

The Kensington Club



News

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The Kensington
Club@Parklawn * The JCA
Ann L. Bronfman Center

Jewish Council for the
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Altered Photograph by Wynne

**Thank you....
to our wonderful
volunteers last month:
Pearl, Milt and Cecilia**

From the manager...

By Colleen Kemp

With the 2nd art show safely under our belt, it is time to say *THANK YOU* to all of our members, families, friends, staff, SCSEP trainees, administration, the JCA Board, advisors, volunteers, teachers and professional partners! Without your help, it would not have been possible.

We are fond of the saying, "It takes a village!" If you have not had a chance to stop by to see the art on our walls, there is still time. Our exhibit will remain up until December 2014. We even have an self-guided "Art Walk" packet that will explain each section. Again, thank you to everyone who supported us through this endeavor! In Friendship, Colleen

Important Dates!

KC will dismiss one hour early for Yom Kippur on Friday Oct 3.

We WILL be open for Columbus Day, Monday, October 13.

October Jewish Holiday Closings: Thursdays October 9th and 16th and Fridays 10th and 17th.



**Like Pumpkin?
Love Cheesecake?
Try Louise's recipe!**

**Whole Foods'
Pumpkin Smoothie**

1 cup of pumpkin puree, 1 large ripe banana, 1 cup of unsweetened soy or coconut beverage, 1 T of honey, ½ t of vanilla, 1 and ¼ tsp of pumpkin pie spice, 5 ice cubes

Blend in blender and enjoy!



Cooking with Louise

By Louise Schneider, Activity Leader

This month brings an opportunity to begin making warm comfort foods. Have you tasted brown rice? It is nutritious and very delicious when cooked properly, and cooking brown rice properly is easier than you may think! Another great autumn food is pumpkin. Certainly it is nutritious steamed or in soup, but have you ever tried it in a cheesecake? Years ago I saw a recipe for pumpkin cheesecake in a magazine and tried it out. The resulting dessert was not only beautiful but also amazingly delectable. We plan to serve it on Monday, Oct. 13 to celebrate Dana's, Terry's, and Wynne's birthdays. Enjoy!

Easy Brown Rice

- 1 c. Brown rice
- 1 TBSP oil
- 2 c. Hot water
- 1 tsp. salt or bouillon cube

In 8 inch square pan pour oil. Next pour in rice and stir to distribute oil. Pour salt and hot water over rice. Cover with aluminum foil. Bake at 350 degrees for 45-60 minutes until water has been absorbed. Makes 3 cups cooked rice.

Pumpkin Cheesecake

- 8 ozs. Oreo cookies, crushed
- 3 TBSP. butter, melted
- 1 ½ lbs. cream cheese, softened
- 3 ex.lg. eggs
- ¾ c. sugar
- 1 c. canned pumpkin (not pie filling)
- 2 tsps. pumpkin pie spice
- 1 tsp. vanilla

In ziplock bag crush Oreos. Transfer to large bowl and add melted butter. Stir to combine. Press into and up sides of 9 in. springform pan. Bake at 350 for 10 mins.

Remove from oven and reduce oven temperature to 300. Wipe out bowl and place softened cream cheese. Mix with hand mixer until fluffy. Add eggs one at a time, mixing with each addition. Add Sugar, mix. Add vanilla and spices and mix. Add pumpkin and mix again til combined. Pour into crust and smooth top. Place into oven and bake for 1 hour and 20 minutes. Remove from oven and let cool for 3 hours. Place into fridge until thoroughly chilled. Remove from pan. Serves a lot. :)

Did you know?

Banks: Banks offer discounts for seniors often providing free checking accounts and free checks. Check your bank to see if they offer free travelers checks, special rates on savings accounts and use of bank services like faxing, copy machines, etc.

Museums offer discounts for seniors but often for certain days or times.

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New Holy Cross Hospital Opens in Germantown, MD on Oct 1

The hospital is located east of Interstate 270 and south of Germantown Road (Md. 118). It can be accessed from the north off Golden Rod Lane and from the south off Middlebrook Road.

It is named after former Montgomery College vice president, provost and interim president, Hercules Pinkney, who envisioned a synergy developing between the college, hospital and related businesses in one location.

“It will have the full services that you’d expect in an acute care hospital – an ER, medical, surgical, obstetrics,” Kevin J. Sexton, president and CEO of Holy Cross Health said. “It will also have an inpatient psychiatric unit, which is something we don’t have [in Silver Spring].” The new hospital also features large 600-square-foot operating rooms, a chapel near the Intensive Care Unit, two conference rooms, a “Healing Garden”, a café and

Senior Discounts

By Lily Groh, Activity Leader

Sometimes there are more added benefits to age than an increase in the number of candles on the cake. Most people are unaware of all of the “senior” monetary discounts provided by all sorts of industries. The restaurant, travel, grocery and entertainment industries all offer discounts to “seniors”. To qualify for the special rates, as a “senior,” you must look at each offer individually. A “senior” for a discount may be “60+”. Another discount may only require you to be “50+”. There are AAA and AARP discounts that also span many industries as well. This is a list* of only some of discounts you might want to know about:

<http://www.retiredbrains.com/products-services/discounts-for-seniors>

Restaurants:

- Applebee's: 15% off with Golden Apple Card (60+)
- Ben & Jerry's: 10% off (60+)
- Boston Market: 10% off (65+)
- Burger King: 10% off (60+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Dunkin' Donuts: AARP special at participating locations
free donut when you buy a large hot coffee
- Einstein's Bagels: 10% off baker's dozen of bagels (60+)
- IHOP: 10% off (55+)
- Krispy Kreme: 10% off (50+)

Grocery Discounts

- Harris Teeter Thursdays 5% discount for 60+

Travel Discounts

Alamo: up to 25% off for AARP members

American Airlines: various discounts for 65 and up (call before booking for discount)

Amtrak: 15% off (62+)

(Cont. "Discounts")

Avis: up to 25% off for AARP members

(Hospital Cont)

pizza oven, and parking in a garage building next to the hospital that is presently free, he said.

