

Eagle Scout Projects Enhance Nature's Therapeutic Effects on BGRV Residents

The path toward becoming an Eagle Scout brought Sherwood High School juniors Brian Buckley and Erik Bloom, both 16, to Brooke Grove Retirement Village (BGRV), and its residents will experience the therapeutic benefits for years to come.

In order to attain Eagle Rank, a Scout must plan, develop and give leadership to others in a service project. With that goal in mind, Brian met with Grounds Supervisor Tony Carrion and made the decision to create a butterfly garden in the Sharon courtyard of Brooke Grove Rehabilitation and Nursing Center (BGRNC).

Completed in late July with the assistance of his family and Scout Troop #433, the garden surrounds a patio and includes assorted perennials and wildflowers known to attract butterflies. A collection of host and nectar plants serve as food sources and places for the butterflies to lay their eggs.



Scout Brian Buckley (far right) and his team take time out from planting the butterfly garden to pose for a picture. They are joined by Director of Volunteer Services Laura Brecheen (second from right), BGRNC Activities Assistant Loretta Bent (far left) and resident Dolly Rotruck (second from left).

The Farmer's Market, Glenwood Gardens and Gifts, Good Earth Produce Garden, Johnson's Florist and Garden Center, Silver Lake Farm, and Sun's Garden and Landscaping all responded enthusiastically to Brian's request for donations, generously contributing hundreds of dollars worth of plants and flowers.

The success of the project was almost immediately noticed by

staff and residents who counted 10 butterflies just days after the new garden was established. Residents often enjoy sitting outside on the pergola-covered patio, and the addition of the colorful flowers and butterflies heightens their experience immensely.

A member of Scout Troop #941, Erik had another project in mind. After consulting with Mr. Carrion and Director of Volunteer Services

Laura Brecheen, Erik chose to construct and erect 15 bluebird houses. The owner of Fisher Lumber, who had been active in scouting, donated top-of-the-line cedar wood. When Home Depot added the nails, Erik was on his way.

Also completed in late July with the assistance of family and troop members, the project doubled the number of bluebird houses included on BGRV's Bluebird Trail. The brainchild of plant operations employee Jeff Dowling, the trail was created in 2003 to provide nesting sites for the eastern bluebird. The trail is continuously

(continued on page 3)

INSIDE

Memory Walk 20053
Focus on the Future5
Dance Fever6
Harvest Time7



Message from the Village from the desk of Dennis Hunter, Vice President

Each of us shares a blended sense of wonder, excitement and peacefulness when wrapped in beautiful surroundings. There is simply something therapeutic about nature.

The fact is, all of our memories are based on sensory experiences. Many of our favorite memories can be triggered by a sight, sound, taste, smell or touch. Just thinking about particular sensations can evoke very strong reactions.

Think lemon. Can you taste it, that real juicy, tart flavor? Yep. Now, when I think of a lemon, I think of lemonade and picnics. When I think of picnics, I think of my sister. When I think of my sister, I think of her hugging me and saying, "I love you." Pretty

incredible! So, where does your mind take you when you think of lemonade?

All our senses can create similar reactions. How about thinking of a person you love? What kinds of sensory things happen? The idea is that you can reverse the process, thinking of the sensations and reconnecting with the memory of the person.

Sensation and memory are intertwined. As Brooke Grove enhances its natural habitats, it will also focus on sensory gardens and sensory stimulation experiences to assist residents with recall and reconnect them with their pasts.

Nature is a wonderful gift, and we can use it to reconnect people with their memories. Better yet, we can use it to reconnect people with people. Now, that it is really cool.

The Days of Summer

One of the charms of Brooke Grove Retirement Village is its 220 scenic acres filled with pastureland, woods and animals, both wild and domestic. From the sun on

the fields to youngsters stepping out into the world for the first time, summer brings sights of beauty and wonder to residents and visitors alike.



Brooke Grove Retirement Village is a division of Brooke Grove Foundation, Inc., a nonprofit organization providing quality care for the elderly since 1950.

Village News is a monthly publication of Brooke Grove Retirement Village, 18100 Slade School Road, Sandy Spring, MD 20860. Phone: 301-924-2811, Maryland Relay: 1-800-735-2258, Web Site: www.bgf.org

Chairman of the Board, Carl Howe
President, Keith Gibb
Medical Director, Ted Howe, M.D.
Managing Editor, Lynelle Smith
Contributing Editor, Susan Frazier
Layout/Design, Creative Inputs, Inc.

Brooke Grove Retirement Village includes:

Independent Living
• The Cottages

Assisted Living Homes
• The Meadows
• The Woods

Nursing Home
• Brooke Grove Rehabilitation and Nursing Center

Other divisions of Brooke Grove Foundation include:
• Williamsport Retirement Village
• Rest Assured Living Center

Brooke Grove Retirement Village does not discriminate in admissions, employment, contracting with consultants or acceptance of volunteers on the basis of race, color, religion, sex, handicap, sexual orientation or national origin.

