



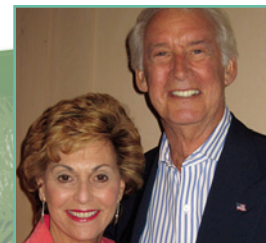
MRSA: a clean slate

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December 2007/No.7

LifeTimes

Charles E. Smith Life Communities

Ring House resident honored with prestigious French medal

“Forget the glamorous depiction of WWII in John Wayne movies,” says Peter B. Berman, a new Ring House resident. In the chaos and terror of battle, he recalls, “you’re numb and frightened.”



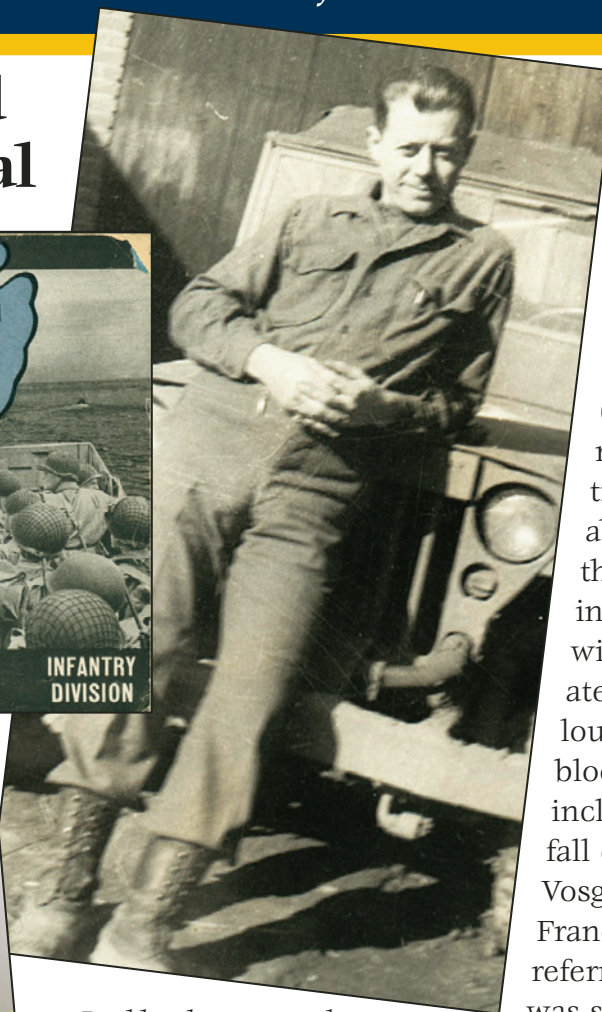
Berman, now 92, speaks with some authority; he served in direct combat in the Second World War for two years as staff sergeant with the United States Army's First Battalion, 141st Infantry Regiment of the 36th Infantry Division.

He is one of 16 recent American recipients of the esteemed French Legion of Honor medal, presented to U.S. veterans who assisted with distinction in the liberation of France during World War II. This is France's highest honor for valor.

Assigned to the Intelligence and Reconnaissance platoon, Berman portrays his day-to-day wartime experience as one dominated by unrelenting fear, brutality, filth, hunger, exhaustion, and an expectation to follow orders even in the



Ring House resident and recent French Legion of Honor award recipient Peter B. Berman.



Booklet that traces the history of Berman's division and Peter Berman in 1943.

seeming absence of reason. “Most of the time,” he said, “We didn’t know where we were. They told us to go ahead and we went ahead.”

Carting a cumbersome 68-pound communications radio on his back, Berman trudged through mud, miserably shivered and sweated through weather extremes, slept in foxholes, endured months without a bath or clean clothes, ate cold rations, and miraculously survived some of the bloodiest battles in the war, including the campaign in the fall of 1944 to push through the Vosges Mountains in Northern France. The 141st, at the time referred to as the “Lost Battalion,” was surrounded by Germans,

pounded with gunfire, and completely cut off from food, water, ammo, and supplies for seven days. Finally, the 442nd Japanese-American Regional Combat Team (RCT) succeeded in breaking through the adverse terrain and ferocious enemy

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Generation to Generation



Charles E. Smith Life Communities

The Growing Menace of “Superbugs”

Alarm bells are sounding in the media about Methicillin-resistant Staphylococcus aureus, otherwise known as MRSA. It's a mouthful to say, but its implications are even harder to swallow.

