

ATHENA Award for Greater Olney – Sandy Spring to Honor BGF Founder and Local Women Leaders

The Olney Chamber of Commerce and Brooke Grove Foundation (BGF) are pleased to announce the first ATHENA Award for the Greater Olney – Sandy Spring community, which will be presented in memory of BGF Founder Eleanor Howe Marston, RN. The award program will recognize and honor women like the late Mrs. Marston who have demonstrated a “dedication of self and a generosity of spirit” through professional and personal leadership and community service.

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. Created in 1982, the ATHENA Award® Program now encompasses 300 award programs, and more than 5,000 awards have been presented to ATHENA recipients in the United States and



BGF Founder Eleanor Howe Marston cares for a resident in this photo taken in 1960.

around the world.

The inaugural ATHENA Award for Greater Olney – Sandy Spring will be presented at an April 6, 2006, luncheon to be held at Brooke Grove Rehabilitation and Nursing Center on the Brooke Grove Retirement Village (BGRV) campus. Nominations for the award will be accepted through March 1, 2006. A selection committee with representatives from BGRV, the Olney Chamber, the Women’s Board of Montgomery General Hospital, the

Sandy Spring Museum and the Greater Olney Civic Association will review the nominations and select the recipient.

Through the ATHENA Award, the selection committee and the organizations they represent look forward to honoring women and men in Greater Olney – Sandy Spring who demonstrate excellence in their profession, devote time and energy to their community in a meaningful way, and generously assist women in attaining their full leadership potential.

According to Pamela Spears, president of the Olney Chamber of Commerce and co-chair of the ATHENA Award Selection Committee, the decision to honor the memory of BGF Founder Eleanor Howe Marston with this award is a fitting one. “Mrs. Marston is a shining example of the visionary women who have made our community what it is today,” she commented.

Gifted with inner strength, compassion, faith and professional nursing skills, Mrs. Marston made a decision at age 50 to open her Sandy Spring farmhouse to care for the elderly. The dream that began in 1950 with the care of two residents in that humble farmhouse grew to become Brooke Grove Foundation, which now includes the

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Message from the Village

from the desk of Susan Frazier, corporate director of marketing

Possibility. Potential. Purpose. What powerful words to denote all that lies within against the landscape of one's future! The attainment of one's full potential brings personal fulfillment, inspires and touches others, and impacts communities. For women, however, this level of achievement has not always been an easy feat to accomplish.

Eleanor Howe Marston, Brooke Grove Foundation's founder, accomplished much and impacted the lives of countless employees and residents in the Greater Olney – Sandy Spring community as she dedicated her life to improving quality of life for others. Today, her legacy of leadership lives on and empowers those who follow in her footsteps to pick up the mantle of opportunity to make a difference. Through various venues, such as the Sue Howe Memorial Scholarship Fund, many at Brooke

Grove are able to improve their lives and reach greater heights of possibility by receiving additional training and education.

Mrs. Marston was a natural fit in the Olney – Sandy Spring community as many women before her forged through obstacles and challenges to become leaders in their newly formed community. Whether it is the Quaker belief system that acknowledged and offered equality of rights and opportunities, or just good genetics and coincidence, this community boasts many women noted for their intellectual and leadership qualities who have influenced ensuing generations.

A local ATHENA award will honor the many women in this community who have made a difference. It will also inspire others to soar as they reach the limitless possibilities, untapped potential and unique purposes each possess. And so lives on the Brooke Grove mission of "touching people's lives" and impacting our community.

Montgomery Hospice Honors BGRV Staff

In recognition of National Hospice Month in November, Vice President of Clinical Services Beverly Paukstis, Social Worker Jenny Gordon and Registered Nurse Kathleen McCauley of Montgomery Hospice presented Brooke Grove Retirement Village (BGRV) employees with a plaque of appreciation for their "partnership in caring." BGRV is one of two organizations selected by Montgomery Hospice to be honored in this way.

"In the spirit of Thanksgiving, we thank you for all that you do to care for hospice patients," explained an

accompanying note from the Montgomery Hospice staff. "We are grateful that

hospice patients are in your care and that we have you as colleagues."



