



Brooke Grove Retirement Village's VOLUNTEER VISIONS

Volume 8, Number 8

"We Touch People's Lives"®

October/November 2011

'Tis the Season ... for Volunteers!

With the arrival of autumn and the approach of the holidays, Brooke Grove Retirement Village (BGRV) is preparing to welcome the season while also gearing up for all the celebrations that make the holidays special for residents. Here's how you can help!



Holiday Decorations

Decorators are needed to assist the staff in "decking the halls" and preparing for holiday parties throughout the BGRV campus, beginning in mid-November.

Thanksgiving Feast

Brooke Grove Rehabilitation and Nursing Center (BGRNC) will serve its traditional Thanksgiving Feast for residents and family members beginning at 12:10 p.m. on Thursday, November 17. Volunteers are needed to assist as *musicians* and *servers* and to *help with cleanup*.

Holiday Open Houses

Holiday Open Houses will be held on Sunday, December 11, from 12 noon-2 p.m. at The Meadows and The Woods and from 2-4 p.m. at BGRNC. *Musicians* are

needed as well as volunteers willing to serve in a *variety of capacities*.

To volunteer, contact *Director of Volunteer Services Nancy Ochsenreiter* at 301-570-7081 or volunteers@bgf.org.

VOLUNTEERS NEEDED

ASSISTED LIVING

- Animal Lovers** to assist in care of resident dogs, cats, birds and fish
- Bus Drivers** to provide transportation to community events; training provided
- Computer Guides** to teach basic computer skills to residents on a one-on-one basis.
- Evening Activity Assistants** to lead trivia groups, game nights and poetry hour, 6-7:30 p.m.
- Friendly Visitors** for one-on-one interaction with residents, 3-7 p.m.
- Hair Salon Assistants**, Wednesdays/Thursdays
- Musicians/Dancers/Singers** (amateur and professional) to perform for residents throughout the year
- Resident Feeding Assistants** during all mealtimes, particularly during dinner (5-7 p.m.) Training required.

BROOKE GROVE REHABILITATION & NURSING CENTER

- Bird Lovers** to feed and water resident birds
- Bus Drivers** to provide transportation to community events; training provided
- Evening Receptionist**, 6-8 p.m., training provided
- Friendly Visitors** for one-on-one interaction with residents
- Hair Salon Assistants**, Tuesdays/Wednesdays
- Manicure Assistant**, Thursday afternoons, 3 p.m.
- Musicians/Dancers/Singers** (amateur and professional) to perform for residents throughout the year
- Office Assistant** for admissions and other departments, flexible days and times

To learn more about volunteer opportunities, contact Nancy Ochsenreiter at 301-570-7081 or volunteers@bgf.org.

DO YOU LIKE TO DECORATE? Volunteers are needed to help create the magical, animated "Night Before Christmas Room" at Brooke Grove Rehabilitation and Nursing Center. Work will begin at 6:30 p.m. on the evening of December 5 and 6 and whatever additional days are needed to be ready for the Holiday Open House on Sunday, December 11. The room will be open for everyone's enjoyment throughout the holiday season. Contact



Volunteer Services at 301-570-7081 or volunteers@bgf.org if you would like to help.


BROOKE GROVE
RETIREMENT VILLAGE

18100 Slade School Road
Sandy Spring, MD 20860
301-924-2811
www.bgf.org

**"Do what you can,
with what you have,
wherever you are."**

—Theodore Roosevelt

"Volunteer Visions" is published monthly for current and prospective volunteers of Brooke Grove Retirement Village (BGRV).

BGRV is a continuing care retirement community offering independent living, assisted living and nursing home care on its Sandy Spring campus. BGRV is a division of Brooke Grove Foundation, Inc., a nonprofit organization which also operates a nursing home and assisted living homes in Williamsport, Maryland, and a personal care home in Meyersdale, Pennsylvania.

Thomas Wetmore, chair, board of directors, Brooke Grove Foundation

Keith Gibb, president, Brooke Grove Foundation

Patricia Anderson, regional health-care administrator, Brooke Grove Retirement Village

Nancy Ochsenreiter, contributing editor, director of volunteer services, Brooke Grove Retirement Village

Lynelle Smith, managing editor, director of employee and public relations, Brooke Grove Retirement Village

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.

