

## Brooke Grove Foundation Residents Gather at the Potomac for a Jet Ski Adventure

Whether riding on a Jet Ski for the first time or welcoming a return to the water, Brooke Grove Foundation (BGF) residents participating in the 23rd Annual Jet Ski Picnic embraced the opportunity with enthusiasm! The much-anticipated event was hosted by Williamsport Retirement Village (WRV) on Dam 4 on the Potomac River in Sharpsburg Maryland, on August 22.

This year, nursing home, assisted living and independent living residents from WRV, Brooke Grove Retirement Village (BGRV) and Rest Assured Residential Living (RARL) gathered at the river's edge. "We love all the outings and trips, but the Jet Ski Picnic is the best!" exclaimed Mary Laxton, a resident of BGRV's independent living community. "Everyone who attends really looks forward to it. It is fun, fun, fun, and there are smiles on everyone's face!"

While jet skiing is not usually a routine activity for those in their age bracket, the intrepid seniors were eager to take on the challenge. A multitude of BGF employee team members were on hand to ensure that residents were safely carried to and from the watercraft and into the care of experienced drivers. An exhilarating spin down the river brought a sense of freedom and joy to participants.

"I feel like a swan out there. It's just wonderful!" said WRV resident Sally Fost in a Herald Mail article by reporter Valerie Bonk. "When you're 90 years old, you don't expect to be doing something like this. It's a different world out there." "I feel like a kid again!" remarked another jet skier.

As BGRV Regional Administrator Tim Berry explained in the same article, "Making life a little

bit brighter for people in their later years is important to us ... We're trying to give people a memory. You're never too old to create one!"



*BGRV independent living resident Gar Guyton waves to the camera before cruising down the Potomac with driver Allen Hurley.*



*Delicious, homemade ice cream from Antietam Dairy tantalizes the taste buds of BGRV independent living residents (l to r) Lois Harris, JoAnne Barron and Mary Laxton.*

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# Message from the Village

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



Our annual Jet Ski Picnic is all about providing enriching experiences. Launched by the staff of Williamsport Retirement Village 23 years ago, the annual event has grown each year and is now a company-wide occasion, drawing residents and supporting staff from all three of Brooke Grove Foundation's campuses.

Some residents are excited about trying something new. Some are apprehensive, but want to participate anyway. Some have spent their lives enjoying the water, but believe they will never have the opportunity to do so again. No matter what their motivation for joining in, the joy on their faces as they return to shore is truly powerful.

This outing is good for the soul, all the way around. It does so much for the residents who relish the freedom of skimming down the river as well as for those who prefer to savor a picnic lunch while watching the action. It's also extremely rewarding for the employee team members who take on the tremendous effort of creating a unique experience that will result in a memory that will last.

We'll all be talking about the Jet Ski Picnic for a long time, and we're already looking forward to next year!

## Retired Board Member Buddy Hart Passes Away

Richard ("Buddy") Hart, who retired from Brooke Grove Foundation's (BGF) board of directors in 2012 after six years of dedicated service, passed away on June 17 and was lovingly remembered at a memorial service held in August in Frostburg, Maryland.



An esteemed architect with decades of experience, Mr. Hart designed and often supervised the construction of hundreds of buildings during his lifetime, including nursing homes, hospitals, schools, churches, office buildings, high rises, clubhouses and private residences.

"Buddy was an extremely supportive and talented man with an eye for detail," said BGF

### **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.  
**Managing Editor,** Lynelle Smith  
**Layout/Design,** Thomas Zgorski

### **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.*

President Keith Gibb. "It was a privilege to work with him, and we are grateful for his commitment and contributions to Brooke Grove and those we serve."

## Senior Day at the Fair

August 14 found residents from across campus exploring the Montgomery County Agricultural Fair in Gaithersburg, Maryland. As the largest county fair in the state, the event offered many intriguing attractions, including an Old Timer's show, farm animal exhibits, a midway and prize-winning home crafts, fruit and vegetable displays.