MRSA is a type of staph bacteria that resists easy treatment. Too many years of overusing antibiotics to treat a wide range of illnesses have enabled bacteria to do what Charles Darwin predicted: adapt and change in order to survive. Thus, certain bacteria that were once readily responsive to antibiotics have now become virtually resistant to many of those drugs. As Elizabeth A. Bancroft, M.D, of the Los Angeles County Department of Public Health says, “Old diseases have learned new tricks.”

The sobering numbers

The Journal of the American Medical Association (JAMA) just reported that MRSA causes 94,000 infections a year in the United States. To put this into understandable perspective, in 2005, 12,500 people died from AIDS. In the same year, 18,600 people died from drug-resistant staph. Bottom line: MRSA is serious business!

Where the risk lies

According to the Mayo Clinic:

- **Hospital-acquired MRSA** — Surgical incision sites, burned skin, and points of entry for tubes and catheters are teeming with bacteria. In the absence of scrupulous cleaning or quarantine procedures, bacteria can easily spread to and from these open sites via contaminated instruments or hands.
- **Community-acquired MRSA** — Athletes, whether professional, amateur, or school age, who share towels, uniforms or equipment, can readily pick up this type of infection. In particular, athletes who participate in contact sports, where cuts and abrasions are common, are at risk.

Roll call of the most vulnerable:

- Young children who lack fully developed immune systems
- The elderly, whose immune systems are weakened by age
- Individuals with immune systems compromised by illness, such as HIV/AIDS
- People living in unsanitary conditions

Symptoms

Tiny red bumps that look similar to insect bites, pimples, or boils are an early warning. If they swell, ooze, become painful, and don't appear to be progressively healing, seek immediate treatment. ■



Candace Blosser, R.N.

Initiatives

Candace L. Blosser, R.N., has worked as an Infection Control Practitioner at the Hebrew Home of Greater Washington for three years.

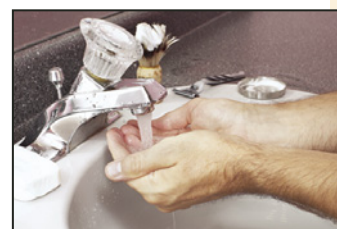
Blosser explains that residents may contract an MRSA infection during a hospital stay, but the Home takes immediate and appropriate measures to prevent possible spread by following CDC and Maryland guidelines to the letter. As a result, the Home boasts a stellar record in its ability to inhibit incoming infections from passing to others. The latest surveillance report confirms all MRSA cared for here was intake from hospitals and not acquired at the Home.

According to Blosser, the key to success lies in maintaining a vigilant system of cleanliness, exercising isolation if necessary, and continually educating staff about safety procedures.

Perspectives

“Invasive MRSA disease is a major public health problem and is primarily related to health care but no longer confined to acute care. Although in 2005, the majority of invasive disease was related to health care, this may change.”

— JAMA News Release, Oct. 16, 2007



Clean hands rule!
Good hand hygiene is essential in the defense against acquiring or spreading MRSA.

Resident honored with prestigious French medal

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assault. The toll: only 140 out of 800 men in Berman's battalion walked off the mountain, and the 442nd suffered 1,000 casualties. This episode was recounted in detail in Ken Burns' documentary "The War," which recently aired on PBS.

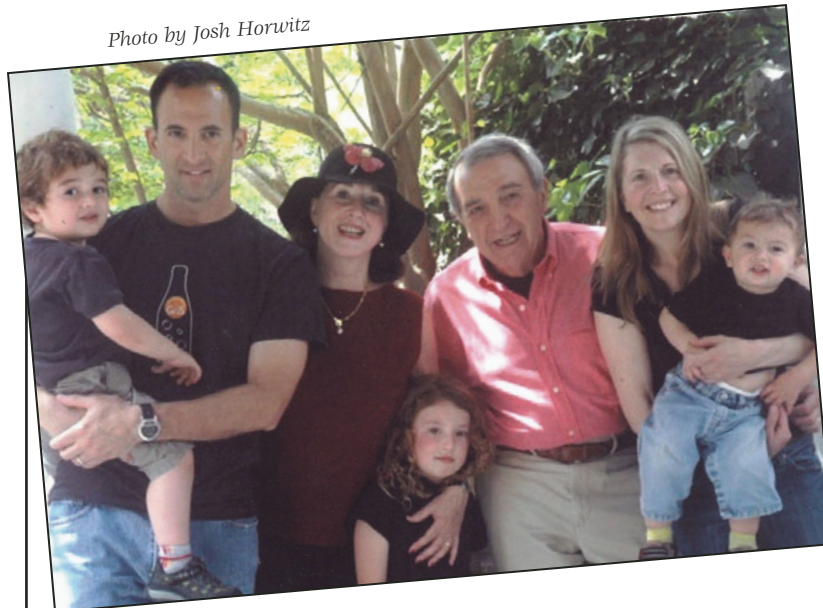
Berman, who was twice wounded, received an array of medals, including the Combat Infantryman's Badge, four Battle Stars, the Purple Heart, two Bronze Stars, the Victory Medal, the Good Conduct Medal, and the Croix de Guerre medal, but in his mind the real heroes are the brave men who tragically lost their lives.