The Season of Giving

As we gather with family and friends to count our blessings and welcome giving, Brooke Grove Retirement Village (BGRV) offers two opportunities to reach out to those less fortunate.



Scarves for Seniors

With a goal of making a difference for low income seniors in Montgomery County, BGRV is once again supporting the annual **"Scarves for Seniors"** initiative of the Grass Roots Organization for the Well-being of Seniors (GROWS).



"This is a wonderful opportunity for us to help seniors in our community experience warmth and caring this winter," said Toni Davis, BGRV's director of marketing. "Your contribution of new items such as winter scarves, gloves, hats, socks, slippers, lap

blankets and water bottles will be wrapped by BGRV residents and distributed by GROWS to senior residents of affordable housing in time for the holidays."

During the month of November, collection boxes will be available in the lobbies of Brooke Grove Rehabilitation and Nursing Center (BGRNC), The Meadows 1641, The Woods 1614 and the corporate office. The deadline for donations is November 27.

Olney Help

BGRNC is also sponsoring a **food drive**. Your donation of nonperishable food items will be delivered directly to Olney Help, a local food bank. There is a particular need for canned yams, evaporated milk, peas and tomatoes as well as muffin mix.



Items may be deposited in the collection box in BGRNC's lobby from November 14-22.

"Medicare 2012" Seminar Concludes Series

Brooke Grove Retirement Village's 2011 Living Well Community Seminar Series will conclude on Wednesday, November 9, when Leta Blank, program director of the Senior Health Insurance Assistance Program, takes the podium to discuss **"Medicare 2012: What You Need to Know to Get the Best Benefits."**



Discover the answers to questions such as "What do 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?"

Hosted by Brooke Grove Retirement Village, the seminar will be held from 7 to 8 p.m. in the terrace level conference room of Brooke Grove Rehabilitation and Nursing Center. It will be preceded by a complimentary lite supper at 6:30 p.m.

For reservations, contact Toni Davis at 301-924-2811, option 3, or tdavis@bgf.org by November 7.



**HAPPY
THANKSGIVING!**
May your holiday be abundant with the blessings of love and friendship!

There's Still Time to Join the Walk to End Alzheimer's™ Team!

With only a few days remaining until the Walk to End Alzheimer's™ on the National Mall on

November 5, the fundraising efforts of Brooke Grove

Retirement Village's (BGRV) Walk to End Alzheimer's™ team are kicking into high gear!

"No matter what the amount, every contribution counts, and I want to encourage each one of our team members as they work to reach our \$20,000 goal," noted Director of Marketing Toni Davis. If you haven't joined the team yet, there's still time! Register at 2011walktoendalzheimers.kintera.org/washington/brookegrove or fill out a registration form at the reception desk in the lobby of Brooke Grove Rehabilitation and Nursing Center (BGRNC) or The Meadows 1641. Remember, team members are eligible to win the following prizes —

■ **Raise \$1,000 or more:** Win a \$100 gift card and T-shirt

■ **Raise \$500 or more:** Win a \$50 gift card and T-shirt

■ **Raise \$250 or more:** Win a \$25 gift card and T-shirt

■ **Raise \$100 or more:** Win a \$10 gift card and T-shirt

■ **Raise \$25 or more:** Win a T-shirt

Team Captain Janet Wright, director of admissions, offers the following tips on what team members can do to make this year's campaign a success:

■ **If you need transportation to the Walk, sign up** in the Volunteer Services office at BGRNC or at the reception desk at The Meadows 1641 by October 31. **The bus will leave at 7:15 a.m.** on Saturday, November 5, from the front entrance of BGRNC. Registration begins at 8:30 a.m., and a

team photo will be taken. The Walk program begins at 10 a.m. If you prefer to navigate on your own, head to 15th and Constitution Avenues on the National Mall.

■ **Ask your friends and loved ones to walk with you.** If you're involved with a service group, club or other organization, their involvement is also welcome. If you plan to bring someone, please be sure to register them.

■ **Send e-mails or personally ask your friends and family members to support you by making a donation** to the Alzheimer's Association.

■ If you have already raised at least \$25, **pick up your Walk to End Alzheimer's™ T-shirt** from the admissions department.

