

BGRV to Host Community Health Fair for Seniors on October 12

With a goal of promoting wellness, Brooke Grove Retirement Village (BGRV) is pleased to partner with Celtic Healthcare to host a Community Health Fair for Seniors from 10 a.m. to 4 p.m. on Wednesday, October 12, in the Sharon Courtyard of Brooke Grove Rehabilitation and Nursing Center (BGRNC).

The Health Fair will offer a variety of free screenings conducted by healthcare professionals as well as displays highlighting several local senior healthcare product vendors. Stations include:

- **Blood pressure, pulse and oxygen level screening** provided by Celtic Healthcare and Brooke Grove Retirement Village nurses
- **Gait velocity testing** provided by Celtic Healthcare physical therapists
- **Balance evaluations** provided by Celtic Healthcare physical therapists
- **Seated massages** provided by a licensed massage therapist
- **Flu shots** provided by EMUrgent Care of Olney/Sandy Spring (\$25 if not covered by Medicare)
- **Wii bowling** (just for fun!)
- **Healthful cooking demonstrations and tips** provided by Chef Bonita Woods of the Bonita Woods Wellness Institute



Live well! Explore Brooke Grove Retirement Village and its Community Health Fair for Seniors on October 12.

home safety tips will also be discussed. The seminar will be offered at 11 a.m. and again at 1 p.m.

“This is a great opportunity for local seniors to get their flu shots and take advantage of free health screenings while also enjoying the fall foliage on Brooke Grove’s beautiful 220-acre campus,” said BGRV Director of Marketing Toni Davis. “It’s also a fun way to sample some tasty, chef-prepared treats and take home some new recipes. Bring a friend and enjoy the day!”

For further information, contact Toni Davis at 301-924-2811, option 3. In the case of poor weather, the Health Fair will move to BGRNC’s terrace level conference room and adjoining patio.

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- **Tours** of Brooke Grove Retirement Village
A highlight of the fair will be a free seminar entitled “*Maintaining Your Independence as You Age*,” presented by Dr. Patricia Tomsko Nay, a Rockville physician who specializes in geriatric medicine. Participants will learn how to simplify their life, how to make the environment work for them and how to prevent falls. The importance of exercise and



Message from the Village

From the desk of Toni Davis, director of marketing

For more than 60 years, Brooke Grove Retirement Village (BGRV) has sought to make a difference in the lives of the seniors we serve by offering a caring and homelike environment while also maximizing personal freedom. Often a pioneer, BGRV has repeatedly devised innovative solutions to enhance quality of life in one's later years and continually searches for ways to reach out to our surrounding community as well.

We hope that you will take advantage of the opportunity to visit our campus on October 12 for our free Community Health Fair for Seniors. We are pleased to partner with Celtic Healthcare to host this event and believe you will appreciate the variety of

assessments and healthcare information available to you. Our free Living Well Community Seminar Series, with sessions in September, October and November, provides yet another chance for you to learn more about living a vibrant life.

In this issue of "Village News," you will also read about our support of the Alzheimer's Association® and the annual Walk to End Alzheimer's™. We consider it a privilege to help raise awareness and funds that will support this worthy organization and all those affected by this devastating disease. As a long-time provider of memory support and Alzheimer's care, this cause is dear to our heart.

We are eager to serve not just our residents, but their families, our staff and our community. It is our hope that the above-mentioned opportunities will benefit you as we strive to "touch people's lives" in new and tangible ways.

Raffle to End Alzheimer's Winners

An excited crowd of ticket holders waited with bated breath as the winning names for Brooke Grove Retirement Village's (BGRV) Raffle to End Alzheimer's were drawn in the lobby of Brooke Grove Rehabilitation and Nursing Center on August 31.

Residents and employees drew the names of the following lucky winners: Sylvia Bell was delighted to win the 42" flat screen television donated by Graeves Auto and Appliance of Olney. Marjorie Manno, who purchased her ticket during BGRV's Concert and Dance to End Alzheimer's in May, took home the

iPad 2 contributed by Chesapeake Telephone Systems. Harith de Silva, son of volunteer and long-time Walk to End Alzheimer's™ supporter Chamini de Silva, was the victor of a Spa Package donated by Serenity Zone Med Spa of Olney.

"The raffle raised thousands of dollars toward our \$20,000 goal," noted Director of Marketing Toni Davis. "We are so grateful to our prize sponsors and to each person who purchased raffle tickets to benefit

the Alzheimer's Association®."



