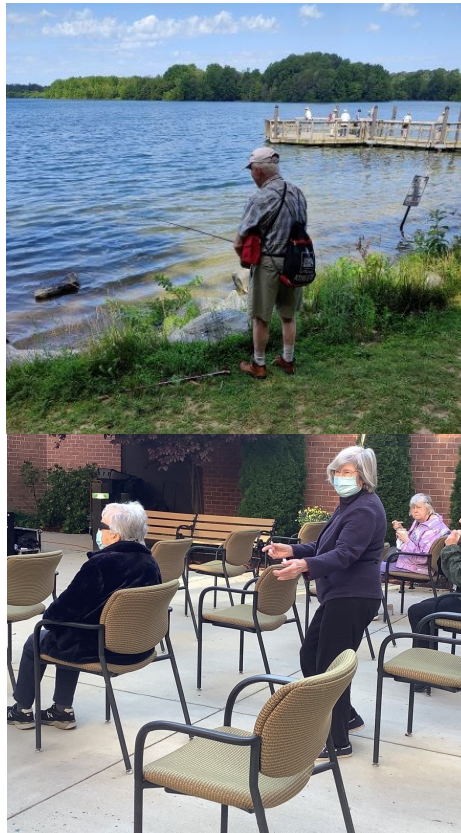


SCENES OF SUMMER AT THE VILLAGE AT ROCKVILLE

This summer, residents engaged in a variety of activities where they were able to enjoy the benefits of the season, including warmer weather. Here are a few scenes from summer at The Village at Rockville. Each day we are able to inspire and support choice in their lives with the creative efforts of our ConnectedLiving team, be it a fishing or golf trip or bringing a festival to them that makes them feel like they are in the Caribbean.



A National Lutheran Community
9701 Veirs Drive, Rockville, MD 20850

The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.



THE VILLAGE VOICE

Summer 2021

WHEN THE COMMUNITY IS EDUCATED, OLDER ADULTS BENEFIT

Each day, team members at The Village at Rockville—A National Lutheran Community, focus on upholding the mission of its parent organization, National Lutheran Communities & Services (NLCS). As our mission statement reads, NLCS honors, inspires and supports choice and opportunity in partnership with older adults.

Supporting choice in older adults, however, comes in many forms, including providing education programs to caregivers, team members and health care partners that help them care for older adults with greater ease.

“Caregiving can be quite challenging for families, especially as their loved ones experience dementia and other concerns that may affect their loved one’s temperament,” said Executive Director, Kyle Hreben. “We are happy to

provide programs that help families support older adults, especially when it is difficult.”

The programs provide guidance on topics like dementia diagnoses and strengthening family relationships to developing strategies for the care of loved ones.

“Living in a continuing care retirement community (CCRC) is only a portion of the choice and opportunity puzzle,” Hreben said. “We are using education to create stronger environments wherever older adults may be — be they in our community or elsewhere.”

The Village at Rockville’s leadership team has also been consciously creating educational platforms for health care partners and team members who see the impact of continuing education on older adults they serve day to day.

The Village at Rockville’s continuing education program provides free education credits to current team members and



Health care partners and families enjoy our online programs

health care partners on important topics like aging and diversity in America. Also offered for credit is a free Health Symposium focused on topics like preventing caregiver burnout, ensuring quality of care for older adults and using technology to help older adults thrive. To register for these virtual programs visit the following links:

www.thevillageatrockville.org/caregiving

www.thevillageatrockville.org/ceuprograms/

or

www.thevillageatrockville.org/symposium

IN THIS ISSUE:

Learn more about educational and enrichment programs 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 301-354-8420.



A National Lutheran Community

A MESSAGE FROM THE EXECUTIVE DIRECTOR



This summer has been a truly enjoyable time at The Village at Rockville. Residents and resident families have been visiting together in the Health Center while independent living and Health Center residents have enjoyed more time with friends. No matter what lays ahead, this summer has been a time of renewal, reconnection and revival.

