

A Special Supplement to  
The Beacon newspaper



Charles E. Smith  
Life Communities



Join musical legends  
at our Centennial  
Gala, December 11

Page 7



HEBREW HOME  
OF GREATER WASHINGTON  
100th ANNIVERSARY

Brimming with Memories, Bursting with Life

September 2010/No.18

# LifeTimes

Charles E. Smith Life Communities

## New Frontiers in Dementia Care: Perspectives for Clinicians and Caregivers

Emmy-award-winning CBS correspondent Barry Petersen was covering top political, Olympic and health news when the unthinkable happened: his wife Jan, at the age of 55, also a promising journalist, was diagnosed with early-onset Alzheimer's disease. Mr. Petersen is not alone in his fight to care for a loved one with Alzheimer's.

In the Washington-Maryland-Virginia area, more than 200,000 will find their lives dramatically transformed due to dementia this year.

On October 8, 2010, the Hebrew Home of Greater Washington will further its century-long leadership role in eldercare by convening physicians, health care professionals and caregivers in a critical conversation about dementia. The *New Frontiers in Dementia Care: Perspectives for Clinicians and Caregivers* symposium, co-sponsored by Suburban Hospital, Johns Hopkins Medicine, will bring together Mr. Petersen, who has just published a



Marilyn Albert, Ph.D., professor of neurology and director of Johns Hopkins' Division of Cognitive Neuroscience and Emmy-award winning CBS correspondent Barry Petersen, are keynote speakers for an educational symposium co-sponsored by the Hebrew Home and Suburban Hospital, Johns Hopkins Medicine.



chronicle of his personal journey, *Jan's Story: Love Lost to the Long Goodbye of Alzheimer's*, with top researchers from Johns Hopkins Medicine, a key government official and health care experts.

Physicians, nursing home administrators, nurses, social workers and other caregivers are invited to take advantage of the latest research on diagnosis and treatment at the half-day symposium, from 7:30 a.m. to 2 p.m. at Woodmont Country Club in Rockville.

One of the key events marking the Hebrew Home's centennial year, the symposium will focus on:

- Top researchers reviewing the groundbreaking longitudinal study on cognitive impairment conducted by Johns Hopkins
  - The dementia picture, from diagnosis to impact on care providers
  - Best practices in dementia and eldercare, a blueprint for direct care providers
  - Policy issues, top official, Centers for Medicare and Medicaid Services invited
- CMEs for physicians are available through Suburban Hospital and CEUs for nursing home administrators, social workers and nurses are available through the Beacon Institute, LifeSpan.

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HEBREW HOME OF GREATER WASHINGTON • SMITH-KOGOD & WASSERMAN RESIDENCES • LANDOW HOUSE • RING HOUSE • REVITZ HOUSE



When  
memory  
fails

Page 3



Residents  
of the past  
100 years

Page 4



Top stars  
headline Gala,  
President's  
Circle

Page 7



## It Takes a Community

### *Did winter's snow and summer's thunderstorms leave you in the dark?*

Residents at Charles E. Smith Life Communities never missed a beat, or a meal or a chance to be together with friends and neighbors. Before Mother Nature causes more havoc in our area, check out our opportunities for independent living and assisted living. Some apartments have immediate availability.

Call Pam at **301.816.5012**.

# Generation to Generation



Charles E. Smith Life Communities

## When Memory Fails

*Alzheimer's – the very word triggers apprehension. For the newly diagnosed with the disease, it means life will never be the same again; for their families, the heart-break has only just begun. So, what is Alzheimer's, how does it differ from dementia, whom does it affect, and what are the prospects for prevention and treatment?*

*Dr. Dinesh Patel, right, Hebrew Home physician, participated on a panel at a recent NIH conference.*



### 10 early signs

According to a Johns Hopkins University School of Medicine affiliate, Alzheimer's is a neurodegenerative disorder that's "progressive, irreversible, fatal and without a cure." It's the most common cause of dementia in the elderly. The Alzheimer's Foundation summarizes its early signs:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

### Statistics

The Alzheimer's Association has compiled these figures:

- 5.3 million Americans ages 65 and older suffer from Alzheimer's.
- Without a medical breakthrough, that number could rise to between 11 and 16 million by 2050.
- 10.9 million unpaid individuals now shoulder their care.
- It is our nation's seventh leading cause of death.