(l to r) BGRV Director of Marketing Toni Davis congratulates raffle winner Sylvia Bell.



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.

Kickoff Party Launches Walk to End Alzheimer's™ Campaign

More than 200 employees, volunteers, residents and family and community members showed their commitment to ending Alzheimer's by joining Brooke Grove Retirement Village's (BGRV) 2011 Walk to End Alzheimer's™ team during an August 10 Kickoff Party held in the Sharon Courtyard of Brooke Grove Rehabilitation and Nursing Center.

With a theme of "We're Singing, Dancing and Walking to End Alzheimer's," the event included music, line dancing, mime entertainment, picnic fare catered by Cheeburger Cheeburger (Olney), and an opportunity to visit with several representatives of the Alzheimer's Association®. Prize incentives were also announced for those who join BGRV's 2011 roster to help raise funds for the cause.

Alzheimer's is a disorder of the brain's nerve cells that impairs memory, thinking and behavior. According to the Alzheimer's Association®, the world leader in

Alzheimer's research and support, as many as 5.4 million Americans are living with Alzheimer's. Money raised will allow the organization to continue to fund groundbreaking research, educate communities, provide support services for families, and advocate on behalf of those affected by the disease.

As a silver sponsor of the Walk to End Alzheimer's™, BGRV has already made a \$5,000 contribution and is building a dynamic team that hopes to raise \$20,000 to meet this year's goal.

Team members also plan to participate in the Walk to End Alzheimer's™ on the National Mall on November 5.

To join the BGRV Walk to End Alzheimer's™ team or to make a donation, contact Team Captain Janet Wright, director of admissions, at 301-260-2320 or visit <http://2011walktoendalzheimers.kintera.org/washington/brookegrove>.



Cheeburger Cheeburger chefs grill burgers for the crowd.



Line dancers get into the groove.



Mime Tim M keeps guests laughing.



BGRV Regional Administrator Patty Anderson (right) signs up for the Walk.

Living Well Series Resumes with Fall Seminars

Brooke Grove Retirement Village (BGRV) will resume its Living Well Community Seminar Series this fall, according to Director of Marketing Toni Davis. Designed to help participants navigate a variety of financial, healthcare and personal challenges, each of these free, monthly presentations will be held from 7 to 8 p.m. at Brooke Grove Rehabilitation and Nursing Center. Each seminar will be preceded by a complimentary lite supper beginning at 6:30 p.m.

Returning by popular demand, Holistic Pharmacist Brian Sanderoff, director and principal owner of the Well Being Healing Center and Holistic Pharmacy in Hunt Valley, Maryland, will present *“The Holistic Approach to Anti-Aging”* on Thursday, September 29. Participants will gain an understanding of how genes play a role in the development of disease or dysfunction and an appreciation of how to influence positive change. Diet, exercise, herbs, vitamins and relaxation techniques can all be used to help our bodies work better and longer and result in a more productive lifetime.

Join Chef Bonita Woods of the Bonita Woods Wellness Institute on Thursday, October 20, for *“Dining for Vibrant Health”* and learn how to turn meals into a fun and health-activating adventure! “You are what you eat” is a phrase to live by, especially for seniors. Every meal has the ability to add to our health and well-being. Participants will learn how food impacts the body and become empowered to use it as

a delicious tool for health.

Leta Blank, program director of the Senior Health Insurance Assistance Program, will take the podium on Wednesday, November 9, to discuss *“Medicare 2012: What You Need to Know to Get the Best Benefits.”* Discover the answers to questions such as “What does Medicare A and B cover? Do I need Part C? How does Medicare Part D (the prescription drug program) work? Medicare doesn’t pay for everything, so what else do I need?”

Brooke Grove Rehabilitation and Nursing Center is located at 18131 Slade School Road on BGRV’s Sandy Spring, Maryland, campus. For information and reservations, contact Ms. Davis at 301-924-2811, option 3, or tdavis@bgf.org by the Monday prior to each seminar.



Residents Star in Photo Shoot

Brooke Grove Retirement Village (BGRV) residents were the stars of a recent photo shoot conducted to add to a library of professional pictures illustrating life across campus. The library, developed by Creosote Affects, will be used to showcase BGRV on the company’s Web site as well as in a variety of future brochures and advertisements.