Residents have renewed their engagement this summer as they have safely celebrated a number of community traditions and a few new ones. To celebrate the Fourth of July, residents enjoyed a newly created freedom festival during which they reflected on their collective and

individual freedoms. Residents also enjoyed festival-like events like a Caribbean Festival complete with a steel band. The month of August brought exciting celebrations for International Month—a time when The Village at Rockville community celebrates its unique cultural diversity among residents and team members. This summer was a great time to celebrate our cultural diversity as residents and team members “traveled” to a variety of countries — to China for a Chinese performance, to the Pacific Islands for a history and cultural lesson.

These and other events not only reconnected us but also reminded us of the reasons why we are connected in the first place — our shared humanity, our commitment to service excellence and our ability to work together to create excitement and enthusiasm.

This summer, we were reminded of the joy of living to be found within our community. As we celebrated our reconnection, we also found ourselves enjoying an incomparable summer.

—Kyle S. Hreben
Executive Director

RESIDENT VOLUNTEERS



Residents making beds for children in need

Residents at The Village at Rockville continued their volunteerism efforts this summer in support of an all-important organization that ensures that each child has a bed to sleep in at night.

Independent living residents volunteered their time making beds for children in need with the help of nonprofit organization Sleep in Heavenly Peace. Sleep in Heavenly Peace is a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need. These beds will go to families in Frederick, Maryland.

“Volunteerism has always been at the core of our community,” says Volunteer Coordinator, Isabel Bouchard. “It was great to see residents at work side by side with members of this Sleep in Heavenly Peace. Residents were thankful to know that their actions would make a difference in the lives of children in who need their help the most.”

Each day, between the hours of 7 and 8 a.m., Glenmere resident Kin Fai Wong gets out for a walk. Many of those days he can be seen walking around The Village at Rockville community. He loves being outdoors in nature and enjoying the walking trails across the community so much so that he seeks to document his travels. So, he brings his camera along to take photos. He especially enjoys photographic landscapes including flowering plants. Azaleas, peonies and lotus flowers are his favorites.

Kin made the decision to move to The Village at Rockville two years ago in 2019 after retiring from the federal government two years earlier and selling his home in nearby in Potomac. He moved to the community this past January and was excited to be one of Glenmere’s first residents. He says The Village at Rockville was a convenient choice because he could still be close to his children who also live in the area, and continue to see his same doctors. However, he also valued the close-knit feeling of family he feels across the community. “I like the fact that I can get to know my fellow residents and can have a more intimate

relationship with staff,” he says. A divorcee, Kin enjoys the socialization that living at The Village at Rockville brings. He says there are many other perks too — like having the ability to explore the community and some of his passions at the same time.

While exploring the walking trails he is often able to connect with other residents:

“the community is so beautiful. I love the landscaping with its beautiful flowers. Sometimes I try to walk at the state park and national parks, and the trails are not walkable,” he says. “However, it was a blessing to move to the village because we have this walkway that goes around the community, and it’s well maintained, and the contractors keep it well-sorted, clean and passable. So if worse comes to worse, I can always walk around the community.”

Kin says he has had to put one of his favorite past times — traveling internationally — on hold because of the pandemic. His last trip was a visit to Egypt a year and a half ago in February of 2020. However, he has been able to evolve in his interest in visual art through an enrichment program provided by The Village at Rockville.



Independent living Resident Kin Fai Wong

“Typically chemical engineers like me don’t know too much about art,” he laughs.

“However, I have been taking Mengjaio’s 2-D design class at The Village at Rockville and learning quite a bit.” Just like on the trails, the art feeds his sense of stillness, and being at one with nature, values that are highly valued in Asian culture. Kin was born in South China just across the border of Hong Kong in 1944. He moved to the United States in 1961 to attend college. He obtained his bachelor’s, master’s and doctorate degrees in chemical engineering.

He has also been able to thrive in areas that he had not enjoyed previously like working out in the strength and cardio studio. “I love living in a place like The Village at Rockville where I can truly thrive.”