BGRV Sets \$10,000 Goal for Memory Walk 2005

Brooke Grove Retirement Village (BGRV) has established a goal of \$10,000 for Memory Walk 2005 to benefit the Alzheimer's Association, announced Director of Community Relations Susan Frazier and BGRV Team Captain Janet Wright. Since 1989, Memory Walks across the country have raised more than \$149 million and are the largest fund-raising events providing funds for Alzheimer's research and support.

Montgomery County's Memory Walk 2005 will be held on Sunday, September 25, from 1 to 5 p.m., beginning at Rockville Town Center. Walkers may choose between one-mile and three-mile routes. Participation is free to BGRV walkers, and those who

make a donation or raise money for the cause will receive a BGRV Memory Walk T-shirt. Those who are unable to walk can still support Memory Walk 2005 by sponsoring a walker, volunteering at the event or participating in BGRV's fund-raising activities.

"The Miracle Worker"

BGRV's key fund-raising event this year centers around the Sunday, September 11, 2005, performance of *"The Miracle Worker"* to be held on the new mainstage of the Olney Theatre Center. This production is the inspiring, true story of Helen Keller — blind, deaf and mute from a childhood illness — and her teacher, Annie Sullivan. The individual ticket price of \$75, of which \$60 is tax-deductible, includes the 2 p.m. performance as



A portion of BGRV's Memory Walk 2004 team

well as a private, pre-show reception at 12:30 p.m. celebrating the work of the Alzheimer's Association of the National Capital Area. All proceeds from the sale of the tickets will be donated to the Alzheimer's Association.

Sign Up Now!

To join the BGRV team of walkers, contact Ms.

Wright at 301-260-2320 or JWright@bgf.org. To check on the availability of tickets for the September 11 performance of *"The Miracle Worker,"* contact Michel Ochoa at Brooke Grove Retirement Village's corporate office at 301-924-2811, option "3," or MOchoa@bgf.org.

Eagle Scout Projects Enhance Nature's Therapeutic Effects on BGRV Residents

(continued from page 1)

monitored during the nesting season by BGRV volunteers and residents, who record data on the inhabitants and offspring in each nesting box.

Erik's project was also a success in more ways than one. In addition to providing a safe home for bluebirds in a setting that enhances quality of life for seniors, Erik said "I learned to be a leader ... I have also learned all about bluebirds and the beauty and wonder of these creatures."

Thanks to these two dedicated young men, the therapeutic benefits of BGRV's beautiful surroundings continue to grow. "Brian and Erik are examples of how individuals can make a real difference in the lives of others," concluded Mrs. Brecheen. "We are grateful for the hours of labor and love invested in these projects and for their very personal gifts that *'touch people's lives'* on the Brooke Grove campus."



Scout Erik Bloom (far right, front row) with the team that installed 15 bluebird houses on BGRV's Bluebird Trail

Learn to “Maintain Your Brain” at October 20 Seminar

When people think about staying fit, they generally think about from the neck down. But, the health of your brain plays a critical role in almost everything you do.

The good news is that we now know there’s a lot you can do to help keep your brain healthier as you age. These steps might reduce your risk of Alzheimer’s disease or other dementia. Simple

lifestyle modifications also would have an enormous impact on our nation’s public health and the cost of healthcare.

Nancy Dezan, program manager of the Alzheimer’s Association of the National Capital Area, will offer tips to “Maintain Your Brain” at a free, educational program to be held on Thursday, October 20, from 10:30 a.m. to noon in the terrace level conference room of

Brooke Grove Rehabilitation and Nursing Center on the Brooke Grove Retirement Village (BGRV) campus. Ms. Dezan will discuss brain exercise, nutrition, physical activity and emotional health that can all play a part in maintaining a healthy brain throughout your senior years.

Registration is requested. Contact BGRV Community Relations

Director Susan Frazier at 301-924-2811, option “3,” or by e-mail at SFrazier@bgf.org to reserve your seat.



Camp Friendship Offers Rewards of Community Service

Brooke Grove Foundation (BGF) employees were on hand to make sure that each of the campers attending Camp Friendship in Laytonsville, Maryland, this summer started their day with a good breakfast. In what has become a cherished annual tradition, Brooke Grove Retirement Village and Williamsport Retirement Village (Williamsport, MD) staff members provided, prepared and served the morning meal during one week in July and another in August.

Camp Friendship is the premier program of the nonprofit Carol Jean Cancer Foundation, Inc. (CJCF). It serves children and teens with cancer,

who attend free of charge and revel in the opportunity to participate in camp activities like other kids while still

receiving necessary medical treatment.

