

THE VILLAGE VOICE

WINTER 2021

GLENMERE OPENS WITH A VIRTUAL RIBBON CUTTING



Executive Director, Kyle Hreben, cutting the ribbon at Glenmere

On Tuesday, February 2, The Village at Rockville—A National Lutheran Community celebrated the opening of its brand new 130 one- and two-bedroom apartment independent living expansion, Glenmere. The community gathered online for a virtual ribbon cutting, during which The Village at Rockville and National Lutheran Communities & Services' (NLCS') leadership provided virtual tours of Glenmere. NLCS President & CEO, Larry Bradshaw joined a host of residents, future residents, families, friends and team members for a festive event to celebrate the momentous occasion. "This new building is so exciting because it will

honor individuality and inspire a more active lifestyle for all residents," Bradshaw said. "Glenmere brings a new level of service to residents, allowing them to thrive in this community."

The ribbon cutting also featured remarks from Executive Director Kyle Hreben, NLCS Chief Operating Officer Cyndi Walters, Sales Director Lawren Lankford, former Board Chair Jeanne Buster, Independent Living Association President Phyllis Rumbarger and Glenmere's first residents Bob and Mimi Beall. Each speaker seemed to echo the same sentiment – the addition of Glenmere and the new residents and team members who live and work there will bring The Village at Rockville into a new era of existence – one that is ripe with fresh opportunities for community building and enjoyment. This additional space includes everything from the new Aquatics Center and

Strength and Cardio Center to new dining options like Restaurant 1890 and Montgomery's Social Eatery. The addition brings new programming to The Village at Rockville as well. "Today, it's not just about Glenmere it is about what Glenmere brings to our community," said Hreben. "It's about how we will have the opportunity to not only serve but also connect and engage with residents to see our purpose at work in every single day in our community. That purpose is to help residents live vibrantly and well and to give them the opportunity to explore, evolve and thrive," Hreben continued. "Glenmere is going to give us the ability to do just that."

IN THIS ISSUE:

Learn more about our ribbon cutting for Glenmere, residents, and our winter events at The Village at Rockville through this issue of our quarterly newsletter produced by the senior leadership team. If you have feedback or suggestions, contact Phyllis Weaver at pweaver@thevillageatrockville.org or 301-354-8420.



A MESSAGE FROM THE EXECUTIVE DIRECTOR



The dawn of 2021 brought symbols of new beginnings at The Village at Rockville. The most recognizable lies in our newly opened 130 apartment independent living expansion, Glenmere. Another major new beginning lies in the way we will be telling our story through updated brand messaging which includes a new website that we will launch by March. We feel that three words are most emblematic of life at The Village at Rockville as we move forward—explore, evolve, thrive. These words best describe the exciting and engaging experiences residents will continue to enjoy here in 2021 and beyond.

For example, it is our

hope that as current residents, future residents and their families explore our incredible new living spaces, empowering educational programming and all of the options available for creating their ideal lifestyle; they will develop an incomparable connection with us. As we nurture the individual goals of residents and guests in concert with our mission to honor, inspire and support choice and opportunity in partnership with older adults, we intend to help them evolve into their preferred version of themselves.

It is clear that residents are already thriving here. A few indications lie in our recent accolades of Best Nursing Home for 2020-2021 from “U.S. News & World Report” and Top Vote Getter in “Bethesda Magazine’s” Best of Bethesda Readers Poll. We are thankful for the opportunity to create a community where older adults have all of the resources they need to explore their interests and embrace their opportunities to evolve. After all, that is the type of community where each resident and team member can truly thrive.

—Kyle S. Hreben
Executive Director

COMMUNITY OUTREACH



Independent living resident volunteers

The Village at Rockville’s ConnectedLiving team along with independent living residents kicked off a monthly program to benefit women in need in the Rockville area. Each year, in honor of Dr. Martin Luther King, Jr.’s birthday and the MLK Day of Service, The Village at Rockville creates an opportunity to give back to the local community. This year, team member and resident volunteers created 70 lunches for the Interfaith Works Women’s Shelter in Rockville. Due to the increased need for support during the pandemic, the group will supply lunches in subsequent months in 2021. We are thankful for all of our volunteers who adhered to guidelines for social distancing to create these meals for those who live at the Interfaith Works Women’s Shelter. We feel so blessed to have the opportunity to serve this worthwhile organization in our greater community.

