

The Kensington Club News

January/Feb 2020 Volume 10 Issue 1



The Kensington
Club@Parklawn * JCA
Ann L. Bronfman Center
Jewish Council for the Aging
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**Who finds a faithful friend,
finds a treasure.
- Jewish Proverb**

**Happy January and
February Birthdays:
Florence, Madeline,
Teddie, Lisa
Betty and Bob!
May all your wishes
come true!**



**Happy Birthday to the
Kensington Club@Parklawn!
12 years old on
January 22, 2020**

**Happy and Healthy
New Year to All of Our KC
Members and Families!**

A Word From The Director... Happy New Year!

How did we get to *Year 12* so quickly? It was nothing short of encouragement, support, creativity, hard work, communication, teamwork, and friendship. Kensington Club started with a single member in 2008 in a rented room in Kensington at Temple Emanuel. In Fiscal Year 2019, we served 88 men and women, five days a week in four Clubs. We provide friendship, learning, exercise and purpose. Thank you to everyone who has helped us get to this anniversary. As our Chief Executive Officer for JCA, David Gamse, says, *"The real magic however, wasn't in the idea, but in its realization."* Thank you to everyone who realized that Kensington Club was very much needed not only in Rockville, Maryland, but in Germantown, and now Silver Spring MD as well.

This year, we have exciting news. On February 4, the (current) KC@Margaret Schweinhaut Senior Center will be expanding to a new location two days per week (instead of one) to the White Oak Senior Center on April Lane in Silver Spring. The Club will be open on Tuesdays and Wednesdays. For enrollment information, please contact Manager, Karen Miller at karen.miller@accessjca.org.

Happy Anniversary to everyone who supports and works to make Kensington Club a realization--then and now!

In Friendship,

The Entire KC Crew: Colleen, Louise, Lily, Dana, Diana, Karen, Gail, Lisa, Susan Sharon, Ellis, Pearl, Bonnie, Howard, Phoebe, Tine, Betty and Emmanuel

Important Dates!

We will be closed on Wednesday, December 25 for Christmas and Wednesday, January 1 for NY's Day. (We will dismiss at 1:00 on the "Eve" for both of these holidays)

We will be closed for Dr. MLK, Jr. Day on Monday, January 20.

We are open on President's Day, Monday, February 17, 2019

Did you know that adult day services qualifies as free "senior ride" for this program?
For more information, click on:

<https://www.seniorconnectionmc.org/programs/senior-rides/>

Or call 301-962-0820

CAREGIVER CORNER

For some tips from the Alzheimer's Association, on caring for the one you love over the holidays, please go to: <https://alz.org/help-support/resources/holidays>

**JCA Caregiver Support Group
 2nd and 4th Mondays of the month
 at the Mislser Center at 1-2:30 pm
 With Facilitator, Harley Latner
 Please call to confirm: 301-255-4256**

Did you know you can take online classes on dementia topics? The Alzheimer's Association National Capital Area Chapter offers these classes so you can learn in the comfort of your own home.

Go to: <http://training.alz.org/>

Free Senior Call Check Pilot Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, all across the state.

Register now! <https://aging.maryland.gov/Pages/senior-call-check.aspx>

Mark Your Calendars!

The 7th Annual JCA Gorlitz Kensington Club Art Show Gallery Opening will be January 12, 2020 from 2:00 to 3:30pm at the KC@Parklawn location. It's a great time to view KC members' artwork from the past year, meet other members and families, the art teachers of KC, the staff, JCA administration/board members, listen to some live chamber music and enjoy snacks provided by Sunrise@Fox Hill. We will also have a community resources table for caregivers to browse.

Please RSVP to Louise Schneider at lschneider@accessjca.org if you have not done so already. We look forward to seeing you!

Would you like an
extra day for your
member, or know
someone who
would?

The JCA Gorlitz
Kensington Club is
opening on Feb 4 at the
White Oak Senior Center
on Tuesdays and
Wednesdays on
1700 April Lane
Silver Spring, MD
Please call 301-255-4204
or email
karen.miller@accessjca.org
for more information!



Kensington Club Holiday Mitzvah Project

By Lily Groh

Each December Kensington Club has designated a community service project that our members can participate in to help a worthy cause. This year we wrote letters to deployed troops, veterans, first responders, wounded heroes and their caregivers. These letters are going to be included in Care Packages that will be distributed to these worthy heroes by an organization, **Operation Gratitude**. info@OperationGratitude.com Most of our members enthusiastically took part in the letter writing Mitzvah project and were very interested to learn about the organization and its mission. **See Page 5 for an update!**



Thank you to all

*of our Members and Families for
the generous and kind holiday
treats!*

Mealtime And At Home For Someone With Dementia

<https://www.assistinghands.com/37/maryland/potomac/blog/meal-time-and-at-home-for-someone-with-dementia/>

Incident Weather Policy

When the Montgomery County Schools or the Fed Government closes, Kensington Club@Parklawn is closed.

If the Mont. County schools are late, we open on time.

If there is bad weather on a day when the schools are not in session, you can call the KC line (301-255-4204) for the latest updates. We update by 7:30am.