(l to r) Brooke Grove Rehabilitation and Nursing Center Interim Director of Nursing Shirley Valentine, RN; Jan Haas, RN; Diana Gibson, LPN; Assistant Director of Nursing Joan Safier; and Diane Fillah, RN, accept a plaque of appreciation from Montgomery Hospice employees Jenny Gordon, Beverly Paukstis, and Kathleen McCauley.



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.
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Contributing Editor, Susan Frazier
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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.

BGRV Veterans Honored at November 11 Ceremony

Tears of pride and smiles of accomplishment lit the faces of the more than 60 Brooke Grove Retirement Village resident and staff veterans honored at a November 11 Veterans Day Ceremony held at Brooke Grove Rehabilitation and Nursing Center (BGRNC).

Organized by BGRNC Activities Director Corinthia Cromwell, the program featured guest speaker First Sergeant William Powell and other representatives of United States Army Recruiting, Columbia Recruiting Company, who presented the colors in grand military style. When First Sergeant Powell shared the story of a fallen soldier who received the Purple

Heart, he saluted BGRNC resident and veteran Herbert Colburn, who was awarded the Bronze Star. First Sergeant Powell and Mr. Colburn served in the same division, although years apart.

As First Sergeant Powell announced the name and

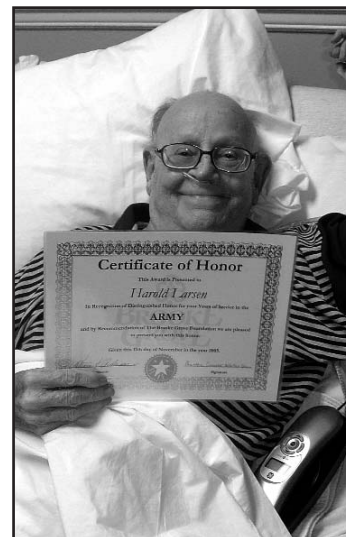
branch of service of each veteran, his fellow officers presented each one with a Certificate of Honor, and his wife and children presented a Veteran's Day pin.

Closing remarks were shared by Brooke Grove Foundation President

Keith Gibb, who was stationed at Walter Reed Army Medical Center as a member of the medical corps during the Vietnam War, and Vice President Dennis Hunter, whose father was a veteran of World War II and the Korean War.



Color guard



BGRNC resident and Army veteran Harold Larsen



BGRNC resident and Navy veteran Marjorie Blankenbaker



Rosa Parks Middle School students (l to r) Ally Chanin, Scott Rosendall, Daniel Portner and (not pictured) Alli Lederer play "America the Beautiful" at the Veteran's Day Ceremony.

ATHENA Award for Greater Olney – Sandy Spring to Honor BGF Founder and Local Women Leaders (continued from page 1)

continuing care retirement community of Brooke Grove Retirement Village in Sandy Spring, Maryland, as well as Williamsport Retirement Village in Williamsport, Maryland, and Rest Assured Residential Living in Meyersdale, Pennsylvania.

Award criteria and nomination forms are available on the Olney Chamber and BGRV Web

sites, www.olneymd.org and www.bgf.org. Further information and nomination forms may also be requested by contacting Olney Chamber Executive Director Virginia Mauk at 301-924-3555 or olneycoc@aol.com or BGF Corporate Director of Marketing Susan Frazier at 301-924-2811, option 3, or SFrazier@bgf.org.



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

Keith Gibb Appointed Board Member of LifeSpan PAC

Brooke Grove Foundation President Keith Gibb was recently appointed to the board of directors of the new Mid-Atlantic LifeSpan Political Action Committee (PAC). Mr. Gibb and George Child, vice president of Adventist HealthCare Senior Living Services, represent Montgomery County on the board.

LifeSpan is a charitable organization representing more than 300 senior care provider organizations in Maryland and the District of Columbia, serving over 40,000 seniors in settings that span the care spectrum.

The LifeSpan PAC was formed in response to state leaders who continue to push proposals that jeopardize the future of the senior care community,



including continued Medicaid reductions likely to total \$100 million over four years for nursing homes, additional mandates on assisted living providers that will dramatically raise costs, and eliminating Medicaid reimbursement completely for adult daycare services. It is hoped that the PAC will help to inspire a new pro-senior policy direction in Maryland, raise visibility and increase the long-term care industry's influence.

