



2020 Senior Services Guide

New Assisted Living Community Coming to Rockville

Construction is underway on The Seneca of Rockville, a \$76 million senior housing community at the northwest corner of the intersection of West Gude Drive and Route 355 adjacent to the King Farm mixed-use community. The facility will have 116 assisted living and 30 memory care apartments. Floor plans range from studio to one and two-bedroom apartments.

The Seneca of Rockville is being developed by Dallas-based Silverstone Senior Living. It is the first property for Silverstone in Montgomery County. Watermark Retirement Communities will operate the facility. Based in Tucson, Arizona, Watermark currently manages 58 communities in 21 states. Watermark communities feature dozens of classes and regular outings for residents.

The six-story building, expected to be open by 2022, will be approximately 155,000 square feet in gross floor area and will include an underground parking garage. Amenities will include a wellness center and spa, art studio, massage services, salon, gaming and billiards rooms, multiple dining venues as well as multipurpose community spaces designed for lectures, live performances, spiritual or special programming.



OPT The Seneca of Rockville will open in 2022.

Affordable Senior Community Under Construction in Damascus

Victory Haven, a 72-unit affordable rental community for seniors being developed by Victory Housing, the nonprofit affordable housing development arm of the Catholic Archdiocese of Washington, is projected to be completed in May 2020 with leasing and occupancy beginning soon thereafter.

The building will include 54 one-bedroom and 18 two-bedroom apartments that will be available to households with incomes at or below 30%, 40%, 50%, and 60% of area median income. Four units will be unrestricted. Rents will range between \$820 - \$1,505, and 30 of the households will only pay 30% of their income towards rent.

Building amenities include a large community space on the first floor, a library with an adjacent computer center, a game/TV room, a fitness center, and a wellness room for visiting healthcare professionals. In-unit features include luxury vinyl plank



Victory Haven opens in May 2020

floors, LED lighting, Energy Star appliances, high-efficiency heating and cooling, and individual washer/dryers. In addition, Victory Haven will be an environmentally responsible community that meets LEED New Construction standards.

This new community's location at 9616 Main Street in Damascus offers residents easy access to downtown Damascus, the nearby Damascus Shopping Center, and the Damascus Senior Center and Damascus Library which are located directly across Main Street from the property.

In addition, immediately adjacent to the site is a medical complex anchored by MedStar Physician Partners at Damascus and Amber Hill Physical Therapy. The site is also served by Montgomery County's Ride-On Bus service, which travels between the adjacent Damascus Senior Center and the Shady Grove Metro Station.

OPT

Could taking statins prevent dementia, disability?

NIH-funded clinical trial will test statins in 20,000 older adults

The National Institute on Aging (NIA) has funded a major study to examine the overall benefits and risks of cholesterol-lowering drugs known as statins in adults age 75 or older without cardiovascular disease. The trial will help determine whether a statin can help prevent dementia and disability in this age group, as well as heart attacks and other cardiovascular-related deaths, while not increasing risks of adverse health outcomes. Funding for the trial, called Pragmatic Evaluation of Events and Benefits of Lipid-Lowering in Older Adults (PREVENTABLE), is expected to total \$90 million over the next seven years. NIA is part of the National Institutes of Health.

"There has been considerable uncertainty about the benefits and risks of statin use in persons over age 75 years without known cardiovascular disease," said NIA Director



Richard J. Hodes, M.D. "This large trial with older adults in real-world clinical settings will provide the opportunity to further our knowledge and better inform treatment decisions for older adults."

To date, no large prospective studies have examined whether statin therapy could prevent cardiovascular events specifically in adults older than age 75 who do not have clinical cardiovascular disease. In addition, previous studies enrolled small num-

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Family, Friends, and Stroke Survivors

The Montgomery County Stroke Association (MCSA) is here for you!

The dual mission of the MCSA is to offer helpful information and caring support to stroke survivors and their family caregivers, and to promote awareness in the community.

SERVICES & PROGRAMS

- ⇒ Speech/Language Therapy Groups
- ⇒ Social and Recreational Activities
- ⇒ Outreach Visitation Program
- ⇒ Other Community-based Programs
- ⇒ Informational workshops
- ⇒ Telephone support for stroke survivors and caregivers
- ⇒ Membership is free and is open to stroke survivors, caregivers, and friends.



MCSA meets throughout the Silver Spring, Bethesda, and Upper County areas.

You are not alone.

MCSA
P.O. Box 9343
Silver Spring, Maryland 20916
www.mcstroke.org • 301-681-6272

The Montgomery County Stroke Association, Inc. (MCSA) is a non-profit 501(c)(3) charitable organization established in 1981.

Adult Day Service – Helping the Middle Hold

Commentators now refer to the ‘the sandwich generation’ – adults caught between the conflicting demands of raising their children and caring for their aging parents.

Elder care has replaced childcare as the number one dependent care need in the United States. And the situation intensified dramatically when the members of the baby-boom generation – 76 million Americans born between 1946 and 1965 – began to retire in droves in 2010. The boomers are living longer, and their children are having fewer children of their own.

What are the care options for a parent who is frail or impaired? As two-income families have become the norm, has the three-generation family in one household gone the way of the horse and buggy? Home care and assisted living are getting a lot of attention these days. What else is there?

Adult day care developed in the 1970s

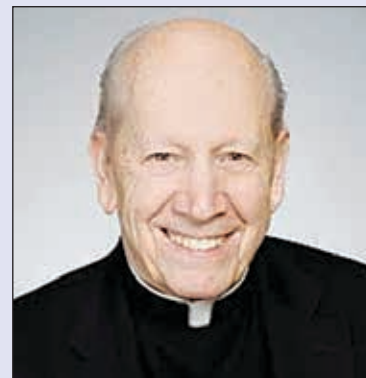


to provide frail adults an opportunity for socialization and recreation therapy in a safe and supportive environment during the work week. It enables their primary caregivers to relax and go about their lives. Transportation is available to and from their homes for adult day participants.

There are now 17 licensed adult day centers in Montgomery County, up from 13 just a few years ago.

OPT

Victory Housing Marks 40th Anniversary



Victory Housing founder Msgr. Ralph Kuehner died in 2017 at the age of 93.

This fall Victory Housing, the nonprofit affordable housing development arm of the Catholic Archdiocese of Washington, marked the 40th anniversary of providing affordable housing for Montgomery County seniors and families. Founded by Msgr. Ralph Kuehner in 1979, Victory Housing now operates 31 communities with 2,280 units throughout the Archdiocese and has two additional projects under construction.

Residential projects for seniors in Montgomery County developed by Victory Housing include:

Assisted Living		Units
Bartholomew House	Bethesda	33
Byron House	Potomac	33
Grace House	Silver Spring	32
Marian Assisted Living	Brookeville	41
Raphael House	Rockville	31
Seniors Apartments		
Andrew Kim House	Olney	76
Victory Oaks	Silver Spring	49
Independent Senior		
Covenant Village	Germantown	89
Hampshire Village	Silver Spring	110
Victory Forest	Silver Spring	181
Victory Court	Rockville	86
Victory Crossing	Silver Spring	105
Victory Terrace	Potomac	72
Victory Tower	Takoma Park	187

The need for affordable senior housing is growing. According to a report produced for Montgomery County Planning Department, among households headed by someone between the ages of 55 and 64, 28.5 percent are cost burdened. The cost burden rate increases to 30.2 percent for 65- to 74-year-old households, and then to 36.7 percent for 75- to 84-year-old households. Among the 85+ population, nearly half (45.4 percent) are housing-cost burdened. Between 2015 and 2040, it is estimated that 15,996 households age 55 and older in Montgomery County will have very low incomes—that is, below 50 percent of AMI.

