

# News

# from

# Friends House



## Summer 2021

### Senior Leadership Team:

**Philip Burkholder**  
Chief Executive Officer

**Barbara Brubeck**  
Director of Resident  
Operations

**Bill Gibson, Jr.**  
Chief Financial Officer

**Tim Sanna**  
Nursing Home  
Administrator

**Elizabeth Nicely**  
Director of  
Human Resources

**Anne Derby**  
Director of  
Development

**Mike Stoner**  
Director of Facilities  
& Project Development

### Friends House Retirement Community

17340 Quaker Lane  
Sandy Spring, MD 20860  
301-924-5100

**Newsletter  
Design & Layout**  
Paula Riddle



## *A Letter from our CEO*

Dear Friends,

I am very excited to share that Friends House is moving forward on our next phase of expansion. We expect to break ground on three new cottage duplexes in a matter of weeks. The six new homes will complete the

cottages on the loop at the south end of our campus. Simultaneously, work has begun on the renovation of two of our existing wings to create new two-bedroom apartments and one-bedroom den apartments. The 13 renovated apartments are connected to the main building and are an easy walk to common spaces.

Our donors have responded to our calls for assistance for the nursing center. A new bladder scanner was recently purchased with the assistance of a generous donor. The scanner is eliminating the need for our residents to travel to a medical center while in the midst of pain and discomfort.

Our current campaign is for the transportation fund. We hope to add a fully accessible conversion van to our transportation options. The van will be big enough to hold several passengers and/or two riders in wheelchairs.

Our nursing home and assisted living wings are nearly full as Friends House strives to be outbreak free. We encourage loved ones to regularly check our website for updates concerning visits to the campus.

I invite you to visit our campus. Please call us at 301-924-5100 to set up a time for your visit.

In Friendship,

Phil

# Reemerging *from the Pandemic*

In June the Brood X cicadas hit peak emergence in many parts of Maryland and their songs were heard throughout the community. At the same time, residents at Friends House began to resume activities after periods of isolation and restrictions. The outdoor chorusing of cicadas was matched by the buzz of activity inside and outside the walls of Friends House.

While many of our residents became adept at using Zoom and were able to maintain connections and



create virtual meetings, the face-to-face contact was greatly missed. As the early summer coronavirus statistics dropped to safer levels, common areas such as the Miller Center and dining room reopened. Relaxed restrictions allowed the social contact that the community thrives on. The Tour Committee and Program Committee are now busy planning trips and programs. The “lunch bunch” hit a record number of thirty attendees when they resumed this popular group gathering. The pleasant sounds of small impromptu gatherings around the common areas have replaced the empty echo of the hallways we remember during the height of COVID-19.

— *Paula Riddle, Resident Services Coordinator*



## Cicada Trivia

Cicadas emerge when the soil temperature is \_\_\_\_\_ degrees.

What do cicadas get their nutrients from?

How many eggs can a female lay?

How many species of cicadas live around the world?

What continents do cicadas live on?

Answers: 64 degrees; below ground roots and young twigs; as many as 500; over 3,390 varieties; all continents except Antarctica

# SALES Corner



If you have spotted the Brittany blue 1967 convertible Mustang on campus, you might be wondering who it belongs to. The driver is Anthony Cinotti, who joined us mid July as the Director of Sales

and Marketing. Anthony come to us with a strong background in senior living communities and senior advocacy. He was born in Washington, DC and was reared in Adelphi, Maryland. He now lives in nearby Fulton, Maryland with his musician wife and two of his three children.

Anthony is already busy getting to know the Circle of Friends who have been considering Friends House for the last several year. He was glad to hear that so many people have come to Friends House, based on the recommendation of current residents. Anthony arrives at an exciting time as plans for the next phase of our expansion are shaping up. With the groundbreaking plans for new cottage duplexes and renovations to our apartments that are anticipated to begin later this year, we enthusiastically welcome him to our team.

As plans start to come together for new projects, now is the time to think about bringing in your circle of friends. Please have them reach out to Anthony at 301-804-4212 to learn more about the upcoming plans.

