

Brooke Grove to Host Antiques and Collectibles Road Show on March 26

Have you ever wondered how much your favorite heirloom is worth? Is it trash or treasure? Find out at the Antiques and Collectibles Road Show to be held at Brooke Grove Retirement Village (BGRV) on Tuesday, March 26!

Todd Peenstra, president of nationally known Peenstra Antiques Appraisals, will provide free appraisals, consultations and advice on anything you might own, including furniture, glass, porcelain, fine art, toys, documents, jewelry, silver, stamps, coins, books and more. You'll discover:

- What you have
- Where it's from
- How old it is
- What it's worth
- Where to sell
- How you can have your item repaired or restored
- Answers to insurance questions
- Information A Season of Giving

Each guest may bring one item to the Antiques and Collectibles Road Show. The first 30 people to RSVP will become part of the show and enjoy their appraisal in front of the audience. Private evaluations will also be provided for a limited number of remaining guests after the show's conclusion. You are also welcome to attend simply as a spectator. Enjoy the show, take an optional campus tour, and savor the spring beauty to be found at BGRV!

The Antiques and Collectibles Road Show will take place in the terrace level conference (TLC)



room of Brooke Grove Rehabilitation and Nursing Center. Check-in begins at 10 a.m. and the program will follow from 10:30-11:45 a.m. For more information or to RSVP, contact BGRV Director of Marketing Toni Davis at 301-388-7209 or tdavis@bgf.org, by Friday, March 22.

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Message from the Village

From the desk of Keith Gibb, president, Brooke Grove Foundation



During a recent Town Hall meeting with our staff, we talked about the importance of “guarding our treasure,” a thought-provoking concept that originated with our plant operations director, Jeff Richmond.

Exactly what is our treasure? Possessions are what first come to mind for many people. While Brooke Grove’s beautiful campus and buildings are definitely treasures, the answer goes much deeper than that. Each of our residents, rehab guests, family members, colleagues and community partners are treasures. Our stellar reputation and 69-year history of service to – and passion for – seniors are treasures. So are building relationships, creating empowering opportunities, and striving to be “simply different” in the ways that matter most.

At Brooke Grove Retirement Village, the keys on our lanyard include our vision, values and mission to “touch people’s lives.” We hand the keys to every employee and trust that they will faithfully guard our treasures. The many notes of appreciation and generous gifts we receive for our Staff Holiday Fund each December are evidence that our trust is well-placed. We are truly grateful for all those who surround and support us in guarding our treasures.

BGRV’s Walk to End Alzheimer’s® Team Raises \$32,583

Brooke Grove Retirement Village’s (BGRV) Walk to End Alzheimer’s® team of staff, residents, volunteers, family members and friends raised an amazing \$32,583 to benefit the Alzheimer’s Association, announced Team Captain Janet Wright, BGRV’s director of



BGRV Director of Marketing Toni Davis (left) and Team Captain Janet Wright (right) present a symbolic check to Stefanie McHugh, constituent events manager for the Alzheimer’s Association, National Capital Area Chapter. Additional donations were later received to bring the total to \$32,583.

BROOKE GROVE RETIREMENT VILLAGE

is a division of Brooke Grove Foundation, Inc., a nonprofit organization providing quality care for seniors since 1950. *Village LIFE* is a bimonthly publication of Brooke Grove Retirement Village.

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Brooke Grove Retirement Village includes:

- The Cottages Independent Living
- The Meadows and The Woods Assisted Living
- Brooke Grove Rehabilitation and Nursing Center

Other divisions of Brooke Grove Foundation:

- Williamsport Retirement Village
- Rest Assured Living Center

Brooke Grove Retirement Village does not discriminate in admissions, employment, contracting with consultants or acceptance of volunteers on the basis of race, color, religion, sex, handicap, familial status, sexual orientation or national origin.

admissions, during a December 5 Awards Luncheon held at Brooke Grove Rehabilitation and Nursing Center. A top area fundraiser for many years, BGRV ranked second for the 2018 Washington, D.C. Walk, which raised more than \$1 million for the cause.

A Season of Giving

Brooke Grove Retirement Village (BGRV) residents, family members and friends contributed \$26,640 to the 2018 Staff Holiday Fund! Their generosity provided full-time employees with an \$80 bonus, part-time staff with \$40 and less than part-time team members with a \$20 gift.

Many donors also enclosed holiday greetings and notes of thanks, which was even more gratifying to the entire BGRV family of employees. "You are a blessing each and every day," wrote one donor. "Booker T. Washington once said, 'Excellence is to do a common thing in an uncommon way,' and this is what you truly do. God bless each one of you."

Staff members also joined residents, volunteers and family members in reaching out to the community by responding to Brooke Grove Rehabilitation and Nursing Center's

Thanksgiving food drive for Olney Help, a local food bank. In addition, they contributed scarves, hats, gloves and other cold weather items for the annual Scarves for Seniors initiative of the Grass Roots Organization for the Well-being of Seniors (GROWS) and the Housing Opportunities Commission. These gifts were distributed to low-income seniors in Montgomery County in time for the holidays.