OPT



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Montgomery County Adult Day Centers

(Adult Day Centers are non-sectarian. Centers have wide service areas. Hours of operation vary.)

Albert and Helen Misler Adult Day Center
1801 East Jefferson Street
Rockville, MD 20852
(301) 255-4240
Capacity: 55

Bella's Reserve
2120 Industrial Parkway
Silver Spring, MD 20904
(301) 244-5112
Capacity: 110

CCACC Adult Day Healthcare Center
9366 Gaither Road
Gaithersburg, MD 20877
(301) 820-7200
Capacity: 300

Easter Seals Adult Day Services - Silver Spring
1420 Spring Street
Silver Spring, MD 20910
(301) 920-9700
Capacity: 91

Evergreen Adult Medical Day Care
9290 Gaither Road
Gaithersburg, MD 20877
(301) 527-1100
Capacity: 123



Holy Cross Hospital Medical Adult Day Center
9805 Dameron Drive
Silver Spring, MD 20902
(301) 754-7150
Capacity: 35

Jasmine Medical Day Care Center
12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(240) 364-4471
Capacity: 140

Loving Care Adult Medical Day Care
17051 Oakmont Avenue
Gaithersburg, MD 20877
(240) 477-6199
Capacity: 124

Loving Heart Adult Day Care Center
400 B East Gude Drive
Rockville, MD 20850
(301) 309-0946
Capacity: 180

Montgomery Adult Day Care
9123 Gaither Road
Gaithersburg, MD 20877
(240) 423-9182
Capacity: 123

Plus Care (A)
50 West Gude Drive, Suite 48 & 52
Rockville, MD 20850
(240) 668-3418
Capacity: 160

Rainbow Gardens Adult Day Health Care Center
8 Metropolitan Court #4
Gaithersburg, MD 20877
(240) 683-9010
Capacity: 310

Rainbow of Montgomery County
8400 Helgerman Court
Gaithersburg, MD 20877
(301) 987-8889
Capacity: 218

Rainbow of Rockville
11215 Woodglenn Drive
Rockville, MD 20852
(301) 770-7676
Capacity: 130

Washington-McLaughlin Adult Day Care Center (The)
6501 Poplar Avenue
Takoma Park, MD 20912
(301) 613-7793
Capacity: 60

Winter Growth - Montgomery Center
18110 Prince Phillip Drive
Olney, MD 20832
(301) 774-7501
Capacity: 61

Worldshine International LLC
20420 Century Blvd
Germantown, MD 20874
(240) 899-4898
Capacity: 170

Source: Maryland Department of Health and Mental Hygiene

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- Dementia / Parkinson's assistance



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Assisted suicide expected to return in Maryland's 2020 legislative session

Maryland's 441th General Assembly will get back to work in a few short months, and physician-assisted suicide is expected to be back on the table in 2020.

The Maryland Catholic Conference worked with allies during the 2019 session to successfully defeat an attempt to legalize physician-assisted suicide, oppose a proposed constitutional amendment on abortion, secure level-funding for the Broadening Options and Opportunities for Students Today (BOOST) scholarship program, prevent further expansion of the civil statute of limitations, criminalize human trafficking, and protect immigrants who help law enforcement.

Yet, many of these issues appear to be far from over.

"Proponents of legalizing physician-

assisted suicide in Maryland have begun to organize again ahead of the 2020 session, and we expect that, for the fifth time in six years, these groups will try again to push their agenda through Maryland," said Garrett J. O'Day, deputy director of the Conference.

Physician-assisted suicide was narrowly defeated in the 2019 session, dying on the Senate floor by way of a tie vote. The final, defeating vote came after the Judicial Proceedings Committee passed the bill out of its committee for the first time, but with extensive amendments.

Maryland's General Assembly Session starts Jan. 8, 2020 and runs through April 6, 2020 at midnight.

OPT

Source: Maryland Catholic Conference



Assisted Living Primer

How are you doing with your ADLs? The term "activities of daily living," or ADLs, became widely used by gerontologists starting in the 1980s to refer to the basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring (e.g. from a bed to a chair). Helping seniors with their ADLs is the purpose of assisted living.

When people are unable to perform these activities, in order to cope they need help, either from other human beings or mechanical devices or both. Although persons of all ages may have problems performing the ADLs, prevalence rates are much higher for the elderly than for the non-elderly. Measurement of the activities of daily living is critical because they have been found to be significant predictors of the use of paid home care, alternative living arrangements, nursing homes, physicians and hospital services.

In the late 1980s and early 1990s the assisted living industry – blending aspects of both the hospitality (hotel) and the healthcare industries – evolved to provide assistance with ADLs in private-pay, congregate-living settings. Sunrise Senior Living in McLean (Va.) was the industry pioneer and is one of the largest providers of assisted living in the United States with more than 400 communities in 37 states. In addition to help with ADLs and assistance with medication, most assisted living communities provide three meals a day in restaurant settings, leisure activity programs, and limited transportation services.

It's important to know what assisted living is not. It is not skilled nursing, and it is not regulated by the Federal government. Residents of assisted living communities who develop needs beyond help with ADLs and medications – who need the constant care and supervision of healthcare professionals – may have to be discharged to nursing homes.

Maryland has developed a three-tiered approach to licensing and regulating assisted living facilities. The major variable is the type and degree of assistance with medications that is authorized. Level I licensees (mostly smaller group-home facilities) may only provide "assistance with taking medication or coordinating access to necessary medication and treatment." Level II licensees are permitted to "administer necessary medication and treatment, including monitoring the effects of the medication and treatment by staff." Level III licensee responsibilities may include "monitoring or arranging for monitoring of the effects of complex medication

and treatment regimens, ongoing therapeutic intervention or intensive supervision to manage chronic behaviors."

In practice, this means that only Level III facilities are qualified to provide care for Alzheimer's sufferers.

Because assisted living communities frequently charge extra fees for their various services, comparing per diem rates can be misleading. Many facilities have cafeteria plans based on levels of service.

Each Assisted Living residence is required to complete a Uniform Disclosure Form describing its services and policies. Fee structures for assisted living vary, with some facilities charging a single fee based on the resident level of care while others provide an



"a la carte" menu of services. It is important to understand what is included in the base monthly rate, what services require an additional charge, and circumstances under which fees may increase. The Uniform Disclosure Form includes fee information and is required to be filed with the Office of Health Care Quality as part of an application for licensure. The Uniform Disclosure Form must be made available upon request or be part of the Assisted Living marketing materials.

The Maryland Health Care Commission maintains an excellent web-based Consumer Guide to Long Term Care (<http://mhcc.maryland.gov/consumerinfo/longtermcare/>), which includes helpful facility Search and Compare features and links to several consumer checklists.

Assisted living facilities in Montgomery County with three or fewer residents and those with 18 or more are inspected every year. Facilities with more than three but fewer than 18 are inspected at least once every three years. Inspections (called 'surveys' in the health care industry) are performed by Montgomery County's Public Health Services acting as agent for the state's Office of Health Care Quality (OHCQ). The most recent survey will be made available to a prospective resident by facility's administrator upon request.

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- ◆ Parkinson's
- ◆ Stroke
- ◆ Other health conditions

Mailing Address:

Chevy Chase Home Care
P.O. BOX 70623,
Chevy Chase, MD 20813

Montgomery County Assisted Living Facilities

LEVEL TWO FACILITIES

Bartholomew House

6904 River Road
Bethesda, MD 20817
(301) 320-6151
Capacity: 35

Byron House

9210 Kentdale Drive
Potomac, MD 20854
(301) 469-9400
Capacity: 35

Grace House

3214 Norbeck Road
Silver Spring, MD 20906
(301) 924-4424
Capacity: 32

Landow House, Inc.