- **Barbara Brubeck,**  
**Residential Living Director**



## Healthy Summer Recipe

### Grilled Cauliflower

4-6 servings

1 head cauliflower, cored and cut into florets  
3 tablespoons extra-virgin olive oil, divided  
Kosher salt and freshly  
ground black pepper  
2 quarts cherry tomatoes or 10 plum tomatoes, halved or  
quartered if large  
½ bunch parsley, roughly chopped  
½ cup pitted olives, roughly chopped (optional)  
½ cup garlic bread crumbs (*Recipe below*)

#### GARLIC BREAD CRUMBS

¼ cup neutral oil, like canola or safflower oil  
4 garlic cloves, minced  
½ teaspoon salt  
1 cup bread crumbs or panko

Directions

**MAKE THE GARLIC BREAD CRUMBS:** In a large frying pan, heat the oil until shimmering hot and then add the garlic and salt.

Remove from the heat so the garlic doesn't burn and let sit for 10 minutes (or cook the garlic over low heat for 5 minutes, keeping a sharp eye out to prevent burning).

Add the bread crumbs and stir to combine. Return the pan to the heat and toast the oily bread crumbs until golden brown and fragrant, about 3 minutes.

Remove from the heat and let cool. Set aside in an airtight container.

**MAKE THE CAULIFLOWER:** Preheat the oven to 425°F. Toss the cauliflower with 1½ tablespoons of olive oil and sprinkle with salt and pepper. Arrange on a foil-lined baking sheet; don't over-heap the cauliflower.

Roast until the cauliflower is golden brown, crispy on the outside and tender when poked with a knife, about 25 minutes.

Leave the cherry tomatoes raw or toss them with the remaining 1½ tablespoons of olive oil and a pinch of salt and then roast in the oven, stirring regularly, until the liquid is reduced and syrupy, 15 to 25 minutes.

Toss the cauliflower with the tomatoes, parsley and olives, if using. Top with the garlic bread crumbs and serve.

- **Contributed by Jennine Thwaites**



The Human Resources Department at Friends house was busy in July. We started the summer off by welcoming two interns Libby Myers and Saloni Patel from the Friends Services Alliance (FSA) internship program. These two young women both attend Penn State University and are expected to graduate December 2021. While Libby is pursuing a degree in Marketing she has been working closely with Anne Derby in the Development Department learning the ins and outs of various marketing strategies. She hopes to be able to apply to a job in the business healthcare industry.

Saloni, is working with the HR and Nursing departments while completing her internship requirements. She is pursuing a bachelor's degree in Health Policy and Administration. During her internship Saloni has been able to help the HR department with a variety of employee

# STAFF *Appreciation*

engagements events including our *Employee Appreciation Week* and the *Years of Service Dinner*. During the “Celebrate Our Heroes” Employee Appreciation week we celebrated staff from all departments with different cultural backgrounds. Activities included Friends House trivia, a potluck, an international fashion show and a cookout. Saloni said her best memory from Friends House has been the Employee Appreciation week activities, “the joy I saw on staff and residents’ faces was the best... In the future,



wherever I work, if they don't have something like this, I will add it.”

## **Length of Service**

Every year at Friends House we celebrate staff who have reached different service milestones ranging anywhere from five years to over 30 years of service. This year



we celebrate George Kalema, a Certified Medicine Aid, who has completed 30 years of service at Friends House. George's ability to interact with residents while making them smile has made him an essential asset. Hannah Frias, a longtime colleague of George, says, “George is a hard-working dad with five successful daughters. He taught his kids the value of hard work and dedication...they even worked in the kitchen when they were in High School”. George, Thank you for your service and Congratulations on 30 years!

— Jennine Thwaites  
IT/HR Generalist

# STAY SAFE *for Summer*

## Home Safety

In June, Jim Resnick, from Montgomery County Fire and Rescue visited Friends House to conduct a presentation on Fire Safety. An important takeaway from his visit was the preventative measures all residents can take. Did you know that cooking fires are the number one cause of home fires and home injuries? Here are some of the safety tips provided by the county.

### Cook with Caution

Don't use the stovetop when sleepy or when you have consumed alcohol.

- Stay in the kitchen when cooking. Don't leave frying, grilling or cooking food.
- Check any baking, roasting or broiling food regularly and use a timer as a reminder.
- Keep all flammable items away from your stovetop: paper, wooden utensils, food packaging, towels, curtains, oven mitts.

### If you DO have a Cooking Fire

- Get out! When you leave, close the door behind you to help contain the fire
- Call 911 after you leave
- Keep a lid nearby when you're cooking to smother

small grease fires. Smother by sliding the lid over the pan and turn off the stovetop. Leave pan covered until it is completely cooled.

- For an oven fire turn off the heat and keep the door closed.