### Prevention

In a statement issued by the 2010 National Institutes of Health State-of-the-Science Conference, panel experts report that "Currently, no evidence of even moderate scientific quality exists to support the association of any modifiable factor (such as nutritional supplements, herbal preparations, dietary factors, prescription or nonprescription drugs, social or economic factors, medical conditions, toxins, or environmental exposures) with reduced risk of Alzheimer's disease." ■

### Initiatives

The Hebrew Home of Greater Washington is greatly impacted by the prevalence of Alzheimer's among its elderly residents. Our physicians, nurses, aides, social workers, and Pastoral Care Director, Rabbi James Michaels, strive not only to manage patient treatment, but also offer comfort and support to families. In April, Dr. Dinesh Patel shared his knowledge at the NIH State-of-the-Science Conference, "Preventing Alzheimer's Disease and Cognitive Decline."

In honor of its Centennial, the Hebrew Home is co-sponsoring with Suburban Hospital, a member of Johns Hopkins Medicine, an October 8 symposium that focuses on dementia care. The "**New Frontiers in Dementia Care**" event, described on page 1 and at [www.hebrew-home.org/symposium](http://www.hebrew-home.org/symposium), will provide healthcare professionals and caregivers an arena to discuss the latest findings in the longitudinal dementia study conducted by Johns Hopkins and supported by the National Institutes of Health and best practices in patient care. ■

### Perspective

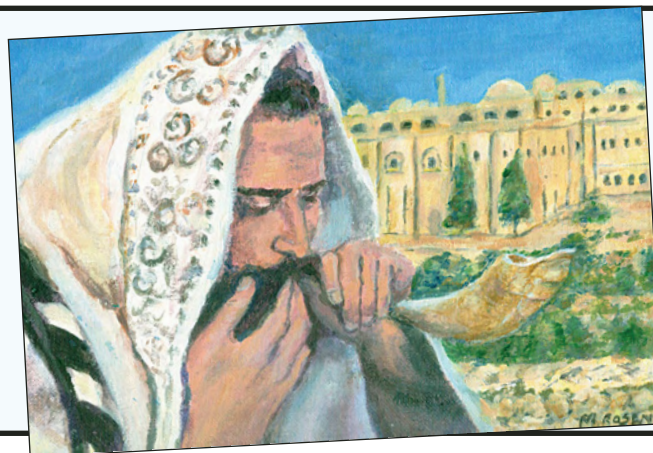
*"We now have strong evidence from randomized clinical trials that coordinated medical and community care for people with dementia and counseling and support for family caregivers can stretch out the time that people with Alzheimer's can live successfully in the community."*

– Marilyn Albert, Ph.D., Department of Neurology, Johns Hopkins University School of Medicine. Dr. Albert is a keynote presenter in the October 8 symposium co-sponsored by the Hebrew Home of Greater Washington and Suburban Hospital, Johns Hopkins Medicine.



## L'shana tova!

We extend best holiday wishes to you and your family as we celebrate the Jewish New Year, 5771. Please use our **Free Rosh Hashanah eCards** – at [www.hebrew-home.org](http://www.hebrew-home.org) – for friends and family. If you'd like to include a Hebrew Home resident on your list, just address your greeting card to [hhinfo@hebrew-home.org](mailto:hhinfo@hebrew-home.org); we'll print and hand-deliver the card. Artwork by Miriam Rosen.



### New Frontiers in Dementia Care • Friday, October 8, 2010

### Symposium continued from page 1



For complete information on the program, keynote speakers and presenters and to register, visit [www.hebrew-home.org/symposium](http://www.hebrew-home.org/symposium)  
301.770.8329

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME). Suburban Hospital, Johns Hopkins Medicine, is accredited by MedChi, the Maryland State Medical Society to sponsor continuing

medical education for physicians. Suburban Hospital, Johns Hopkins Medicine, designates this educational activity for a maximum of 4 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. ■

## Centenarians

Larry Berman and Sidney Spevak were among the residents featured in a Fox 5 News segment highlighting the Home's centennial year and campus centenarians. See the newscast through a link on our home page, [www.hebrew-home.org](http://www.hebrew-home.org).