BGRV residents wrap Scarves for Seniors gifts.

LifeSpan Honors Dennis Hunter and Bill Freas

Brooke Grove Retirement Village (BGRV) Vice President Dennis Hunter, outgoing board chair of LifeSpan Network, was recognized for his "service and dedication to the organization and to senior living providers across Maryland" while leading his final LifeSpan board meeting on December 10. LifeSpan Network is the largest senior care provider association in the Mid-Atlantic, and Mr. Hunter served as board chair for the 2017-2018 term.

During LifeSpan's annual conference, held last fall in Ocean City, Maryland, Mr. Hunter was pleased to present the association's Chairman's Award to William ("Bill") Freas, Jr., chief executive officer of Flagship Rehabilitation. "Bill has always been, and still is, one of LifeSpan's biggest supporters, not only by making significant financial contributions but also by directly participating in committees, planning sessions and activities such as political advocacy," noted Mr. Hunter. "His presence and involvement make a positive

difference in the lives of those whom LifeSpan serves, people working in the industry and, even more importantly, the residents to whom we all have dedicated our lives."



(r to l) LifeSpan Network President Kevin Heffner presents a plaque of appreciation to BGRV Vice President Dennis Hunter.



Flagship Rehabilitation CEO Bill Freas (right) accepts LifeSpan's Chairman's Award.

2019 Community Seminars and Wellness Classes Offer Guidance on Healthy Living

Brooke Grove Retirement Village (BGRV) is pleased to launch its 11th year of free, monthly seminars for the community.

Living Well

Designed to help participants navigate a variety of healthcare and personal challenges, this year's Living Well series seminars will continue to be held on Wednesdays from 1-2:15 p.m. in the terrace level conference room of Brooke Grove Rehabilitation and Nursing Center (BGRNC) and will be preceded by a complimentary lunch at 12:30 p.m. This series kicks off on February 20 when BGRV Senior Fitness and Wellness Specialist Terrie Daniels presents "How to Improve Your Health by Strengthening Your Core." On March 20, Mary Ann Buckley, executive director of care management at Corewood Care, will take the podium to discuss "Simple Remedies for Loneliness."

Caregiver Connection

Caregiver Connection series seminars, created to encourage and educate caregivers of those with Alzheimer's and dementia, will be offered on Tuesdays from 2-3 p.m. in the same location at BGRNC. This year's topics include "The Miracle of Music: Stories of Hope, Understanding and Inspiration" with Dementia Care Consultant and author Jeannie Finnegan on February 19, followed by "Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning" with Diane Vance of the Alzheimer's Association on March 19. An Alzheimer's Support Group meets on the third Wednesday of each month from 3:30-4:30 p.m.

Healthy Living

Healthy Living classes are instructed by Ms. Daniels and held in BGRNC's Gathering Room. Upcoming classes include "Everyday Balance" on Mondays and Wednesdays, March 4-April 17, from 10-10:30 a.m. and "Mindful Meditation" on Wednesdays,

March 6-April 17, from 11-11:30 a.m. A modest fee is requested for these six-week sessions.

Parkinson's Support

BGRV partners with the Parkinson Foundation of the National Capital Area (PFNCA) to present a variety of programs for those with Parkinson's or other neurodegenerative diseases.

Led by Speech-Language Pathologist Susan I. Wranik, MS, MA, the PFNCA Communications Club meets in BGRNC's Gathering Room each Tuesday from 12:30-1:30 p.m. A PFNCA Exercise class offered on Mondays and Wednesdays from 3:30-4:30 p.m. has a waiting list, but an additional class is now forming on Thursdays at the same time. A Parkinson's Support Group meets from 2-3:15 p.m. on the second Wednesday of each month.

To register or request a complete schedule of BGRV's Winter-Spring seminars and classes, contact Director of Marketing Toni Davis, 301-388-7209 or tdavis@bgf.org.



Holiday Magic

While independent living (IL) residents each celebrated the season with their own traditions and families, they also greatly enjoyed the opportunity to spend time with their Brooke Grove family.

Thanksgiving dinner, served on November 16 at Westbrooke Clubhouse, featured an elegant, bountiful meal prepared by Chef Victor Camacho as well as blessings shared by residents Mary Laxton and Helen Goebel.

Residents gathered again on December 8 for the annual Holiday Party hosted by the Independent Living Resident Association at Norbeck Country Club. In addition to a delicious meal, the festive and lively party included a salute to veterans performed by the Magruder High School Chamber Choir, a dance act by the IL community's own Brookettes, and a visit from the radiant Mrs. Claus (resident June Thomas).

Other December activities included a living Christmas tree lighting at Westbrooke, a Holiday Brunch, horse-drawn carriage rides, "A Christmas Carol" at Olney Theatre Center, and an excursion to view the elaborate gingerbread houses on display at RLPS Architects in Lancaster, Pennsylvania.



Residents pose for a keepsake photo at the ILRA Holiday Party.



Mrs. Claus spreads Christmas cheer.