1799 East Jefferson Street
Rockville, MD 20852
(301) 816-5056
Capacity: 98

Marian Assisted Living, Inc.

19109 Georgia Avenue
Brookeville, MD 20833
(301) 570-3190
Capacity: 44

Raphael House

1517 Dunster Road
Rockville, MD 20854
(301) 217-9116
Capacity: 31

Rebecca House, LLC

9910 River Road
Potomac, MD 20854
(301) 656-8823
Capacity: 15

LEVEL THREE FACILITIES

(Capacity > 20)

Alfredhouse Symphony

6020 Needlewood Road
Derwood, MD 20855
(301) 260-2080
Capacity: 34

Angels Garden LLC (The)

4101 Bel Pre Road
Rockville, MD 20853
(301) 460-0304
Capacity: 15

Arden Courts of Kensington

4301 Knowles Avenue
Kensington, MD 20895
(301) 493-7881
Capacity: 64

Arden Courts of Potomac

10718 Potomac Tennis Lane
Potomac, MD 20854
(301) 983-3620
Capacity: 52

Arden Courts of Silver Spring

2505 Musgrove Road
Silver Spring, MD 20904

(301) 847-3051
Capacity: 52

Asbury Methodist Village

333 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4003
Capacity: 164

Aspenwood

14400 Homecrest Road
Silver Spring, MD 20906
(301) 598-6424
Capacity: 55

Bedford Court

3700 International Drive
Silver Spring, MD 20906
(301) 598-2900
Capacity: 76

Brighton Gardens at Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
(301) 656-1900
Capacity: 154

Brighton Gardens of Tuckerman Lane

5550 Tuckerman Lane
Rockville, MD 20852
(301) 897-8566
Capacity: 111

Brightview Bethesda Woodmont

4907 Rugby Avenue
Bethesda, MD 20814
(240) 800-7566
Capacity: 132

Brightview Falls Grove

9200 Darnestown Road
Rockville, MD 20850
(240) 314-7194
Capacity: 100

Brightview West End

285 North Washington Street
Rockville, MD 20850
(301) 250-1628
Capacity: 98

Brookdale Olney

2611 Olney Sandy Spring Road
Olney, MD 20832
(301) 570-2611
Capacity: 94

Brookdale Potomac

11215 Seven Locks Road
Potomac, MD 20854
(301) 765-9198
Capacity: 139

Five Star Premier Residences of Chevy Chase

8100 Connecticut Avenue
Chevy Chase, MD 20815
(301) 907-9894
Capacity: 31

Friends Assisted Living

17350 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7511
Capacity: 24

Ingleside at King Farm

701 King Farm Road
Rockville, MD 20850
(240) 499-9015
Capacity: 46

Ingleside at King Farm

1615-B Piccard Drive
Rockville, MD 20850
(240) 499-9015
Capacity: 36

Kensington Park Retirement Community

3616-3618 Littledale Road
Kensington, MD 20895
(301) 946-7700
Capacity: 160

Kingshire Manor Assisted Living

9701 Medical Center Drive
Rockville, MD 20850
(732) 955-9047
Capacity: 34

Continued on page S15

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Comfort & Consolation: Care of the Sick and Dying

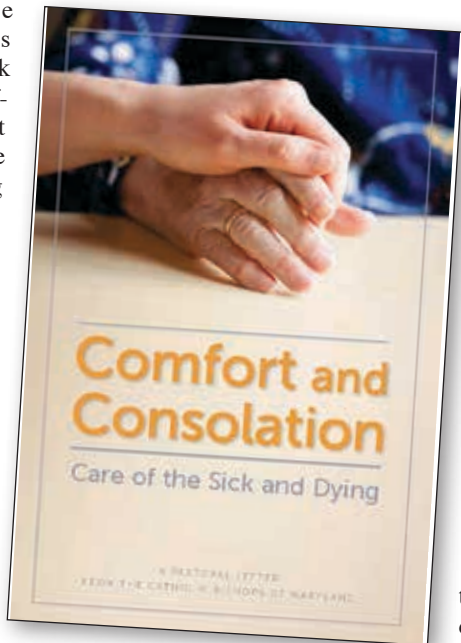
A Pastoral Letter from the Bishops of Maryland

This 48-page booklet helps Catholics think through the often-difficult questions that arise in times of grave illness and impending death.

Developed in light of Catholic teachings and in accord with Maryland law on advance directives, *Comfort & Consolation* includes a practical four-page form, the Catholic Declaration on Health Care Decision Making, which Catholics can use to tell health care providers how they wish to direct their care. It covers spiritual support, nutrition and hydration, pain-relieving medication, terminal illness and pregnancy.

The basic principles of Catholic teaching are often misunderstood. Because the Church opposes both euthanasia and assisted suicide, it is often said that we believe that all possible measures should be used to keep individuals alive. This is decidedly not the case.

Individuals and caregivers have a responsibility to preserve human life through care and medical science. However, this respon-



sibility has moral limits. Extraordinary means that may not alleviate the underlying condition and may excessively burden the patient are not obligatory. Moral decisions about the extent of care should be made in terms of the benefit that may be offered and the burdens that may be imposed, assisted by the medical professional's judgments and a person's sense of what is appropriate.

In addition to the booklet, two new supplementary brochures have been developed:

- Summary Q&A - outlines the main points of *Comfort and Consolation*

- Legal Guide - provides practical advices for completing an advance directive that properly reflects Catholic principles and that also includes the Catholic Declaration on Health Care Decision Making

To order one or more print copies of *Comfort & Consolation*, please call 410-269-1155 or 301-261-1979. The booklet is also available free online at: www.mdccatholic.org/comfort.

OPT

When Strokes Aren't Classic

By Vaughn Alex, Montgomery County Stroke Association

There's a time and a place for the classics. Classic art, classic music, even classic cars. However, what about stroke?

There are classic signs of stroke, most often represented by the F.A.S.T. acronym:

- F** Facial drooping.
- A** Arm weakness.
- S** Speech difficulties.
- T** Time to act.

Anyone experiencing sudden drooping of the face, difficulty or inability to lift their arm, or an onset of inability to speak clearly is in **immediate** need of medical help to either rule out or treat a stroke. Time is of the absolute essence, and the longer the wait between onset and medi-



cal intervention, the greater the chance of permanent damage or death.

As with most things, though, strokes may present themselves with other than the "classic" symptoms described above. Confusion, severe headache, inability to understand what people are saying, what you are reading, even not being able to see out of one or both of your eyes. Pain and "odd" feelings may also be signs of a stroke. The loss of feeling in an arm may or may not be accompanied by a strange tingling in that arm. Additionally, symptoms of a stroke may present as memory loss or emotional problems. People who have suffered a stroke may be unable to control their feelings or act out.

The signs can be very subtle, or hit you like the proverbial ton-of-bricks.

What's more, these symptoms may be persistent, or, very transitory and brief in nature. Also, they may fluctuate in intensity, then suddenly disappear.

The most important thing to remember is that *any* symptom, whether alone or in conjunction with others, is a signal for

Continued on page S11



How to Spot a Stroke

STROKE TEST: SMILE



STROKE TEST: RAISE ARMS



Even ONE Sign, **CALL 911 NOW**

- Slurred speech
- Loss of balance
- Loss of vision
- Weak or numb on one side of body
- Severe headache

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Controlling High Blood Pressure Can Reduce Dementia, Alzheimer's Risk

Treating high blood pressure with medication not only improves older adults' cardiovascular health, but also can reduce their risk of dementia and Alzheimer's disease, according to a thorough examination of long-term data from four countries.