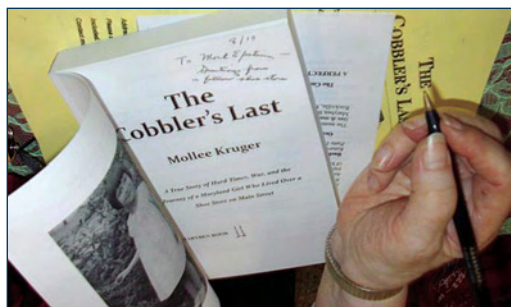


If you ask Larry Berman and Sidney Spevak the secret to a long life, they won't mention a fountain of youth or even a special diet and exercise regimen. Instead, they will tell you a long, fulfilling life is a result of the golden rule — treat others the way you want to be treated.

Oscar Hoffman, Larry and Sidney are among the more than 25 residents of the Hebrew Home of Greater Washington and the Charles E. Smith Life Communities who are turning 100 years old or older this year. As we, at the Hebrew Home, reflect on our century-long tradition of evolution in person-centered care, we also celebrate the personal journey of our residents whose lives began the same year the Hebrew Home was established. Our centenarian residents have experienced love and war. They have survived The Great Depression, and voyages from Germany, Hungary, and Russia to the United States. Through their personal journeys we receive a glimpse of history, life lessons, and inspiration.

Fox 5 recently visited our campus to speak with some of our centenarians, and aired their stories on August 9 and 15. ■

## Creativity blooms on our campus



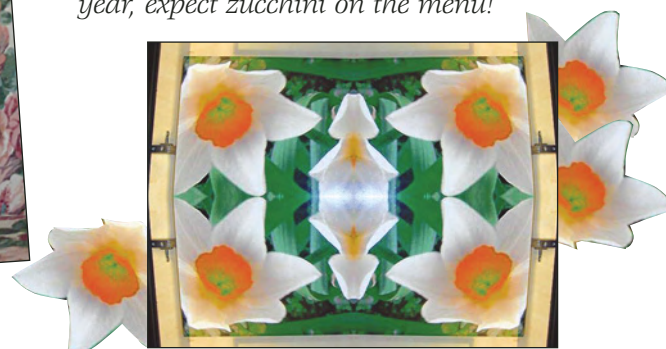
Author Mollee Kruger signs copies of her autobiography, *The Cobbler's Last*. More than 125 from the community attended her book reading at Ring House.



Edith Ratner displays the bounty from the Ring House garden. Despite a rocky start (literally and figuratively), resident gardeners are proudly harvesting beans, parsley, cherry tomatoes and gourds for art projects. A staff member gave large handfuls of Rainbow Swiss Chard to visiting families — “a delightful and unexpected exchange.” Ring House chef David Warne uses the bright green basil growing in raised beds at Landow House, and all residents are welcome to snip tarragon, oregano, sage and chives. Next year, expect zucchini on the menu!



Artist Miriam Rosen, born in South Africa, displays one of the paintings from her retrospective exhibit, “Then & Now.” Miriam's early work includes landscapes of Johannesburg and poignant portraits of Africans. The show runs through mid-September at Revitz House, and was made possible by a gift from the Ellen Gelman Special Exhibitions Fund.



Ring House resident Martin Zober has an eye for the perfect nature shot. See his photography, including this daffodil, on display at Ring House and Landow House through September.

To join our expressive and active seniors at Charles E. Smith Life Communities, call Pam Rosen, at 301.816.5050. ■



### Celebrating a Century of Service

The Washington Post ran a major story on the Hebrew Home and our centennial on Friday, August 20. The reporter began with the story of our founding in 1910, and shared stories of residents whose lives seem fresh from the pages of American history. Meet our residents on these pages, and find a link to the news story at [www.hebrew-home.org](http://www.hebrew-home.org), on the Newsroom page.