Susan Frazier Named Corporate Director of Marketing

Brooke Grove Retirement Village (BGRV) Director of Community Relations Susan Frazier has assumed the role of corporate director of marketing for Brooke Grove Foundation, Inc., (BGF). BGF is a nonprofit organization operating BGRV, a continuing care retirement community offering independent living, assisted living and nursing home care on its Sandy Spring, Maryland, campus; Williamsport Retirement Village, offering assisted living and nursing home care on its Williamsport, Maryland, campus; and Rest Assured Residential Living, a personal care home in



Meyersdale, Pennsylvania.

As corporate director of marketing for BGF, Ms. Frazier oversees all marketing, public relations/communications and admissions functions for all three campuses.

Independent Living

Come Fall in Love with Brooke Grove!

Community members interested in independent living at Brooke Grove Retirement Village (BGRV) are invited to “Come Fall in Love with Brooke Grove” at the independent living update planned for Thursday, February 9, from 2-3:30 p.m. at Brooke Grove Rehabilitation and Nursing Center.

The program will include a look at BGRV’s unique history of service and independent living resident testimonials as well as updated information on the construction timeline, project progress and operational details of Phases III and IV.

To RSVP for the February 9 independent living update, contact Corporate Director of Marketing Susan Frazier at 301-924-2811, option 3, or SFrazier@bgf.org. For more information regarding independent living options at BGRV, contact Retirement Counselor Janet Wright at 301-260-2320 or JWright@bgf.org.

Independent Living Woodshop Opens for Resident Use

Independent living’s (IL) Woodshop opened on December 1 for use by residents who are experienced woodworkers. The shop is located along the Fitness Trail behind the Phase II cul-de-sac.

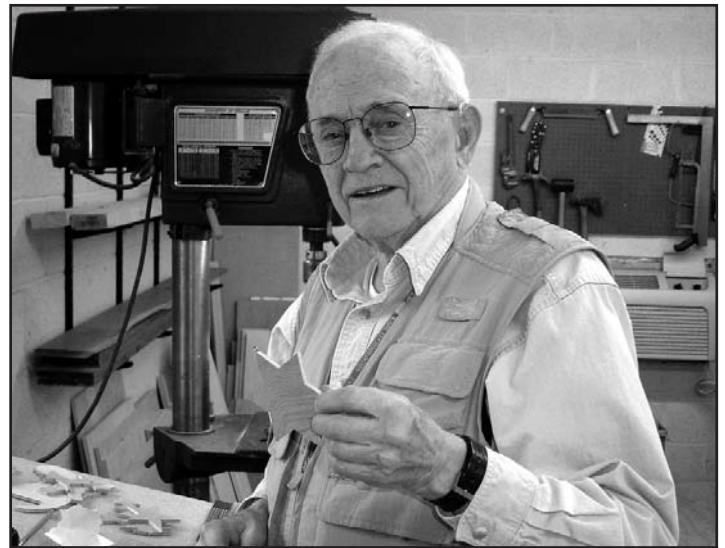
The woodshop features woodworking equipment donated by IL resident Jim Rice, who became an integral part of planning for the chalet’s renovation into a woodshop before he moved into the IL community. After his arrival on campus, he joined forces with IL resident Hank Clough and volunteer Bob Johns to prepare the equipment, build a worktable and a plan desk, create tool storage and organize the space for the most efficient use of the machinery. While getting the shop into top form during the past few months, Jim and Hank offered their services to the IL community, taking on small furniture repair work for a nominal fee.

The woodshop’s first “official” project was creating holiday centerpieces and wooden ornaments in six different shapes, which were painted by Brooke Grove Retirement Village residents and used for

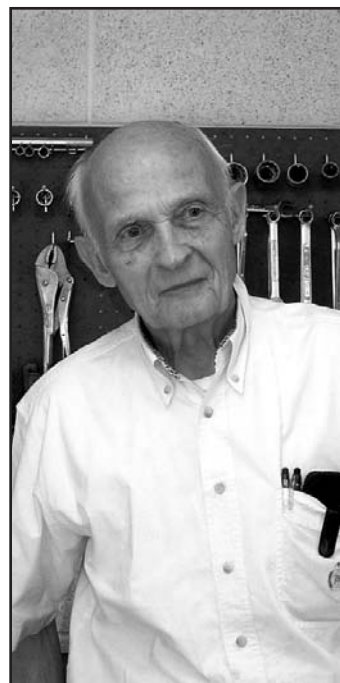
holiday decorations.