A global team of scientists cross-referenced data from six large, longitudinal studies that tracked the health of over 31,000 adults over age 55 across several years of follow-up. They found that treating high blood pressure — no matter with which type of antihypertensive drug — reduced dementia risk by 12% and the risk of developing Alzheimer's disease by 16%. The findings, coordinated by investigators in the Laboratory of Epidemiology and Population Science of the NIA Intramural Research Program, were published in *Lancet Neurology*.

This comprehensive look extends the evidence from the recent SPRINT MIND trial that showed lowering blood pressure levels reduced the risk for a combination of dementia and mild cognitive impairment. The scientists teamed up to analyze data from six comprehensive, community-based health studies conducted



between 1987 and 2008 in the United States, France, Iceland and the Netherlands. They examined all five major types of blood pressure medications — ACE inhibitors, angiotensin II receptor blockers, beta-blockers, calcium channel blockers and diuretics — and found that the type of medication did not make a difference.

Participant data was divided into two groups — 15,537 people with high blood pressure and 15,553 people with normal blood pressure. In all, 1,741 diagnoses of Alzheimer's disease and 3,728 cases of other dementias developed over time. People who controlled their blood pressure with medicine were found to have the same risk for developing dementia as individuals with normal blood pressure who did not require medication.

The investigators were pleased

to work with a deeper data pool than previous studies, allowing them to look at specific medication types used to keep blood pressure at safe levels. The expanded study also gave them much longer-term follow-up data, which were helpful to observe the gradual onset of dementia and Alzheimer's symptoms. The large group of people studied also factored in additional health conditions common to older adults, giving them a clearer picture of the multiple issues that come with aging that are typically seen by general physicians.

Still to be investigated is how long-term changes in blood pressure impacts dementia risk, and further research with more detailed information is needed on specific antihypertensive medications.

Together with the SPRINT MIND trial, this latest data adds to the evidence base that treating and reducing high blood pressure can also help reduce the risk of dementia. The researchers hope their findings add urgency to the need for better hypertension awareness among the rapidly growing global population of older adults, many of whom are at risk for developing high blood pressure or already have it but are not managing it properly.

Hospice Care: Finding Meaning in the Gentle Journey

By Kip Ingram, Director of Bereavement Care at Montgomery Hospice

Recognizing the whole person is one of the most important values associated with the hospice movement. That we are physical, emotional and spiritual beings informs the kind of care and support hospice provides. This means that while medical concerns are vitally important, just as significant is what someone thinks and how they might feel, the values and beliefs they hold and the meaning by which they live.

For many, life's meaning is tied to profound spiritual concerns and values shaped by a faith tradition. For those who stand within such a tradition, we in hospice want to acknowledge and honor that important place in someone's life, and we also seek to enable individuals to draw upon the rich resources which their tradition offers. We do this through a multi-disciplinary team of professional supporters who address medical, emotional and spiritual concerns which might arise. Our chaplains are available to foster a supportive con-

nection between a family and their parish community, and to provide additional spiritual support when needed.

In doing this, we recognize the importance of a meaningful connection to a faith tradition for many individuals. Facing this time in life does not mean giving up on life. For many it is another step in the journey of faith, a step to be taken in full awareness that this time in life can also have its blessings and sacred moments. Dame Cicely Saunders, the founder of the hospice movement, once wrote: "You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." At Montgomery Hospice, our motto is "to gentle the journey" for our patients and families, and for us, this means to help each individual life to be as good as it can be for as long as it can be. So we offer the best in medical care, and we honor the meaning by which a person lives at such a time in life.

OPT

Let's Talk Assisted Living.



It's a conversation we've been having with seniors and their families for over 30 years. At Victory Housing, you'll discover our simple and straight-forward approach to assisted living. From all-inclusive rates to individualized care, our award-winning communities offer the ideal setting to call home. **Call or visit us today, let's talk.**



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Byron House
Potomac • 301-469-9400

Grace House
Silver Spring • 301-924-4424

Malta House
Hyattsville • 301-699-8600

Marian Assisted Living
Olney/Brookeville • 301-570-3190


Raphael House
Rockville • 301-217-9116



www.VictoryHousing.org

A Non-Profit Organization





Grandparents Still Work to Support Grandchildren

About 1.3 Million Grandparents in the Labor Force Are Responsible for Most of the Basic Care of Coresident Grandchildren Under Age 18

Grandparents in labor force (Total: 3,364,814)	Responsible for care of coresident grandchildren	Grandparents not in labor force (Total: 3,749,706)
399,876	60 years old and over	694,361
930,878	30 to 59 years old	375,996

Note: Among grandparents not responsible for care of coresident grandchildren, 2,034,060 were in the labor force and 2,679,349 were not.

United States Census Bureau | U.S. Department of Commerce U.S. CENSUS BUREAU census.gov | Source: 2018 American Community Survey www.census.gov/programs-surveys/acs/

Villages – Age-in-Place Supported Communities

What is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbors helping neighbors. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

Villages are membership-driven, grassroots organizations run by volunteers and paid staff to coordinate villagers access to affordable services, including transportation, health and wellness programs, home repairs, social and educational activities and trips.

Villages provide critical neighbor-to-neighbor connections to combat social isolation, improve mobility and access to services, and provide knowledge and support necessary to empower seniors and others to be healthy and secure. The Village Coordinator provides guidance, support and resources to support the creation and sustainability of villages in communities across the County.

Montgomery County is committed to support local initiatives. Resources for active and developing villages are available at: www.montgomerycountymd.gov/HHS-Program/ADS/Villages/resources.html

OPT

Active Villages in Montgomery County

Aging Well With Friends

agingwellwithfriends.org
emitchell@friendshouse.com

Bannockburn NAN

bannockburncommunity.org/nan.php
keltym@verizon.net

Bradley Hills village

<https://bhv.clubexpress.com>
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village

bmavillage.org
BMAVillage@gmail.com

Burning Tree Village

burningtreevillage.org
Board@BurningTreeVillage.org

Cabin John Neighbor 2 Neighbor

www.cabinjohn.org/neighbor-2-neighbor/
301-799-4550 or
4CJN2N@gmail.com

Chevy Chase at Home

chevychaseathome.org
info@chevychaseathome.org

East County Senior Village

eastcountyvillageseniors.org
scsaunders33@outlook.com

Friendship Heights Neighbors

fhneighbors.org
information.fhnn@gmail.com

Kemp Mill Village

kempmillvillage.org
kempmillvillage@gmail.com

King Farm Neighbors Village

<https://kingfarm.helpfulvillage.com/>
301-799-8104

Little Falls Village

littlefallsvillage.org
info@littlefallsvillage.org

Greater Stonegate village

greaterstonegatevillage.org
240-918-7989

Manor Connections

manorconnections.org
info@manorconnections.org

Maplewood Village (20814)

maplewoodcitizens.org/maplewood-village.html
facebook.com/
MaplewoodVillageBethesda/
mdeering@starpower.net

Mill Creek Village (20855)

millcreekvillage.wordpress.com
mctvillage@gmail.com

Muslim Community Center

mccmd.org/mccseniors
snegm@aol.com

North Chevy Chase Connections

<http://northchevychasecon.wixsite.com/nccc>
NorthChevyChaseConnections@gmail.com

Olney Home for Life

olneyhomeforlife.org
info@olneyhomeforlife.org

Parkside village

www.parksidevillagemd.org
parksidevillagemd@gmail.com.

