



LifeTimes



Revitz House residents participate in art exhibit. From left to right: John Wortman, Joey Manlapaz, Yelena Sadigurski, Sam Bensimmon, Ronnie Abrams, Yolanda Morada, Sharon Schultz, Adam Thal.

Cultivating joy through art classes

"Painting brings joy to life. When I am painting, I am immersed in a moment that is almost meditative," says Sharon Schultz. A Revitz house resident for eight years, she is one of the residents whose work is featured in the recently installed Revitz House art exhibit.

The exhibit showcases the works of residents who participate in the art class offered at Revitz House. Creating art offers potential benefits for older adult, research indicates, including coordination, mental health, brain health, relationship-building and a sense of personal growth.

"I really enjoy getting feedback from the instructors. It helps me improve my painting techniques," says Schultz. "I have learned how to paint water better, how to paint the sky and the clouds in the sunset. I think it is more masterful."

The weekly class includes residents with varying skills, ranging from veteran to novice. Joey Mánlapaz leads the workshop. A contemporary realist painter whose works are widely recognized and sought by private and corporate collectors, she is on the associate faculty at the Corcoran School of Art & Design and is a lecturer at The Art League.

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Caring for the people who care



Every senior care organization today faces the challenge of attracting associates, particularly for direct care. We must respond to that challenge as well. Yet what drives us, I believe, is more than simple competition in the talent marketplace. What motivates us is our long-standing tradition of caring not only for the people we serve, but for those who offer this important care.

In fact, caring for our colleagues is a philosophy at CESLC that guides the way we treat our associates, who daily carry out our important mission to enhance the lives of the older adults who call our campus home.

One example of support for our peers is the aptly named Caring for our Colleagues Grant Assistance Program. The program provides one-time emergency grants to eligible associates facing a financial hardship. These unforeseeable circumstances could include family-related financial issues, urgent automobile repairs, housing issues and burial expenses from the death of an immediate family member.

The grant is a way for us to give back to associates in their time of need, another instance of our focus on being an employer of choice.

That's just one example. We also recognize the importance of demonstrating appreciation for our associates. Each month, one clinical and one non-clinical associate are selected from peer nominations for associate-of-the-month honors, rewarding them for demonstrating our core our beliefs through service as a model for their colleagues. They receive public recognition, a gift basket, and a monetary bonus. They also are automatically nominated for a significant annual recognition, associate of the year.

In addition, we emphasize work-life balance by offering an industry leading paid time off program to eligible associates, this includes the ability to accrue extensively to a maximum of eight weeks PTO, and a robust employee assistance program for help during critical times.

Given the time of year, it's important as well to mention the Associate Holiday Gift Fund. Because we preclude associates from accepting personal gifts from residents and family members, each year we seek donations to the gift fund, which the organization supplements. We distribute 100% of the contributions to the fund from residents and family members to associates in each residence. Our associates deeply appreciate these kind gifts.

The gifts serve as the greater community's recognition of the outstanding service our associates offer.

Melissa A. Kammer

Melissa Kammer, SHRM-SCP, SPHR
Vice President, Human Resources

Hebrew Home of Greater Washington is a U.S. News & World Report 2023-24 Best Nursing Home



Hebrew Home of Greater Washington earned Best Nursing Home status by achieving a rating of “High Performing,” the highest possible rating, for long-term care. Fifteen thousand nursing homes were evaluated nationwide. The U.S. News methodology factors data such as resident care, safety and outcomes. Ratings include data on nurse staffing, use of antipsychotic drugs and success in preventing ER and hospital visits. The long-term care rating also includes measures of whether a home changed ownership and how well they were staffed on weekends. ■

New leadership at Ring House and Landow House

CESLC recently welcomed two new executive directors for Ring House, Landow House and Cohen-Rosen House residences.



Kathy Triggs joined CESLC as executive director of Landow House and Cohen-Rosen House. Kathy brings 40 years of experience in senior living. She came to CESLC from Genesis Healthcare where she served as executive director for the past 21 years. Prior to Genesis Healthcare, Kathy worked at ManorCare Health Services as director of nursing before becoming nursing home administrator. Kathy is a registered nurse and holds degrees in management and nursing.



Bret D. Stine is the new executive director of Ring House. Bret has over 28 years of experience in senior living communities. He came to CESLC from Keswick Multi-Care in Baltimore where he served as executive director since 2019. Prior to Keswick, Bret worked at Genesis HealthCare for a span of 12 years serving as administrator, executive administrator and regional executive director.