## A tapestry of residents

Centennial  
Charles E. Smith Life Communities



**The first residents of the Hebrew Home were part of the wave of immigration at the turn of the twentieth century that brought Jews of Eastern Europe to America. They told vivid stories of childhoods punctuated by pogroms, political upheaval, poverty and persecution. Today's residents include survivors of the Holocaust, "Greatest Generation" veterans of WW II, skilled professionals and more recent refugees from Russia and Viet Nam. Their stories mirror the experience of American life of the past 100 years.**



#### < 1929

The earliest photograph of a Hebrew Home resident identifies Mr. Imber, right, with Rabbi Maurice Maser, the Home's first administrator.

#### 1931

Mr. Gimbel studied Talmud at Spring Road, the Home's location from 1925 - 1969. Torah study classes and religious observances were key components of daily life.



#### 1970s - 80s

Alfred Klein, who came through Ellis Island at the turn of the century, co-founded Washington's first Yiddish newspaper, *The Washington Life*, or *Das Washington a Leben*, which was registered with the Library of Congress. Klein and his wife both studied law at night and became practicing attorneys; Mr. Klein was chief law officer, U.S. Civil Service Commission.

Nathan Zagoria, a rabbi from Russia, barely survived as he stowed away on board a ship to America. Once in America, he discovered that he could not earn a living as a rabbi. Eventually, he became a store owner and served a small synagogue in his spare time.



#### <

Sadie Hershey earned \$11 a week at the Triangle Shirtwaist Co. in New York when one of the worst factory fires in U.S. history claimed 146 lives on Saturday, March 25, 1911. Sadie escaped from the eighth floor through one of the few stairwells not yet blocked by fire when the machinist arrived with keys to unlock the door. "So with God's help Brown did come

but by then, I don't know - I don't remember how she [my friend] disappeared. . . You know how a whole bunch, one pushes the other, and we went out and we fell, we were rolling down steps. I was black and blue. I lost my coat. I came downstairs and I see that girl's body on the floor. They threw one on top of the other. It was really terrible, terrible, terrible." When Sadie testified that the doors were locked, she lost her job.

At age 11, Rose Gershman apprenticed as a dressmaker in her small Russian village. In America, she joined a union while still in her teens, and in 1919, after hearing Samuel Gompers, she organized a garment workers' strike that lasted for ten weeks.



Harry Reidinger, with no knowledge of English, saw an ad for a tailor in Cody, Wyoming and headed west. To fulfill his promise to his father to remain a Jew, he moved to the booming copper town of Butte, Montana, which had a synagogue and kosher butcher. As part of the colorful life of the Old West, Harry made a suit of clothes for Buffalo Bill. He is pictured here with his bride. He celebrated his 100th birthday at the Home in 1981.





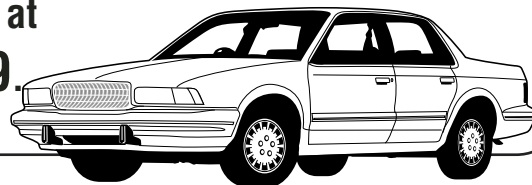
## Brighten Shabbat, High Holidays, and other special occasions

for a Hebrew Home resident with a bouquet of festive flowers. For information or to place an order, contact the Hebrew Home's Volunteer Department at **301.770.8333** or online at [www.hebrew-home.org/family](http://www.hebrew-home.org/family).



## IT MAY BE USED... BUT IT'S NOT USELESS!

Consider donating your car to the Hebrew Home. Proceeds benefit our elderly residents. It's an easy, tax-deductible gift... and we offer **FREE towing**. For more information, please contact us at **301.770.8329**.



Sadye Monderer played the Tin Man in a 1982 resident production of *The Wizard of Oz*. Residents on the yellow brick road included Eva Gurevitch (Dorothy), Isadore Sklar (Scarecrow) and Sarah Wegbreit (Cowardly Lion).

Hannah Katz, who ate kosher cat food, lived contentedly on 2 North in 1987. There was a champagne and catnip reception in her honor.