The camp operates entirely on the donations of community businesses

and residents and counts on volunteers for staffing as well. For information about how you can help, visit www.cjcf4kids.org.



Brooke Grove Retirement Village employees (l to r) Deb Schyllander, Barbara Kelsky, Javier Barahona, Wanzie Bolen, Cindy Rhodes, volunteer Barbara Rhodes, Wanda Cataldi and Olivia Lynn staff the serving line at Camp Friendship.

Independent Living

“Focus on the Future” to Offer Insight on Phase III Plans

Community members interested in exploring the possibility of moving into a Phase III or IV independent living home at Brooke Grove Retirement Village (BGRV) are invited to enjoy afternoon refreshments from 2 to 3:30 p.m. on Thursday, October 6, while Brooke Grove Foundation Vice President Dennis Hunter shares exciting details of the project. Phases III and IV include 18 cottages, ranging in size from 1,350 to over 2,000 square feet, with forest and pasture views.

“Would you like to see the site plan? View floor plan options? I’d love to show them to you!” remarked Mr. Hunter. “Focus on the Future” will also give those in attendance an opportunity to participate in a question-and-answer period, tour the site and meet Construction Manager Peter Oster.

In addition to the site plan and floor plans, preconstruction pricing is available. Applications are being accepted, and prospective residents may sign an agreement that places them on a priority

waiting list and holds their prices for a period of one year.

Phase III construction is slated to begin in late spring or early summer 2006, pending utility and county approvals. Other independent living plans currently underway include an increase in parking availability surrounding Westbrooke Clubhouse and an expansion of the Fitness Trail to connect Phase III of The Cottages with Phases I and II. The trail will eventually branch out across campus and be a paved link between

all homes, allowing individuals in residence to connect with their new neighbors while achieving their goals of personal wellness.

“Focus on the Future” will be held in the terrace level conference room of Brooke Grove Rehabilitation and Nursing Center, 18131 Slade School Road on BGRV’s Sandy Spring campus. For further information or to R.S.V.P., contact Susan Frazier at 301-924-2811, option “3,” or SFrazier@bgf.org by October 3.



Brooke Grove Foundation Vice President Dennis Hunter (left) and Construction Manager Peter Oster review Phase III plans near the future construction site.



**“The Miracle Worker”
Reception and Performance**
to benefit the
Alzheimer’s Association
September 11, 12:30 p.m.
Olney Theatre Center
2001 Olney–Spring Road,
Olney.
See “Village News”
cover story.

**Wings of Fancy
Live Butterfly Show**
Through September 18
10 a.m.-4 p.m. daily
Brookside Gardens
18100 Glenallan Avenue,
Wheaton. Admission.
Call 301-962-1453.

Assisted Living Group Homes

Alsandria Miller Named Interim Activities Director

Alsandria Miller joined The Meadows and The Woods assisted living homes as interim activities director, effective August 15.

Ms. Miller is also the founder and owner of Musical Encounters, Inc., an organization that offers a wide range of musical programs for seniors. For over a decade, she has worked as a consultant or managed therapeutic recreational

programming/activities departments at area retirement communities, long-term care facilities and assisted living homes, such as HCR/Manor Care, Arden Courts and Morningside House.

Ms. Miller holds a master's degree in music from Morgan State University and a bachelor's degree in music and business from Bluefield

College. She has been featured in numerous opera, oratorio and concert performances in Maryland.

"Ms. Miller is familiar with assisted living and our organization in particular," remarked Assisted Living Administrator Jackie Carson, RN. "Her experience as owner of Musical Encounters stands out in the field of professionals. Most importantly, she is committed

to enhancing the lives of seniors. It's a pleasure to welcome her to our staff!"



Steak Out

The residents of The Woods 1612 have housemate Esther Ryan to thank for a special summer cookout they enjoyed in late July. Mrs. Ryan was the winner of a game of "Make Your Own Point Trivia" in which the grand prize was the privilege of selecting the type of group social that should be planned next by

the activities staff.

After thinking about her options for a day, Mrs. Ryan selected a "Steak Out" because it could be enjoyed by all the residents of her home. A conference among the group resulted in a delicious menu of grilled steak, corn-on-the-cob, salad and watermelon.

"Thank you to all the staff for the work they did," said Mrs. Ryan. "The steak was perfect!"



Assisted Living Assistant Administrator Bill Young mans the grill while Activities Counselor Kathy Moore prepares to serve residents their meal.



Resident Esther Ryan at the "Steak Out"

Dance Fever

Designed to recall the venues that were "all the rage" in the 1930s and 1940s, the Dance Hall held on the second floor of The Woods 1612 every other week is a popular event. As music fills the air, residents from The Meadows and The Woods kick up their heels to big band music and other old favorites, visit with friends and enjoy refreshments.

