



Welcome

The Village at Rockville
Dining and Technology Services

LET'S **GO** MOVE
PROGRAM



Sarah Seifollahi

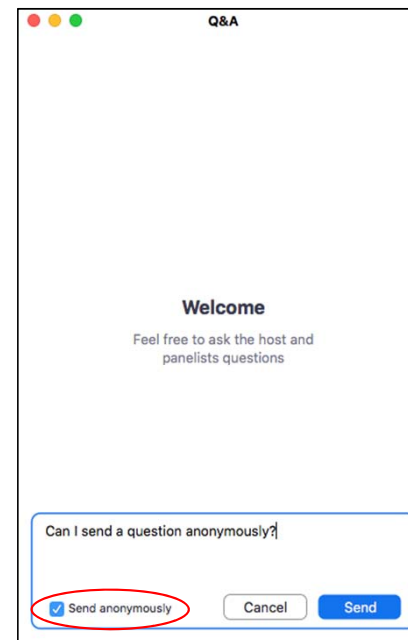
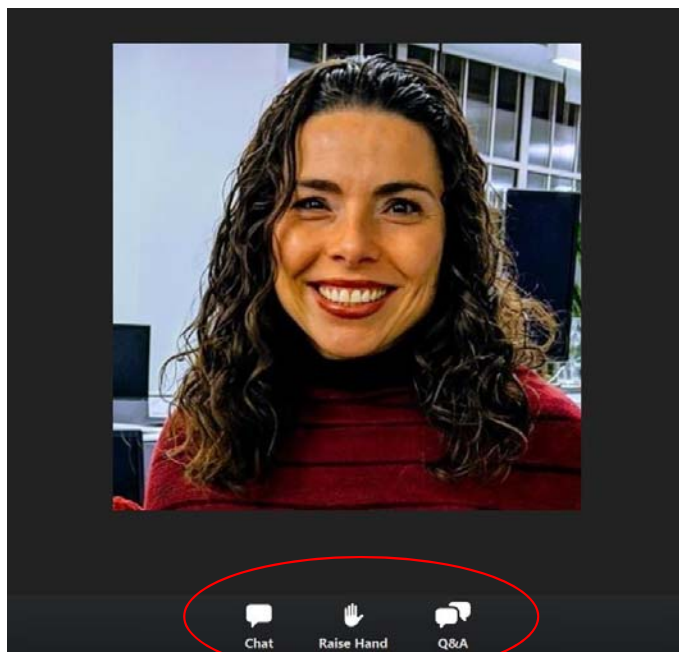
Move Coordinator

301-354-4557

sseifollahi@thevillageatrockville.org

LET'S **GO** MOVE
PROGRAM

Zoom Interactions





Welcome

The Village at Rockville
Dining & Technology Services

This event is being recorded.

LET'S **GO** MOVE
PROGRAM



Let's GO Move Event Calendar Update

- | | |
|-------------------|---|
| November 10 or 12 | Glenmere Resident Item Collection Drive-Up Event Handbook, pre-settlement documents and more! |
| November 17 | Health Care and Pre-Settlement Details |
| December 15 | Connected Living and Environmental Services |



