



LifeTimes

The gift of large print books



Ring House residents Tovah Reis (left) and Rose Grossman (right) enjoy a moment in the Ring House library.

"Half of the people who stop by the library ask for large print books," said Tovah Reis, resident and volunteer librarian at Ring House. Due to a 2022 gift from the Past Presidents of the Women's Auxiliary, the Ring House library has increased its collection of large print books. The grant has helped acquire 50 books so far, and more large print titles will be added in the coming months.

People with low vision benefit the most from large print books. The usual font size for books is 10- to 12-point type. Large print books feature a 16-point type size, making it much easier for those with visual impairments to enjoy reading again.

"The addition of large print books has been critical to enhancing the reading experience of our residents. This grant allows residents who need large print books to enjoy the comfort and resources of the library even more," said Ring House Life and Leisure Manager Vica Kleiner.

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As the temperatures drop just a bit, we, the Jewish people, find ourselves thinking about our plans for the Jewish New Year; I like to think of myself as a universalist—this is one area I really think the Jewish scholars have gotten it right, at least for those in the Northern Hemisphere. Summers provide a breathing space from a year of work. As the summer ends, the Jewish calendar forces those who are celebrating to take time to reflect on what has been meaningful in the past year and what they resolve to do in the year ahead. With the chance to vacation, celebrate or just spend some time outside, we are ready to start our work once again.

Rosh Hashanah, the Jewish New Year, is a time for introspection, gratitude and setting new intentions. It is a chance for our residents to look back on the past year, cherishing precious memories and learning from life's challenges.

Following Rosh Hashanah, we observe Yom Kippur, the Day of Atonement. This holiest day in the Jewish calendar is marked by an invitation to leave our physical needs behind, engage in prayer and return to our creator. But we can't leave this holy time in such an elevated place. We should use our heightened awareness of God to celebrate our new resolve, not to shame ourselves because of past mistakes. This celebration finds us in the Sukkot, or booths, where we rejoice in all the things that give us blessings.

For over 100 years, Charles E. Smith Life Communities has been committed to fulfilling Jewish values by honoring older adults and ensuring the dignity of each individual. This is our proudest time of year—when we offer over 50 types of holiday services, classes and concerts to our residents, families and associates. We will blow shofar, break the fast and wave the four species for any and all who wish to take part.

May this year provide you with sweetness, fulfillment and gratitude.
Shanah Tovah u'Metuka

A handwritten signature in black ink, appearing to read "Dan Braune-Friedman". The signature is fluid and cursive.

Rabbi Daniel Braune-Friedman
Senior Rabbi/ Director, Spiritual Life

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

Natalie S. West, *Chair*

Bruce J. Lederman, *President/CEO*

Jennifer Goforth, *VP, Resource Development*

Liliana Lopez, *Director of Communications*

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Charles E. Smith Life Communities promotes two leadership team members

CESLC has promoted two members of its leadership team. Elisa Gil-Pires, M.D., has been named executive vice president, medical affairs/ chief medical officer and medical director, while Terri Tanner-Hill is now executive vice president, finance and chief financial officer. Prior to their promotions, both had served as senior vice presidents in their respective roles.

“These promotions reflect our confidence in the excellence both Dr. Gil-Pires and Ms. Tanner-Hill bring to their roles,” said Bruce J. Lederman, president/CEO. “Their capabilities and experience are vital to our ability to operate successfully in today’s highly competitive environment while maintaining our more-than-century-long mission of caring for older adults.”

Gil-Pires oversees all clinical and administrative aspects of the senior living community’s medical services. Having joined the organization in 2013, she also serves as site director for the National Institutes of Health Hospice and Palliative Medicine Fellowship program at CESLC.

Board-certified in internal medicine, geriatric medicine and hospice and palliative care, Gil-Pires earned her medical degree from St. George’s University School of Medicine and completed her residency at University of Maryland Medical System in Baltimore. Before joining CESLC, she served as chief of geriatrics and palliative care at Saint Francis Hospital and Medical Center in Hartford, Conn.