RESIDENT SPOTLIGHT: GEORGE AND JUDY TENLEY

When George and Judy Tenley moved to Glenmere on January 12 they felt relieved. Although they loved their beautiful home in West Virginia on three acres of land, they sold it, rented in West Virginia for a few months, and were excited to make the move to Maryland and to their two-bedroom apartment. They made the move in part due to necessity. Judy developed a medical condition that made living in a Continuing Care Retirement Community (CCRC) more of a comfort. After having the experience of caring for their own parents for 23 years, the Tenleys didn't want their daughter, Lisa, who lives in nearby Silver Spring, to take on that responsibility alone (her brother and his family live in Los Angeles). They also thought it would be great to live near George's cousin, Bob Beall and his wife Mimi who were the first residents of Glenmere. Plus, they are proud graduates of the University of Maryland, College Park and wanted to live nearby their alma mater.

George says when they arrived they fell in love with their apartment – the gorgeous nine foot ceilings, and their view of the Lakewood Country Club,

and all of the wonderful amenities.

“We're on the first floor here, and we have a wonderful view of Lakewood Country Club,” George says. “We also have trees in view just outside our window, which Judy cares a lot about. You can't get that at other local places, because they are situated in an urban environment. So in terms of competition, The Village at Rockville was a winner for us, hands down.”

The Tenleys bring a wealth of life experience to Glenmere. George is an attorney who worked for the United States government for 26 years. Judy is a former kindergarten teacher. In their spare time they have enjoyed traveling internationally throughout Europe to Australia and New Zealand. Judy also spent time in Switzerland when her father was in the Foreign Service. In July, they will celebrate their 54th wedding anniversary. “When you talk in some environments and tell people that they say, ‘Wow, you've been married for that long’? You talk about it at Glenmere and they say ‘Yeah, we've been married for 57.’ It's no big whoop,” he laughs.

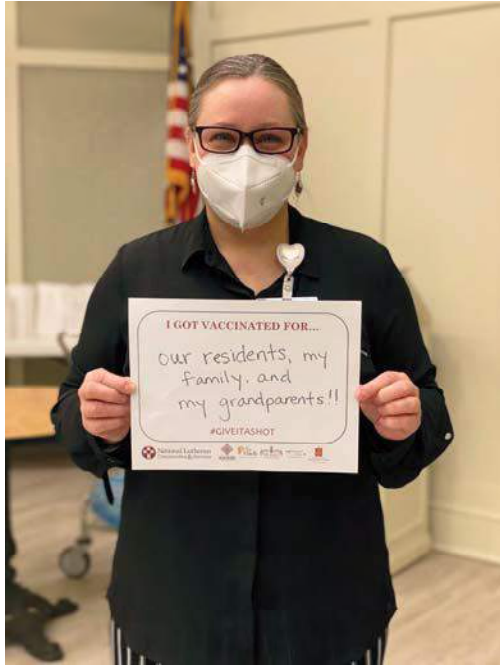


George and Judy Tenley

George says in addition to enjoying all of the amenities Glenmere has to offer, he'd like to start a golfing club over at Lakewood Country Club and have a regular weekly tee off time. “That would involve a lot of engagement here to see if we can get a critical mass of interest, as well as having discussions with officials at the club,” he says.

In addition to golfing at Lakewood they plan to spend some of their time volunteering. Judy, who George says loves children, will probably give of her time serving an organization that cares for children. George also hopes to find a cause to give his volunteer hours to nearby in the Maryland area that he and Judy love.

IN THE NEWS—THE PATH FORWARD



Erin Wheeler sharing why she chose the COVID-19 vaccine

By Erin Wheeler
Health Care Administrator

The New Year brought exciting news for our Path Forward. We officially began our vaccination program against COVID-19 on January 5. In partnership with CVS, the first vaccine was administered to 138 residents and 168 team members in Lang Hall. This development was a huge step forward in our efforts to keep residents, guests, and team members healthy and safe during this pandemic. We then followed up on dose one with the second dose of the vaccine on January 26.

The Village at Rockville celebrated our step forward, all the while renewing our Love Thy Neighbor pledge, which commits us to care for each other by using proper personal protection equipment (PPE) including masks, remaining socially distanced, completing regular COVID-19 testing, washing our hands, and keeping each other safe.