"Today we turned 13," said Helen Cohen (at microphone), as women residents proudly celebrated their belated Bat Mitzvah at the Home in 1988. There have been several similar ceremonies since.

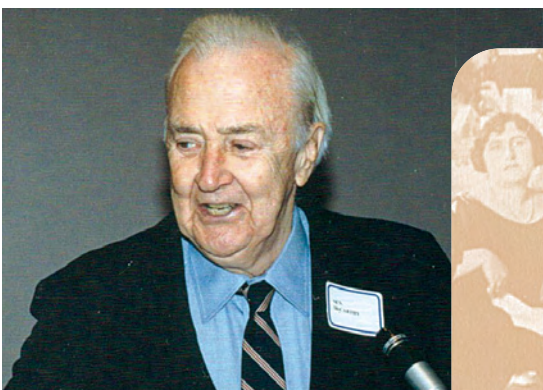


### 1990s

Ida Goldman, 90, testified on Capitol Hill about the value of music therapy in 1991. "Music is better than medicine," she said, and her rendition of *I'm Gonna Wash that Man Right Outta My Hair* made national newscasts.



Senator Eugene McCarthy spent time in our Rakusin Rehabilitation Center. He spoke at a 1999 "Rehab Reunion" for 90 residents who had recovered and returned to their homes.



### 2000s

Elizabeth Metro lived at the Home for 23 years, longer than any resident we recall. Challenged by physical disability all her life, she pursued her education at her father's insistence and became a librarian at the Library of Congress. In her later years, she headed the Resident's Council here.



Lillian Kline enjoyed great success in her 43-year career with the May Company. In her electric wheelchair, "my little Cadillac," she was tremendously active in activities here, loved to attend baseball games, and as "honorary good will ambassador," offered inspiration and comfort to fellow residents.



As an enlisted Marine, Herman Markowitz participated in the 1945 amphibious invasion of Okinawa, Japan. He later owned a communications business in El Paso, Texas, developing sophisticated systems for public and private sector clients.



Mikhail Surikov commanded the Soviet infantry's heavy artillery at the first Ukrainian Front during World War II, assisted in the liberation of Budapest, Prague, and Berlin, and in 1945, participated in the victorious "Elbe River Handshake" between American and Soviet combat troops.



### Today

Gary Dubin was a TV sports producer, first for WTTG-Channel 5 in DC and then for USA Network. He interviewed sports legends, helped to hammer out pre- and post-game segments, and organized tech staff for every broadcast.



Lorna Tranen arrived at the Home with no prior art experience, yet with encouragement from a caring art instructor, she discovered a gift for painting colorful compositions which adorn her walls and serve as lovely gifts for friends and family.



Morris Ashin was a professional cattle buyer who handled grading, selection, bidding, purchase, and transportation of cattle from farm to a Pennsylvania slaughterhouse.



Dr. William Simmons, a Harvard-trained neurosurgeon, travels down to Georgetown University weekly to teach neuroanatomy to first-year medical students. He also treats clinic patients at So Others Might Eat and mentors middle-school children.



Labor economist Morris Weisz worked for the National Labor Relations Board, the War Production Board, the U.S. Department of Labor, and the Organization for Co-operative Development. He taught international and U.S. labor history at universities here and abroad. His writings are housed at the Walter P. Reuther Library at Wayne State University.

- 1910 – A handful of individuals needing a home
- 1914 – 10 residents, in M Street row house
- 1925 – 35 residents, on Spring Road
- 1953 – 165 residents, Spring Road expansion
- 1969 – 266 residents, in Rockville
- 1980 – 556 Hebrew Home residents
- 2006 – 1,000 seniors in five residences





### Organize your Estate Planning information!

Our FREE booklet helps you record important details regarding your assets and the location of your will. We offer more assistance, too, including an opportunity to discuss, without obligation, ways to include the Hebrew Home in your estate plans. Please call 301.770.8342 or mail this form to: Julia Pitkin-Shantz, CFP®, Director of Gift Planning  
Hebrew Home of Greater Washington  
6121 Montrose Road, Rockville MD 20852-4856

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone/E-mail \_\_\_\_\_

For a personalized illustration showing how you can receive income for life, please list your birth date: \_\_\_\_\_

LT 9/10

## LifeLines

### In Our Mailbox

#### Dear Mr. Eisenberg,

We dreaded having to place our mother, Ann Kestenbaum Hernstadt, in a nursing home, even the Hebrew Home. But the Hebrew Home turned out to be a real community for our mother, and for our family. For that, we are grateful.