Potomac Community Village

potomaccommunityvillage.org
info@PotomacCommunityVillage.org

Silver Spring Village

silverspringvillage.org
info@silverspringvillage.org

Somerset Helping Hand

Helping-Hand
301-657-3211, kfnvinfo@gmail.com

Town of Garrett Park Senior Committee

garrettpark-md.gov/c/411
garrettpark2@comcast.net

Villages of Kensington

villagesofkensingtonmd.org
villagesofkensington@gmail.com

The Village at Kentlands and Lakelands

villagekentlandslakelands.org
franrandolph@gmail.com

Continued on page S11



THE ANGELS GARDEN

ASSISTED LIVING

The Angels Garden are small assisted living homes set in lovely residential neighborhoods. Our homes are able to meet the special needs of seniors and individuals with physical impairments. We utilize a holistic approach to meet the needs of all of our residents.

Our Homes are Located near Leisure World Community!

- ◆ Bel Pre Road in Rockville
- ◆ Bustleton Lane in Silver Spring
- ◆ Breeze Hill Lane in Silver Spring

Types of Care: Assisted Living Care in All Levels • Dementia Care • Hospice • Respite Program • Health Management

A SAFE HAVEN FOR YOU

Call us for a tour 301-806-0151
www.angelgardenhomes.com

Social Security Administration Announces Online Reporting for Scam Calls

The Social Security Administration announced the launch of a dedicated online form at <https://oig.ssa.gov> to receive reports from the public of Social Security-related scams. These scams—in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems—skyrocketed over the past year to become the #1 type of fraud reported to the Federal Trade Commission and the Social Security Administration.

To combat these scams, Social Security and the Office of the Inspector General will use the new online form to capture data that will be analyzed for trends and commonalities. The OIG will use the data to identify investigative leads, which could help identify criminal entities or individuals participating in or facilitating the scams. Ultimately, these efforts are expected to disrupt the scammers, help reduce this type of fraud, and reduce the number of victims.

“We are taking action to raise awareness and prevent scammers from harming Americans,” Commissioner Saul said. “I am deeply troubled that our country has not been able to stop these crooks from deceiving some of the most vulnerable members of our society.”

Social Security Commissioner Andrew Saul encourages the public to use the new online form to report Social Security phone



scams including robocalls and live callers, as well as email, text, and in-person scams. The form allows people to create a unique Personal Identification Number (PIN), so if OIG contacts a person about their report, they will know the call is legitimate.

“Awareness is our best hope to thwart the scammers,” said Inspector General Ennis. “Tell your friends and family about them and report them to us when you receive them, but most importantly, just hang up and ignore the calls.”

Social Security employees do occasion-

ally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval or increase in exchange for information or money. In those cases, the call is fraudulent, and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update

to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

OPT

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- Medication reminding
- Household chores
- Overseeing activities, such as walking, to minimize the risk of accidents
- Shopping for groceries with or without client
- Bathing, grooming and general personal hygiene
- Help with planning and making decisions
- Nursing services and many more!

Call us to learn how you may be qualified for services at no cost to you!

Call to Schedule an Appointment: 301.717.2212

Serving Montgomery County

RSA# R2041

www.BestSeniorCare.us

Federal Services for Seniors

The Federal web sites listed below offer valuable information on issues relevant to seniors.

U.S. Administration on Aging



Administration on Aging contains a wide array of information on older persons and services for the elderly.

Several resource rooms focusing on such topics as Alzheimer's Disease and caregiving are available.

Website: www.aoa.gov

ADEAR Center



ADEAR Center is a current, comprehensive, unbiased source of information about Alzheimer's Disease. The ADEAR Center is operated as a service of the National Institute on Aging.

Website: www.nia.nih.gov/alzheimers

Eldercare Locator



The Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services available in their communities.

Website: <http://eldercare.gov>

FDA for Older People



The Food and Drug Administration has prepared a booklet designed

to provide practical guidance on how to reduce your risk of foodborne illness.

Website: <https://www.fda.gov/food/people-risk-foodborne-illness/food-safety-older-adults>

Go4Life



Go4Life, an exercise and physical activity campaign from the National

Institute on Aging at NIH, is designed to help adults 50+ fit exercise and physical activity into your daily life.

Website: <http://go4life.nia.nih.gov/>

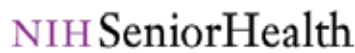
National Center for Elder Abuse



Site provides resources on elder abuse prevention, including information on reporting a suspected case of elder abuse.

Website: www.ncea.aoa.gov

NIHSeniorHealth



NIA provides information on health topics from A-Z easily assessable for adults 60 and over.

Website: www.nia.nih.gov/health/topics

Nursing Home Compare



The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid

certified nursing home in the country.

Website: www.medicare.gov/NHCompare/home.asp

The Senior Corp



Senior Corps is a network of programs that tap the experience, skills, and talents of older citizens to meet community challenges through its three

programs – Foster Grandparents, Senior Companions, and the Retired and Senior Volunteer Program.

Website: www.seniorcorps.org

Supplemental Nutrition Assistance Program (SNAP)



FNS provides information on the Supplemental Nutrition Assistance

Program, including eligibility and application information.

Website: www.fns.usda.gov/snap/

Montgomery County Hospices



Caringmatters, Inc.

518 South Frederick Avenue
Gaithersburg, MD 20877
(301) 869-4673

Holy Cross Home Care And Hospice

10720 Columbia Pike Second Floor
Silver Spring, MD 20901
(301) 557-4663

Jewish Social Service Agency Hospice

6123 Montrose Road
Rockville, MD 20850
(301) 881-3700

Montgomery Hospice, Inc.

1355 Piccard Drive, Suite 100
Rockville, MD 20850
(301) 921-4400
Capacity:

Source: Maryland Department of Health and Mental Hygiene

DRIVE YOUR MISSION

Volunteer today to help seniors in your parish go places.

Senior Rides is the oldest and largest provider of free, escorted, senior transportation in Montgomery County. Giving just two rides a month can make a world of difference in your Parish's community and the life and independence of a senior.



SeniorRides

Seniors. Going Places.

Sign Up Today

www.seniorconnectionmc.org

Legislation Would Boost Average Social Security Benefits by \$70 in Ten Years

The average Social Security benefit would increase an additional \$30 per month in 2020, if legislation under consideration in the House is signed into law before the end of the year, according to a new analysis from The Senior Citizens League (TSCL). “The boost, coupled with the modestly higher annual-cost-of-living adjustment (COLA) provided by the bill, would increase average Social Security benefits an estimated \$70 per month more than under current law for retirees by the end of the first ten years,” says Mary Johnson, a Social Security and Medicare policy analyst for The Senior Citizens League.



The analysis is based on provisions of The Social Security 2100 Act (H.R. 860) which is currently under consideration in the House. By tying the annual COLA to the Consumer Price Index for the Elderly (CPI-E), the bill would increase benefits by an estimated 3.8 percent more over the first ten years, than benefits would increase under current law. The legislation would provide \$5,497.00 more in Social Security income (for retirees with an average benefit of \$1,460) over the first ten years— an amount that would further grow over time due to the compounding effect.

The Social Security Office of the Chief Actuary (OCACT) and the Congressional

Budget Office (CBO) have each reviewed the legislation but arrived at different conclusions about the impact it would have on Social Security. The main difference between the two conclusions is the estimated size of Social Security’s shortfall. The Social Security OCACT has estimated that the legislation would provide 75 years of “sustainable solvency.” The CBO estimates that the Social Security Trust Fund would become insolvent by 2036 instead of the currently estimated 2032.

“The Senior Citizens League encourages Congress to continue its efforts to strengthen Social Security benefits while also strengthening solvency,” says Johnson. Passing legislation now would keep the size of the needed revenue changes smaller and would allow more time to phase in the changes.

STROKE

Con't from page S6

immediate medical attention. Any symptom, whether severe or mild, is enough reason to seek immediate medical attention.

There are different types of stroke, due to clots cutting off blood to an artery (ischemic), or bleeding into the brain (hemorrhagic). How you will be treated depends on being diagnosed quickly enough to begin the appropriate treatment.

