



News for Prospective Residents ~ Spring 2021

How Do CCRCs Work?

Homewood at Frederick is a fully licensed continuing care retirement community (CCRC) which offers three levels of care; independent living, assisted living and health care center. Residents tell us that this is the best decision they have ever made, and most would also say, “I wish I had done this sooner”.

When researching CCRC’s and everything that is offered, most folks tend to think about a CCRC as an insurance policy rather than a real estate investment. You will have the support of Homewood no matter what happens down the road. This is accomplished through three primary funding sources. The Entrance Fee options, whether a declining refundable plan or a 90% refundable, provide capital funds for upkeep, enhancements, and the wide range of services, programs and staff that a community requires. The monthly service fee includes educational programs, clubs, activities, and events, off campus trips, a fitness center, fitness classes, and swimming pool with certified staff. Many people typically compare the monthly fee to a mortgage, but your mortgage pays only for the roof over your head. Through the Homewood Foundation and philanthropy from many generous donors, Homewood is able to provide consideration for benevolent care residents who outlive their resources through no fault of their own.

When planning for your future, you need to think about future care and support. A CCRC is specifically designed for aging well, providing options and support that allow you to make the decisions that are best for you as you age. Many residents tell us how their move to Homewood was the best gift they could give their children. If you are an independent living resident and you become ill and require a hospital stay, you receive priority health care access and rehabilitative services in a place you know. During hospitalization, our social services and nursing team are preparing for your return to the community and successful recovery. Once residents

“Everyone seemed to go above and beyond to keep us feeling loved and protected. It gave my family great peace of mind to know that I wasn’t out there winging it on my own”

-Barbara Kirk

on Homewood’s response to COVID

recover, they will return to their independent living home. Moving to another level of care can be temporary, or permanent, as needs change. If you see that needs are changing, it’s always best to start the conversation with our social services and nursing team so we can help through the transition process. Moving to another level of care is easy and starts with just a phone call.

Timing your move to Homewood includes three important factors. The first factor is your health. Waiting until you need care means you may put independent living options out of reach. Another consideration is the

Passport Member Information:

Passport Member events are posted on the website under the Resources tab. RSVP are required.

homewoodfrederick.com/resources

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Stepping Into a New Role: Meet Dore Ackermann

Meet Dore Ackermann, Homewood at Frederick's newest Community Services Director. Dore is no stranger to Homewood as she has been a valued co-worker for the last 25 years. Dore graduated from York College of Pennsylvania with a Bachelor's Degree in Behavioral Science. She started working for Homewood in our Downtown Frederick location in 1996, first as an activities assistant for a year then as a Health Care Center Social Services Coordinator where she spent 20 years working both full time and part time when her children were younger. About five years ago, Dore took on the role as Assisted Living Social Services Coordinator where a majority of her time was helping residents transition to assisted living.

This new role will suit Dore as she will help our independent living residents with community resources, as well as, be the go to person for transitions to other levels of care and adjustment support for all residents on campus. Dore is also working on setting up support programs for our independent living residents. Dore wants to "provide optimal support to residents and be the staff member that residents feel they can come to with any needs or questions".

Along with Dore's social service duties she also heads up a team of dedicated co-workers including, three social services coordinators, a number of receptionists, and the Independent Living Community Health team. When she is not at work she spends time with her husband, two children, 16 & 18, and loves to take trips to the mountains and lakes. If you need to contact Dore, you can reach her by calling 301-644-5600.



Dore Ackermann,
Community Services Director



Homewood at Frederick Marketing Office

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MARKETING OFFICE HOURS

Monday—Friday appointments required 9 a.m.—4 p.m.

Please call ahead for holiday closings.

CCRC's Continued

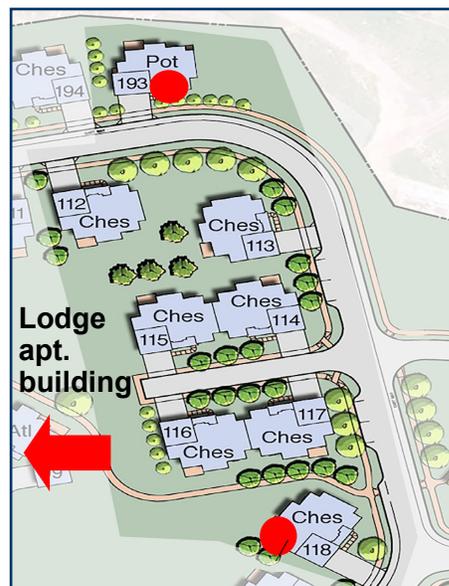
challenge of selling a house and moving in the best of health. The second factor is the economy. Assets fluctuate, something we are being reminded of right now. The value of your home and investments change with the markets. Currently we are seeing lower interest rates and a limited amount of house inventory that are sending house values way up. Keep an eye on the local markets, engage with a realtor, and if home prices are creeping up, think strategically. The third factor is the right fit. Homewood has a limited number of new construction, which means the rest of the community has a limited amount of turn over per year. If you desire an apartment or cottage with a specific feature or view and it becomes available, even though it may be sooner than you had planned, be flexible. If you are interested in learning more about Homewood, we welcome you to reach out to our marketing staff for assistance.

