

2012 Community Seminar Series Offers Insight on Living Well

Brooke Grove Retirement Village (BGRV) is pleased to launch its fourth year of Living Well Community Seminars beginning in February. Designed to help participants navigate a variety of healthcare and personal challenges, this year's series offers an exciting array of experts ready to offer insights on topics that range from brain health to the benefits of humor in everyday life.

Each free, monthly presentation will be held from 7 to 8:15 p.m. in the terrace level conference room of Brooke Grove Rehabilitation and Nursing Center and will be preceded by a complimentary light supper beginning at 6:30 p.m. They are open to the public as well as to members of the BGRV family.

The seminar series will kick off on Wednesday, February 15, with **"Creativity, Longevity and Brain Health."** Michael Patterson, a brain health educator and board member of the National Center for Creative Aging,



will discuss the creative brain and why engagement in creative activities can help ward off dementia and cognitive decline. "Everyone is born with the ability to be creative and can improve creativity throughout life," he remarked.

"Laugh for the Health of It!" on Thursday, March 15, with Humor Therapist Elaine Lundberg. She believes "If They're Laughing, They're Not Killing Each Other" and "No More Bummers." This is her philosophy of life

and the titles of her books. Her popular presentations educate, motivate and help anyone concerned with wellness and stress management in their lives. Participants should come prepared to laugh and will learn why and how to use positive humor in their life. According to Ms. Lundberg, "It's never too late to learn how to lighten up!"

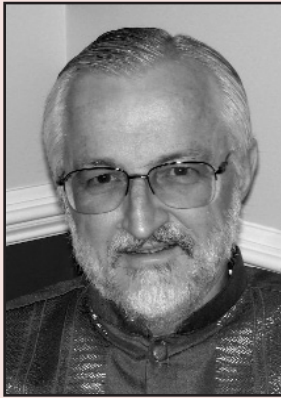
On Wednesday, April 18, Geriatric Care Manager Cathy Lonas will take the podium to discuss **"Tough Decisions, Tough**

Love: Can You Wait Until They are Ready?" The founder of Advocate 360, LLC, and a registered nurse, Ms. Lonas holds a master's degree in marketing and gerontology and has been working with older adults and their families for 25 years.

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Message from the Village

From the desk of Keith Gibb, president, Brooke Grove Foundation

While most of our readers are familiar with Brooke Grove Retirement Village, others may not be aware that Brooke Grove Foundation (BGF) also operates Williamsport Retirement Village and Rest Assured

Residential Living. The grand opening of Williamsport Nursing Home's new rehabilitation wing (see page 3) is the culmination of years of hard work by many members of our team.

The prayer of blessing offered by retired WRV Chaplain Josephine Benton at the grand opening really struck a chord for me. For all our employees, no matter what their religion or responsibilities, the words reflect our dedication to "touch people's lives" through our mission of service to seniors.

"Dear God, we thank you for Williamsport Nursing Home, which already has a history of helping people through several generations. Now this beautiful building has been carefully planned, constructed, equipped and decorated. Before we enter it to assist people in regaining their health, reviving their spirits and making relationships, we stop on the threshold to ask You to please go with us. ... Let Your wisdom illuminate the minds of staff members making challenging decisions; into the hearts of caregivers, place love as the prime motive before personal gain. Yet we do not ignore the need for people to earn a living, so we pray for financial wisdom as well. In faith, we humbly ask You now to bless our new building, its staff, residents, family members, and visitors for weeks and years to come."

As we begin a new year, we pray for these continued blessings on our entire organization and affirm our commitment to these values.

Nominations Being Accepted for 2012 ATHENA® Award

Nominations are now being accepted for the seventh annual ATHENA® Award for Greater Olney-Sandy Spring. Presented in memory of Brooke Grove Foundation (BGF) Founder Eleanor Howe Marston, R.N., the program was adopted by BGF and the Olney Chamber of Commerce to recognize and honor women for their community service and professional and personal leadership. Previous winners include Paula Kahla (2011), Helene Rosenheim (2010), Kulley Bancroft (2009), Robyn Quinter (2008), Lisa McKillop (2007) and Carolyn Snowden (2006).

Particular consideration is given to nominees who have demonstrated a

"dedication of self and a generosity of spirit" toward the Greater Olney-Sandy Spring community. The 2012 ATHENA® Award will be presented on May 4 during an afternoon tea at Brooke Grove Retirement Village.

Nominations must be received by March 2. The nomination form, which includes award criteria, is available on the Olney Chamber of Commerce Web site, www.olneymd.org.

ATHENA® is an international nonprofit organization dedicated to supporting and honoring women leaders, inspiring women to achieve their full potential and creating balance in leadership worldwide.