Good food, great music and new acquaintances added to the fun as residents strolled through the fairgrounds. A highlight was viewing the entries by several members of the Brooke Grove Retirement Village family. Assisted living Administrative Assistant Mara Bohlman swept the "Home Arts, crochet, bedspreads made with thread" competition with her crocheted bedspread, winning first place, Grand Champion, Best in Show and the Elsie W. Pyles Award for Excellence in Home Arts. Rhonda Cohen, a dietitian at Brooke Grove Rehabilitation and Nursing Center (BGRNC), won seven blue ribbons, one second, one third and a Grand Champion award in the cake and cupcake decorating categories. Independent living resident Glo Hong also wowed the judges

with her photograph of orangutans, which captured fourth place.



BGRNC resident Josephine Santisi strikes up a new friendship.

## Retirement Community or Aging in Place?

Senior Real Estate Specialist Eric Stewart will share his expertise during a free Smooth Move Seminar entitled "Rightsizing Your Life" on Tuesday, October 23, from 11 a.m.-12:30 p.m. at Brooke Grove Rehabilitation and Nursing Center. Check-in begins and hors d'oeuvres will be served at 10:30 a.m.

Mr. Stewart is well-known for his success with the Eric Stewart Group of Long & Foster Real Estate and as host of a weekly radio show on WMAL (105.9 FM). During this engaging presentation, you'll explore a variety of retirement living options and discover how you can have P.E.A.C.E. when deciding if you prefer to age in place or move to a continuing care retirement community. You'll also learn about the local real estate market and gain

insights on preparation, market timing and how to sell your home for top dollar.

For more information or to register, contact Director of Marketing Toni Davis, 301-388-7209 or [tdavis@bgf.org](mailto:tdavis@bgf.org), by October 21.



## Assisted Living to Host October 16 Open House

Nothing says “home” like the greeting of a beloved pet, the aroma of baking brownies, the laughter of children and the many other comforting touches found in Brooke Grove’s assisted living homes. Prospective residents and their loved ones are invited to learn more during an assisted living Open House to be held from 10:30 a.m. to 12:30 p.m. on Tuesday, October 16, at The Meadows.

Open House participants will meet our exceptional caregiving team, explore our residential-style homes and discover our innovative approach and programs, including those specifically designed to stimulate memory. With easy access to secure courtyards and gardens, residents move freely inside and out – visiting neighborhood homes, strolling winding paths, savoring the peaceful wooded setting and enjoying a maximum level of independence.

## Independent Living Open House Slated for November 1

Prospective independent living residents, senior service providers and local business professionals are cordially invited to discover why Brooke Gove Retirement Village (BGRV) is “simply different” during an Open House to be held from 10 a.m.-1 p.m. on Thursday, November 1.

“Brooke Grove is simply different for a variety of reasons, including our unique setting of rural woodland beauty, our charming independent living community and spacious cottages, our state-of-the-art rehab center and our decades-long commitment to helping residents continue to lead self-authored lives at all levels of care,” said Director of Marketing Toni Davis.

Guests arriving at the Open House will gather at Westbrooke Clubhouse for hors d’oeuvres before touring a cottage. During optional presentations at 11:15 a.m. and 12:15 p.m.,

Admissions coordinators will be on hand to answer questions and schedule additional one-on-one meetings and tours, if requested. To attend the Open House, please RSVP to Director of Marketing Toni Davis at 301-388-7209 or [tdavis@bgf.org](mailto:tdavis@bgf.org) by October 14.



Retirement Counselor Laura Wright will explain how to become a no-obligation priority list member, examine financial options and review the long-term benefits of a secure lifestyle with continuing care options.

Westbrooke is located at 18310 Slade School Road on the BGRV campus. For information or to register, contact Toni Davis, 301-388-7209 or [tdavis@bgf.org](mailto:tdavis@bgf.org), by October 30.



## A Heart for Service

Members of Brooke Grove Retirement Village's Independent Living Resident Association's (ILRA) Community Outreach Committee enjoy the opportunity to volunteer with neighboring Sharp Street United Methodist Church parishioners, working in their Food Pantry on a regular basis. The group has been involved in this meaningful program for the past year, contributing nonperishable goods from ILRA members and helping fill grocery bags for pick up on the third Saturday of each month.