We are delighted that Kathy and Bret have joined CESLC. ■

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

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Revitz House Art Show *continued from page 1*

Having a professional instructor makes classes more productive for everyone, according to the students. “The students at Revitz House are one happy and talented bunch! They are dedicated and very supportive of one another. They take their practice of painting seriously,” Mánlapaz says. “We all share the same love for painting and, as such, we have become a tight-knit family who look out after each other. Each individual brings her or his own set of artistic skills that I admire.”

Yelena Sadigurski has participated in the art program since she moved to the residence 10 years ago. “In this class you have creative freedom, but it has also become more interesting because it has evolved into a learning process,” she says. Enjoying Georgia O’Keeffe’s style, Sadigurski has had her work exhibited at the JCC art show. She appreciates the opportunity the class offers for expansion because she loves a challenge. “It’s time to learn watercolors because it is really difficult,” she says.

“My role is not to ‘teach’ in the traditional sense,” says Mánlapaz. “Many come already well-informed about painting and have their own ideas and styles. I approach this class as if it were a graduate-level course where each works on projects that interest them. I am there to guide them on specific technical issues they may encounter — color mixing, composition and layout, or learning a different painting medium — and give general critiques of their work from start to finish.”

Sadigurski and Schultz appreciate Mánlapaz’s approach. “I enjoy the fact that the class is focused more on technique than theory. I feel comfortable learning new techniques and I look forward to that,” says Sadigurski. One of her exhibited pieces is a landscape painting with a wine glass in the foreground and a tree in the background. “It was hard to achieve the effect of seeing the tree through the glass and Joey was instrumental in guiding me to finish the work,” she says. “I love it because it took a lot of effort. Challenging myself brings renewed satisfaction and joy.” ■

WOMEN'S NETWORKING EVENT

Your skin tells your story

"Our skin is a metaphor for our lives. Skin care is equal to self-care. Let's pay attention to how you relate to your body," said Dr. Keira Barr, dual board-certified dermatologist and menopause specialist.

More than 70 women gathered this fall for a Women's Networking event featuring Barr. Topics included how stress and hormones affect skin and how to find resilience during life's various stages.

According to Barr, managing skin care during life transitions is about understanding what's going on beneath the surface creating anxiety and a sense of feeling overwhelmed. Those senses, the physician said, appear on a person's complexion as dark circles, wrinkles and rashes.

Facing such challenges provides an opportunity to take control, she said. "Your skin tells your story. There is an intrinsic relationship between mind and skin called somatic unity." Varying experiences, she explained, can take advantage of that relationship. One demonstration, for example, used aroma therapy as part of daily skin care to contribute to resilience and healing.

"The whole concept of resilience is not what is happening in this moment but what you take from it and how it can propel you forward." Barr discussed how stress and sleep relate to skin care. According to Barr, stress is a normal reactive response, and we need to learn how to manage it. It is important to help our skin find that resilience even in moments of stress, she noted. "We are hard-wired to heal; our skin is hardwired to heal," explained Barr.

Finding gratitude and patience as part of the process is also important. "We can find gratitude in ourselves and understand that aches and blemishes are our bodies' signal to slow down, connect and cultivate a felt sense of safety within through our awareness, breath and soothing touch," said Barr. "Nobody is perfect. It is a work in progress, and we take it one day at a time." ■



Students learn by making collective and informed decisions in philanthropy

"Being on the H2YP board has made me a better listener and thinker," says Andrew Lefkowitz. "It has strengthened my ability to critically examine and prioritize information. Working as a group and considering multiple opinions when making collective decisions is an important skill for college classes and work environments."



Andrew Lefkowitz

Lefkowitz, an 11th-grade student at Charles E. Smith Jewish Day School, began as a volunteer at Hebrew Home of Greater Washington (HHGW) in the 7th grade and has been a participant in the Harold and Shirley Robinson H2YP Youth Philanthropy Program (H2YP) since 9th grade.

Participants in the H2YP Program develop a deeper appreciation of the Jewish concept of *tzedakah* and what it can accomplish. Members of the student board learn about philanthropy by allocating funds to specific projects on campus.

"It has been meaningful to learn how to make decisions that affect other people," said Lefkowitz. "Volunteering early on at Hebrew Home of Greater Washington allowed me to witness firsthand the importance of impactful programming for residents, and I could then make compassionate and informed decisions on their behalf."

He is particularly proud of the full funding H2YP provided to Musical Moments in 2023. The music program provides interactive live concerts at HHGW by entertainers from the Mo Better Agency to lessen or eliminate agitation or other behavioral concerns in residents with cognitive illnesses. "As someone who plays the piano," the teen says, "I appreciate the joy and peace that music can bring."