Kyle Hreben, LNHA

Executive Director

301-354-8421

khreben@thevillageatrockville.org

LET'S *GO* MOVE
PROGRAM



Lauren Lankford

Sales Director

301-354-8485

llankford@thevillageatrockville.org

LET'S *GO* MOVE
PROGRAM



LET'S **GO** MOVE
PROGRAM



Dining Services

LET'S **GO** MOVE
PROGRAM



Jason Love

CDM, CFPP, CPFM, FMP

Dining Director

301-354-8415

jlove@thevillageatrockville.org

LET'S **GO** MOVE
PROGRAM



Chef Susie Seykoski

Executive Chef

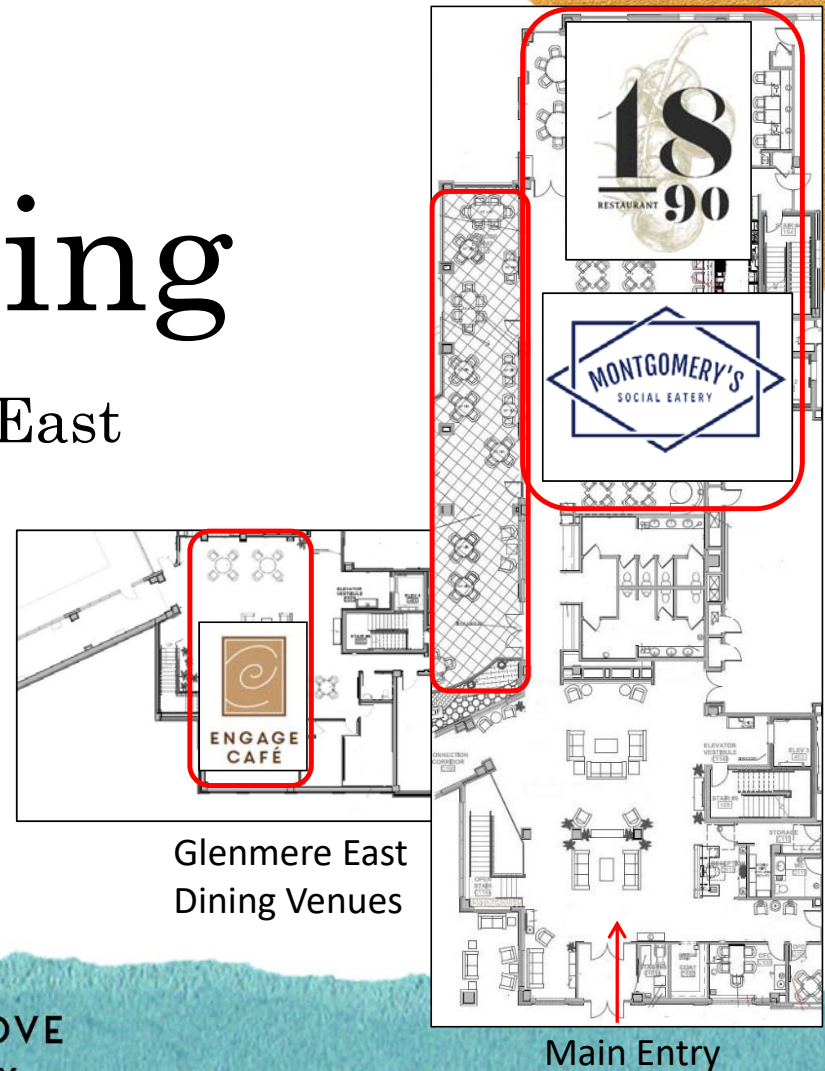
301-354-8448

sseykoski@thevillageatrockville.org

LET'S **GO** MOVE
PROGRAM

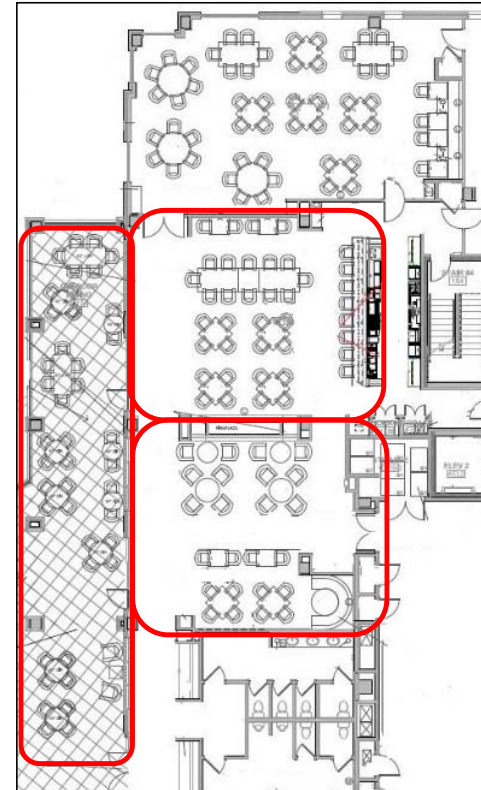
Let's Talk Dining

- Terrace and first floor, Glenmere East
- First floor, Health Center
- Various venue styles, atmosphere and hours