Tanner-Hill leads all financial operations at CESLC, including business strategy, accounting and budgeting. She also oversees information systems and human resources.

A certified public accountant and graduate of Towson University, she has more than two decades of experience in financial management and oversight. Before joining CESLC in 2010, she held leadership roles with several large accounting firms as well as Catholic Charities in Baltimore. ■

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

The gift of large print books *continued from front cover*

“For many Ring House residents, if we did not have large print books, they would be unable to read. While there is one reading machine in the library, it is not easy to use, and you have to sit in the library to use it,” said Reis. With experience as a librarian at institutions such as MIT, Brown University, The Jewish Theological Seminary and Sheba Medical Center in Israel, Reis understands the value of making the library more accessible.

“Having the large print books, allows the residents to continue having the pleasure of reading wherever they are and to enjoy some of the recently published books being reviewed and talked about,” said Reis. Some recent favorites among the residents are the books “The Personal Librarian” by Marie Benedict and Victoria C. Murray; “Becoming” by Michelle Obama; and “Every Day Is a Gift” by Senator Tammy Duckworth.



*Ring House resident and volunteer librarian
Tovah Reis*



Ring House resident Rose Grossman

Rose Grossman, a resident of Ring House for the past 16 years, is an avid reader. “I read two or three books a week,” said Grossman. Her latest read from the Ring House library is “Hello Beautiful” by Ann Napolitano. Napolitano’s book was recently published in March 2023, and it was the 100th book selected for Oprah’s Book Club.

All residents benefit from the acquisition of large print books, not just those with low vision. “The large print books are most popular among those who can’t read the smaller print; however, sometimes others take a large print book to read as the book interests them,” Reis said. Large print can also decrease eye strain, aid dyslexic readers, and make reading easier when traveling in a car, train, or bus.

Among the many amenities that Ring House offers, the library is one of Grossman’s favorite. “I love the library,” she said. “I can go anytime of the day and grab a book from the nice selection.” Thanks to the addition of more large print books, even more residents can share Grossman’s love of the library. ■

2023 Guardian Campaign

This year, the Guardian Campaign celebrates its 65th anniversary. Founded in 1958 by Fay Burka and Charles E. Smith and led by generations of volunteers, the Guardian Campaign continues to raise essential philanthropic support for CESLC. This year, the Guardian Campaign aims to raise \$1.3 million to support the services and medical care provided by CESLC to thousands of older adults and their families. ■

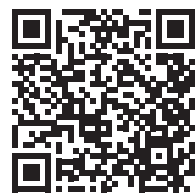


Charles E. Smith receives a certificate in appreciation of his work as Chairman of the Guardians. From left to right: Mrs. Nat H. Levey, Mr. and Mrs. Smith at the Starlight Dinner Dance in 1958.

Fay Burka, president of the Guardians, 1958.

Celebrate the Guardian Campaign's 65th anniversary

Celebrate the Guardian Campaign's 65th anniversary by contributing and making a meaningful impact on the lives of more than 1,000 older adults who call CESLC home. Scan the QR code, visit smithlifecommunities.org/guardian or call 301-770-8329



Reimagining healthy life for older adults

"Sometimes we need to be reminded of what's important in life, a step that can make the biggest difference in life's quality—and length," said Anthony Cirillo, keynote speaker of CESLC's 13th annual Sara and Samuel J. Lessans Healthcare Symposium. Cirillo is a health, aging and caregiving expert and president of The Aging Experience. This year's symposium was held in partnership with Suburban Hospital, a member of Johns Hopkins Medicine, with a focus on Reimagining Healthy Living for Older Adults.

Through songs, stories and research, Cirillo discussed the impact simple quality-of-life steps can have. Benefits touted were a longer lifespan, the reduction of memory issues and the promotion of healing following disease. Cirillo advocates for maintaining a strong sense of purpose in one's life. He believes in the benefits of both humor and physical exercise, along with the positive impact of lifelong learning.