Photos were taken in the rehabilitation department of Brooke Grove Rehabilitation and Nursing Center, in The Meadows and Sharon courtyards, on the Westbrooke patio, and in the Poplar View and Hickory Knoll neighborhoods of BGRV’s independent living community.



(l to r) Stan Keller and Paul Hoskins participate in the photo shoot.

Living History

Fort McHenry, famed for its role in the War of 1812 when it successfully defended the harbor from an attack by the British Navy, was invaded by independent living residents during an August outing to Baltimore. The group participated in a Flag Ceremony inside the original fort before travelling through Federal Hill to the Star-Spangled Banner Flag House. Built in 1793, the Flag House was the home of Mary Pickersgill, who made the flag that inspired Francis Scott Key to

write the poem that became America's national anthem, "The Star-Spangled Banner."

The Baltimore trip was part of a lecture series offered on campus by independent living resident Rip Rice. Along with local historians Delmas Wood and Leonard Becraft, Dr. Rice is in the process of coauthoring a book entitled "A History of the Sandy Spring Neighborhood." An outgrowth of that project, the lecture series began earlier this year and includes topics such as Sandy Spring's Roots,

The Triadelphia Story, The Slade School Story,

and Impacts of the Civil War on the Neighborhood.



During a Flag Ceremony at Fort McHenry, residents Carolyn Windbeck (front left) and Betty Farrell (front right) join local children in folding a reproduction "Storm Flag."

Exploring Central Maryland

Independent living residents explored a variety of interesting sites during a recent excursion through the Maryland countryside. The group's first stop was the Community Bridge Mural in Frederick. Created on a plain concrete bridge crossing Carroll Creek, this large-scale mural is painted in the trompe d'oeil (fool the eye) style, using textures and shadows to create the illusion of a three-dimensional stone bridge.

After admiring the mural, residents visited

the adjacent Delaplaine Visual Arts Education Center, where they viewed the 2011 Annual Juried Art Exhibit. Then, it was on to Lilypons Water Garden in Adamstown, where they

toured the lovely grounds and fed Koi fish. The trip concluded with a drive up Sugarloaf Mountain for a bird's eye view of western Montgomery County.



Resident Mike Scalzi in front of the Community Bridge Mural



"Witness for the Prosecution"

September 28-October 23
Olney Theatre Center
2001 Olney-Sandy Spring Road, Olney. Fee.
Call 301-924-3400.

Masters of Music Concert: Peabody Ragtime Ensemble

October 23, 3 p.m.
Sandy Spring Museum
17901 Bentley Road
Sandy Spring. Fee.
Call 301-774-0022.

Assisted Living Group Homes

Brenda Norris Achieves ACC Status

Assisted Living LIFE Enrichment Director Brenda Norris recently achieved Activity Consultant Certification (ACC) status from the National Certification Council for Activity Professionals, which certifies those in the field who work specifically with seniors. This is the highest certification offered by the organization.

Ms. Norris, who earned

Activity Director Certified status in 2009, fulfilled several steps in the ACC certification process some time ago, including earning a bachelor's degree, obtaining 5,000 hours of experience in the activity field and 40 continuing education units within the past five years, and completing a Modular Education Program for Activities Professionals (MEPAP).

She made the final step toward ACC status by completing 200 hours of activity consultant experience within the last three years.

"I am incredibly grateful to Brooke Grove for continually supporting my efforts to further my education and credentials," said Ms. Norris. "Working at a place like this makes me want to be the absolute best I can be and inspires

me to pursue professional opportunities like this!"



Island Breezes

Assisted living's annual Hawaiian Luau was a big hit with residents and guests who "went Hawaiian" for the August event held outdoors at The Meadows.

Participants were greeted with beautiful flower lei bracelets and hair clips created by

resident members of the Art of Fabric Club, led by LIFE Enrichment Coordinator Kathy Moore. Party-goers also sipped nonalcoholic strawberry and mango margaritas and danced the hula to beach and Hawaiian tunes played by Bob Clark.



The Woods residents (l to r) Ruth Hopkins and Mary Nowotny make a pretty picture at the Hawaiian Luau.