- Main level, Glenmere East
- Casual dining
- Lounge area with bar
- Indoor and seasonal outdoor seating





- Wide range of offerings
- Specialty weekend menu
- Will refresh often

Menu Item Examples

Braised Short Rib Sliders with Taleggio Cheese and Arugula

2 for \$12.99 3 for \$15.99

Roasted Brussel Sprouts with Bacon, Dates and Olives

\$11.99

Classic Margarita Flatbread

\$9.99

Baby Arugula & Spinach Salad

\$7.99

Chopped Mediterranean Salad

\$15.99

Chargrilled Black Angus Burger

\$15.99

Bibimbap Rice Bowl with Gochujang Sauce

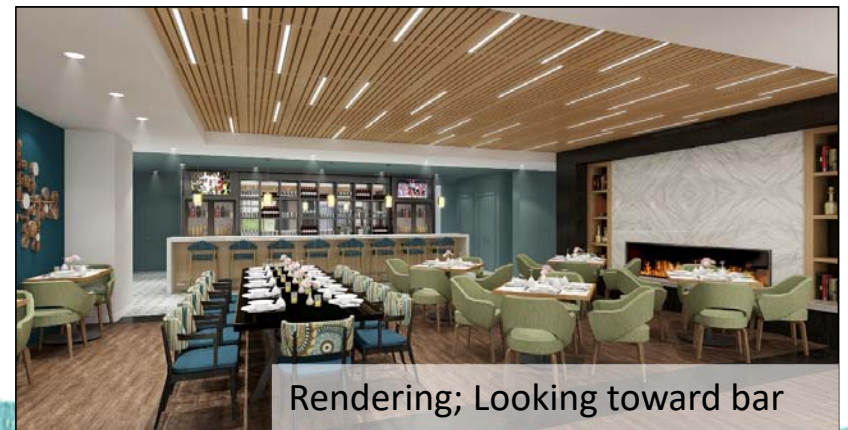
\$17.99



Montgomery's Social Eatery Hours of Operation		
Lounge	Monday – Saturday	Noon – 9 p.m.
	Sunday	11 a.m. – 3 p.m.
Casual Dining	Monday – Saturday	11:30 a.m. – 8 p.m.
	Sunday	8:30 a.m. – 3 p.m.



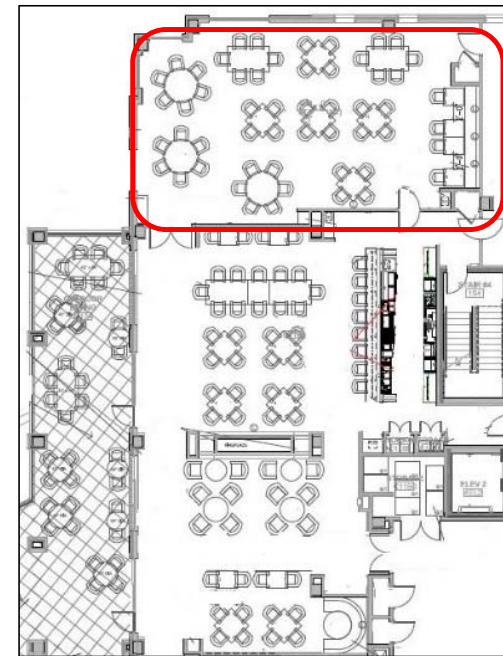
Rendering; Looking to courtyard



Rendering; Looking toward bar

Restaurant 1890

- Main level,
Glenmere East
- Serving modern
American cuisine
- Reservations required





- Exceptional offerings
- A more refined environment with stunning views
- Fresh catch and specialty dishes offered regularly