Our mother was at the Hebrew Home for just short of four years when she passed away on the 1 East wing of the Smith-Kogod building. We visited frequently, and every time we came, we saw the nursing staff showing kindnesses to our mother and to the other residents, and taking delight in their happiness. To these staff, our mother was a person with a rich history, and not just an old, confused body. They always showed her the respect that she deserved, and they shared a culture of caring for the residents in their charge. Even, and especially, as she became weaker, they tried to engage our mother and encourage her to keep on. We came to see that even as people grow frail, they can still find delight in life, through music, which the Hebrew Home often provided, the relationships they keep, or the new ones they build. Our mother also enjoyed being outside, and the lovely garden attached to Smith-Kogod was a refuge for all of us. We also became part of a community, learning a little about the other residents there, sharing information and support with the families who came to visit.

But we save the best for the last. The charge nurses at One East were superb. Irene, Angela, Bernadette, and Rosemary led by example. They managed a diverse group of confused, sometimes obstreperous residents with grace and humor. They were observant: noticing when our mother was not doing well and taking steps to help her. They were kind, respectful, and a great support to our family. The serving and cleaning staff also contributed to the sense of community and their assistance should not be overlooked. We shall miss their company.

The Hebrew Home is a charitable organization in the best sense of that ideal: doing good, with kindness and respect for those they serve.

Sincerely,  
**Carol Hernstadt Shulman and Howard Hernstadt**



Hebrew Home residents meet the beautiful and talented 2010 Miss America, Caressa Cameron.



Andy Seigel is the first teen honored to receive the Home's top volunteer award, the Kitty Davis Award. At right: Hedy Peyser, who directs volunteer programs.

### Unsung Heroes

Dr. Irving Brick was a gastroenterologist, whose career at a prominent university hospital was spent healing patients and advancing knowledge in his field. Dr. Brick and his companion are numbered among our "unsung heroes" – neither wished to be recognized during their lifetime for the planned gift they established in their estate plans. Dr. Brick's companion did not even want to be acknowledged after her death. The couple took private satisfaction in knowing that their gifts would help seniors who could not afford to pay for their care at the Home.

Dr. Brick and his companion created Charitable Remainder Trusts, receiving an income tax deduction when they formed the trusts and regular distributions of income. They named the Home to receive funds remaining in the trust after their deaths, in this case, over \$2 million.

These gifts were given to the Hebrew Home without any conditions. Unrestricted gifts from estate plans are invested and treated by the Home as if they were a permanent endowment. The Home does not spend these gifts, but uses a portion of the annual earnings to pay for residents' care, just as our community has done for the last 100 years.

Would you like to know how to create your own planned gift? For private assistance, please contact our director of gift planning, Julia Pitkin-Shantz, CFP® at 301.770.8342 or at [pitkin-shantz@hebrew-home.org](mailto:pitkin-shantz@hebrew-home.org). We promise to respect your wishes as an "unsung hero." ■

*LifeTimes* is published quarterly by the Hebrew Home of Greater Washington, Inc. The Hebrew Home is registered in Maryland as a charitable organization. Documents and information filed under the Maryland Charitable Solicitation Act may be obtained from the Maryland Secretary of State, 410.974.5534. We are an equal opportunity employer and we provide access to community programs without regard to race, age, national origin, familial status, religion, sex or disability. Our services and programs are open to all in the community.

