

Team Brooke Grove Joins Thousands on National Mall for Walk to End Alzheimer's®

It was a cloudy autumn day on the National Mall, but hearts were sunny as thousands of enthusiastic participants gathered in Washington, D.C., for the October 13 Walk to End Alzheimer's®. The throng of people on the move to defeat this devastating disease included 41 Brooke Grove Retirement Village (BGRV) employees, residents, volunteers, family members and friends led by Team Captain Janet Wright, director of admissions.

Other team members joined forces prior to the event to raise awareness and funds for the Alzheimer's Association. On Walk day, the BGRV team was second on the list of top fundraising teams for the National Capital Area, six members had raised \$1,000 or more to achieve Grand Champion status, and Brooke Grove Foundation President Keith Gibb was number five on the list of individual fundraisers.

“Brooke Grove shares the Association's passion for caring for those with Alzheimer's and considers it a privilege to support the walk each year,” remarked BGRV Director of Marketing Toni Davis. BGRV's fundraising efforts also included a raffle and direct mail campaign, which brought in generous gifts from local businesses, current and former residents, and family members. Morgan-Keller Construction was an underwriter for BGRV's campaign, funding team T-shirts, raffle and incentive prizes, and an upcoming Awards Luncheon

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate



BGRV's 2018 Walk to End Alzheimer's® team



Team members raise colorful promise flowers in honor of loved ones and in support of the vision for a world without Alzheimer's.

Alzheimer's disease through the advancement of research, to provide and enhance care and support

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Message from the Village

From the desk of Janet Wright, director of admissions



While preparing for this year's Walk to End Alzheimer's® – my 16th as Brooke Grove Retirement Village's team captain – I reflected on my first walk in 2001. My mother had not yet been diagnosed with Alzheimer's, although she realized that something was not quite right.

Mom has now lost four siblings with Alzheimer's, and she has been a nursing home resident for many years. For the most part, she doesn't seem to know when we visit and sleeps most of the time. It's devastating to accept that she doesn't know her four daughters, her grandchildren or her many great-grandchildren. How I wish that she could enjoy and cherish her family as she always did in the past!

Mom's story is heartbreaking, but it's not unique. She is one of more than 5.7 million Americans currently living with Alzheimer's, a number that is projected to rise to nearly 14 million by 2050. Brooke Grove's Walk team members and supporters know how important it is for us to find a cure for this terrible disease. I am inspired by their generosity of time and finances and grateful for our partnership in this vital endeavor.

Morgan-Keller Donates \$80,000 to Scholarship Fund

Morgan-Keller Construction recently donated \$80,000 to Brooke Grove Foundation's (BGF) Carl and Sue Howe Memorial



Scholarship Fund. The gift significantly increases the amount of scholarship funds available to BGF employees who wish to further their educational goals in a field related to the needs of the Foundation.

Based in Frederick, Maryland, Morgan-Keller is a senior design build general contractor with decades of experience. The company has partnered with BGF for many years, serving as the contractor for Brooke Grove Retirement Village's new state-of-the-art rehab center, assisted living and independent living homes and other Foundation projects.

"Morgan-Keller is proud to support Brooke

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.

Board Chair, Thomas Wetmore

President, Keith Gibb

Medical Director, Ted Howe, M.D.

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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.

Grove Foundation and the Carl and Sue Howe Memorial Scholarship Fund," said President and Chief Executive Officer Bradley Guyton. "We are committed to furthering the education of senior caregivers and giving back to our friends at Brooke Grove."

Team Brooke Grove Joins Thousands on National Mall for Walk to End Alzheimer's® (continued from page 1)

for all affected, and to reduce the risk of dementia through the promotion of brain health.

Donations toward BGRV's \$25,000 goal may be turned in to Ms. Wright or Ms. Davis through November 30 or online at <http://act.alz.org/goto/brookegrove> through the end of the year.



Support the Brooke Grove team with your donation to the Alzheimer's Association!
Visit <http://act.alz.org/goto/brookegrove>.

Monarch Watch

Brooke Grove Foundation Vice President Dennis Hunter became a “citizen scientist” this fall when he joined the Monarch Watch Tagging Program of monarchwatch.org. After completing a tagging class offered at Black Hill Regional Park in Boyds, Maryland, he joined the effort to help the experts understand the dynamics of the monarch’s spectacular fall migration through mark and recapture.

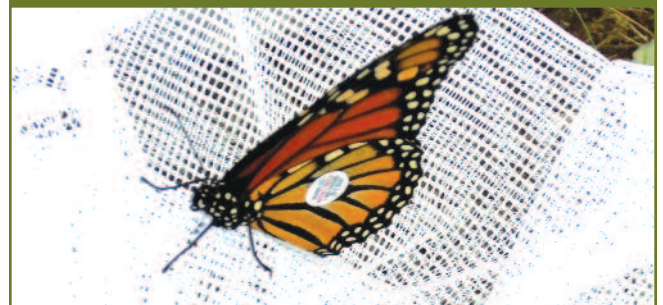
“Brooke Grove is blessed to have a lot of ‘wild’ still on this campus,” noted Mr. Hunter, who is well-known for his knowledge of local flora and fauna. “Our meadows are peppered with milkweed plants that host monarch caterpillars. The butterflies that recently emerged from their chrysalis have now begun their migration path to Mexico.”