After the war, Peter returned to his home in Whitman, Massachusetts to resume his business, the Whitman Bag Company, where he was proprietor from 1936 until his retirement this year at 92. He and his wife Anne moved to Maryland and into Ring House to live near one of their four adult children, Jane Conway. Peter and Anne Berman are looking forward to this latest chapter in their lives.

As one of many WWII veterans residing at Charles E. Smith Life Communities, Berman has an opportunity to join Post 692 of the Jewish War Veterans. Like other veterans' groups, JWV is a service organization, and the Ring House post provides volunteers to the Hebrew Home and organizes visits to local synagogues on Veterans Day and Memorial Day to spotlight the important role of its veterans.

For information about JWV, contact Senior Vice Commander Sheldon A. Goldberg, Lt. Colonel, USAF (Ret.), at 301.572.6168. ■

Photo by Josh Horwitz



In November, Charles E. Smith Life Communities sponsored an author talk by Judith Viorst at the recent JCC Book Festival. Ring House resident Edith Zober introduced the popular local author, and the Ring House book club attended the lecture as our guests to learn about her latest book, "Alexander and the Wonderful, Marvelous, Excellent, Terrific Ninety Days," a charming intergenerational tale. The author is pictured here with her husband Milton and the "Alexander Five" (her son, daughter-in-law and three young grandchildren). Alexander's family brings chaos, affection and disorder to Viorst's orderly home, alphabetized linen closet and velvet upholstery, a situation our many grandparents and great grandparents can easily identify with.

Guardian Campaign

"We enjoy the programs themselves, and also the lasting memories they provide," says a Hebrew Home resident about the opportunities funded by the Guardian Campaign.

Gifts to the Guardian Campaign make it possible for us to offer enriching activities such as Day Trips, Theatre Troupe, Concert Series and Restaurant Nights as well as enhancing the emotional and spiritual aspect of residents' lives through our extensive pastoral care services.

As we continue to grapple with growing financial challenges, so the community's support of the Home must play a greater role in ensuring that our nationally recognized services and programs continue.

Campaign co-chairs Eric West and Steven A. Widdes lead a devoted committee of campaign volunteers in their effort to raise \$1,000,000 for this year's campaign. As of press time we have raised \$805,000.

Donors who contribute \$400 or more to the Guardian Campaign will receive two tickets to the Starlight Ball on December 8.

If you would like to make a difference in the lives of our residents, you can donate to the Guardian Campaign by calling 301.770.8329 or visiting our website at www.hebrew-home.org. ■

Hebrew Home earns outstanding State survey report

Each year, the Hebrew Home undergoes an annual licensing inspection by the State of Maryland. We are pleased to share that this year's survey was an outstanding one. The Home has an ongoing focus on quality improvement, and State survey results have improved each year for the past three years. During the week-long check, inspectors observed all areas of care and service to residents and found only four very minor areas for improvement.

Hanita Schreiber, Chairman and Warren Slavin, President/CEO commended staff. "Great Work! Great Care! Great Results! Great Survey! Although our work is never done, we should take time to reflect upon our journey, relish our accomplishment and take pride in being part of an outstanding winning team. My deep and heartfelt appreciation to each of you and all of your staff for all you do for the Home and those we serve," Slavin said. ■

Hebrew Home

Meet our new VP for nursing home operations

Barry J. Eisenberg has been appointed Vice President, Nursing Home Operations at the Hebrew Home of Greater Washington. In this role, he will direct many of the day-to-day operations of the 556-bed nursing home in Rockville, MD. Mr. Eisenberg has over 30 years of health care experience, with more than 20 at Sibley Memorial Hospital in Washington where he was Vice President for Senior Services and Administrator of the Renaissance Skilled Nursing Facility.

