanted to focus my career on.” ■

| | | | |
|---|---|---|---|
| Hebrew Home of Greater Washington Long-term Care and Warren R. Slavin Post-Acute Care Center 301-770-8476 | Cohen-Rosen House 301-450-7726 Landow House 301-450-7433 | ElderSAFE™ Center 301-816-5099 Revitz House 301-770-8450 | Hirsh Health Center 301-816-5004 Ring House 301-450-7097 |
|---|---|---|---|

H2YP Program: Inspiring Impactful Philanthropy in Young People

Earlier this year, 22 Revitz House residents boarded a Spirit of Washington cruise on the Potomac River to take in panoramic views of Washington, D.C., landmarks while enjoying a delightful luncheon.

Their excursion was made possible with funds from The Harold and Shirley Robinson H2YP Youth Philanthropy program. H2YP is a hands-on experience in philanthropy connecting local high school students with CESLC's mission. The student-led board evaluates grant proposals from departments across the organization and determines which should receive funding.

"My experience in the program has been fantastic," says Nate Spigel, a 12th-grade student at Landon School and a H2YP participant the last three years. "The program has developed my public speaking and leadership skills, and I would certainly recommend it to others."

Students who join H2YP work collaboratively, gaining meaningful experience in teamwork, leadership and financial responsibility. "Reviewing and choosing what programs to fund was especially rewarding," says Spigel. "My favorite experience was funding programs that allow residents to go on field trips. I believe fun activities are essential because they provide a relaxing break from life."

"Residents truly enjoyed having the ability to take part in the cruise outing," says Revitz House Resident Service Coordinator Sandi Bragin, who



Revitz House residents aboard a Spirit of Washington cruise.

YOUTH PHILANTHROPY

accompanied the group. According to Bragin, residents deeply appreciate the experiences the young people's funding decisions afford.

"I am so grateful to the young people for learning the importance of charitable giving," notes resident Anna Rae Gertsel, who took part in the trip. "Their support of us is wonderful," adds Marcia Breeskin, another Revitz House resident who participated in the excursion.

H2YP participants earn Student Service Learning hours while developing a deeper appreciation of the Jewish concept of *tzedakah* and what it can accomplish. For the 2023 program session, students will meet Sunday afternoons in February and March. Through their participation, ninth through 12th graders learn about philanthropy and related decision-making by understanding CESLC's financial needs and allocating funds to specific projects.

Once admitted to the program, each student is required to give a \$250 donation to help fund approved grants. The remaining funds are provided through the program's endowment.

Enrollment for 2023 is now open. Students interested in receiving more information or an application to participate should email Monica Mayer at mayer@ceslc.org or call 301-770-8333. The application deadline is January 9, 2023. ■

Show Your Support...Donate Today.

Your contribution is crucial for sustaining the superior person-centered care and life-affirming programs Charles E. Smith Life Communities offers older adults in our community.

In the last year, for example, donor contributions have supported a range of life-enriching programs including, as a few examples, more than 800 spiritual life activities and worship services, the ElderSAFE™ Center, a safe temporary shelter for older adults experiencing elder abuse, and the BCAT Approach, holistic cognitive care for those living with memory loss.

In addition, more than two-thirds of Hebrew Home residents rely on Medicaid to cover their care and there is a widening gap between Medicaid reimbursements and the actual cost of care. In response, significant financial resources are required to serve the 1,000 older adults on our campus at the level our community expects and deserves.

Please visit www.smithlifecommunities.org/giving and make your gift to CESLC by December 31, 2022 and your gift will be matched up to \$30,000.

Kicking off the Fall Sports Season with Diversity in Sports



From left to right: Christine Brennan, Brian Mitchell, Glenn Consor, David Samuels, Natalie West, Bram N. Weinstein, Julie Donaldson, Monica Dixon and Jeri Ingram.

“There is a power in understanding and acknowledging our differences,” says CESLC Board of Governors Chair-Elect Natalie West when discussing Diversity in Sports, a recent community outreach event hosted by CESLC during which community members and sports enthusiasts had an opportunity to explore diversity issues in sports. “In doing so, the possibilities for solid change are promising and we will all benefit.”

According to David Samuels, past chair and current board member who co-chaired the event, the topic is a “very relevant and important topic today as it dovetails with many important societal issues around diversity, equality and inclusion.”

“Diversity is not uniform throughout the sports industry today—while it has improved during the past decade or so, it has a way to go especially as it relates to league headlines around sports team ownership and head coaching opportunities,” notes Samuels.

Bram Weinstein, play-by-play broadcaster for the Washington Commanders, served as moderator for the event, attended by nearly 200 people at the Woodmont Country Club in Rockville. Asking panelists to describe both opportunities and challenges related to diversity efforts, he emphasized that “diversity isn’t just players on the team—it’s office leadership, coaching and team ownership.”

The panel also explored how organizational growth depends on having a diverse group of leaders including women and people of color; how team owners can advance that goal by helping retiring athletes to move into leadership roles; and how Title IX has been important in helping women gain access to sports and encouraging them to develop skills to become good leaders. ■

FEBRUARY 1, 2023 | The Music Center at Strathmore

Donor Thank You Dinner

CESLC's Donor Thank You Dinner will feature internationally renowned opera singers, tenor Carl Tanner and bass Oren Gradus, who will perform famous arias and musical theater selections. Please note

that this event is a thank you to those donors who have contributed \$500 or more since January 1, 2022.



FOR MORE DETAILS VISIT www.smithlifecommunities.org/events

Music Program Creates Joyful Harmony *Continued from Page 1*



Bruce Klavan, who has been taking violin lessons through the program, recently visited his mother, Shirley, at the Warren R. Slavin Post-Acute Care Center to play a selection of pieces including a special request from his mother, "Fly Me to the Moon." Clearly touched by the music, she exclaimed, "What a lovely treat!"

"The program's impact is tremendous for residents from both residences," says Latessa. "Residents have an outlet to share their love of music and actively participate in creating that music. Revitz House residents have a feeling of giving back when they go to Wasserman. They are grateful for the opportunity to support others. It's an example of neighbors helping neighbors to create something together that couldn't be done alone."

CESLC is grateful to the Jerome A. and Deena L. Kaplan Family Foundation for its generous support of the Ensemble in Residence program. ■



Visit us online at

www.smithlifecommunities.org to:

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



Charles E. Smith
LIFE COMMUNITIES

6121 Montrose Road
Rockville, MD 20852

112^{*Years*}
Experience Matters

NON-PROFIT
U.S. POSTAGE

PAID

Permit #2913
Suburban, MD

Ring House: Independent Living



**CALL 301-363-4473 TO LEARN ABOUT
ALL OUR MOVE-IN SPECIALS.**