Intergenerational Fun on Kids Day

It was all about the kids on August 11 when 30 youngsters of all ages came to work with their parents! Kids Day festivities offered intergenerational opportunities like a Scavenger Hunt, during which older children talked with residents in each house to discover the answers to questions

such as "Who does lasso tricks?" and "Who makes stained glass?" Meanwhile, the younger kids delighted in morning playgroup sessions in the memory support homes before enjoying sack lunches prepared by residents of The Woods.

The afternoon was also filled with surprises as the

group joined residents for an ice cream social, bubble blowing, temporary tattoos, hula hooping and D's Magic Show.



A young visitor pets a rabbit from D's Magic Show.

Brooke Grove Rehabilitation and Nursing Center

Virtual Mexican Cruise

Brooke Grove Rehabilitation and Nursing Center residents set sail this summer on a virtual Mexican Cruise! The group “left the dock” during a Bon Voyage Party held on the terrace level conference room “deck,” enjoying refreshments while Captain (Administrator) Greg Porter and other crew members shared details of their excursion and eventual destination.

Voyagers enjoyed a host of shipboard activities and entertainment while “at sea” during the week. While docked in Cancun, some travelers also took a trip to Toby’s Dinner Theatre (Columbia, Maryland) for a performance of Cole Porter’s “Anything Goes.” The cruise concluded with a final celebration with entertainment by the Singing Cowboys.



Resident Kathryn Gale (seated at center) at the Bon Voyage celebration with ship’s crew members (l to r) Joan Pedersen, Frances Ridgely, Joyce Briggs and Cia Richards

Fashion Show Flair

A recent “Anything Goes Fashion Show” celebrated the residents of Brooke Grove Rehabilitation and Nursing Center. During the colorful affair, residents and staff models glided down the runway, showcasing stylish clothes in Glitz and Glamour, Sport and Casual, Western and International categories.

As each model entered the room, LIFE Enrichment Coordinator and Emcee Wanzie Bolen

provided an introduction and description of their outfit. “The residents waved and blew kisses as they walked the red carpet. I’ve never seen them smile so much!” she remarked.



Resident LaVerne Sims on the red carpet

257th Army Band Ensembles Perform at BGRV

Two ensembles from the 257th Army Band dazzled Brooke Grove Retirement Village (BGRV) residents and guests during July 16 concerts at Brooke Grove Rehabilitation and Nursing Center and The Meadows Assisted Living. Ensembles also entertained residents of Williamsport Retirement Village and Rest Assured Residential Living, divisions of Brooke Grove Foundation located

in Williamsport, Maryland, and Meyersdale, Pennsylvania.

Officially recognized as “The Band of the Nation’s Capital,” the 257th Army Band is a National Guard unit located in Washington, D.C. Specialist Laura Brecheen, former director of volunteer services at BGRV, plays trumpet in the band and made the arrangements for these performances.



BGRNC’s Family Council Meeting

Date/Time: October 3 at noon and November 5 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...

"A Holistic Approach to Anti-Aging" Community Seminar

Thursday, September 29, 6:30-8 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road

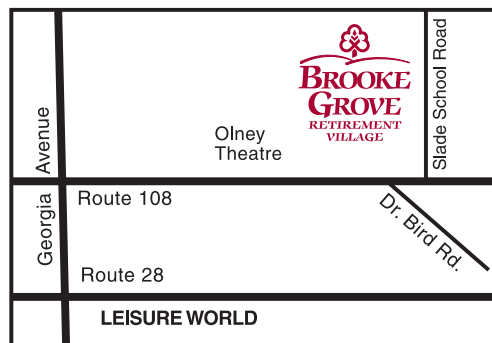
Free. For reservations, contact Toni Davis,
301-924-2811, option 3, or tdavis@bgf.org.

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Wednesday, October 12, 10 a.m.-4 p.m.
Brooke Grove Rehabilitation and Nursing Center
Free. Offered in partnership with Celtic Healthcare.
For further information, contact Toni Davis,
301-924-2811, option 3, or tdavis@bgf.org.

Walk to End Alzheimer's™

Saturday, November 5, 8:30 a.m.
National Mall, Washington, D.C.
For information or to join the BGRV team,
contact Team Captain Janet Wright,
301-260-2320 or jwright@bgf.org.



Inova Blood Drive

Wednesday, November 9, 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.

"Medicare 2012: What You Need to Know to Get the Best Benefits" Community Seminar

Wednesday, November 9, 6:30-8 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
18100 Slade School Road
Sandy Spring, MD 20860
301-924-2811 • www.bgf.org

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