Programs under his direction at Sibley included the 45-bed skilled nursing facility, a 172-unit assisted living residence, Sibley Senior Association and Link to Life Emergency Response Program. He is noted for increasing beds, census and revenue.

Mr. Eisenberg earned a Masters of Regional Planning from Cornell University and attended George Washington University School of Business and Public Management. He is a licensed nursing home administrator, a Fellow in the American College of Healthcare Executives and completed the Executive Program in Managed Care at University of Missouri.

Also at the Hebrew Home, Justine Lehner, R.N., has been named Senior Director of Nursing, overseeing a staff of 500. Ms. Lehner joined the Hebrew Home in 2004, became director of nursing for the Smith-Kogod Residence, and prior to her promotion, was Director of Risk Management and Quality Improvement. She has 15 years of experience as a senior clinical nurse and unit manager in nursing and rehabilitation centers in Baltimore and Columbia, Maryland, and as a Hospital Corpsman in the United States Navy, where she received numerous awards for stellar service and going above and beyond the call of duty. ■



Photo by Richard Greenhouse

Intergenerational programming plays a big part at the Hebrew Home and across our campus. The Guardian Campaign funds many of these special activities.



Linda Benson, M.D. is the newest physician to join the medical staff at Charles E. Smith Life Communities. There are ten physicians on-staff, on-site.

Home Care Solutions

Engaging a private duty caregiver can be a daunting process. For residents in Charles E. Smith Life Communities who wish some extra personal attention, Home Care Solutions makes it easy.

This on-site agency, jointly owned by the Hebrew Home of Greater Washington and Augustine Home Health Care, provides personal care services with activities of daily living such as showering, grooming, dressing, light house-keeping, laundry, medication reminder, meal preparation, escort to appointments and companionship, for residents of Ring House, Landow House, Revitz House, the Hebrew Home, and Montgomery County.

For residents of Ring House and Revitz House needing just the occasional helping hand and for those who don't feel the need for a regularly scheduled caregiver, the fee-for-service "Independence Plus" program has no minimums, no hourly fees and no hidden charges.

Arranging service is only a phone call away, at 301.816.5020, at any time, seven days a week. Staff is fully licensed, bonded and insured, and undergoes rigorous background checks, CPR certification, health screening and testing. Home Care Solutions is a Maryland Licensed Residential Services Agency.

Maria Malate, who has a background in nursing and extensive care management experience, directs the program. The office is located on-site at Ring House. ■

Revitz House



Kosher cowhands at Revitz House -- Revitz House resident Rita Forman at the Southwest patio party.

Revitz residents spent a month "visiting" the Southwest. Our "trip" culminated with a Southwest dinner featuring a variety of foods from the area, including a special Southwest apple pie. Even the wait staff wore western duds. After dinner, the residents went out onto the patio to break piñatas and listen to Southwest music. The evening ended with a Southwest Bingo, with nachos and salsa.

All five residences on our campus enjoyed "virtual" southwestern excursions, funded by the Guardian Campaign. ■

Landow House

Irv Chamberlain is head over heels in love with music. He has shared this ardor for 11 years with campus residents in monthly lectures on all aspects of great American music. "Doing these lectures is a way to have fun with your hobby," says Chamberlain, a retired U.S. Department of Energy analyst.

In covering major American composers for Landow House residents (Chamberlain's stand-out favorites are Cole Porter, Rogers and Hart, Irving Berlin, and the Gershwins), he zeros in on the many "ups and downs" of their lives and plays selections of their work from his personal collection.

His presentations also examine vocalists and solo instrumentalists, particularly piano and trumpet, and explore eras of musical development, such as Big Band and Singers of the 40s.

"The Story of Frank Sinatra" was featured in October, "The Gift of the Gershwins" in November. For Landow seniors, special memories are brought back to life when they hear melodies cherished over a lifetime. ■

Ring House



The Ring House Resident/Staff talent show captivated the audience with poetry, tap dancing, musicians, comedy, hip-hop and more.

- Grace Weinstein accepts a bouquet of flowers for her role in putting the show together and accompanying performers on the piano.
- Dan Goodman kicks up his heels with dance instructor Sue Green.
- Barbershop singers Seymour Weiss, Martin Zelkind and Robert Smith harmonize together.