Menu Item Examples

Pan Seared Duck Breast

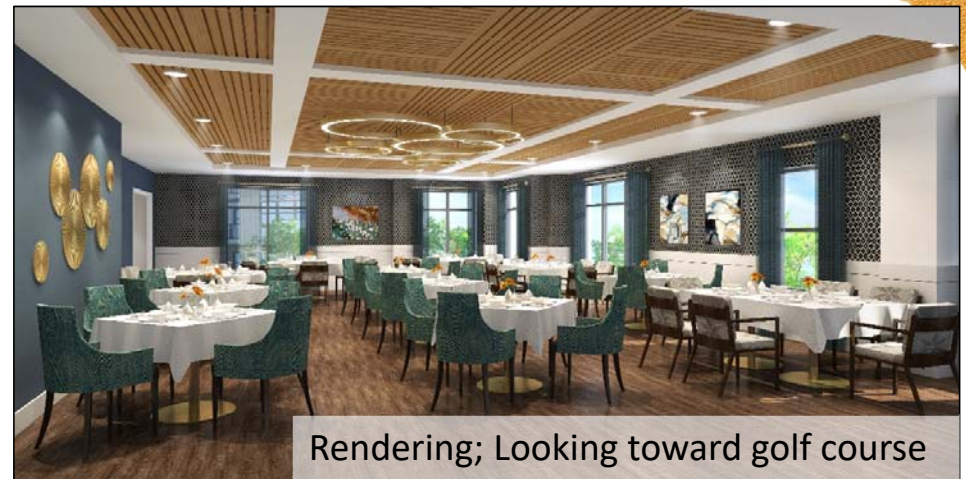
Lightly seasoned with kosher salt and cracked black pepper accompanied by a bright cherry sauce
\$16.99

Signature Filet of Beef

6 oz. filet of beef wrapped in Applewood bacon with a luxurious béarnaise sauce
\$18.99

Coquilles St. Jacques

Wine-poached scallops, broiled abed mushroom puree and rich cream sauce
\$17.99



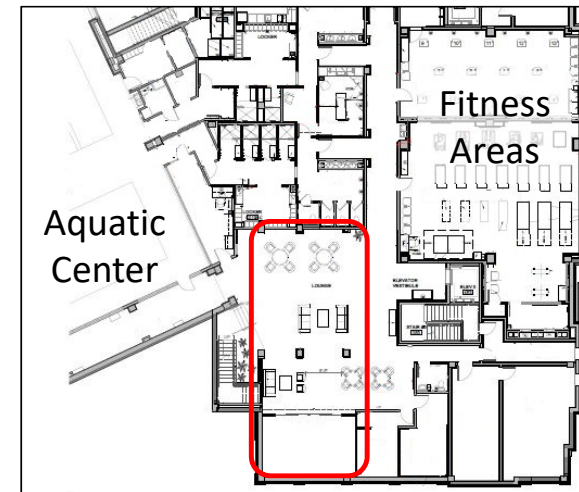
Rendering; Looking toward golf course

Restaurant 1890 Hours of Operation	
Monday – Saturday	4 – 8 p.m.
Sunday	8:30 a.m. – 3 p.m.

LET'S GO MOVE
PROGRAM



- Terrace level, Glenmere East
- Relaxed, fast-casual
- Lite bites and quick snacks
- Sandwiches and composed salads
- Smoothies, coffee and more



Engage Cafe Hours of Operation	
Monday – Sunday	7 a.m. – 2 p.m.

LET'S GO MOVE
PROGRAM



The Village Bean

- Main level, Health Center
- Relaxed, fast-casual
- Made-to-order sandwiches, fresh hot soup, and composed salads
- Starbucks coffee bar



The Village Bean

LET'S GO MOVE
PROGRAM



As we grow, so will our programs...

- Regional and locally sourced produce
 - Farmers markets, when available
- Certified sustainable fish and seafood
 - Local partnerships, including fresh fish from the Chesapeake, when available



LET'S **GO** MOVE
PROGRAM



Nutrition Care Managers



Jamie Gramling, RD, LDN

301-354-8408

jgramling@thevillageatrockville.org

Brittany Kuhl, MS, RD, LDN

301-354-8405

bkuhl@thevillageatrockville.org



LET'S **GO** MOVE
PROGRAM



Nutrition & Wellness Events/Activities

- National Nutrition Month – March
- Monthly Superfood
- Teaching Kitchen
- Move Your Mind

eat. live. do.
WELL

LET'S **GO** MOVE
PROGRAM



NATIONAL NUTRITION MONTH®



make every day
MEDITERRANEAN



All About the Mediterranean Diet

A DELICIOUS, SATISFYING WAY TO EAT

© 2016 Oldways / Mediterranean Foods Alliance. May be reproduced for educational purposes. Visit www.oldwayspt.org for more information on the Mediterranean Diet.