For more information,

call Virginia Mauk at the Olney Chamber of Commerce, 301-774-7117, or Toni Davis at BGF, 301-924-2811, option 3.



The ATHENA® Award is represented by an original bronze and marble sculpture inspired by the goddess of Greek mythology, who was known for her strength, courage, wisdom and enlightenment – qualities embodied in the ATHENA® Leadership model.



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

Village News is a bimonthly 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

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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.

Williamsport Nursing Home Opens State-of-the-Art Rehabilitation Wing

An estimated 300 business leaders, community members, employees, residents, family members and other friends of Williamsport Retirement Village (WRV) joined administrators and visiting dignitaries on December 8 to celebrate the Grand Opening of Williamsport Nursing Home's new West View Rehabilitation Wing. WRV is a division of Brooke Grove Foundation (BGF) located near Hagerstown, Maryland.

Grand opening festivities included a program of celebration, a ribbon-cutting ceremony, prayer of blessing, tours, classical harp music, and a sumptuous array of hors d'oeuvres. "We are here to dedicate a building today," said BGF President Keith Gibb. "Our whole team is very proud of what you will see and experience as you walk through our new home. BGF Vice President/Project Manager Dennis Hunter, Construction Manager Peter Oster, and Regional Administrator Timothy Berry and his team have spent hundreds of hours doing their best to get the details right. The result is, I believe, one of the finest Rehabilitation Centers in this region."

The new, 34,000-square-foot wing offers "an environment and programming that encourages privacy, independence and choice," added Mr. Berry. Its centerpiece is a state-of-the-art rehabilitation department, staffed by Flagship Rehabilitative Services and offering the Accelerated Care Plus (ACP) system of therapeutic modalities. Rehab clients enjoy a variety of home-like features designed to promote their comfort and recovery. These include spacious resident rooms with mountain and courtyard views, personal vanity areas, flat-screen televisions, Wi-Fi and cove lighting; oversized windows that maximize natural lighting; comfortable living rooms equipped with large, flat-screen televisions, surround sound and Kinect for Xbox; country kitchens open and adjacent to living rooms and dining rooms; and walking gardens with sitting walls, benches and water features that promote wellness and healing. The wing also includes high-tech food services and laundry departments that support the entire nursing home.

"But a building is just a building," said Mr. Gibb

as he went on to tell the story of BGF founder Eleanor Howe Marston and her son, retired Board chair Carl Howe. "What we are really doing is honoring and continuing their vision of service."

That sentiment was reiterated by guest speaker Izzy Firth, president of LifeSpan, the largest senior care provider association in the Mid-Atlantic. "Whenever I visit, I have to say

that I can feel the love here. Do you feel it? I think it's because this organization is steeped in a tradition of love. The leaders and staff have set that tone. ... We all deserve to have loving environments in which to heal, recuperate and rehabilitate, to recover and to live. I am so proud to be here with you today to join in this important event."



“When you see the decline and increasing frailty of your loved one, your head knows you have to make the tough decision, but your heart won’t follow,” she explained. “Join us for a conversation on facing the challenges aging presents and how to know when it’s time to make a

transition to long-term care.”

Chef Bonita Woods of the Bonita Woods Wellness Foundation will demonstrate some of her favorite healthy, fiber-rich recipes and share samples with participants attending her **“Dining for Energy and Vitality”** seminar on

Wednesday, May 23.

According to Chef Woods, “diet and lifestyle have a huge impact on our health, energy and well-being. Many of the same ingredients that are good for a heart-healthy diet also help to maintain stable blood sugar and digestive comfort, keeping

energy up and helping with weight management.”

To attend, please RSVP to Director of Marketing Toni Davis at 301-924-2811, option 3, or tdavis@bfg.org by the Monday prior to each seminar.

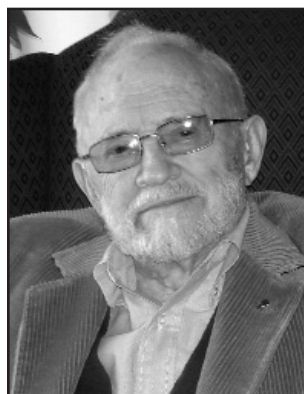
James Rice Joins BGF’s Board of Directors

Brooke Grove Retirement Village independent living resident James K. Rice, B.S., M.S., was recently appointed to Brooke Grove Foundation’s (BGF) board of directors. He began a three-year term at the group’s December 2011 meeting. Mr. Rice replaces outgoing board member Lois Hoskins, Ph.D., who was honored for six years of outstanding leadership and service.