Independent living residents (l to r) Audrey and Bob Jewett, Jim Goebel, Lois Harris, Helen Goebel, George Izumi & Glo Hong on the job

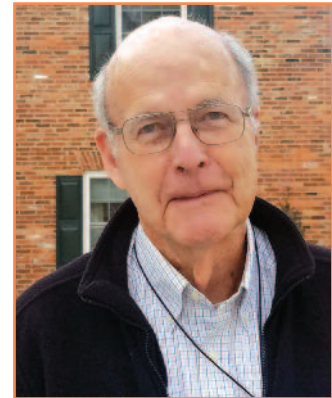
## Joseph Connor Receives National Award

Independent living resident Joseph ("Joe") Connor, Ph.D., is the recipient of the Robert E. Gard Volunteer Service Award from the American Association of Community Theatre (AACT). The award was presented during the AACT World Fest International Theatre Festival in Venice, Florida, in June.

A retired physicist, Dr. Connor has served as the executive producer of the Sandy Spring Theatre Group for the last 32 years and as lighting director for 45 years, providing lighting designs for every single production (125 shows) during that time. He also hangs fixtures, runs the light board and offers assistance to other theatre groups.

According to the AACT web site, [www.acct.org](http://www.acct.org), Dr. Connor's work and dedication are greatly appreciated and admired in local community theatre circles. "He has captured the hearts of all who have known and done theatre with him. He is a theatre treasure."

As for Dr. Connor, he just loves "being a part of bringing words on a page to life while tripping as few circuit breakers as possible"!



## Summer Concert Series

This year's Summer Concert Series, hosted by the independent living community, brought some of the finest local musicians to Brooke Grove Retirement Village residents, family members, staff and volunteers.

Held at Westbrooke Clubhouse on select Monday evenings throughout the season, the series offered guests the opportunity to soak in a variety of musical styles while relaxing on the patio with friends and neighbors.



Following their June 25 performance, members of the Dixieland Express band pose for a photo with long-time friends and independent living residents Billie Rice (center) and Paul Hoskins (far right).

## Summer Joys

Good food and friendship were on the menu during a cookout held at The Meadows on a beautiful summer day in late June! Assisted living residents visited with friends and loved ones while enjoying delicious barbecue fare, Rita's ice treats and live musical entertainment by Melanie and Kurt Van Der Lee.

A variety of other programs and events held throughout the summer invited residents to experience Brooke Grove's beautiful outdoor spaces.



*The Meadows resident Ed Lucas and his daughter, Karen King, at the festivities.*

## Master Gardeners

July's visit by the Montgomery County Master Gardeners was a joy to residents of The Woods assisted living, who fashioned butterfly floral arrangements that celebrated summer. The program included a discussion on butterflies and the part they play as wildflower pollinators.

Led by Ruth Bortz, the therapeutic horticultural group shares their love of flowers by offering garden programs to Brooke Grove's assisted living residents on a regular basis. "Ruth prepares incredible projects!" noted one staff member. "Her creativity and dedication to our residents are greatly appreciated."



*(l to r) Resident Martha Pillon and volunteer Ashley Jimenez are all smiles during the Master Gardeners program.*

## Hawaiian Breezes

Assisted living residents and guests from across the Brooke Grove Retirement Village campus could practically feel the tropical breezes as they "went Hawaiian" for Brooke Grove Retirement Village's annual luau, held in the courtyard of The Meadows in July.

The sights and sounds of the islands surrounded the group as they savored Rita's ice, tapped their toes to Hawaiian tunes and marveled at hula, fire and other traditional dances performed by Pacific Rhythm.



*Pacific Rhythm dancers provide Polynesian entertainment at the luau.*

## BGRNC Fills Key Nursing Leadership Roles

Assistant Director of Nursing (ADON) Sally Kweti, MS, BSN, RN, was promoted to director of nursing (DON) at Brooke Grove Rehabilitation and Nursing Center (BGRNC), effective July 15. Quality Assurance Coordinator/Infection Preventionist Nurse Brenda Efundem, BSN, RN, assumed the ADON role on July 29.