**David A. Samuels**, Chair

**Warren R. Slavin**, President/CEO

**Marilyn Feldman**, Editor

**Nicholas Simmonds**, Vice President, Development and Public Affairs

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6121 Montrose Road, Rockville, MD 20852-4856, 301.881.0300





**The Home Run**  
 A run and walk for everyone. 10K, 5K, Fun Run

**Sunday, Oct. 3**

**CALLING ALL VOLUNTEERS!**

***Our annual Home Run race is a great opportunity to support the residents at the Hebrew Home.***

Race day volunteers are essential to the event's success, and are needed to:

- Assist at water stations
- Monitor the route
- Cheer on the runners,
- Help at the finish line and post-race party at Federal Plaza

Volunteers should report to the registration tent in Federal Plaza, adjacent to Panera Bread, for a 6:45 a.m. orientation. Bus transportation is available to take volunteers to and from their posts along the route, leaving Federal Plaza at 7:30 a.m., and returning to the post-race party about 9:30 a.m. We provide free T-shirts, coffee and refreshments.

**Call 301.770.8329 to volunteer.**

# EventMakers

## Help provide a safe and caring home

The majority of our residents depend on Medicaid to pay for their care, yet government reimbursement does not cover the entire expense of providing the level of care they need and deserve. Despite significant cost-reduction initiatives, the Home's 2010 shortfall will exceed \$2.8 million.

Guardian Campaign Chairs Rob Selzer and Jeffrey Pargament, with their committee of dedicated volunteers, hope to raise \$1.15 million to help offset this deficit. Your generous gift will extend the legacy of earlier generations and enable us to continue to provide a safe home and outstanding care to those who once cared for us.

We will be thanking Guardian donors of \$500 or more at the Centennial Gala on December 11 at the Washington Hilton. For more information, please contact Lisa Friedman at 301.770.8328, or [friedman@hebrew-home.org](mailto:friedman@hebrew-home.org). You may make your gift at [www.hebrew-home.org](http://www.hebrew-home.org). ■



## Compete, walk, volunteer or be a sponsor on October 3

It's not too late to train for the Home Run 10k/5k and fun run on Sunday, October 3. Whether you are a veteran runner, first timer or somewhere in between, come join the fun! Bring family and friends to cheer you on and enjoy post-race family-friendly activities. Information for participants is available at [www.hebrew-home.org/homerun2010](http://www.hebrew-home.org/homerun2010).

Not a runner? Come as a volunteer! We need lots of people to help in myriad ways on race day. Montgomery County Student Service Learning credits are available. Contact Carolyn Lesesane at 301.770.8329 or [lesesane@hebrew-home.org](mailto:lesesane@hebrew-home.org).

Would you like your business to be a Home Run sponsor? We offer plenty of great exposure and an opportunity to participate on race day. Learn more at [www.hebrew-home.org/2010homerun](http://www.hebrew-home.org/2010homerun). ■

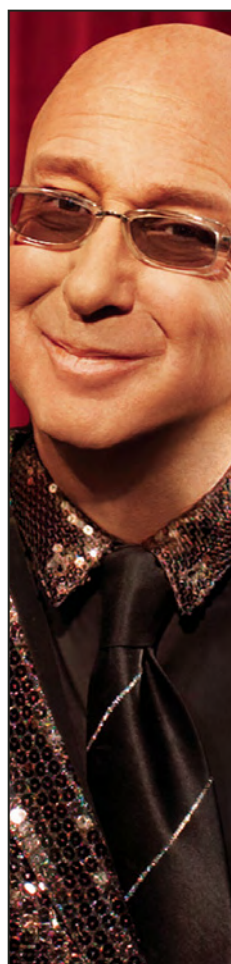


## Centennial Gala celebrates 100 years on December 11

The Centennial Gala, to be held Saturday, December 11, at the Washington Hilton, marks the culmination of our milestone year. Join us as comedian Richard Lewis emcees an evening of fabulous music that spans the decades. Lewis, who is a regular on the HBO multi-E Emmy nominated hit *Curb Your Enthusiasm*, will bring his sharp sense of humor to the evening. Comedy Central has recognized Mr. Lewis as one of the top 50 stand-up comedians of all time, and he was charted on *GQ Magazine's* list of the "20th Century's Most Influential Humorists."