Mr. Rice served as a first lieutenant in the United States Marine Corps in the Pacific Theater in World War II and as a captain in the reserves until 1955. As a registered professional engineer, he was president of Cyrus Wm. Rice & Company, a Pittsburgh firm of professional consulting engineers and chemists specializing in industrial water and wastewater treatment, and then vice president and senior vice president of

NUS Corporation in Rockville. He later operated a private consulting engineering practice before retiring in 2001. Mr. Rice is the recipient of many awards and is the author of over 70 published technical papers.

Locally, Mr. Rice was active in the Sandy Spring Museum, where he served for 16 years as a board member and for two years as president. He is also a former director of the Southeast Olney Rural Civic Association. At Brooke Grove, he is a past president of the Independent Living Resident Association (ILRA).



Toni Davis Elected to GROWS Board

Toni Davis, director of marketing for Brooke Grove Retirement Village (BGRV), was recently elected to a three-year term on the board of directors of the Grass Roots Organization for the Well-being of Seniors (GROWS). GROWS is a nonprofit corporation that seeks to bring together social service and government agencies, businesses, religious organizations, eldercare professionals and seniors for collaborate initiatives that address the needs of Montgomery County’s seniors.

Ms. Davis’ passion for senior care, along with her extensive marketing and nursing expertise and commitment to the cultivation of community partnerships, has earned her a reputation for excellence throughout Montgomery County. At BGRV, she leads a team of nine admissions and marketing professionals

and holds responsibility for advertising, marketing, census, publications and outreach. Prior to joining BGRV in 2008, she enjoyed a 10-year career with Tender Loving Care Home Health in Burtonsville, Maryland.

“I consider it a privilege to serve with my colleagues on the GROWS board,” noted Ms. Davis. “By working together, we hope to strengthen GROWS’ community connections while also raising awareness of the needs of seniors and support for a variety of advocacy projects.”



Celebrations of the Season

While independent living residents each celebrated the season with their own traditions and families, they also greatly enjoyed the opportunity to spend time with their Brooke Gove family.

A Thanksgiving Celebration, held on November 18 at Westbrooke Clubhouse, featured an elegant, bountiful and traditional meal of turkey, stuffing, pumpkin and pecan pies, and other delicacies prepared by Chef Victor Camacho and his team. Community members Harry Henderson and Betty Toomey offered a toast at the feast's first and second seatings, while Nancy Wallace and Marie Gowen presented the blessings.

Residents gathered again on December 10 for the annual Holiday Party hosted by the Independent Living Resident Association at the Golden Bull Grand Café in Gaithersburg. In addition to a delicious meal, the festive and lively party included a whimsical musical program presented by Holiday Party Committee members Faye and Harry Henderson, Lenna Leeson, Betty Markovchick,

Elfriede Mayhall, Gordon Rosenberger, Mike Scalzi, Helene Sugarman and June Thomas.

A few days later, a smaller group braved the December chill for a visit to the Festival of Lights at the Mormon Temple in Kensington. The Temple grounds shone brightly with more than 450,000 sparkling Christmas lights, and the Visitor's Center displayed over 100 crèches from around the world and 16 Christmas trees decorated in international themes. Residents also delighted in a holiday performance by the Capital Carillon English Handbell Ensemble.



Residents (l to r) Bill Mills, Betty Farrell and Mary Konrad at the Holiday Party



(l to r) Pat Rice and Marion Hastings share in the holiday celebration.



Holiday Party Committee members (l to r) June Thomas, Lenna Leeson, Mike Scalzi, Helene Sugarman and Harry Henderson prepare for their performance.



"You're a Good Man, Charlie Brown"

February 22-March 18
Olney Theatre Center
2001 Olney-Sandy Spring
Road, Olney. Fee.
Call 301-924-3400.

Masters of Music Concert: Pianist Thomas Pandolfi – Greatest Works of Franz Liszt

February 26, 3 p.m.
Sandy Spring Museum
17901 Bentley Road,
Sandy Spring. Fee.
Call 301-774-0022.

Assisted Living Group Homes

Holiday Happenings

Assisted living's annual Holiday Open House, held on December 11 in each home of The Meadows and The Woods, offered family members and friends the opportunity to join their loved ones for a special holiday celebration. Residents and their guests enjoyed musical entertainment and a delicious array of holiday treats. A DVD presentation invited onlookers to pause and remember the year just past as photographs of residents and staff rolled across the screen.

Also in December, residents helped prepare for the Open House by assisting the staff in "decking the halls" of each home with holiday decorations and by

creating a variety of beautiful centerpieces with the guidance of the Montgomery County Master Gardeners. A National Geographic writer took residents on a



LIFE Enrichment Coordinator Deb Gibson and Isaiah, grandson of Brooke Grove Retirement Village Chaplain Bill Neely, share a holiday hug while resident canine Max tries to nose in on a good thing.

virtual journey to Jerusalem with his "Into the Holy Land" presentation, and Jewish residents joined others across campus for a Hanukkah service held at Brooke Grove Rehabilitation and Nursing Center.