The time to treat, though, may be measured in only minutes. Once a stroke begins to present symptoms, no matter how mild, medical intervention is needed immediately to limit the damage. The period to admin-

ister clot busting drugs such as tPA (Tissue Plasminogen Activator) or to use physical methods such as stent retrievers to mechanically remove a clot is measured in mere hours. This time-frame is reduced by the need to recognize and diagnose the location of the clot.

One study showed that of 60% of those treated with both tPA and stent retrievers were able to live independently, as opposed to only 30% who were treated solely with tPA. In the United States, stroke is the number five cause of death. However, it is the number one cause of permanent disability.

In law, there is a phrase, “Time is of the essence.” With a stroke, it can be said that time is life itself.

Now Open. Let's celebrate!

Are you ready for service that goes over and above? Are you ready for care that goes the extra mile? Then, yes indeed, you may just be ready for assisted living and memory care with *A Whole Lotta Heart*.



In other words, The Landing has a whole bunch of heartfelt help and care. And, grammar, aside, you'll feel a whole lotta at home here, too. But don't take our word for it, come see for yourself!

Please call 301.339.7088 now to schedule a tour, or stop by anytime. And bring a friend. Or come meet a few new ones.

THE LANDING OF SILVER SPRING

13908 New Hampshire Avenue • Silver Spring
301.339.7088 • TheLandingOfSilverSpring.com

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY



St. Raphael Church | 1513 Dunster Road | Rockville

END OF LIFE ISSUES

A Panel Discussion

Thursday, February 20, 2020

7:30-9:00 PM

DISTINGUISHED PANELISTS will address legal, medical, pastoral, and domestic issues related to the “end of life.” Suicide rates among the young increase; middle adults scramble to save money so they can retire and also carve out time to support elderly parents; many older adults face increased isolation and poverty. On the other hand, as awareness increases, more people are involved in making physically, mentally and spiritually healthy choices related to end of life issues. All ages and stages of adulthood are involved.

All are welcome. There is No Fee.

HOSTED BY: St. Raphael Religious Education and Adult Faith Formation
For more information please contact:
Mary Beaudoin, DRE – mbeaudoin@straphaels.org
or Suzanne Nelson, AFF Coordinator – suzanne.nelson2@gmail.com

VILLAGES

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Village of Takoma Park
villageoftakomapark.com
villageoftakomapark@gmail.com

Wyngate Neighbors Helping Neighbors
wnhn.org
wnhn.help@gmail.com

Villages in Development in Montgomery County

North Bethesda Village
northbethesdavillage@gmail.com

Pump House Village
pumphousevillage@gmail.com

Rockville City (20850, 20851)
www.rockvillemd.gov/2008/Villages
pevans@rockvillemd.gov

Twinbrook Village
communitywildlifehabitat@gmail.com

Source: Montgomery County
Department of Health and Human
Services

Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

Althea Woodland Nursing Home

1000 Daleview Drive
Silver Spring, MD 20901
(301) 434-2646
Capacity: 50

Arcola Health and Rehabilitation Center

901 Arcola Avenue
Silver Spring, MD 20902
(301) 649-2400
Capacity: 151

Autumn Lake Healthcare at Oakview

2700 Barker Street
Silver Spring, MD 20910
(301) 565-0300
Capacity: 138

Bedford Court Healthcare Center

3701 International Drive
Silver Spring, MD 20906
(301) 438-6616
Capacity: 60

Bel Pre Health & Rehabilitation Center

2601 Bel Pre Road
Silver Spring, MD 20906
(301) 598-6000
Capacity: 92

Bethesda Health and Rehabilitation

5721 Grosvenor Lane
Bethesda, MD 20814
(301) 530-1600
Capacity: 195

Brighton Garden Tuckerman Lane

5550 Tuckerman Lane
North Bethesda, MD 20852
(301) 897-8566
Capacity: 39

Brooke Grove Rehab. & Nursing

18131 Slade School Road
Sandy Spring, MD 20860
(301) 924-5176
Capacity: 190

Cadia Healthcare - Springbrook

12325 New Hampshire Avenue
Silver Spring, MD 20904
(301) 622-4600
Capacity: 93

Cadia Healthcare - Wheaton

4011 Randolph Road
Wheaton, MD 20902
(301) 933-2500
Capacity: 116

Carriage Hill Bethesda

5215 Cedar Lane
Bethesda, MD 20814
(301) 897-5500
Capacity: 108

Collingswood Nursing & Rehab. Center

299 Hurley Avenue
Rockville, MD 20850
(301) 762-8900
Capacity: 160

Fairland Center

2101 Fairland Road
Silver Spring, MD 20904
(301) 384-6161
Capacity: 92

Friends Nursing Home

17340 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7531
Capacity: 82

Hebrew Home of Greater Washington

6121 Montrose Road
Rockville, MD 20852
(301) 770-8310
Capacity: 556

Ingleside at King Farm

701 King Farm Boulevard
Rockville, MD 20850
(240) 499-9015
Capacity: 45

Kensington Healthcare Center

3000 McComas Avenue
Kensington, MD 20895
(301) 933-0060
Capacity: 140

Layhill Nursing and Rehabilitation Center

3227 Bel Pre Road
Silver Spring, MD 20906
(301) 871-2031
Capacity: 118

Manor Care Health Services - Chevy Chase

8700 Jones Mill Road
Chevy Chase, MD 20815
(301) 657-8686
Capacity: 172

Manor Care Health Services - Wheaton

11901 Georgia Avenue
Wheaton, MD 20902
(301) 942-2500
Capacity: 94

Manorcare Health Services - Bethesda

6530 Democracy Boulevard
Bethesda, MD 20817
(301) 350-9000
Capacity: 110

Manorcare Health Services - Potomac

10714 Potomac Tennis Lane
Potomac, MD 20854
(301) 299-2453
Capacity: 158

Manorcare Health Services - Silver Spring

2501 Musgrove Road
Silver Spring, MD 20904
(301) 890-5552
Capacity: 148

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
(301) 530-0500
Capacity: 31

Montgomery Village Health Care Center

19301 Watkins Mill Road
Gaithersburg, MD 20879
(301) 527-2500
Capacity: 147

Continued on page S14

Bringing Smiles to Seniors with

MOBILE DENTAL CARE

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- Denture Repair & Relines
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On-Site
Services
in the home
or facility

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Germantown, MD 20876

301.875.7477

www.srsmile.com
reception@srsmile.com



Do you know someone who cannot get to Mass?



Since 1952, the Archdiocese of Washington has produced a weekly televised Mass for those who are homebound.. It is a wonderful ministry for those members of our Catholic family who are unable to be physically present with a local worshipping community for the Sunday Eucharistic celebration.

The Mass airs every Sunday at 10:30a.m. on WDCW-50. Cable, Dish, or DirecTV subscribers: Ch. 50; Comcast: Ch. 23 in Washington, DC and Montgomery County, Ch. 3 in Prince George's County and Southern Maryland; RCN: Ch. 15; Verizon: Ch. 3.

Would you like to be on TV?

Join the congregation at a taping of the TV Mass! Your presence at the TV Mass is a wonderful way to bring the Mass to those who are homebound. Two Masses are taped on the same evening from 7:30-8:45pm in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception (400 Michigan Avenue NE in Washington, DC). Come for one Mass or stay for both! The next taping date is Thursday, January 24. To receive *Celebrate!* – the free TV Mass newsletter – email communications@adw.org with your email address.

Live.
Learn.
Explore.
Grow.
Triumph.
Together.