Each year, monarchwatch.org distributes more than a quarter of a million tags to thousands of volunteers across North America. During migration season, participants tag and release butterflies, being sure to record the tag code, date, butterfly gender and geographic location. The lightweight tags do not harm the butterflies, and the majority of recovered tags are then recorded in Mexico. The resulting data

allows researchers to learn about the origins of monarchs that reach Mexico, the timing and pace of the migration, and much more.



A monarch caterpillar before beginning its remarkable metamorphosis into a butterfly



A tagged monarch prepares for flight.

Give the Gift of Life in 2019

When you give blood, you give someone another laugh, another hug, another chance. You save lives! It’s that simple.

With that goal in mind, Brooke Grove Retirement Village (BGRV) will close 2018 with an Inova Blood Drive on December 20 and will hold additional drives on the following Thursdays in 2019: February 28, April 25, June 27, August 22, October 24 and December 19.

According to BGRV Director of Volunteer Services Norma Heim, who organizes the drives on campus, Inova collects blood for hospitals in the Washington, D.C., metropolitan area. Walk-ins are welcome; however, appointments are preferred. To schedule, contact Ms. Heim at

301-570-7081 or volunteers@bgf.org or visit inovabloodsaves.org (Sponsor Code 7313).



Plant Operations crew member Will Davidson does his part to save lives.

Anchors Away!

On October 5, a group of independent living residents experienced the Maryland Fleet Week and Air Show rehearsal from the top deck of the Harbor Queen. After boarding the boat at the Finger Piers in Baltimore's Inner Harbor, residents cruised by the huge ships that had just arrived for Fleet Week, then watched the GEICO Skytypers and the Air Force Thunderbirds perform amazing stunts over Fort McHenry.

Vessels on display included U.S., Canadian and British Navy ships and even the S.S. John W. Brown, one of two surviving and fully operational Liberty ships constructed as part of an emergency shipbuilding program during World War II.

Presented by Northrop Grumman, the event celebrated the rich maritime traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation.



At 17, resident Billie Rice moved from Texas to Washington, D.C., to take a job with the FBI during World War II. Her late husband, Rip, was a WWII veteran. Another veteran, the S.S. John W. Brown, is seen in the background.

Wings of Fancy

Wings of Fancy Live Butterfly and Caterpillar Exhibit enchanted independent living residents during a September visit to Brookside Gardens in Wheaton. As residents strolled down the conservatory's paths, hundreds of butterflies from North America, Africa, Asia and Costa Rica flew freely around them. The colorful, winged insects feasted on fruit as well as a flower garden of bright annuals, tropicals and shrubs that are nectar sources.

"This excursion has become an enjoyable annual tradition, particularly for the photographers in our group!" noted LIFE Enrichment and Community Coordinator Susan Phillips. After the exhibit closes, the butterflies and chrysalises are taken to Hershey Gardens in Pennsylvania, where they become part of another exhibit.



A butterfly hitches a ride on resident Mary Laxton (right) as she poses for a picture with resident Estrella Chauls.



Celebrating Excellence

All seven of The Meadows and The Woods assisted living homes attained zero deficiency status during recent relicensure surveys conducted by the Office of Healthcare Quality of the Department of Health and Mental Hygiene! Residents and staff celebrated that achievement, as well as the end of summer, with lively outdoor parties that included live entertainment by Caribbean steel drum musician Orlando Phillips.

“It takes a well-aligned team of people working together to result in this kind of exemplary success,” said Regional Administrator Patty Anderson. “I credit the assisted living staff and leadership team with this accomplishment

and am proud of the fact that they all strive for excellence.”



Vice President Dennis Hunter parties with his mother-in-law, resident Betty Hanks, as she enjoys a refreshing, look-alike drink.

Love and War in the South Pacific

From “Some Enchanted Evening” to “Bali Ha’i,” the songs of “South Pacific” delighted assisted living residents who took in the beloved American musical at the Olney Theatre Center on October 3. “I am so happy I was able to enjoy this show with my daughter by my side!” remarked The Woods resident Doris Horst. “My favorite song is ‘I’m Gonna Wash that Man Right Outa My Hair.’”

With music and lyrics by famed composers Rodgers and Hammerstein, the love story

examines racism and prejudice in the setting of a remote Pacific island during World War II.



The Woods residents Sherwin Stein and Edith (“Edie”) Stein wait for the curtain to rise.

Labor Day Cookout

Like many other Americans across the nation, Brooke Grove Retirement Village’s assisted living residents and staff observed Labor Day with cookouts at The Meadows and The Woods. Joined by family and friends, the group relished spending the afternoon with their loved ones while savoring grilled chicken, black bean salsa and other picnic fare.