Our Path Forward has been emblematic of any other journey on a winding road. We have had starts and stops, ups and downs, challenges and triumphs. We have endured many trials, including being in an outbreak status, having to postpone window visits and continuing to refrain from in-person gatherings. Postponing those visits are particularly difficult. Yet we continue to press forward with the hope that one day, we will establish a new normal for our community. As you know, The Village at Rockville follows frequently updated guidance from the Centers for Disease Control (CDC), federal, state and local health agencies. Executive Director, Kyle Hreben, summed up our

hope that through our continued commitment, a new day will soon dawn. “The long-standing history of our organization proves that for more than 130 years, we have persevered and overcome challenges. One day, we will look back at this pandemic as one of the challenges we have overcome.” Please continue to find information in our weekly emails and at:

www.thevillageatrockville.org/pathforward.



Care Navigator Laura Lee receives her vaccination

MEET THE VILLAGE AT ROCKVILLE'S NEW DINING TEAM

In addition to our new independent living expansion, Glenmere, The Village at Rockville is celebrating a new Dining team this winter. The Dining team has expanded to include two new sous chefs and a new dining director. The Village at Rockville welcomes Dining Director, Larry Snowberger and Sous Chefs Gustavo Fuentes and Hardy Panopio. Along with Executive Chef, Susie Seykoski, the Dining team stands excited and ready to infuse new vision and reimagined menus to residents, team members and guests at The Village at Rockville.

"The addition of Glenmere, and new restaurants Montgomery's Social Eatery, Restaurant 1890 and the Engage Café provided us an excellent opportunity to add additional team members to our ranks who can create even more delicious and nutritious cuisine for our community," said Executive Director, Kyle Hreben. "We elevated our food program to include incredible new offerings and reinvigorated ones that are already becoming new favorites for residents." Panopio is the sous chef in the Health Center, whose background includes fine dining, senior living and local food made fresh for



The Village at Rockville Dining Team: (L to R) Hardy Panopio, Larry Snowberger, Susan Seykoski and Gustavo Fuentes

restaurants. Fuentes, the sous chef for Glenmere comes from fine dining and the hotel industry. He has worked in the states and abroad. Meanwhile, in her newly created role of Executive Chef, Chef Susie ensures adherence to culinary standards, purchasing and inventory and quality control standards for the entire community. The result of these efforts has included fresh new cuisine in Glenmere that expands the number of delicious dining options in Glenmere and a revived menu in the Health Center. Standouts amongst all of the dining options include our house made delicious daily soups, the bistro steak and seasonally

fresh vegetables. Dining Director, Larry Snowberger, joined The Village at Rockville's culinary partner, Morrison, in 2015. He says he has joined The Village at Rockville at an exciting time, and his team is primed and ready to provide the cuisine that will rejuvenate the palettes of new and existing residents. "When we think about our overall lifestyles, food plays a very important role," Snowberger says. "We want residents, team members and guests to look forward to the enjoyment of great food at any one of our restaurants and whenever it is delivered to their home. Food with a high nutritional value that also tantalizes the taste buds is an essential element for healthy lifestyles for older adults."

A PLACE TO ENGAGE

Throughout the pandemic, The Village at Rockville's ConnectedLiving team has kept residents engaged with each other and our community through dynamic programming be it online or socially distanced. Residents have enjoyed everything from wellness classes to rejuvenate the mind, body and spirit, to music therapy, history classes and concerts online.

The opening of Glenmere, featuring the Engage Center, which includes a Strength and Cardio Center and the Aquatics Center, will provide residents with many more options to live well at The Village at Rockville. ConnectedLiving Manager, Melissa Blackstone, says in tandem

with the existing enrichment programming, the Engage Center will provide a place for residents to foster their well-being in all aspects of a harmonious life through the seven dimensions of wellness.

"We are so excited that the Engage Center is now a reality. It stands in Glenmere as a symbol of our leadership's commitment to wellness and creating spaces where residents can explore,

evolve and thrive. It is wonderful to have the Engage Center stand as a hub for wellness and engagement for residents." While the Engage Center is open on a limited basis due to COVID-19 and Maryland Department of Health guidelines, wellness programs are being held in the Strength and Cardio Center, the Learning Center and the Creative Art Studio.