Independent living residents interested in using the woodshop are asked to call Wellness

Director Laura Rounds at 301-260-2300, ext. 2393, to complete required paperwork and schedule an orientation.



Jim Rice works on a holiday ornament in the new woodshop.



Hank Clough helps organize the shop’s tool storage.



Gallery Opening & Meet the Artists Reception — Olney Art Association Show
January 8, 2-4 p.m.
Sandy Spring Museum
17901 Bentley Road
Sandy Spring.
Call 301-774-0022.

Lyceum Series: Chamber Music Concert #2 — Clarinetist Gabriela Cohen joined by Cellist Lori Barnet
February 5, 3:30 p.m.
Sandy Spring Museum
17901 Bentley Road
Sandy Spring.
Call 301-774-0022.

Assisted Living Group Homes

Visiting with Hall of Famer Bobby Mitchell

Whenever he comes to town, Pro Football Hall of Famer Bobby Mitchell is sure to stop by The Meadows to visit resident Johnny Via. Johnny managed hotels in the Washington, D.C., area for 50 years and first met Bobby when he came into Johnny's Windsor Park hotel after being traded to the Washington Redskins by the Cleveland Browns. The two quickly became the best of friends.

As the first African American to sign and star for the Redskins, Bobby was a full-time flanker who gained the reputation as one of the finest catch-run yardage makers in the game. When he retired, his 14,078 combined net yards was the second highest total in NFL history.



Bobby and Gwen Mitchell, pictured with resident Johnny Via (center), have become part of the Brooke Grove family.

Statement of Mission

"We Touch People's Lives"

- By providing excellence in service, showing respect and radiating kindness.
- By offering a practical, sensitive response to people's need for physical, emotional and spiritual support.
- By continuing the compassionate, healing ministry of Jesus Christ.
- By sharing comfort and joyfully embracing the human family.

Fashion Show Flair

An "Autumn Leaves Fashion Show for All Occasions," held in the fall, celebrated the assisted living residents of The Meadows and The Woods. Organized by Activities Counselor Gloria Bell, the show featured residents and staff modeling clothes in the categories of Casual Attire, Sportswear, Business Attire, After Five, and Lounge Comfortable.

"Assisted living residents are remarkable," said

Activities Director Sandy Miller. "They want to get in on the action!"



The Meadows resident Mary Wright walks the runway with style!

The Art of Bunka Shishu

Bunka Shishu expert Joseph Caro, a resident of The Meadows, collaborated with Mary Shimoda, a certified Bunka Shishu teacher and judge, to present a demonstration of the art form to assisted living residents in November. The duo offered basic instructions and tips on the techniques used to illustrate texture and dimension and shared some of their own Bunka Shishu creations.

Bunka Shishu, which translates to "painting with thread and needle," is a form of embroidery that originated in Japan. Using a special punch needle, Bunka Shishu artists use rayon thread to provide texture and colors and workmanship to provide depth. The result is a beautiful, intricate work of art that resembles an oil painting.



Joseph Caro and Mary Shimoda display some of their handiwork.

Brooke Grove Rehabilitation and Nursing Center

Thanksgiving Blessings at BGRNC

It was a day of priceless moments as Brooke Grove Rehabilitation and Nursing Center (BGRNC) residents joined family and friends to enjoy a Thanksgiving feast. Sharon-wing and second floor residents celebrated on November 17 followed by first floor residents on November 22.

Staff and volunteers served a homemade feast of turkey and other traditional Thanksgiving fare to more than 500 people, while entertainers serenaded guests with beautiful piano, flute, hammered dulcimer and glass harp music.