Do you know that a pint of blood can save three lives? Twenty-eight (28) units of blood were



collected at the Inova Blood Drive held at Brooke Grove Rehabilitation and Nursing Center on September 14, potentially saving 84 lives! *Special thanks go to first time volunteer donors Chamini de Silva and Betty Farrell, to regular donors Heidi Kramer and Justin LeGrande, and to Betty Farrell and Carolyn Windbeck for assisting with registration.*

The next Inova Blood Drive will be held at BGRNC on Wednesday, November 9. Volunteers are needed to assist in the canteen, where donors enjoy a snack before heading home. *If you would like to help anytime between 3 and 7 p.m., call Volunteer Services at 301-570-7081.*

Save Lives. Give Blood! INOVA BLOOD DRIVE



Wed., November 9
2:30-7 p.m.
in the



Terrace Level Conference Room
Brooke Grove Rehabilitation
and Nursing Center

For information or to make an appointment,
call Volunteer Services at
301-570-7081
Walk-ins are also welcome!

Remember to return your Tuberculosis Screening Form if you intend to volunteer at Brooke Grove. *Please notify Volunteer Services if you are no longer able to volunteer.*

Volunteer News

Special Thanks

■ to volunteers **Marcia Vogin** and **Lenna Leeson**,

"There are certain events that, without volunteers, simply wouldn't be a success.

Our first Awards Night was one of those events,"

explained As-sisted Living Director of LIFE Enrichment Brenda Norris. "These women volunteered their time and talent to make our event special. Ms. Vogin played violin for residents and their families at The Woods while Lenna Leeson played the piano for those at The Meadows. Everyone adored them and their performances, and it wouldn't have been nearly as nice without them. Thank you to both of these wonderfully spirited, talented ladies, from the bottom of our hearts! Thank you for making our event GRAND!!

■ to **Jackie Gorinson** and **Beth Leslie** — and their furry, canine friends **Vangie** and **Taffy** — for their dedication to Brooke Grove. They bring lots of smiles and comfort to residents and staff each time they visit!



■ to **Janet Beth, Claire Johnson** and **Bob Knapp** for their help with the Thanksgiving mailing.

■ to **Meredith Osterman** for bringing her gentle touch to residents by providing hand massages in BGRNC, The Meadows and The Woods. She truly "touches people's lives"!

Congratulations

■ to **Harith de Silva**, winner of a spa package in Brooke Grove Retirement Village's recent Raffle to End Alzheimer's. He graciously offered the prize to his mother, **Chamini de Silva**, a BGRV volunteer and ardent supporter of the organization's annual fundraising efforts for the Alzheimer's Association. Chamini will enjoy being Queen for a Day at Serenity Zone Med Spa of Olney, which donated the package.

Welcome

■ to new volunteers **Briana Applewhite, Amanda Costopoulos, Riley Fitzgerald, Seamus Fitzgerald, Ellie Goodwin, Kiernan Keller, Didi Kpaka, Cassie Lapcevich** and **Mageb Mofor**.

■ to **Maria Salazar**, a new member of the Arc crew.

Dates and Deadlines

■ **Volunteer Orientation**, Tuesday, October 25 and November 29, 6:30-8 p.m., BGRNC. For information, contact Volunteer Services, 301-570-7081 or volunteers@bgf.org.

■ **Walk to End Alzheimer's™**, Saturday, November 5, 8:30 a.m., National Mall, Washington, D.C. For information, see the article on page 3 or contact BGRV Team Captain Janet Wright, 301-260-2320 or jwright@bgf.org.

■ **Inova Blood Drive**, Wednesday, November 9, 2:30-7 p.m., BGRNC. For an appointment, contact Volunteer Services, 301-570-7081 or volunteers@bgf.org.

■ **"Medicare 2012: What You Need to Know to Get the Best Benefits,"** Wednesday, November 9, 6:30-8 p.m., BGRNC. Free. Includes complimentary lite supper. For reservations, contact Toni Davis, 301-924-2811, option 3, or tdavis@bgf.org by November 7.

■ **Alzheimer's Support Group**, Wednesday, November 16, 3:30-4:30 p.m., administrative conference room, BGRNC. For information, contact Facilitator Bill Neely, 301-924-5176 or bneely@bgf.org.