## Personal Safety

Health Care Professionals often remind us about the importance of drinking water. While this is important year round, the summer months pose increased risks as the body sweats and loses fluid. According to the Center for Disease Control adults over 60 are the most vulnerable to dehydration.

### Early Warning Signs of Dehydration can include:

- Confusion
- Dry mouth
- Headache
- Dizziness
- Muscle Weakness

If you or someone you know begins to experience these symptoms, seek medical attention immediately.

Remember to drink plenty of fluids and supplement your water intake with water rich fruits and vegetables. Fruit does more than promote hydration, it contains vitamins, minerals, and antioxidants. See the list below for fruits and vegetables with a high content, some over 90%, of water.

— *Paula Riddle,*  
*Resident Services Coordinator*



# MEET & Greet

On July 22 the Friends House Development Team hosted a *Christmas in July Meet and Greet*. The hot chocolate was iced, Santa wore shorts, and flip flop wreaths decked the halls of the Miller Center. The event was well-attended and guests drifted through the Miller Center and courtyard enjoying the glow of Summer and Christmas combined.

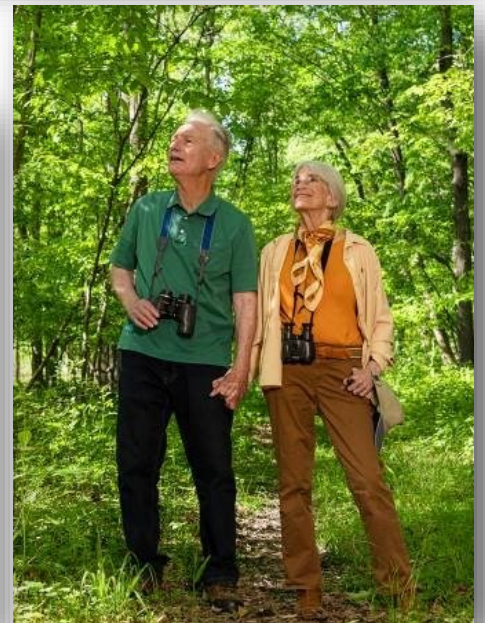


## Christmas IN JULY



# HIGHLIGHTS *from our Photo Slide Show*

The Christmas in July Meet & Greet featured a slide show with highlights from our recent photo shoot. These photos will be used on our website and marketing materials. These new photographs display the natural beauty of our campus and the joy of community.



# DEVELOPMENT Corner



At this time of year we think about vacations and being on the move.

Our residents are on the move too. The bus is gassed up and taking our residents on errands, out to lunch, and where the fun is. The transportation fund at Friends House supports the 14-seat passenger bus, the electric GEM transport, and a new accessible conversion van we are hoping to purchase soon. Each year in the Spring and Summer we ask our donors to help us keep the wheels rolling with their contributions to this valuable fund. Your donations help with expenses such as gas, maintenance and, of course, our drivers. Please give as you are led, there are several ways to help. And thank you!

Friends House hopes that you support the Transportation Fund by choosing one of the methods shown at right. If you have any questions, please do not hesitate to phone me at 301-924-7510 or email me at [aderby@friendshouse.com](mailto:aderby@friendshouse.com).

In Friendship,

Anne Derby

*P.S. The new CARES Act includes provisions to encourage donations. A \$300 tax deduction is available even if you don't itemize. Please consider Friends House when making your donations.*

**Giving made easy with lots of ways to pay it forward:**

**Online Gifts** Please go to <http://weblink.donorperfect.com/Giv3>

**A check** Friends House is happy to receive your check. Please make the check out to Friends House Retirement Community, Inc. and send it to Friends House, 17340 Quaker Lane, Sandy Spring, MD 20860, Attention Anne Derby.

**Gifts From your IRA/401k** Friends House is delighted to receive your gifts from your IRA/401K. Please call me with any questions 301-924-7510.

**Monthly Giving** A number of donors who give regularly to Friends House Retirement Community give through our recurring gift program. They say that this method of automatically having a set amount sent to Friends House every month allows them to give more than if they made a single donation once or twice a year. Please consider this way of supporting Friends House!

**Donor-Advised Funds (DAF)** Friends House gladly receives gifts through Donor-Advised Funds. More and more philanthropically minded donors are using DAF's because of the tax advantages, and also because of the flexibility they afford. Our request: if you have a DAF and might consider making a gift to Friends Home through it, please tell us where it is hosted so we can send them our grant proposals so that they would then be able to share them with you (and perhaps with other advisers to another DAF's that they host).