rediscover 
OLDW



LET'S **GO** MOVE
PROGRAM

Superfoods

THIS MONTH'S SUPERFOOD IS **Avocado**

A SOURCE OF FIBER

BOOSTS VITAMIN ABSORPTION

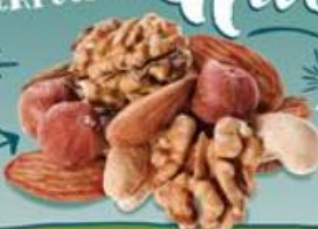


Avocados offer 3g fiber, 6g good fats, nearly 20 vitamins and minerals and help boost the absorption of fat-soluble nutrients from other foods that are eaten with the fruit.

THIS MONTH'S SUPERFOOD IS **Nuts**

GOOD FATS

CONTAINS PROTEIN



A handful of delicious nuts is bursting with protein, fiber, vitamins, minerals and protective phytochemicals.

THIS MONTH'S SUPERFOOD IS **Oats**

FULL OF FIBER

FEEL FULL LONGER



Oats are unique among grains for their ability to fill us up at breakfast and offer benefits to our hearts.

THIS MONTH'S SUPERFOOD IS **Beets**

EXCELLENT SOURCE OF FOLATE

FULL OF FIBER



Naturally colorful beets offer vitamins, potassium and fiber.

THIS MONTH'S SUPERFOOD IS **Tomatoes**

GOOD SOURCE OF POTASSIUM

FULL OF ANTI-OXIDANTS



Botanically a fruit, the tomato is usually treated as a vegetable that provides vitamins, minerals, fiber and particularly high levels of the antioxidant lycopene.

DID YOU KNOW...

The bright orange color of pumpkins is a giveaway that pumpkins are loaded with an important antioxidant, beta-carotene.



SUPERFOOD PUMPKIN

Superfood Activities





Teaching KITCHEN

L E A R N • C O O K • E N J O Y

LET'S GO MOVE
PROGRAM

Teaching Kitchen





MOVE YOUR MIND

BRAIN FITNESS SERIES

All levels of living and associates are invited to participate!

Multi-week Education Series | Covers 6 Pillars of Cognitive Health

LET'S GO MOVE
PROGRAM



Catering

- Various locations available for private catering events
- Call Dining Services to discuss your needs
- Will be available for online ordering

LET'S **GO** MOVE
P R O G R A M



Reservations

- Available on the online Resident Information Center

Venue	Location	Reservation Policy
Engage Café	Glenmere	Reservations are not accepted
Montgomery's Social Eatery (casual dining and bar)	Glenmere	Reservations are suggested, but are not required; there are no reservations available for the bar
Restaurant 1890	Glenmere	Reservations are required
Outdoor seating	Glenmere	Reservations are not accepted
The Village Bean	Health Center	Reservations are not accepted



Meal Plan

- \$400 per person, per month
- Can be rolled over to use quarterly
- Can be used for guests, beer and wine, delivery services and more
- Overages will be charged to your account

LET'S **GO** MOVE
PROGRAM



FAQ

- Can we bring our own wine/spirits to dinner?
- Is there a dress code?
- Can I order food for delivery?
- Tell me more about guests and dining...

LET'S **GO** MOVE
PROGRAM



Questions?



LET'S **GO** MOVE
PROGRAM



Technology Services

LET'S **GO** MOVE
PROGRAM



Kyle Hreben, LNHA

Executive Director

301-354-8421

khreben@thevillageatrockville.org

LET'S **GO** MOVE
PROGRAM



Technology at Glenmere

- Resident Information Center
- Digital signage
- The Engage Channel
- Conference services
- Secure Identification Access Card

LET'S **GO** MOVE
PROGRAM



E. Dawn McKee

Facilities Director

301-354-8469

emckee@thevillageatrockville.org

LET'S *GO* MOVE
PROGRAM

Key Fob Access System

- All cards individualized, per resident
- Each swipe is secure and trackable
- Front door key card for Glenmere residences
- After hours access card
 - Main doors locked from 7 p.m. – 7 a.m.