Montrose Road Detour

The Montgomery County Department of Public Works and Transportation will close Montrose Road to through traffic for six months while a new bridge over Old Farm Creek is built. This closure will affect families and visitors who reach our campus from Route 270 and Montrose Road, beginning the first week in December.

Traffic traveling to and from our campus on Montrose Road will be shifted to the new Montrose Parkway. From the new Parkway, turn left onto East Jefferson Street/Executive Boulevard. Then, to arrive at the Home or Revitz House, turn right onto Montrose Road; if your destination is Ring House or Landow House, continue straight on East Jefferson Street.

For information about the Montrose Parkway Project, call 240.777.7210. ■

Research Institute

Would you predict that residents entering nursing homes would choose the type of care and treatments that would keep them comfortable, or would opt for more aggressive approaches?

The Research Institute on Aging has examined the responses of 63 residents on a newly required form. This form presents nursing home residents with a range of choices for care. The majority chose the most aggressive treatment approaches and care goals. The results of this study are being presented at The 60th Annual Gerontological Society of America meeting in San Francisco. For more information on the study, please call Dr. Rene Laje at 301.770.8459. ■

In Our Mailbox

Dear Mr. Slavin,

I would like to thank you and your staff for the extraordinary level of care that my mother Mollie Newman received during her two-year stay at the Hebrew Home. From the moment she entered the Home, her every need was taken care of.

When I visited, I always found her in fresh clothing and well groomed. It was evident from her appearance that she was well taken care of. The doctors, nurses, and other support staff were always very supportive and informative and were willing to take the time to answer any questions that I had.

My mother's room was always clean and fresh and her bed neatly made. Other than the herring being too salty, my mother rarely complained about anything during her stay. It is always difficult to put one's parent in a home; however, your wonderful care of my mother made this experience just a little less difficult.

Please convey my extreme gratitude to the staff. They were all very loving and kind to my mother and gave her care beyond what one would expect. You have a marvelous staff and you should be very proud of them. You made my mother's last years as pleasant as they could have been.

I sincerely thank you,
Thelma Rausch

Hedy,

As you know, I have become very close and very fond of Charlotte G. I visited her many times during the summer and two or three times a week during the year (along with other residents). Today I sat with her as she was short of breath and had no appetite even though she didn't eat all day.

I was wondering, and if this is inappropriate please let me know, if you could keep me updated if anything G-d forbid happens. I just am always thinking about the situation and about Charlotte and am constantly worried.

Hedy, I know you hear this a lot but I want you to know that working for you has been one of the most rewarding, and morally fulfilling, and all-around amazing experiences of my life. I know that you see hundreds of volunteers every year, and I just want you to know how thankful I am for this job and for all of the opportunities you have given to me.

Andy Siegel

Note: Andy is a ninth grader, and the "Lessons of a Lifetime: Ethical Will Project" coordinator at Charles E. Smith Jewish Day School



Nicholas Simmonds, center, accepts the Outstanding Fundraising Professional Award at National Philanthropy Day. To his left is WJLA News Anchor Leon Harris, and to his right is AFP/DC Chapter President Grace Hong.

Simmonds honored

Vice President for Development and Public Affairs Nick Simmonds was honored at the sixth annual National Capital Philanthropy Day by the Washington DC chapter of the Association of Fundraising Professionals. Simmonds was named Outstanding Fundraising Professional at the November 1 event.

In the past decade, he has helped to raise millions of dollars in philanthropic support for the Hebrew Home and Charles E. Life Smith Communities.

"While it's been enormously gratifying to see new buildings built and new programs begun, the real satisfaction comes from seeing how a single life can be changed for the better – even near the end of a life," he says. "The challenges that we face, caused by the continuing cycle of government funding cuts, mean that we must continue to solicit the philanthropic support of our community."

Under Nick's leadership, the Home ran its largest capital campaign, doubled revenues from its 50-year-old Guardian Campaign, and earned a \$12 million gift that launched the name "Charles E. Smith Life Communities." Nick has also been actively involved with the D. C. Chapter of the Association of Fundraising Professionals, serving as president in 2001. ■



EventMakers



A Night in South Beach ... Latitude 25

The 54th annual Starlight Ball will transport you to the trendy club atmosphere of a "Night in South Beach." Held in conjunction with the Hebrew Home's Guardian Campaign, this year's Ball, chaired by Marla Garchik and Natalie West, will be Saturday, December 8, at the Ritz Carlton, Washington, DC. Arlene and Steve Friedlander will receive the first Guardian Leadership Award at the Ball.