Currently, the biggest challenge for the activities staff organizing the event is finding enough dancers for the women in the group. "We would welcome three or four male volunteers who would enjoy dancing with us on a regular basis," said Assisted Living

Administrator Jackie Carson. Interested volunteer dancers are invited to call Director of Volunteer Services Laura Brecheen at 301-570-7081.



The Woods resident Walter Queen and The Meadows resident Jean Pisciotta take a spin on the dance floor under the watchful eyes of Humphrey Bogart.

Brooke Grove Rehabilitation and Nursing Center

Harvest Time

To the delight of Brooke Grove Rehabilitation and Nursing Center (BGRNC) residents, the Topsy Turvey™ Upside Tomato Plants located in the Sharon and BGRNC courtyards produced a bumper crop. By early August, residents, family members and staff had already harvested “nearly 100 sweet cherry tomatoes from the Sharon plant alone,” remarked Sharon Activities Director Wanzie Bolen. “They have become quite the topic of conversation!”

A new garden product, the Topsy Turvey™ planter grows tomato plants upside down from a patio, deck, balcony or tree, eliminating the need to dig, weed, or stake the plants. As a result, residents were easily able to tend and harvest the plants without the need to kneel.



(l to r) BGRNC resident Samuel Finneyfrock, Activities Assistant Katie Harmon, Medical Records employee Joni Comuntzis, Sharon Activities Director Wanzie Bolen and volunteer Susan Murray harvest tomatoes from the plant located under the Sharon courtyard pergola.

All That Jazz

Pianist John Perito, drummer Bob Walker and saxophonist Jesse Etelson of the JBJ Trio had Brooke Grove Rehabilitation and Nursing Center (BGRNC) residents tapping their toes to the improvisational rhythms of jazz music at an August performance. Residents look forward to the return of these volunteer musicians, who entertain at BGRNC each month.



The JBJ Trio (l to r): John Perito, Jesse Etelson and Bob Walker

BGRNC's Family Council Meeting

Date/Time: First Tuesday of each month at 3 p.m.
Place: Second Floor Multipurpose Room
Facilitator: Margie Lapp, 301-330-5834

Nisa's Nature Adventures

Nisa's Nature Adventures, a show that invites viewers to discover nature through interactive song and movement, is the creation of Brooke Grove Rehabilitation and Nursing Center volunteer Nisa Montie. Characters such as Serena Whale, Tonya Turtle and Barry Beaver come to life with music and lyrics she composes and performs for residents on a regular basis.

The daughter of scientists, Ms. Montie learned to love nature early in life and continues to find inspiration in the Native American adage that everything is alive. She holds a master's degree in dance from George Washington University and a bachelor's degree in English and creative writing from Oberlin College.



Nisa Montie (far right) and friends: (l to r) Sharon-wing resident Dorothy Woods, Activities Assistant Joyce Briggs, resident Francis McCrossin, volunteer Zachary Brecheen, resident Nelson Cooper and volunteer Hayden Brecheen

You're Invited...

"Miracle Worker" Performance and Reception to benefit the Alzheimer's Association

Sunday, September 11, 12:30 p.m.
Historic Mainstage at the Olney Theatre Center
2001 Olney-Sandy Spring Road, Olney
For ticket information, contact Michel Ochoa,
301-924-2811, option "3," or MOchoa@bgf.org

Montgomery County Memory Walk 2005 to benefit the Alzheimer's Association

Sunday, September 25, 1-5 p.m.
Rockville Town Center
To join the Brooke Grove Retirement Village
walking team, contact Janet Wright,
301-260-2320 or JWright@bgf.org

Volunteer Orientation

Tuesday, September 27, 6:30-8 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road
For further information, contact Laura Brecheen,
301-570-7081 or LBrecheen@bgf.org.

"Focus on the Future" Phase III Independent Living Update

Thursday, October 6, 2-3:30 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road
To reserve your seat, contact Susan Frazier,
301-924-2811, option "3," or SFrazier@bgf.org
by October 3.

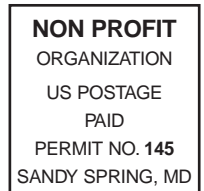
"Maintain Your Brain" Alzheimer's Association Educational Program

Thursday, October 20, 10:30 a.m.-Noon
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road
To reserve your seat, contact Susan Frazier,
301-924-2811, option "3," or SFrazier@bgf.org

For resident activities information, call or see the Activities Director at each facility.



Brooke Grove Foundation, Inc.
A Tradition of Excellence Since 1950
18100 Slade School Road
Sandy Spring, MD 20860
301-924-2811 • www.bgf.org



**Eagle Scout Projects Enhance
Nature's Therapeutic Effects**
see page 1



Printed on Recycled Paper