Situational Awareness Response System (SARA)

- Ensures resident access to help in emergency situations
- Provides peace of mind
- Promotes well-being and independence

Includes:

- Pendant for each resident
- Pull-cord in bedroom(s) and bath(s)



Situational Awareness Response System (SARA)

- Daily Check-In
 - Resident to push the button at the top of the device located in apartment bedroom(s)
 - Lets health center reception team know all is well
 - Staff will call if check-in missed



Situational Awareness Response System (SARA)

- If pull-cord or pendant activated:
 - Staff will call residence immediately to verify
 - If appropriate, staff will be dispatched immediately
 - 911 will be called, if appropriate



Anish Khatri

Information Technology Director
National Lutheran
Communities & Services

LET'S **GO** MOVE
PROGRAM



Available Data Services

- Wired for both Comcast and Verizon
- Comcast is the community partner



LET'S **GO** MOVE
PROGRAM



Comcast | Vendor Partner



Using partnership services with Comcast you receive:

- Basic Comcast cable package at no fee
- The Engage Channel, The Village at Rockville programming
- Added Comcast services are welcomed; fees will apply.
Only the specific package for our community is inclusive.

LET'S **GO** MOVE
P R O G R A M



Comcast | Cable



To set up inclusive Comcast cable:

- Call the phone number you will be given for The Village at Rockville service establishment.
- NOTE: You must state that you are a part of The Village at Rockville bulk account and that you are establishing or transferring service.

You will be provided clear instructions for setting up data services, during the November Drive Up event (or via mail). No need to take notes unless desired.

LET'S **GO** MOVE
P R O G R A M



Comcast | Basic Channels (current)



2,10,1090 Educational Access	33-34 Educational Access	212,1166 WRC-LX	802,1032 WHUT HD (PBS)
3 C-SPAN	68,1068 WJAL (IND)	215-216 Leased Access	803,1050 WDCW HD (CW)
4 WRC (NBC)	86 QVC21	263,1150 WHUT Kids	804,1004 WRC HD (NBC)
5 WTTG (FOX)	87 QVC31	264,1175 WDCA Heroes & Icons	805,1005 WTTG HD (FOX)
6,11,13,16 Government Access	88,1052 HSN2	266,1147 WETA Kids (PBS)	806,1036 WMDE HD
7 WJLA (ABC)	89,283,834,1046 ShopHQ	268,1156 WMPT NHKC0005563	807,1007 WJLA HD (ABC)
8 WJLA 24/7 (Wash, DC)	92 RESERVED FOR VIDEO	269,1155 WMPT Kids	808,1008 WJLA 24/7 HD (Wash, DC)
9 WUSA (CBS)	104 C-SPAN2	270,1148 WETA World (PBS)	809,1009 WUSA HD (CBS)
12 WMDE	184,1038,1067 Jewelry TV HD2	281,1184,3320 WZDC TeleXitos	810,1020 WDCA HD (MyTV)
14,561,3487 WFDC (UNV)	190,1099 Leased Access	287,1657 Daystar	811,1025 WDVM HD (IND)
15,563,3488 WMDO (UMAS)	196,1172 WTTG MeTV	290,1661 TBN	812,1022 WMPT HD (PBS)
17 WPXW (ION)	197,1171 WTTG Buzzr	291 EWTN	813,1066 WPXW HD (ION)
18 HSN	198,568,1069,3301 WQAW-LP (AZT)	294,1682 The Impact Network	867,1037 QVC2 HD2
19,1070 Public Access	200,1174 WDCA Movies!	295,1655 INSP	925,1053 QVC3 HD 2
20 WDCA (MyTV)	201,1178 WDCW AntennaTV	401-450 Music Choice	941,1128 C-SPAN HD
21,1084 Government Access	202,1162 WUSA Quest	599,3347 TBN Enlace	942,1129 C-SPAN2 HD
22 WMPT (PBS)	203,1163 WUSA Justice Network	794,1014,3310 WFDC HD (UNV)	945,1668 EWTN HD
23 WDCW (CW)	204,1168 WJLA Charge	795,1047,3307 WMDO HD (UMAS)	975 – The Engage Channel
24 WHAG (IND)	205,1169 WJLA CometTV	796,1064,3304,3484 WZDC HD (TEL)	995,996,997,998 PEG HD
25,565 WZDC (TEL)	207,1186 WFDC Bounce TV	797,1018 HSN HD	1085,1086,1087,1095 PEG HD
26 WETA (PBS)	208,1165 WRC CoziTV	798,1034 QVC HD	1088-1089 Government Access
29 Jewelry TV	210,1180 WHAG (Mystery TV)	799,1154 WMPT Two HD (PBS)	1092-1094 Educational Access
30 QVC	211,1181 WHAG Grit	800,1026 WETA HD (PBS)	1096-1097 Leased AccessChannel
32 WHUT (PBS)			