Live musical performances by Melanie van der Lee and Kurt Gibbons at The Meadows and Vintage Entertainment at The Woods brought additional flair to the event. “The behind-the-scenes work of the plant operations, culinary

services and LIFE enrichment teams as well as the nursing staff resulted in a festive and memorable afternoon,” noted one staff member.



Resident Gertrude (“Trudy”) Tingley enjoys the festivities with her son, Peter.

Staff Awarded Caregiver Scholarships

Ashebir (“Ashe”) Adula, John Kamara, Dorothy Maingi and Emerson Sandy are the proud recipients of \$750 educational grants from The Beacon Institute’s 2018 Caregiver Scholarship Program. Each of the four Brooke Grove Rehabilitation and Nursing Center (BGRNC) geriatric nursing assistants (GNA) were nominated by Staff Educator Helen Waesche, RN, for their dedicated service and commitment to furthering their education by obtaining a nursing degree.

With a mission to support caregivers who provide quality of life and quality of care for seniors, The Beacon Institute is the educational affiliate of the LifeSpan Network – the largest senior care provider association in



Scholarship recipient Dorothy Maingi

the Mid-Atlantic. The Caregiver Scholarship Program is sponsored by Morgan-Keller Construction.



Brooke Grove Foundation Vice President Dennis Hunter (left), LifeSpan President Kevin Heffner (second from right) and Morgan-Keller Vice President of Business Development Taylor Davis (far right) present scholarship certificates to GNAs (center, l to r) Ashe Adula, John Kamara and Emerson Sandy.

A Yoga Class to Remember

“Flow to End Alzheimer’s: A Yoga Class to Remember,” held on October 6 at The Spring Yoga & Natural Health Center in Sandy Spring, raised \$650 for the Alzheimer’s Association through Brooke Grove Retirement Village’s (BGRV) Walk to End Alzheimer’s® campaign! The donation class was led by Certified Yoga Instructor Brenda Norris, LIFE enrichment director at Brooke Grove Rehabilitation and Nursing Center (BGRNC).

“I am overwhelmed with gratitude to all who participated in the class,” said Ms. Norris. “I am absolutely thrilled when I am able to combine yoga with my work at BGRNC, and this was the perfect opportunity to do so! A special shout out goes to The Spring owner Taylor Mollenhoff for donating her beautiful studio to host the event.”



A Bountiful Harvest

For many of Brooke Grove Rehabilitation and Nursing Center’s long-term residents, harvest time evokes a host of memories. According to LIFE Enrichment Associate Wanzie Bolen, the change of season is a great time to tap into those good feelings with a multisensory experience.

Continuing a tradition of many years, residents enjoyed a late September opportunity to reminisce while shucking corn and snapping green beans. While some folks chose to savor an ear of cooked corn, one resident ate an ear raw, recalling that “as a child, I would go to the garden, pull an ear off the stalk and eat it as a snack!”



(l to r) Residents Nelly Benites and Josephine (“Josie”) Santisi with the fruit of their labor

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UPCOMING EVENTS

THE MEADOWS AND THE WOODS ASSISTED LIVING HOLIDAY OPEN HOUSE FOR RESIDENTS AND FAMILIES

Sunday, December 9, 12:30-2:30 p.m.
1635-1637-1639-1641 Hickory Knoll Road
1612-1614-1616 Hickory Knoll Road

By invitation. No reservations necessary.

BROOKE GROVE RETIREMENT VILLAGE WOODLAND WONDERLAND HOLIDAY CELEBRATION FOR BUSINESS AND HEALTHCARE PROFESSIONALS

Tuesday, December 11, 4:30-7:30 p.m.
Brooke Grove Rehabilitation and Nursing Center
18131 Slade School Road

*To RSVP, contact Toni Davis, 301-388-7210
or tdavis@bgf.org, by December 9.*

PARKINSON'S SUPPORT GROUP

Wednesday, December 12 and January 9, 2-3:15 p.m.
Brooke Grove Rehabilitation and Nursing Center

*Free. For more information or to register, contact
Toni Davis, 301-388-7209 or tdavis@bgf.org.*

ALZHEIMER'S SUPPORT GROUP

Wednesday, December 19 and January 16, 3:30-4:30 p.m.
Brooke Grove Rehabilitation and Nursing Center

*Free. For more information or to register, contact
Bill Neely, 301-924-5176 or bneely@bgf.org.*

INOVA BLOOD DRIVE

Thursday, December 20, 2:30-7 p.m.
Brooke Grove Rehabilitation and Nursing Center

*Appointments preferred, but walk-ins welcome.
To schedule, contact Norma Heim,
301-570-7081 or volunteers@bgf.org.*

PARKINSON'S COMMUNICATIONS CLUB

Tuesdays (ongoing), 12:30-1:30 p.m.
Brooke Grove Rehabilitation and Nursing Center

*For those with Parkinson's and their care partners.
Free with \$30 annual Parkinson Foundation
administrative fee. For more information or to register,
contact Toni Davis, 301-388-7209 or tdavis@bgf.org.*