Residents enjoying a fitness class in the Engage Center in Glenmere



myPotentialSM
at home 

A National Lutheran Service

myPotential at Home—A National Lutheran Service offers in-home health, wellness and personal care services to older adults in Montgomery County, Maryland.

myPotential at Home's staff is carefully vetted and provide a range of highly customizable services to help you or your loved one including:

- Assistance with everyday tasks
- Personal care and assistance
- Transportation and companionship
- Light housekeeping and meal preparation
- And more

myPotential at Home's holistic and customized approach helps older adults reach their full potential at any age and any stage.

myPotential at Home is licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality. License number R4007P.

To learn more call 301-354-4567 or visit www.mypotentialathome.com

myPotential at Home is sponsored by National Lutheran Communities & Services, a not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.

WE PLAN. GOD LAUGHS.



Philanthropy Director Alice Benson

This title, a paraphrase from Michael Chabon, seems especially appropriate as we look back on the year 2020.

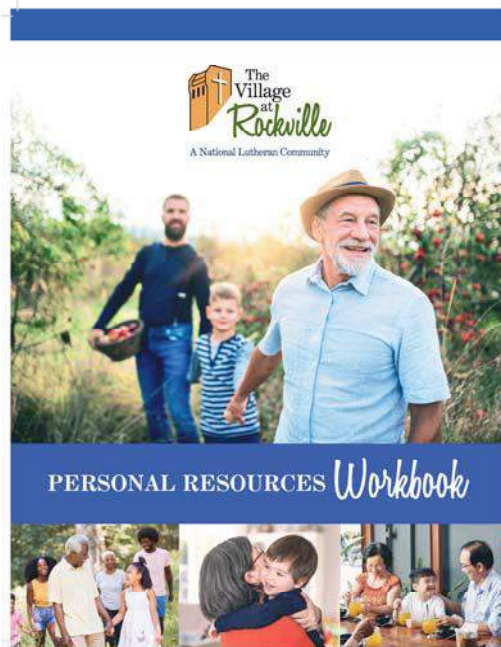
Last winter, I encouraged you to make plans to organize your assets and estate planning issues. That, like many/most of our 2020 plans, might not have actually happened. The year seemed to have a life of its own, and took away options for many of our plans. It's not a year we would like to repeat.

This year, I'm not going to suggest those same planning points again. However, I would like to offer you our upcoming "Personal Resources Workbook" to help you be organized. This free resource, should you choose to complete it, can be a great help to you with your family or advisors.

To receive your free copy, please contact us at TVARPhilanthropy@thevillageatrockville.org or 301-354-8437.

You may also mail us the card inserted into this newsletter. By ordering your copy now, you will help us be able to determine how many copies we need to print. One day, our plans might actually happen.

Alice Benson,
Philanthropy Director
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FIRST ANNUAL HEALTH SYMPOSIUM

The Village at Rockville will hold its First Annual Health Symposium on Friday, February 26 from 8 a.m. to noon. The Symposium, co-sponsored by The Village at Rockville and Adventist Healthcare Shady Grove Medical Center is free to participants. The symposium provides an opportunity for The Village at Rockville's health care team members and the larger community to have a discussion about health care issues that affect caregivers of older adults such as hospital discharge planners, social workers, licensed social workers and therapists and case managers. Keynote speaker, Dr. Milap Nowrangi will present the topic: "Cognitive dysfunction in the elderly – Age of onset, family history, progression and protective and risk factors." Nowrangi, is assistant professor of Neuropsychiatry for Johns Hopkins Medicine. Breakout sessions will focus on topics related to health and wellness and other topics. Attendees may earn a total of 3.0 hours in CEU credit. For more information register at www.thevillageatrockville.org/healthsymposium

THE VILLAGE AT ROCKVILLE AND "U.S. NEWS AND WORLD REPORT"

The Village at Rockville is among the 21% of U.S. skilled nursing facilities that have been recognized as Best Nursing Home for 2020-2021 by "U.S. News & World Report." We achieved a rating of high-performing, the highest possible rating, for short-term rehabilitation. "U.S. News" gives the designation of Best Nursing Home only to those communities that satisfy their assessment of the appropriate use

of key services and consistent performance in quality measures. This designation means a lot to us when we receive it, but particularly when team members have been going above and beyond to serve older adults during these challenging times. A heartfelt thanks to all of our dedicated team members for once again exceeding expectations and repeatedly delivering an exceptional standard of service.



The Village at Rockville is sponsored by National Lutheran Church in America, serving people of all beliefs.

A National Lutheran Community
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