Comcast | Landline Telephone



To set up Comcast landline telephone service:

- Call/go online and set up the landline service of choice.
- You will pay for and maintain this service independently.
- The Village at Rockville provides a \$20 monthly credit for landline services on your billing. Cell phone not included.
- Provide proof of bill upon first month of residency, then yearly, to the billing office.



Comcast | Internet Services



To set up Comcast internet service:

- Call/go online and set up the internet service of choice.
- You will pay for and maintain this service independently.

LET'S **GO** MOVE
PROGRAM

Comcast | General Tips



- Don't forget to ask any questions you may have regarding transferring service from your current residence to Glenmere.
 - e.g. Can I maintain my phone number? My email address?
- If you're setting up more than the inclusive cable package, when setting up service ask for help you with your other requests so you avoid multiple calls.



Verizon | All Services



To set up Verizon cable, landline and/or internet service:

- Call/go online and set up the service of choice.
- You will pay for and maintain this service independently with Verizon.

You will be provided clear instructions for setting up data services, during the November Drive Up event (or via mail). No need to take notes unless desired.

LET'S **GO** MOVE
P R O G R A M



Verizon | Landline Telephone



Remember:

- The Village at Rockville provides at \$20 monthly credit for landline services on your billing. Cell phone not included.
- Provide proof of bill upon first month of residency, then yearly, to the billing office.

THIS APPLIES TO BOTH COMCAST AND VERIZON

LET'S **GO** MOVE
PROGRAM



Installation

- You are responsible for scheduling all service installations.
- You must be present during installation (to your benefit!).
- Recommendation to schedule the afternoon of move-in (no later than 4 p.m.) or the day after move in (8 a.m. – 4 p.m.)
- Email Facilities Director, Dawn McKee, and advise of provider and installation date/time.

Dawn McKee, emckee@thevillageatrockville.org

LET'S **GO** MOVE
PROGRAM



FAQ

- Can I use both providers for different things?
(i.e. Comcast cable/Verizon internet)
- Who do I call if I need help with technology in my space?
- Do I have to do anything when they come to set me up?
- What is a router and why do I need it?



Questions?



LET'S **GO** MOVE
PROGRAM



Glenmere Resident Item Collection Drive-Up Event!

Drive over to take a look at Glenmere in person and pick up some important items along the way, including your new handbook, pre-settlement documents, data service information and more!

Tuesday, November 10
1 – 3 p.m.

OR

Thursday, November 12
10 a.m. – Noon

An email invitation is forthcoming. A team member will deliver items to your car.

Those who will not visit in person will be sent all information via USPS.

LET'S **GO** MOVE
PROGRAM



November Educational Series Event

The Village at Rockville Health Care and Pre-Settlement Details

Moving to The Village at Rockville provides you a convenient lifestyle and the security of future health care. In this session you'll learn about the health services available. We will also discuss pre-settlement details, which include information on required residency paperwork.

Tuesday, November 17
2 – 4 p.m.

Zoom webinar
No RSVP required

LET'S **GO** MOVE
PROGRAM



Thanks for attending!

Visit us at

www.thevillageatrockville.org/letsgomove

for the latest event calendar and
links to all previous documents and videos.

LET'S **GO** MOVE
PROGRAM