Other experts at the symposium discussed their research regarding how men and women differ in the aging process and how that affects well-being; sleep as a factor in healthy aging; the importance of physical activities, nutrition and longevity; and development of inclusive services for LGBTQ older adults.

Attendees including social workers, nurses and nursing home administrators received continuing education credit. The symposium offered them valuable information about the latest research, recommendations and trends in the field of healthy aging.

The symposium was made possible by Drs. Ellen and Stuart Lessans, in loving memory of his parents, Sara and Samuel J. Lessans. ■



New board members demonstrate ‘Hineni’

CESLC's history is like "a long chain, with links made up of many people during different times, with different ideas and facing different challenges, but held together by a desire to make a difference in someone's life," said Natalie S. West, recently installed as the 40th chair of the Board of Governors. The Hebrew word Hineni, she said, "means 'I am here.' Tonight, as we step into our roles, each of us is saying, 'Hineni, I am here.' I am part of this chain."

The installation of the CESLC Board of Governors took place during the 113th Annual Meeting this spring. The annual meeting also included the installation of the Board of Directors for CESLC's subordinate organizations. Scott N. Brody was installed as Chair of Charles E. Smith Life Communities Trustee Funds, Inc. and Mark A. Becker was installed as Chair of Landow House, Inc. Board, Revitz House, Corp. Board and Ring House, Corp. Board.

In addition, newly installed board member Lenore England received the Hymen Goldman Humanitarian Award, which recognizes an exemplary volunteer and philanthropist. A longtime Guardian Campaign Committee member, she and the Jonathan S. and Patricia G. England Foundation have sponsored the annual President's Circle Dinner since 2013. She made a \$10 million commitment in 2019, creating the Jonathan S. and Patricia G. England CESLC Innovation Fund in memory of her parents.

For a complete list of those serving on the CESLC Board of Governors, please visit the Leadership page on our website at smithlifecommunities.com. ■



State grants contribute to safety and security on campus.

One of CESLC's priorities is to protect the safety and security of those who live and work on our campus. Two recent grants from the Maryland Governor's Office of Crime Prevention, Youth and Victim Services¹ will help enhance security on campus.

"It's critical that residents feel safe in their homes and associates feel safe in the workplace," said Brenda L. Rice, CESLC vice president of operations. "These grants will significantly enhance our security systems, adding to the confidence residents and team members have in our ability to ensure their well-being. We deeply appreciate this important funding."

The first of the two Protection Against Hate Crime grants provided \$110,000 for an integrated access control and remote video-equipped intercom system at the entrances and interior doors of the campus' seven buildings, which consist of six residences for older adults and an administration building.

The system adds to existing safety policies and procedures. Current campus protection includes front-entrance and border bollards, cameras monitored around-the-clock by security personnel and an Alertus system that provides emergency notifications to the Rockville Volunteer Fire Department, the Montgomery County Police Department and Hebrew Home of Greater Washington associates.

The second grant, \$100,000 to be provided for fiscal year 2024, will improve CESLC's emergency notification system. The upgrade will include new technology to provide rapid notification of an emergency in all campus buildings. The system will allow CESLC to transmit live or prerecorded emergency notifications from a console, mobile device or telephone simultaneously to two-way radios and public address speakers in all seven buildings on campus. ■

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 show your support for CESLC. For more information, contact Lisa Friedman at 301-770-8328.

¹ The Governor's Office of Crime Prevention, Youth, and Victim Services funded this project under subaward PAHC-2023-0044 and PAHC-2024-0031. All points of view in this document are those of the author and do not necessarily represent the official position of any State or Federal agency.