If we are in session, but you are not riding the bus because of the weather, please call and the transportation switchboard (301-468-1740) to let us know.

"I'm thankful for a pair of shoes that feel really good on my feet; I like my shoes.

I'm thankful for the birds; I feel like they're singing just for me when I get up in the morning... Saying, 'Good morning, John. You made it, John.'

I'm thankful for the sea breeze that feels so good right now, and the scent of jasmine when the sun starts going down.

I'm thankful..."

--Johnny Cash American Country
Western Singer

Transportation and "Making Up Days" 101 for KC@Parklawn

KC Office: 301-255-4204 Transportation: 301-468-1740

You have been assigned a specific day to attend KC and use the JCA Elderbus Shared Ride System. **The bus costs \$12 round trip.** (The fee is listed as a separate charge on the monthly dues invoice). The KC Director sets this up for the member but after this is completed, it is the responsibility of the Club member's advocate to communicate any changes with Transportation thereafter. It is important that if you will not be attending KC on your scheduled day, please call both the KC office and the Transportation office ASAP. Calls for changes in Transportation are taken up to 8:30 am for changes for that day. Please call as soon as you require a change. **If you are adding or changing days, it is the responsibility of the member's family to call Transportation after you have communicated to KC, to let them know about each change.** In Transportation, you can leave a voicemail message if you call after hours. The messages are checked until 5pm and beginning at 8:00 m the following morning. Please leave a message, speaking slowly and clearly, leaving the member's name and the change.

Making up or Adding Days:

If you want to add a day as a makeup or add, you need approval from a KC staff ahead of time. We have room for one member per day to make-up or add, when we are at full census. If you are interested in adding multiple days on consecutive weeks in a month, you may discuss this with the Director ahead of time. **We only allow members to add extra days one month at a time** to give all members a fair chance to arrange make-ups (for sickness or vacation) throughout the season.

If you leave a message or an email after hours or on the weekend, staff will not receive it until business hours on Monday so **it is best to call the KC main office and talk to any KC staff to arrange the make up day as soon as you know.** We strive to keep the daily attendance at 12 at KC to maintain quality programming and for safety. Thank you for helping us with this goal.

PICK UP AND DROP OFF ROUTINE ON THE BUS:

If you would like, JCA staff can call you to give a " @ ¢ • É] Á ¢ Á • Á } Á ¢ Á ¢ Á ¢" 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.** Do not call the Transportation Office multiple times in the morning before your pick-up. It is quite hectic and they could be handling 50 pick-ups and 50 calls in an hour's time! 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.



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Armand's Pizzeria in Rockville, MD has been serving the Kensington Club since 2008 with stellar service and culinary delights. Not only is it a favorite lunch at KC, but it is a favorite community trip to their delectable Italian lunch buffet. Below is a history of **Armand's Pizzeria!**

Welcome to Lew Newmyer's original Armand's Chicago Pizzeria. Back in 1969 Lew Newmyer, inspired by his youth spent in Atlantic City, opened a sub and sandwich shop in Washington DC. In 1975, Lew, after traveling to Chicago experienced deep dish pizza. At that time no one in the DC area offered deep dish Chicago style pizza. Lew and his sons spent months working closely with many people in developing their own dough and sauce recipe. Today, over twenty five years later, that recipe and Armand's expanded menu offerings are famous and still growing. A perennial Washingtonian Magazine award winner for "Best Pizza"



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'Safe365 "Tracking App Aims To Help Users Feel Safe"
by Louise Schneider Activity Leader
from the Washington Beacon, August 2019*

Have you heard about a free, downloadable application for mobile phones called Safe365?

An article by Ivy Noojin in the Washington Beacon, caught the eye of our Director, Colleen Kemp. Safe365 was designed to provide peace of mind to independent older adults and their families. This application tracks the location of other people in real time, and it can also notify family members of any apparent emergencies. With the use of Safe365, family members can receive notifications every time their loved one leaves or enters a frequently used location, get an alert when the phone's battery is low, and give exact coordinates of the person during an emergency just by clicking a button. Safe 365 hopes to decrease the gap between technology and older adults. Tracking can take place at three levels: exact location, approximate location, and route. Both the tracker and the trackee can select and modify the level and/or turn it off entirely. Safe 365 now has more than a million users in 193 countries, & is offered in eight languages. This app might help older adults feel more connected to their loved ones in today's increasingly advanced technological world.

*<https://issuu.com/thebeaconnewspapers/docs/0819dcbeacon/4>

UPDATE ON KC WINTER MITZVAH 2019

A HUGE Kensington Club Thank You to all KC friends who donated coats and Julia Peppe who schlepped all the coats to Interfaith Works for us. She counted 65 coats! 65 people, who might not otherwise have a coat to wear this winter, will now have one. Thank you all! Kensington Club members and staff submitted 60 cards to Operation Gratitude to Heroes/First Responders this holiday season. The letters were kind, thoughtful and personal. Thank you to all who participated this year.

Louise’s Cooking Tips: Maintain Nutrition with Winter Vegetables

By Louise Schneider

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