Lefkowitz attributes a close relationship with his grandparents for his motivation to serve older adults, something he has done as a HHGW volunteer for a half-decade. "I really care about the needs and well-being of older people," he says. "I appreciate that HHGW provides important services to that population, and I feel a pull and a responsibility to help however I can."

He advocates that "fellow young people ask themselves how they want to be treated when they're older and to act accordingly, getting involved in making things better for older adults. I encourage them to remember that *tzedekah* is an important part of life, and it doesn't just include giving money; it also includes giving our time to others in need."

Continued on Page 8

Music inspires creative writing

Downsizing meant many changes for Gail Price Rottweiler, who moved to Ring House in March, it also came with a distinct positive. It gave her renewed opportunity to be creative.

Music is the Muse, a creative writing class, “certainly tapped into my creativity,” she says. “I started writing poetry when I was a junior in high school, but this program has reignited my interest in poetry. I am able to revisit some of my talents.” Students in the class have the freedom to respond to musical pieces by writing about them. The assignments can be prose or poetry depending on the prompt for that month’s session. Ring House residents who participate in the class also attend weekly open rehearsals by the Iris Music Project, using the music as inspiration to write poems in reaction.

Rottweiler, a former professional in applied linguistics, is aware of the benefits of music in the lives of older adults. She carries a binder with articles that demonstrate the benefits of integrating music in programs for older adults. “It is not just how we feel about it,” she says, “but also what the research shows.”

A recent assignment was to write poetry in response to Beethoven’s piano Trio in B-Flat Major, Op. 97, “Archduke.” The piece is considered by many as the most beautiful piano trio composed by Beethoven, an example of his later writing for chamber ensemble. The response to the piece was enthusiastic, with class participants sharing their poetry with other residents during a Ring House event. “It is great to share our work with the group,” says Rottweiler. “Sharing the work has made us a group. Sharing and interacting have given us new friends.”

Her move to Ring House and participation in the creative arts project have reframed her sense of self and the importance of relationships, she says. “The program helps me to value things about myself and my background. Now that I live in Ring House, I see myself integrating the life that I have lived into a new format. Programs like this one help me return value to my life.”

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“I started writing poetry when I was a junior in high school, but this program has reignited my interest in poetry. I am able to revisit some of my talents.”

— Gail Price Rottweiler

H2YP student *continued from p.6*

You have so much to gain from spending time with older people. Go learn from their wisdom and experience and give back to them our time, respect and appreciation."

Participants in the H2YP Program earn student service learning (SSL) hours while developing a deeper appreciation of the Jewish concept of *tzedakah* and what it can accomplish. Ninth through 12th graders learn about philanthropy by understanding CESLC's financial needs and allocating funds to specific projects. Each student makes a \$250 donation to help fund approved grants, with remaining financing provided through the program's endowment.

Enrollment for 2024 participation in H2YP is now open. Students who want information or an application should email Monica Mayer at mayer@ceslc.org or call 301-770-8333. The application deadline is Jan. 5, 2024. ■

Music inspires creative writing *continued from p.7*

Excerpts of poems inspired by Beethoven's Piano Trio in B-Flat Major, Op. 97, "Archduke."

Dancing Time

By Gail Price Rottweiler

The room full of dancers convenes
stepping off in couples, then lines -
turning, gliding, prancing times -
returning to stance and leaning
into a slow paced scene
of massed movement,
lively yet serene

Untitled *[excerpt]*

By Blu Berman

Violin strains toward the sky;
Cello bows below.
Pianist
Presses down on keys
white and black.
Violin play notes skyward.
Violin go at a dizzying pace.

Food for the Soul *[excerpt]*

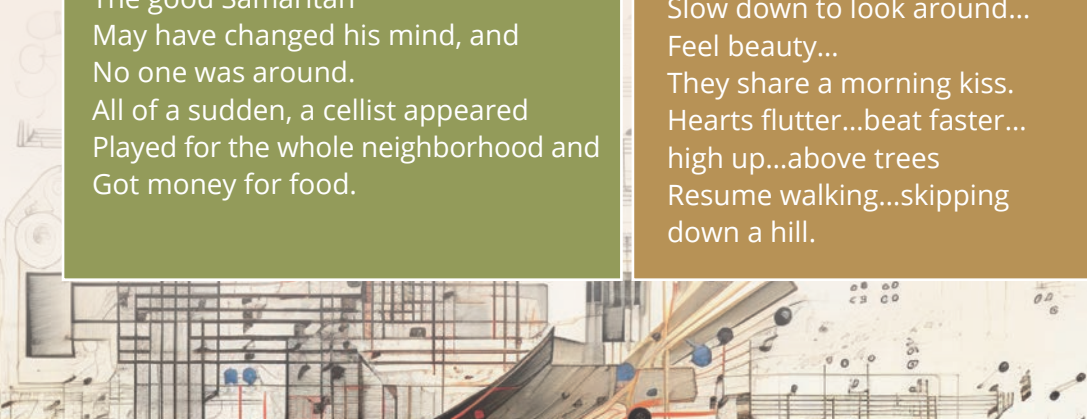
By Lisa Kassoff

In the middle of the piece.
The good Samaritan
May have changed his mind, and
No one was around.
All of a sudden, a cellist appeared
Played for the whole neighborhood and
Got money for food.