Patients will be able to order meals when they want them, instead of conforming to the hospital's serving schedule.

The new six-story, 93-bed hospital was built to serve a growing upcounty population, including an expanding number of senior citizens as the Baby Boomer generation ages, he added. **(from Gazette.com)**

The Bowie Senior Center Gets A Labyrinth

The Bowie Senior Center is encouraging community members to take advantage of its outdoor labyrinth to calm their minds and bodies.

The labyrinth, a circular winding path typically used for relaxation and meditation, opened in 2008 on the left side of the center's grounds, said Senior Services Manager Kathy White

"It is dedicated to the citizens of Bowie to encourage their continued health and growth," she said. "It's a great way to quiet the mind and get rid of a lot of the stress of the day. It's good for the body as well as the mind."

For more information about the labyrinth or to visit, call 301-809-2300

Best Western: 10% off (55+)

Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)

Dollar Rent-A-Car: 10% off (50+)

Econo Lodge: 20%-30% off (60+)

Hampton Inns & Suites: 10% off when booked 72 hours in advance

Hertz: up to 25% off on Hertz Daily Member rates for AARP members

Holiday Inn: 10%-30% off depending on location (62+)

Hyatt Hotels: 25%-50% off (62+)

Marriott Hotels: 15% off (62+)

More Great Discounts!

Dunkin' Donuts gives free coffee to people over 55. But remember, you have to ask for this!

Cell Phone Discounts:

AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)

Jitterbug: \$10/month cell phone service (50+)

Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

The Movies:

Regal Cinemas: 30% off a movie ticket!

AMC Theaters: up to 30% off (55+)

Happy Birthday this month to Dana, Wynne and Terry!

[Alzheimer's Disease: Tips for Maintaining a Normal Life](#)

[by Web.MD](#)

This will be a continuing series on Web.MD's tips for living with memory

loss. This month, we will cover planning the day and what to do about getting lost.

What's the Best Way to Plan the Day?

In planning your day:

Find things to do that you enjoy and are able to do safely on your own.

It will be easier to accomplish tasks during the times of the day when you feel best.

Allow yourself the time to do the things you need to do, and don't feel rushed or let other people rush you.

If something gets too difficult, take a break.

Ask for help if you need it.

How Do I Avoid Getting Lost?

To keep from getting lost:

- Ask someone to go with you when you go out.
- Ask for help if you need it and explain that you have a memory problem.
- Always take directions for where you're going with you.



(AFTA) Movement Class with Sandra



Annual Apple Tasting at KC



Scrabble

Transportation For KC@Parklawn and the Misler Center

(located at the Misler Center) 301-468-1740

Remember that if you will not be attending KC on your scheduled day, you need to call the KC office first and then call the Transportation number at the Misler Center to let them know. Calls are taken up to 8:30 in the



Autumn Sunshine on the Patio



We say goodbye to Mike Spodnik (pictured above in middle) who passed away September 19, 2014. He will be remembered by his enthusiasm for learning, his friendly personality, love of children and music. Until we meet again, our friend...

morning. This is the phone number for the Misler Center and it is your contact number for the JCA bus . Please call this number to add/change/cancel the JCA bus.

Please call as soon as you require a change. You can leave a voicemail message if you call after hours. The messages are checked until 5pm and beginning at 8:30am the following morning. Please leave a message, speaking slowly and clearly, leaving the member's name and the change.

CANCELING/MAKING UP AT THE KENSINGTON CLUB:

301-255-4204

If you want to add a day as a makeup, you need to get approval from Colleen first, to arrange for a day that works for the Club. We have room for two members to make-up, per day when we are at full census. If you leave a message or an email after hours or on the weekend, Colleen will not get it until business hours on Monday. Please try to let her know about the change as soon as you can during the week. We strive to keep the daily attendance to 12 at KC to maintain quality programming and for safety. Thank you for helping us with this goal.

TAKING THE JCA BUS 101:

If you would like, JCA staff can call you to give a "heads-up - the bus is on the way call" in the morning and afternoon. Since we all know that traffic in the area can be quite a challenge, we ask that you wait for the heads-up call in the morning before going outside to wait for the bus. The most important thing is to wait for the call before proceeding to your lobby or outside. Safety is our main concern.

In the afternoon, you are picked up at the Kensington Club and then your driver will pick up participants from our "sister program", the Misler Center. Please allow time for the drivers to assist the Misler Center participants to board the bus, then your driver will continue on his/her route and return you home safely. The bus costs \$5. The fee is added to the monthly dues.

INCLEMENT WEATHER POLICY

When the Montgomery County Schools or the Fed Government closes, Kensington Club@Parklawn is closed. If there is bad weather on a day when the schools are not in session, you can call the KC line for the latest update. If the Mont. County schools are late, we open on time. If we are in session, but you are not coming because of the weather, please call the office and the transportation switchboard to let us know.