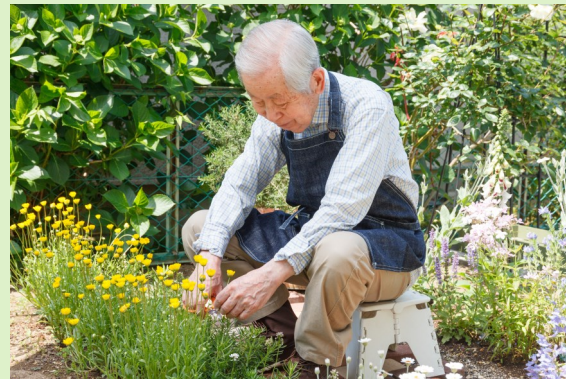
LIVE IN FULL BLOOM: ASSISTED LIVING AT THE VILLAGE AT ROCKVILLE

Each day, you are excited to awake to a world of new and wonderful possibilities. After eating a delicious meal customized to your palate and nutritional needs, you continue your day with chair exercise or yoga class. Some days you decide to enjoy enrichment programs while focusing on your intellectual wellness like classes on ancient history some other historical time period. Other days you are content to enjoy visits from your family in your suite, or around the bucolic community whose environs feel like your personal garden. These are only a few examples of how residents can live in full bloom through assisted living at The Village at

Rockville.

“When we think of the lives we intentionally create for residents at The Village at Rockville, the first word that comes to mind is choice,” says Admissions Manager, Rochelle Clarke. Rochelle is responsible for admissions to the assisted living, memory care and long-term care neighborhoods, as well as the skilled rehabilitation programs within the community.

“We truly offer assisted living residents every possible opportunity to create the lives they desire within a caring community featuring exciting amenities and offerings.” She references the delicious meals, wellness and exercise programs, physical therapy,



Just like flowers in a garden, residents live in full bloom at The Village at Rockville

memory care and assistance with daily tasks.

“We have so many customized amenities that residents can create the life of their dreams just like picking flowers from a garden, for a carefully chosen bouquet,” Clarke says.

“I think assisted living residents feel inspired and empowered by their choices when they choose to live here.”

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 affiliated with National Lutheran Communities & Services, a not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.

ARE YOU TAX-WISE?

For the next few months, independent living residents will have the opportunity to attend Tax-Wise, a program that seeks to help older adults get real with community care settings and their costs, while introducing financial tax strategies that may help cover those costs, provide monthly income and offset tax liability for those with charitable intent.

Attendees will consider the benefits for older adults who are looking to move or have moved in 2021 to a continuing care retirement community (CCRC). The Village at Rockville's sales and marketing, philanthropy and ConnectedLiving teams are partnering to offer this program.

“We are so glad to provide older adults with the all-important they need to formulate their answers along with input from their trusted advisors,” said Dee Dee Barbour, Philanthropy Director for National Lutheran Communities & Services. “Residents may register for classes on the Resident Information Center, or by emailing [rricci@thevillageatrockville.org](mailto:r Ricci@thevillageatrockville.org)

GIVING TUESDAY

Giving Tuesday is known as the global philanthropic movement when donors across the world give to the nonprofit of their choice. Always held on the Tuesday after Thanksgiving, this year Giving Tuesday falls on November 30.

As you consider this giving opportunity this year and organizations you would like to support, consider The Village at Rockville. We are a not only a faith-based, 501(c)3 nonprofit, but we are also one of the only continuing care retirement communities (CCRC) where our parent company, NLCS, offsets the cost of care for residents who can no longer afford it by providing more than \$3 million in benevolent care yearly. Revenues are also invested back into its communities (residents and staff included), for enhanced services, amenities and capital improvements. To give go to thevillageatrockville.thankyou4caring.org/

AMAZON SMILE

Looking for other ways to support The Village at Rockville? With just the stroke of a few computer keys you can give to The Village at Rockville while you shop as you normally would on Amazon!

Amazon Smile is a simple way for your to support your favorite charitable organization every time you shop, at no cost to you. All you have to do is go to:

<https://smile.amazon.com> on your web browser prior to shopping, or activate the Amazon Smile website on your Amazon shopping app for your iOS or Android mobile phone. For more information about how to support The Village at Rockville through your Amazon Smile account, visit www.thevillageatrockville.org/church-relations

Together
we give.