IL Server David Ross (at microphone) performs with the Magruder High School Chamber Choir.



IL residents (l to r) John and Lois Harris, Mary Laxton and Dee Kelly embark on a carriage ride.

Yuletide Celebrations

Assisted living's annual Holiday Open House, held on December 9 in each home of The Meadows and The Woods, brought residents and their loved ones together for a joyful celebration! Festivities included delicious taste treats; a resident choir performance; and live musical entertainment by The Singing Cowboys, The Goodtimes Band, the Take Two Variety Band, Mimosa Lane, Vintage Entertainment, Gloria Pumphrey and Steve Little.

Also in December, residents delighted in holiday decorating, baking, shopping and socials along with a variety of other LIFE enrichment programming filled with yuletide wonder.



The Meadows resident Joe Spund (center) with Rabbi Devorah Lynn (left) and LIFE Enrichment Coordinator Beth Levine attend BGRV's campus-wide Hanukkah service.



John Davidson (seated in photo above) and The Woods resident Martha Pillon (second from right in the photo below) enjoy the Holiday Open House surrounded by their loved ones.



100 Years Young

The Woods resident Bernice Rankin, who turned 100 on November 25, celebrated her milestone birthday in style! Family members gathered at her home for a surprise birthday bash worthy of the occasion, offering hugs, kisses and breakfast served by the Omelette Man. Her housemates joined in for musical entertainment and a serving of Ms. Rankin's favorite – apple pie.

“Bernice was all smiles during the days leading up to her birthday and said she felt great,” remarked LIFE Enrichment Director Tina Morrell. “When we tell her that she looks 64,

it always makes her laugh!” Ms. Rankin was one of the first 100 women to join the United States Marines, serving for five years.



Sights and Sounds of the Season

The halls of Brooke Grove Rehabilitation and Nursing Center (BGRNC) were alive with the sights, sounds and scents of the holiday season! Whether joining an event, participating in a program or taking time to remember the reason for the season, residents and rehab guests celebrated throughout the month of December.

A Family Holiday Party provided an opportunity to spend quality time with loved ones. Special visitors, including local school and church groups, offered their smiles, gifts and beautiful voices. Santa Claus even

stopped by – escorted by the Sandy Spring Volunteer Fire Department and riding aboard a 1954 Mack pumper firetruck!

Other programs included horse-drawn carriage rides, a campus-wide Hanukkah service and luncheon, holiday sing-alongs, a Nutcracker ballet performance, a Caribbean Christmas Coffee Lounge, a shopping trip to Columbia Mall, a gift auction, a Holiday Sweater Soiree, a Jingle Pups dog show and much more! “There was something fun going on EVERY day here!” laughed LIFE Enrichment Director Brenda Norris. “We’re exhausted!”



The Figgy Pudding Carolers sang their way through the halls of BGRNC, then entertained guests attending Brooke Grove Retirement Village's "Woodland Wonderland Holiday Celebration" for business and healthcare professionals on the evening of December 11.



Resident Ana Rivas (second from left) and guests at the Family Holiday Party



Resident Steve Holliday (seated at center) joins his loved ones for some holiday hilarity.



BGRNC residents (l to r) Nelly Benites and Bob Schniebold, accompanied by LIFE Enrichment Associate Wanzie Bolen, discover the magic of a bygone era during a horse-drawn carriage ride.

**BGRV to Host Antiques
and Collectibles
Road Show
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UPCOMING EVENTS

“THE MIRACLE OF MUSIC: STORIES OF HOPE, UNDERSTANDING AND INSPIRATION” CAREGIVER CONNECTION SEMINAR

Tuesday, February 19, 2-3 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road
*Free. To register, contact Toni Davis,
301-388-7209 or tdavis@bg.org, by February 17.*

“HOW TO IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE” LIVING WELL SEMINAR

Wednesday, February 20, 1-2:15 p.m.
Brooke Grove Rehabilitation and Nursing Center
*Free. Preceded by complimentary lunch at
12:30 p.m. To register, contact Toni Davis,
301-388-7209 or tdavis@bg.org, by February 18.*

“EVERYDAY BALANCE” HEALTHY LIVING CLASS

Mondays and Wednesdays,
March 4-April 17, 10-10:30 a.m.
Brooke Grove Rehabilitation and Nursing Center
*\$30 for six-week session. To register, contact Toni Davis,
301-833-7209 or tdavis@bgf.org, by March 1.*

“MINDFUL MEDITATION” HEALTHY LIVING CLASS

Wednesdays, March 6-April 17, 11-11:30 a.m.
Brooke Grove Rehabilitation and Nursing Center
*\$20 for six-week session. To register, contact Toni Davis,
301-833-7209 or tdavis@bgf.org, by March 3.*

“DEMENTIA CONVERSATIONS” CAREGIVER CONNECTION SEMINAR

Tuesday, March 19, 2-3 p.m.
Brooke Grove Rehabilitation and Nursing Center
*Free. To register, contact Toni Davis,
301-388-7209 or tdavis@bgf.org, by March 17.*