Ms. Kweti joined BGRNC in 2010. She previously served in leadership roles at Asbury Methodist Village in Gaithersburg, at Hebrew Home of Greater Washington, and at Springbrook Adventist Nursing and Rehabilitation Center in Silver Spring. Ms. Kweti holds a Bachelor of Science degree in nursing from the University of Maryland as well as a bachelor's in economics and a master's in transportation.

Ms. Efundem has worked for Brooke Grove Retirement Village for nearly 10 years, serving as rehab unit manager and charge nurse before becoming BGRNC's quality assurance coordinator. Her extensive nursing experience includes clinical and leadership positions at The Village at Rockville, MedStar VNA, St. Agnes Home Health and Dubois Home Health and work as a hospice nurse. She holds a Bachelor of Science degree in nursing from Howard University and is currently pursuing a

master's degree in nursing with an emphasis in public health.

"We are thrilled to have Sally and Brenda as our new DON and ADON!" said BGRNC Administrator Eileen Alexander. "They both bring many years of experience and expertise to help us navigate the many changes unfolding in the aging services and healthcare fields. Sally's seasoned leadership abilities, passion for nursing and stellar professionalism align beautifully with the director's role. Brenda offers strong leadership abilities combined with a thirst for learning and staff development. They both have a passion for providing great care for our residents and rehab patients and reflect Brooke Grove's mission to *'touch people's lives.'*"



(l to r) DON Sally Kweti and ADON Brenda Efundem

## Pets Offer Unconditional Love

Live-in-pets and frequent visits from certified therapy dogs and other animals are an integral part of life at Brooke Grove Rehabilitation and Nursing Center (BGRNC) and throughout the Brooke Grove Retirement Village campus.

These beloved creatures offer companionship, unconditional love and emotional support. The spontaneous interactions that result from these human-animal relationships bring life and joy to our days and have many proven health benefits as well.



Sadie likes to hang out in BGRNC's lobby, where she receives lots of love and attention. She is pictured here with Kenny Norris, son of LIFE Enrichment Director Brenda Norris.

**A Jet Ski Adventure**  
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## UPCOMING EVENTS

### **ASSISTED LIVING OPEN HOUSE**

Tuesday, October 16, 10:30 a.m.-12:30 p.m.  
The Meadows Assisted Living  
1635 Hickory Knoll Road  
*For information or to RSVP, contact  
Toni Davis, 301-388-7209 or tdavis@bgf.org,  
by October 14.*

### **“TIPPING THE SCALE TO HEALTH” LIVING WELL SEMINAR**

Wednesday, October 17, 12:30-2:15 p.m.  
Brooke Grove Rehabilitation and Nursing Center  
18131 Slade School Road  
*Free. To register, contact Toni Davis,  
301-388-7209 or tdavis@bgf.org, by October 15.*

### **INOVA BLOOD DRIVE**

Wednesday, October 24, 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.*

### **“EVERYDAY BALANCE” HEALTHY LIVING CLASS**

Mondays and Wednesdays  
November 5-December 12, 10-10:30 a.m.  
Brooke Grove Rehabilitation and Nursing Center  
*\$30 for six-week session. To register, contact  
Toni Davis, 301-388-7209 or tdavis@bgf.org,  
by November 2.*

### **“A CAREGIVER RETREAT” CAREGIVER CONNECTION SEMINAR**

Tuesday, November 6, 2-3 p.m.  
Brooke Grove Rehabilitation and Nursing Center  
*Free. For caregivers of those with Alzheimer’s  
or dementia. To register, contact Toni Davis,  
301-388-7209 or tdavis@bgf.org, by November 4.*

### **“MINDFUL MEDITATION” HEALTHY LIVING CLASS**

Wednesdays, November 7-December 12, 11-11:30 a.m.  
Brooke Grove Rehabilitation and Nursing Center  
*\$20 for six-week session. To register, contact  
Toni Davis, 301-388-7209 or tdavis@bgf.org,  
by November 4.*