You're on a unique path. And Holy Cross Health is on that path with you and your family, to help you achieve your best health and quality of life every step of the way. You can find our hospitals, primary care sites, specialty care and wellness programs throughout the region. Discover your path to good health at [HolyCrossHealth.org](https://www.HolyCrossHealth.org).

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Moving Life AheadSM

Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

Oak Manor Healthcare Center

3415 Greencastle Road
Burtonsville, MD 20866
(301) 557-1400
Capacity: 145

Capacity: 134

Potomac Valley Nursing & Wellness

1235 Potomac Valley Road
Rockville, MD 20850
(301) 762-0700
Capacity: 175

Silver Spring Md Opco

2015 East-West Highway
Silver Spring, MD 20910
(301) 587-2400
Capacity: 74

Sligo Creek Center

7525 Carroll Avenue
Takoma Park, MD 20912
(301) 270-4200
Capacity: 102

Regency Care of Silver Spring, LLC

9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
Capacity: 92

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 160

Rockville Nursing Home

303 Adclare Road
Rockville, MD 20850
(301) 279-9000
Capacity: 100

Wilson Health Care Center

301 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4004
Capacity: 285

Shady Grove Nursing and Rehabilitation Center

9701 Medical Center Drive
Rockville, MD 20850
(301) 315-1900

Source: Maryland Department of Health and Mental Hygiene



The Continuum of Care

Selling the house and moving to a retirement community can create enough stress for the entire extended family. To have to then pick up and move to an assisted living facility when you need help with an ADL or two, and then move again to a nursing home when your clinical acuity level continues to increase is too much for many seniors to even contemplate. Enter the CCRC – Continuing Care Retirement Community. CCRCs offer the full range of senior housing options – independent living, assisted living, and skilled nursing – all on one

campus or in one building.

Most CCRCs are at the upper end of the cost spectrum of retirement communities. Continuing Care Retirement Communities, also known as Life Care Communities, offer a secure, stimulating and protected environment for seniors, with access to medical and nursing services, should the need arise. There are a range of contract agreements, terms, entrance fees and monthly service fees which are set by the individual CCRC and regulated by the Maryland Department of Aging.

OPT

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301-921-4400



Our team
Physicians
Nurse Practitioners
Nurses
Nursing Assistants
Social Workers
Chaplains
Massage Therapists
Music Therapists
Bereavement Counselors
and Volunteers

Our physicians see patients at home



www.montgomeryhospice.org

Montgomery County Continuing Care Retirement Communities (CCRCs)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Ms. Melissa Hadley
Interim Executive Director
(301) 330-3000

Ms. Christine L. Podles
Executive Director
(240) 499-9031
SEE AD PAGE S-

Bedford Court

3701 International Drive
Silver Spring, MD 20906
Mr. Todd Margulies
General Manager
(301) 598-2900

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
Mr. Scott McAlister
General Manager
(301) 571-7400
SEE AD PAGE S-

Brooke Grove

18100 Slade School Road
Sandy Spring, MD 20860
Mr. Dennis Hunter
Executive Director
(301) 924-2811

Riderwood Village

3150 Gracefield Road
Silver Spring, MD 20904
Mr. Gary Hibbs
Executive Director
(301) 572-8316

Friends House Retirement Community

17340 Quaker Lane
Sandy Spring, MD 20860
Mr. Kevin Harrington
Executive Director
(301) 924-5100

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
Mr. Jason Gottschalk
Executive Director
(301) 424-9560

Ingleside at King Farm

701 King Farm Boulevard
Rockville, Maryland 20850

Source: Maryland Department of Aging

Caregiver Support Groups

Each month, Montgomery County's Caregiver Support Program provides information about ongoing and new caregiver support groups. The majority of groups continue to meet over the holidays. For many caregivers the holidays can be stressful, especially trying to maintain traditions. Support groups provide caregivers with a community of peers who are also trying to keep mind, body and soul together. By attending a support group, caregivers can learn from each other how to take time for self-care and navigate the demands of everyday life.

For detailed information about Caregiver Support Programs in Montgomery County visit: <https://moco-caregiver.blogspot.com/>



STATINS

Con't from page S1

bers of people at risk for cognitive impairment so the potential effect of statins on dementia—either preventing or worsening it—could not be established.

Participants will be enrolled from 60 hospitals and 40 health care systems that are part of clinical trial networks supported by

the U.S. Department of Veterans Affairs and the National Patient-Centered Clinical Research Network. The investigators will enroll 20,000 participants without signs of heart disease but who may be frail, take multiple medications and have mild cognitive impairment. Each participant will be randomly assigned to take either the statin atorvastatin or a placebo daily for up to five years.

Montgomery County Assisted Living Facilities

Continued from page S5

Maplewood Park Place Health Care Center

9707 Old Georgetown Road
Bethesda, MD 20817
(301) 530-0500
Capacity: 29

Meadows

1635 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 64

Olney Assisted Living Llc

16940 Georgia Avenue
Olney, MD 20832
(301) 570-0525
Capacity: 64

Springvale Terrace, Inc

8505 Springvale Road
Silver Spring, MD 20910
(301) 587-0190
Capacity: 59

Sunrise of Bethesda

4925 Battery Lane
Bethesda, MD 20814
(301) 657-6880
Capacity: 178

Sunrise of Chevy Chase

2201 Colston Drive
Silver Spring, MD 20910
(201) 588-0484
Capacity: 196

Sunrise at Fox Hill

8300 Burdette Road
Bethesda, MD 20817
(301) 469-8005
Capacity: 105

Sunrise at Montgomery Village

19310 Club House Road

Montgomery Village, MD 20886
(301) 921-0445
Capacity: 100

Sunrise of Rockville

8 Baltimore Road
Rockville, MD 20850
(301) 309-0500
Capacity: 89

Sunrise of Silver Spring

11621 New Hampshire Avenue
Silver Spring, MD 20904
(301) 625-8655
Capacity: 84

The Landing of Silver Spring

13908 New Hampshire Avenue
Silver Spring, MD 20904
(301) 388-7700
Capacity: 144

Village at Rockville (The)

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 57

Wintergrowth - Montgomery Center

18110 Prince Philip Drive
Olney, MD 20832
(301) 774-7501
Capacity: 16

Woods

1612 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 48

Source: Maryland Department of Health and Mental Hygiene

A Field Guide for People with Disabilities

Choosing a High-Quality Medical Rehabilitation Program

The National Rehabilitation Hospital Center for Health and Disability Research has prepared a free consumer guide to help you find the right rehab program for you or your family member.

Selecting a high-quality medical rehabilitation program after you experience an injury or illness can be hard to do. You want a rehabilitation program that will give you the best possible care and that takes into account your own circumstances. For instance, you will want a program that considers how well you get around, the type of transportation you use, where you live, your level of family support, and your insurance coverage. You also want a program that will help you to become as independent as you can be in your daily living.

When it comes time to choose a rehabilitation program, where do you start? How can you tell which rehabilitation programs offer high-quality services that will meet your needs, and which programs will not? Unfortunately, people often must decide where to go for rehabilitation when they do not have the time to gather details about all available programs. Typically, decisions about which rehabilitation program to use are made when a person is already in an acute care hospital. If someone has not talked with you or a family member within the first few days after being admitted to a hospital, ask to see a hospital social worker. The social worker can help you begin the process of choosing a rehabilita-



tion program.

The goal of this 56-page guidebook is to help you to choose a high-quality rehabilitation program. It includes four major parts. Part 1 describes medical rehabilitation—what it is, how it can help you, and the different rehabilitation professionals who will work with you. Part 2 discusses health insurance plans so that you can understand what your plan will and will not cover. Part 3 talks about the different types of rehabilitation programs available to you, and Part

4 looks at ways that can help you find a high-quality rehabilitation program to suit your needs.

At the back of this guidebook, you will find a glossary of terms.