Residents also took a

trip to Winter Lights of Seneca Creek, dined at Bugaboo Creek and the Crab Shanty, baked cookies and decorated gingerbread houses, shopped at Kohl's and assisted living's Bingo Store Gift Bazaar, and joined in numerous holiday sing-alongs.



The Meadows resident Rina DeVita (center) celebrates the holidays with her family.



The Woods resident Bud Hotz (second from left) and his loved ones pose for a photo with Santa.



The Meadows resident Gerta Willim (right) and her daughter, Iris Anderson, at the Holiday Open House

Brooke Grove Rehabilitation and Nursing Center

Holiday Magic

Whether joining a party, participating in a special activity or taking time to remember the real reason for the season, Brooke Grove Rehabilitation and Nursing Center residents celebrated the holidays throughout the month of December.

Residents joined their loved ones at the annual Holiday Open House on December 11, where they enjoyed live music and treats, a visit from Santa, and the chance to explore the “Night Before Christmas Room.”

Special visitors, including local church and youth

groups, shared their smiles, gifts and beautiful voices with residents. Other programs included a campus-wide Hanukkah service, a trip to view the Holy Nativity display at St. Andrew’s Lutheran Church, an excursion to see the Symphony of Lights in Columbia, a performance of “A Christmas Carol” at the Olney Theater, a Cookie Exchange Social, and a New Year’s Eve party.



Santa and his helper join resident Anna Diehl (far left) and her loved ones at the Holiday Open House.



Carolers entertain guests at the Holiday Open House.

New LIFE Enrichment Director Andi Edwards

Brooke Grove Rehabilitation and Nursing Center welcomed new LIFE Enrichment Director Andi Edwards to the team on November 25. She is well-qualified for the position having served as activity director for American Transitional Specialty Care in Memphis and locally as assistant director of recreation and volunteer

services for Shady Grove Nursing and Rehabilitation Center, as a recreation therapist at Hebrew Home of Greater Washington, and as director of community relations at Sunrise of Rockville.

Ms. Edwards holds a bachelor’s degree in recreation and leisure studies/therapeutic recreation from Shepherd

College. She is also slated to earn certification as a therapeutic recreation specialist this spring.



BGRNC’s Family Council Meeting

Date/Time: February 6 at noon and March 3 at 1:30 p.m.
Place: Second Floor Main Activities Room (MAR)
Contact: Monica Sparber, 301-774-3655 or klez@wt.net

Family members and friends of current and former residents offer support and meet with administration.

You're Invited...

Volunteer Orientation

Tuesday, January 31 and February 28, 6:30-8 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road

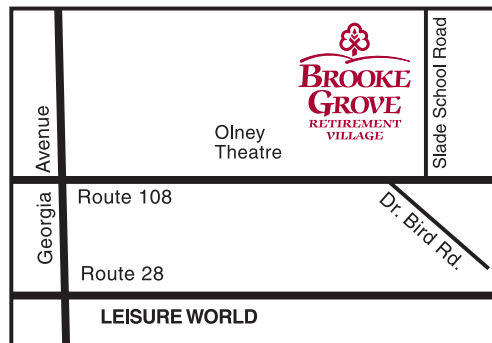
For further information, contact Volunteer Services,
301-570-7081 or volunteers@bgf.org.

"Creativity, Longevity and Brain Health" Living Well Community Seminar

Wednesday, February 15, 6:30-8:15 p.m.
Brooke Grove Rehabilitation and Nursing Center
Free. For reservations, contact Toni Davis,
301-924-2811, option 3, or tdavis@bgf.org.

Alzheimer's Support Group

Wednesday, February 15 and March 21, 3:30-4:30 p.m.
Brooke Grove Rehabilitation and Nursing Center
For further information, contact Bill Neely,
301-924-5176 or bneely@bgf.org.



Inova Blood Drive

Wednesday, March 14, 2:30-7 p.m.
Brooke Grove Rehabilitation and Nursing Center
Appointments preferred, but walk-ins welcome.
For reservations, contact Volunteer Services,
301-570-7081 or volunteers@bgf.org.

"Laugh for the Health of It" Living Well Community Seminar

Thursday, March 15, 6:30-8:15 p.m.
Brooke Grove Rehabilitation and Nursing Center
Free. For reservations, contact Toni Davis,
301-924-2811, option 3, or tdavis@bgf.org.

For resident activities information, contact the LIFE Enrichment staff at each home.



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

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Seminar Series 2012
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