Walking Triumphantly *[excerpt]*

By Alan Eisenberg

Slow down to look around...
Feel beauty...
They share a morning kiss.
Hearts flutter...beat faster...
high up...above trees
Resume walking...skipping
down a hill.



WAYS TO GIVE

Ways to support CESLC's mission

Members of our community have generously supported CESLC since its beginning. In those earlier days, donors contributed nickels and dimes from their *pushke* or *tzedakah* box. Over a century later, the ways to give *tzedakah* have evolved; the result, contributing to a life of dignity and wellbeing for older adults, has remained the same.

THIS YEAR, CONSIDER ONE OF THE FOLLOWING WAYS TO GIVE:



DONOR ADVISED FUND (DAF)

A donor advised fund established at a public charity is similar to a charitable investment account. Donors who contribute to DAFs receive an immediate tax deduction for their contribution and then can recommend grants to favorite charities, including CESLC.



INDIVIDUAL RETIREMENT ACCOUNT (IRA) ROLLOVER

For donors who are at least age 70 ½, the rollover of the required minimum distribution from an IRA to CESLC decreases the donor's taxable income and makes a difference to older adults living on our campus. The maximum amount for a qualified charitable distribution from an individual donor is \$100,000.



ISRAEL BONDS

Support Israel and CESLC by donating Israel Bonds to Hebrew Home of Greater Washington.



STOCKS

Donations of publicly traded securities are a common, tax-wise method of making charitable gifts. Securities that are highly appreciated offer the most capital gains tax savings.

Please direct grants and gifts from DAFs, IRA's and Israel Bonds to Hebrew Home of Greater Washington, Inc. EIN 53-0196508. For stock instructions or to receive additional information about making a gift, please contact the Development Department at 301-770-8329. ■

Sports leadership can be transformational

Many people will remember a coach who had an impact on their lives, whose leadership propelled team members not only to win but to become the best versions of themselves on the field. That was the subject of a Transformational Leadership in Sports event sponsored by CESLC. More than 100 community members attended.

“Leadership sets the tone from the top,” said Brian Mitchell, analyst for the Washington Commanders and a former NFL player and Super Bowl champion with the Washington Redskins. “Everyone follows the leaders.”

Panelists included Christine Brennan, national sports columnist for USA Today and sports commentator for CNN, ABC, PBS and NPR; Brian Mitchell and JP Finlay, co-hosts of the radio show BMITCH & FINLAY on 106.7 FM; and Mark Ein, a member of the Federal City Council, World Economic Forum, and the Gridiron Club. Ein is a limited partner of the investment group that owns the Washington Commanders.

Discussion centered on the future of the Washington Commanders following the Dan Snyder era. “The Snyder’s Redskins era changed night and day,” said Finlay. Brennan highlighted a positive outlook for team fans by noting that if leadership is solid, a Super Bowl win may be only five years away.

The panel also discussed how leadership can transform a toxic culture. “It begins with mission, vision and values and everyone needs to align with those values,” said Ein. The key, he added, is a “unified set of values for everyone – players, fans and other stakeholders including consistency, beliefs and family.” ■



CALENDAR OF EVENTS

Upcoming Events

JANUARY 16, 2024

Online webinar

Nutrition and You — Mireille Ayass, Hebrew Home of Greater Washington dietitian, will offer an overview of nutrition as an evidence-based science and explore the concepts of health, wellness and disease.



FEBRUARY 8, 2024

AMP at Pike and Rose

Donor Thank You Dinner — CESLC's Donor Thank You Dinner will feature the acclaimed Las Vegas illusionist and mentalist, Shimshi. This event is a thank you to those donors who have contributed \$500 or more to CESLC since January 1, 2023.



For more information and to register please visit www.smithlifecommunities.org/events

Online Webinar

JANUARY 10, 2024

10 a.m. | Online webinar

Rightsizing Your Life Seminar with Capital Senior Solutions — Explore ways to help older adults feel secure in their decision to downsize or right size their lifestyle.



For more details visit: liveatceslc.org/events

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