If you would like to make a contribution to benefit the residents of the Hebrew Home through the Guardian Campaign and enjoy a fabulous cocktail hour, dinner, dancing, a silent auction and more, contact 301.770.8329 or visit www.hebrew-home.org to make your donation and reservation online. ■



Record turnout for race

Record crowds came out for the Home Run 10k/5k and fun run. Many changes delighted race participants including Under Armour T-shirts, a new course, and a big finish at Federal Plaza. Alene Reta took first place in the men's 10k and Belainesh Zemedkun was the first woman finisher. In the 5k, Daniel Ackerman placed first and Ashley Albrecht was the first woman finisher.

The post race party included entertainment, music and food from many neighborhood vendors including Mamma Lucia, Greenberry's Coffee, Panera Bread and Sodexo Senior Services. ■



President's Circle Dinner

President's Circle donors enjoyed an evening of intrigue at the International Spy Museum, with a private tour, presentations by two former CIA agents and dinner at Zola.



Photos by Randy Sager

Two generations of the West family, Tom and Ilene Gordon, Natalie and Eric West, and Phyllis and Ron West, hosted the 2007 President's Circle Dinner. ■



Fore!

Sunny skies greeted golfers at the annual Charles E. Smith Life Communities Golf Invitational this fall at the Members Club at Four Streams. Participants enjoyed great golf and networking while supporting the residents on our campus. Chairs Devin Schain and Marc Schlesinger are pictured with Michael Myer, who was the individual gross winner for the second year in a row. ■



Some Like it Hot

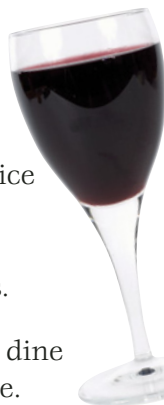
by Ring House resident Ellyn Lederer

No spices, few herbs, and God forbid salt
The cooking here is bland to a fault
But if the average age is ninety-three
What kind of food do you think
there would be?

I dream of a steak cooked rare on a grill
My chances of getting it, next to nil.
Visions of sugarplums don't dance
in my head
Linguini Carbonera is there instead.

Even though I crave more sugar and spice
Not having to cook is certainly nice.
And honestly I really must confess
I love not cleaning up the kitchen mess.

So I have no regrets when I sit down to dine
Whatever they serve me will be just fine.
But is it too much to ask for some wine?



How to Reach Us

Hebrew Home
301.770.8476
www.hebrew-home.org

Revitz House
301.881.7400
www.revitzhouse.org

Hirsh Health Center
301.816.5004

Ring House
301.816.5012
www.ringhouse.org

Landow House
301.816.5060
www.landowhouse.org

Volunteer Programs
301.770.8333

www.smithlifecommunities.org

 *Charles E. Smith Life Communities*

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Hanita Schreiber, Chair

Warren R. Slavin, President/CEO

Marilyn Feldman, Editor

Nicholas Simmonds, Vice President,
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Charles E. Smith Life Communities

HEBREW HOME OF GREATER WASHINGTON
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CampusCalendar

Special Events

1st Monday of every month

"Learn with Rabbi Scolnic," at Ring House, 12:30–1:30 p.m. with Rabbi Samuel Scolnic, Rabbi Emeritus of Beth El Synagogue. Treat yourself to lunch at the Ring House snack bar prior to the program and to thought-provoking discussions. Parking available across the street at Panera.

4 December

Light the first Chanukah candle.

8 December

Starlight Ball creates a South Beach club mood at the Ritz Carlton, Washington DC, reserve your spot at www.hebrew-home.org

9-10 December

Intergenerational Chanukah Parties at the Hebrew Home. Wasserman, Dec. 9, at 3 p.m. and Smith-Kogod, Dec. 10, at 7 p.m., with refreshments, entertainment and fun for all ages.

Family and Caregivers Support Group

This support group is open to caregivers in the community as well as Charles E. Smith Life Communities families; second and fourth Fridays of each month, 1–2 p.m. in the Smith-Kogod Residence. Contact Laurie Goldman, 301.770.8490.

2008 Events

May

Aunt Minnie Goldsmith Spring Luncheon, date and program to be announced

22 September

Golf Invitational at Lakewood Country Club.

28 September

Home Run 5k/10k/fun run will finish with a great post-race celebration at Federal Plaza. Plan to join our growing number of participants.