The electronic edition is available at <https://search.naric.com/public/choosingquality.pdf>. The print edition may be ordered at https://naric.com/sites/default/files/Pubs%20List%202015_0.pdf.



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- Recreational Programs and Outings
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18110 Prince Philip Drive
Olney, MD 20832
(301) 774-7501

Tech-savvy seniors get online

by Lisa Weintraub Schifferle,
Attorney, FTC, Division of
Consumer and Business Education

Did you know that some older adults never go online? You may have a friend or family member who's reluctant because they don't think their information will be safe. They might feel better if you share some ways they can protect themselves online. Here are some tips to use and share.

Create strong passwords. Longer is stronger. Passwords can protect your accounts, like email or social media, and can also protect your devices. They keep your information and photos safe if your device ends up in someone else's hands. Use different passwords for your devices than the passwords you have for online accounts.

Use only secure sites when shopping or banking online. Look for a "lock" symbol or "https" at the start of the website's name. If you don't see those, then don't enter any personal or financial information. Also, don't click on links in emails. Links may down-



load malware, malicious software that can weaken your computer's security. Or they might direct you to scam sites.

Don't use public Wi-Fi to access personal or financial information when you're on-the-go. That means the library, coffee shop or airport are usually not the safest places to check your online banking or medical records.

On social media, adjust your privacy settings so you're comfortable with who's seeing your infor-

mation. For example, you may want only "friends" or "followers" to see your posts. Also, it's safest to avoid posting information like your phone number, full date of birth, address, or when you're going out of town.

By sharing these tips, you can help others feel more confident about staying safe online. For more tips on online safety, visit ftc.gov/onguardonline and watch the FTC's video on computer security.

OPT

Workout to Go: Mini Exercise Guide

Build up your strength, flexibility, and balance with this free workout routine. These exercises are the best for older adults, at home or on the go.

Are you just starting to exercise? Getting back into a routine after a break? Wanting to keep up your physical activities away from home? The 13 exercises in this sample workout can help. In this booklet, you'll find easy-to-follow strength, balance, and flexibility exercises that you can do anytime, anywhere.

One of the great things about physical activity is that there are so many ways to be active. This workout is only one of them. The secret to success is to be creative, find activities



you enjoy, and keep going. This sample workout is part of **Go4Life®**, an outreach campaign from the National Institute on Aging at NIH to help you fit exercise and physical activity into your daily life.

Available free from NIA, to download the PDF order a print edition, visit: <https://order.nia.nih.gov/publication/workout-to-go-mini-exercise-guide>

For more exercises, motivational tips, and other free materials, visit: www.go4life.nia.nih.gov

OPT

Retirement Fund for Religious

Please give to those who have given a lifetime.



THE TRUTH ABOUT PHYSICIAN-ASSISTED SUICIDE:

IT'S NOT AS DIGNIFIED AS IT SEEMS

Physician-Assisted Suicide (PAS) — currently legal in only six states and the District of Columbia — has been branded as a compassionate way for terminally ill patients to choose when and how they die. The reality is, the effects of PAS on patients and families aren't compassionate or dignified at all.



LAWMAKERS WIDELY REJECT IT

Over the past two years, twenty-nine states have considered PAS legislation. Only ONE passed the bill into law.¹

LETHAL ADDICTIVE DRUGS GO UNUSED

If a patient fills the lethal prescription — typically 100 pills — but decides against taking it, there are no safeguards to ensure the drugs stay out of the hands of children and prescription drug dealers. In Oregon, 468 people have filled their prescription and decided not to end their lives, leaving tens of thousands of highly addictive barbiturates unaccounted for.^{2,3}



TAXPAYERS FOOT THE BILL

Taxpayers in Oregon and California pay for the lethal drugs and doctor visits. California's Medicaid program has budgeted \$2.3 million taxpayer dollars for the first fiscal year PAS is legal. President Bill Clinton prohibited using federal funds to subsidize PAS, leaving states to foot the bill.⁴



IT AFFECTS OVERALL SUICIDE RATES

Since passing a PAS law in 1997, Oregon has seen a 49.3% increase in non-assisted suicides. PAS laws make a suicide socially acceptable. As a result, Oregon's overall suicide rate is 41% higher than the national rate. Just reading about PAS can serve as a trigger for those contemplating suicide.⁵

MENTAL HEALTH CONDITIONS ARE IGNORED

Only 4% of patients who died from PAS in Washington state were referred for a mental health evaluation. Suicidal patients aren't given resources they deserve, like being screened for depression by a mental health care provider.⁶



IT'S IMPERSONAL

These lethal drugs are often administered by physicians who barely know their patients. More than half of patients who died from the lethal drug in Washington state only knew their prescribing physician for six months or less.⁷

¹Legislation is currently pending in the District of Columbia. ²Washington State Department of Health, *Death with Dignity Act Frequently Asked Questions*. ³The American Presidency Project. ⁴Health, OIG Report on Oregon's 2009 Physician-Assisted Suicide Act of 2009. ⁵European Commission, *From Suicide to Suicide*, 12/2011. ⁶www.oregon.gov/health/ocwa/act110731_11. ⁷Washington State Department of Health, *Death with Dignity Act Report 2015*, pg. 11.

MARYLAND

AGAINST PHYSICIAN ASSISTED SUICIDE



www.stepsisterandbrotherfund.org

www.facebook.com/MarylandAgainstPAS

www.twitter.com/StepSIBrotherFund

Supporting Retired and Elderly Religious

For over 30 years, the Retirement Fund for Religious collection has been coordinated by the National Religious Retirement Office (NRRO) to be held in U.S. Catholic dioceses in December at the discretion of the local bishop.

Benefitting some 30,000 senior Catholic sisters, brothers, and religious order priests, the Catholic bishops of the United States launched the Retirement Fund for Religious in 1988 to help address the profound lack of retirement funding among U.S. religious communities. The proceeds are distributed to eligible religious order communities to assist with retirement and healthcare expenses, and roughly 94% of the fund goes to aid elderly religious.

Historically, Catholic sisters, brothers, and religious order priests—collectively known as women and men religious—engaged in ministry for little pay. Any surplus income was reinvested in their ministries, including Catholic schools and hospitals. As a result, today, hundreds of religious communities lack adequate retirement savings to care for the aging members of their communities. The demographics of most religious communities have shifted in recent years so that retired members outnumber younger ones. In 2018, 72% of the congregations providing data to the NRRO had a median age of 70 or older. With a higher median age comes a decline in income—due to the decreased number of wage-earning members—and a rising cost of care. The total cost of care for some 30,000 religious past age 70 now exceeds \$1 billion annually.

“The sisters, brothers, and religious order priests who have dedicated their life to the Church through their ministry in our parishes, schools and health care organizations need care in their retirement,” said Presentation Sister Stephanie Still, executive director for the NRRO. “Each year, we Catholics across the nation unite prayerfully on the weekend of the Retirement Fund for Religious collection to honor the work done by sisters, brothers, and religious order priests. We are blessed by countless supporters who share our vision of ensuring that all religious can enjoy a safe and modest retirement.”

The 2018 appeal raised \$27.7 million, and 360 religious congregations from around the country received financial assistance. Congregations may use the funding for immediate expenses, such as medications or nursing care. They are also able to invest it for the future retirement and eldercare needs of their respective religious communities. In addition, proceeds from the annual appeal enable the NRRO to furnish educational and consultative resources that help congregations to improve care and plan for long-term retirement needs.

Visit www.retiredreligious.org to learn more about who we help and why they need our help now.

Please give to the Retirement Fund for Religious appeal in your parish or send your donation to:

Retirement Fund for Religious
P.O. Box 96988
Washington, D.C. 20090-6988

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