Swapping stories and creating meaningful connections

On any given Sunday at Hebrew Home of Greater Washington, you can find 55-year-old Elise Meyer and 15-year-old Skylar Cohen swapping stories. Meyer gets to relish in Cohen's stories about lacrosse, her participation in school activities and her life as a teenager. Cohen gets to view the world through Meyer's eye and learn how the world has changed since Meyer was born.



HHGW resident Elise Meyer

A resident since 2015, Meyer, a former federal employee, is one of the youngest residents at HHGW. "Elise is very friendly and likes company but prefers to stay in her room," said Monica Mayer, manager of the volunteer program. Through this program, Charles E. Smith Life Communities was able to meet Meyer's need for socialization by connecting her with Cohen.

Cohen, who started visiting residents in 2020 for her Bat Mitzvah project, had to pause due to COVID -19. In 2022, she called to come back and continue volunteering. "Even though her Bat Mitzvah was over, she wanted to come back and give her time to a resident who 'didn't get out much'," noted Mayer.

"I love visiting! During my visits, Elise and I chat while I help clean, organize and, of course, help her with her phone!" said Cohen. "I come back every week because I enjoy my time here, and I value the friendship that I've developed with Elise." Cohen understands that volunteering is not an obligation, but an opportunity to enrich someone's life, a chance to cultivate meaningful relationships and to develop everyday life skills.

"Skylar is very mature for her age, and I am grateful for her time and appreciate her help. She is very committed to the visits," noted Meyer. "She knows that her visits mean a lot to me. I enjoy our conversations. We talk about what's going on at school and about her activities. Since she is a teenager, it is nice to know what is going on with the younger generation. When there is a problem with my phone or technology, she is always willing to help me." Meyer's relationship with Cohen has brought her innumerable rewards—the ability to engage in delightful conversation, the opportunity to make new memories and to have

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Swapping stories and creating meaningful connections *continued from page 9*



HHGW volunteer Skylar Cohen.

something truly wonderful to look forward to.

“She is a very kind young woman. A while ago, I had to go to the hospital, and Skylar was very upset. Her mom visited me at the hospital to let her know how I was doing,” said Meyer.

“Elise and Skylar have developed a good friendship over the year thanks to Skylar’s regular visits. In fact, Elise and Skylar’s mom have also become friendly, making it a family affair!” said Mayer. The bond that Cohen and Meyer have created is unique and long-lasting.

As Cohen enters the 11th grade, she is already looking ahead. “If I end up at a college or university nearby, I would love to continue my visits with Elise regularly. But if I go away for school, then I would look for other programs wherever I end up. Of course, if I end up somewhere further away, I will still come back and visit Elise whenever I’m home.” ■

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, visit our website at smithlifecommunities.org/giving/volunteer or scan the QR code.



OUR CALENDAR

In-Person Events

Please visit www.smithlifecommunities.org/events to register for the following in-person events.

SEPTEMBER 28, 2023

5 – 7 p.m. | Landow House

Long-Term Care Insurance and the Veteran's Aid and Attendance Benefits:
viable options to assist in financing assisted living, memory care and private duty care.



OCTOBER 19, 2023

8:30 – 10 a.m. | Ring House

Be Good, Do Well: Self-Care for Nonprofit Professionals

Speaker: Lauren Brownstein, author and president of Pitch Consulting.



OCTOBER 25, 2023 7 – 9:30 p.m. | AMP at Pike and Rose

The Real Secret to Glowing Skin

Speaker: Keira Barr, dual board-certified integrative dermatologist, somatic coach and breathwork guide.

DECEMBER 6, 2023 7 – 9:30 p.m. | B'nai Israel

Learn how to bake beautiful challah with the Challah Prince.



SAVE THE DATE

The **President's Circle Dinner** will be held at the new Lillian and Albert Small Capital Jewish Museum on **Sunday, November 19, 2023**. This event is held gratitude to donors who have made a gift commitment of \$6,000 or more to CESLC since November 14, 2022.

For more information visit: www.smithlifecommunities.org/events.



Visit us online at

www.smithlifecommunities.org to:

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



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