A cadre of prominent community leaders co-chairs this extraordinary event: Helen and Leonard Abel, Barbara Landow Bernstein, Sandy and Stanley Bobb, Arlene and Steve Friedlander, Alma and Joseph Gildenhorn, Barbara and Allan Hurwitz, Vivian Pollock and Phyllis and Ron West.

Three bands will pay tribute to Frank Sinatra, Elvis, the Beatles, the Beach Boys, and "BRUCE IN THE USA: A Musical History of Bruce Springsteen and The E ST Band." Find details at [www.hebrew-home.org/gala](http://www.hebrew-home.org/gala). If you would like to receive an invitation, please e-mail [lesesane@hebrew-home.org](mailto:lesesane@hebrew-home.org). ■



## President's Circle presents an evening with Paul Shaffer on November 14

The President's Circle Dinner is a special thank-you for Benefactor and President's Circle-level donors to the 2010 Guardian Campaign and to Major Gift donors. This year's event on Sunday, November 14 is at the spectacular House of Sweden on K Street.

Musician Paul Shaffer, best known as David Letterman's sidekick and band leader, will be the evening's special guest. Shaffer will share behind-the-scenes stories of his amazing career. Punctuating his anecdotes with music, Paul has plenty to say about entertainers with whom he has worked, from John Belushi to Placido Domingo and Bruce Springsteen. He will end his performance with an engaging conversation with the audience. To learn more, contact Lisa Friedman at 301.770.8328. The evening is generously hosted by Amy and Alan Meltzer. ■



## Save the dates

October 3

**The Home Run**  
10k/5k/Fun Run  
Federal Plaza, Rockville

October 8

**Symposium**  
New Frontiers in  
Dementia Care  
Woodmont Country  
Club

November 14

**Presidents Circle**  
Presidents Circle Evening  
with Paul Shaffer  
House of Sweden

December 11

**Centennial Gala**  
Comedian  
Richard Lewis emcees  
Washington Hilton Hotel

## Start the Jewish New Year with a *Mitzvah*

For 100 years, the Hebrew Home has helped Jewish residents observe the High Holidays, a period of reflection and repentance marking the beginning of the Jewish New Year.

Volunteers are needed to escort residents to traditional and reform services within their buildings. Please contact the Volunteer Department at 301.770.8333 if you can help:

- **Rosh Hashanah:** Sept. 8 - 10
- **Yom Kippur:** Sept. 17 - 18
- **Sukkot/Shemini Atzeret and Simchat Torah:** especially on Sept. 23, 24, 30 and Oct. 1



The shofar, or ram's horn, is sounded at Rosh Hashanah services at the Hebrew Home on Spring Road, September 29, 1935. Pictured here are Mr. Rosenberg, 95; Mr. Miller, 88 and Rev. Brown, 75.



"This has been a wonderful place for me," says Joan Lipnick, whose five-month recovery process at Rakusin Rehabilitation Center from a debilitating illness was nothing short of miraculous. Through a combination of occupational, physical and speech therapy, Ms. Lipnick has experienced dramatic restoration of upper and lower-body movement. Here, occupational therapist Ilana Lakhman shows Rabbi Kassel Abelson how to help his wife maintain a therapy regime at home following her discharge. To learn more about rehabilitation programs at the Hebrew Home, call 301.770.8476.

Support the Hebrew Home through your gift to United Way  check 8111 or for CFC  check 49705.

### Our Other Special Events

September 12

"Squeals on Wheels," a petting zoo  
Ring House & Landow House garden area, 2 p.m.

For more information about upcoming events,  
resident activities and family support groups,  
visit our web site at [www.hebrew-home.org](http://www.hebrew-home.org).

### How to reach us...

■ Hebrew Home  
301.770.8476  
[www.hebrew-home.org](http://www.hebrew-home.org)

■ Hirsh Health Center  
301.816.5004

■ Landow House  
301.816.5060  
[www.landowhouse.org](http://www.landowhouse.org)

■ Revitz House  
301.881.7400  
[www.revitzhouse.org](http://www.revitzhouse.org)

■ Ring House  
301.816.5012  
[www.ringhouse.org](http://www.ringhouse.org)

■ Volunteer Programs  
301.770.8333