GIVING
TUESDAY

Nov 30, 2021



THE PATH FORWARD



Healthcare Administrator Erin Wheeler

By Erin Wheeler
Healthcare Administrator

The reasons why The Village at Rockville community keeps in touch with you on a regular basis regarding our collective path forward are multi-tiered. Yes we want to keep you informed of Centers for Disease Control (CDC) and Maryland Department of Health (MDH) guidance surrounding COVID-19. However, as we all know, human beings thrive when they feel a sense of community. When a challenge is on the horizon, we tend to bond together, strategize together and work together so that we can achieve a specific outcome.

The guidance from the CDC and MDH is clear. For the unvaccinated, go get vaccinated immediately.

As we move forward, we must renew our Love Thy Neighbor pledge and be ever-mindful of the places we frequent and to whom we are close. And we must, even more than ever, be vigilant as we consider everyone's role in role in keeping our community safe. While we've heard it all before, we cannot remind each other enough — use your tools — masking, social distancing and proper hand hygiene. There's only way for us to travel this path, and that's together. For more information go to:

thevillageatrockville.org/pathforward.



Vote for The Village at Rockville and myPotential at Home! Go to www.bethesdamagazine.com/best-of-bethesda-readers-poll.

CELEBRATING LARRY



Outgoing NLCS President and CEO, Larry Bradshaw with incoming NLCS President and CEO Cyndi Walters

Recently, each NLCS community hosted celebrations in honor of Larry Bradshaw, NLCS president and CEO since 2009, and his 12 years of service to NLCS. Several of our NLCS executive team members, including the incoming President and CEO Cyndi Walters and the NLCS chair of the Board of Trustees, traveled with him. The Board of Trustees announced the establishment of The Bradshaw Emerging Leader Fund, which will support the development of future leaders throughout NLCS in the aging services industry. This fund is in recognition of Larry's unwavering commitment to all of NLCS and his commitment to improving the lives of older adults throughout his 34 years in aging services. To give to The Bradshaw Emerging Leader Fund visit <http://nlcs.thankyou4caring.org/>.

NEW TEAM MEMBER SPOTLIGHT: BRANDON COOK

Brandon Cook, The Village at Rockville's utilities aide, joined the community this past May. However, he is no stranger to working with older adults — he worked for a neighboring continuing care retirement community (CCRC) previously in the same role. He says he was particularly excited to work at The Village at Rockville because of the gorgeous new building, Glenmere. He also enjoys the camaraderie he experiences while working with fellow members of the dining team.

"Everyone here is so friendly, well-organized and focused on the job at hand," he adds.

Brandon arrives early for his shift each day. When he washes dishes that will later be used for serving residents, he takes pride in knowing residents will enjoy delicious food using the dishes he washed with loving care. After all, Brandon takes his role, and his opportunity to be of service to our customers, very seriously, and admits to being a bit of a perfectionist. "When you work a job where you can give to someone else, even in small ways, you have to see that a blessing," he says. "The residents may not know that I washed their dishes, but I will know that I washed them with the hope that each resident

enjoys their meal, as well as their home here at The Village at Rockville."

This is the energy he says he brings with him five days a week to work in both Glenmere and the Health Center. "I love having the opportunity to work in both buildings. It's also a big blessing to have a job at all these days," he says "many people are out of work right now trying to recover from the pandemic, and some don't have the ability to work."

He also prides himself on being punctual to assist his team as needed, and goes out of his way to find opportunities to be helpful to team members on the dining team and others with whom he interacts.

These deliberate actions make a good impression on his coach. Executive Chef, Susan Seykoski is definitely impressed by Brandon's diligence and the enthusiasm he brings to work each day.

"It's wonderful when you have a team member who is excited to come to work, do their best and make a difference in the lives of others," she says. "Yes, we hired Brandon, but it's ever apparent to me that he is here because this is where he wants to be."



Utilities Aide Brandon Cook

Brandon resides in Gaithersburg and graduated from Bowie High School. He also attended ITT Tech School in Virginia. He calls himself a "news junkie" who enjoys watching "TMZ on TV" and "Judge Judy" in his spare time. He hopes to go back to school to learn to become a news reporter one day.