A PowerPoint presentation designed by Lynelle Smith, director of employee

and public relations for Brooke Grove Retirement Village, also invited



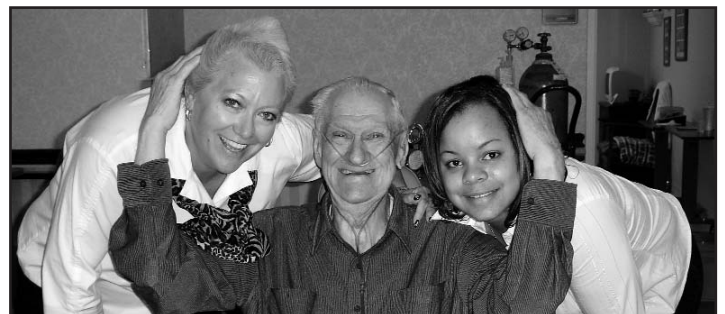
Glass harpist Jamey Turner, who entertained Thanksgiving Dinner guests at BGRNC, has also performed at the Kennedy Center, for the White House Easter Egg Roll, on the "Tonight Show" and with the National Symphony Orchestra."

onlookers to pause and remember the year just past as photographs of activities

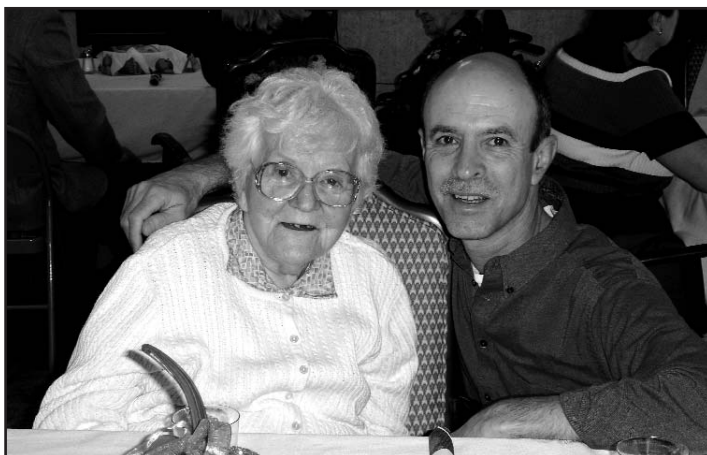
and special events rolled to music in three locations throughout BGRNC.



Resident Bernice Reese (right) celebrates Thanksgiving with her daughter.



Resident James Charlton enjoys the festivities with Social Worker Lynn Kuhn (left) and Activities Assistant Donna Jackson.



Resident Anne Powers shares cherished time with her son-in-law.



(l to r) Dietary Aide Theresa Stephen, Sharon-wing Activities Director Wanzie Bolen, volunteer Claire Johnson, Brooke Grove Foundation Corporate Director of Marketing Susan Frazier, and volunteer/independent living resident Carolyn Windbeck prepare to serve the Thanksgiving feast.

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

You're Invited...

Volunteer Orientation

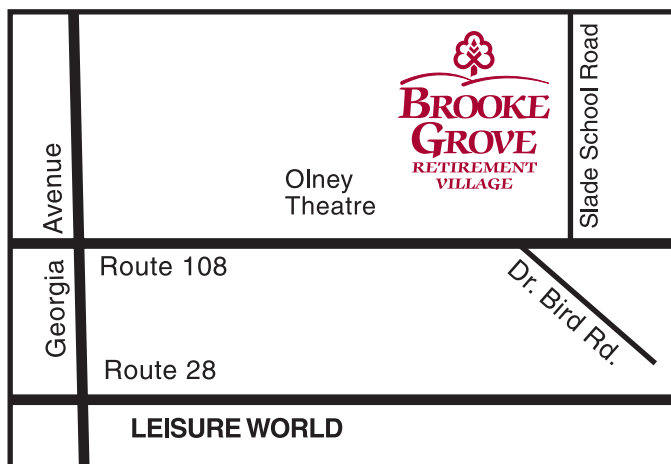
Tuesday, January 31, 2005, 6:30-8 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road

For further information, contact Laura Brecheen,
301-570-7081, ext. 1161, or LBrecheen@bgf.org

"Meeting the Challenges of Dementia" a training program for family caregivers presented by the Alzheimer's Association of the National Capital Area

Wednesdays, March 1 – March 29, 10 a.m.-12 noon
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road

\$50/person or \$75/couple for five-session series
For information or to register, contact Susan Frazier,
301-924-2811, option 3, or SFrazier@bgf.org



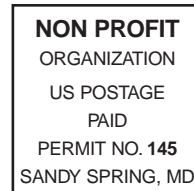
"Come Fall in Love with Brooke Grove" Independent Living Update

Thursday, February 9, 2-3:30 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road
For information or to RSVP, 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



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