Phase 9 & 10 New Construction Patio Home Update

Homewood is pleased to announce that Phase 9 patio home construction is currently full! Construction will be completed around mid July. The next two months will be such an exciting time for our new neighbors and they are busy making their plans for their move. We are just as excited to share the news of Phase 10, the Marketing Team has secured reservations on 6 of the 8 homes. Folks who put in a reservation have signed their contracts which allows us to continue the process in order to break ground as soon as possible. Phase 10, at this time, is estimated to be finished at the end of 2021/beginning of 2022. The homes remaining are two stand-alone models including a Potomac and a Chesapeake, with the leaser still having the option of choosing if it includes a sunroom and/or breakfast nook. If you are interested in either of the final houses remaining in phase 10, these will be leased on a first come, first served basis, so do not delay, call a marketing staff person to assist you.



Phase 9 completed mid-July completely leased



● Remaining stand-alone Chesapeake homes

Homewood Continues to Hold COVID Clinics

It's been over a year since the beginning of the Coronavirus pandemic and while Homewood is still taking all of the precautions seriously, there is some light at the end of the tunnel when thinking back over the last year.

Homewood at Frederick has been proactive in getting our residents and staff immunized against COVID. There have been six COVID vaccine clinics on campus and more clinics being scheduled. Homewood has offered the vaccine to residents in all levels of care with 445 independent living residents, 46 assisted living residents, and 65 health care center residents receiving the vaccine. On campus we have had the opportunity to receive Pfizer, Moderna and most recently Johnson & Johnson brands. Along with our residents, coworkers have also been offered the vaccine and to date 230 of our coworkers have received the vaccine. Currently we have 84% of our resident and staff population vaccinated! When new co-workers join Homewood or new residents are admitted, all are offered the vaccination and once we have 10 people signed up, our pharmacy, *Potomac Pharmatech*, are contacted to schedule a vaccination clinic.

In addition to the vaccine clinics, Homewood is continuing to uphold our strict safety measures which include but not limited to; wearing masks, social distancing, weekly testing of staff members, testing of possible exposed residents, screening of all staff and visitors coming onto campus. Homewood is very excited for the recent changes in our health care center and assisted living areas. Residents are able to receive visitors not only outside but visits may take place inside their room if residents are vaccinated. Residents are also able to congregate in the community center again. In addition, the independent living residents are back to 100% capacity for dining and vaccinated residents can gather together without masks.

Independent Living is 100% occupied

Last issue we announced that we had a handful of patio homes available for immediate occupancy and members of our waitlist answered the call in a big way. We are currently 100% occupied in our patio homes. In fact, we are 100% occupied in all areas of Independent Living, Patio Homes, Lodge apartments,



Crumland Farms Market apartment

Crumland Farms

apartments, and Cottages.

Currently we are working

off of our waiting list when units turn over. Later in the

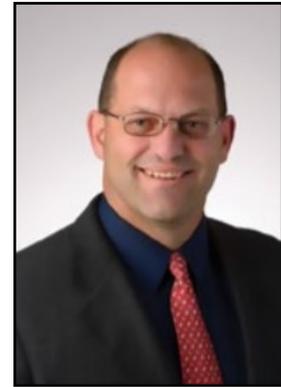
year, we expect there to be availability at Crumland Farms in the one bedroom and den apartments for new applicants or people who need availability in 6 months or less. If you are interested in information about Crumland Farms one bedroom and den apartments, please call Brittany, 301-732-6157, for more information.



Crumland Farms Market apartment

Operations Chief Finds New Home at Homewood

I truly believe that God has a purpose for each and every one of us and that if we seek Him first, He will direct our path. As I reflect upon the past year, I believe this now more than ever as I have found myself leaning on Him for wisdom, perseverance and strength. It has been a humbling journey for me as I transition into my new role at Homewood Retirement Centers as vice president of operations. I am sincerely grateful for the opportunity which I have been given and the privilege to do God's work serving others in ministry. I couldn't be more excited to be joining Homewood Retirement Centers, an organization that embodies a culture of compassion and excellence. Over the past several weeks, I've had the opportunity to interact with many of Homewood's residents and staff. I can honestly say there are some extraordinary people living and working in our organization. My heart goes out to everyone who has been adversely impacted during the pandemic. Our co-workers are the bedrock of our organization, and I would like to especially recognize the efforts of our front-line staff who selflessly put themselves at risk on a daily basis to care for the needs of others. Across our industry, countless men and women have been a critical lifeline to those who depend on them. It is with much heartfelt gratitude that I applaud and thank you! As I make this transition, I wanted to share with you a little bit about my background. I was born in Pennsylvania, about an hour north of Pittsburgh. My father worked in a steel mill and I remember vividly, as a fifth grader, the day he told us he was moving our family "out west" for a better opportunity. For the next 10 years, when I wasn't in school, I spent most of my spare time playing baseball. While I was fortunate to earn several scholarship offers, God ultimately led me to Point Loma Nazarene University in San Diego, California. There, I met my wife, Sunday, to whom I've been married for 24 wonderful years, and have been blessed with three amazing kids, Abigail, Anna and Jake. We have been active members of Shadow Mountain Community Church and were involved with their Small Group Ministry and affiliated school. During my career, I have had the opportunity to serve older adults in ministry for more than 20 years as executive director, nursing home administrator and social services designee. Prior to joining Homewood, I served as regional director of operations for Covenant Living Communities and Services where I was responsible for supporting six continuing care retirement communities and one stand-alone skilled nursing facility. I truly believe that it is essential to find meaning and purpose in life, and I am blessed that I've had the opportunity throughout my career to be doing something I am deeply passionate about. Here at Homewood, it is evident that many of our staff, residents and partners share this same passion and commitment. I'm excited to be joining an organization that is actively living out its mission and has such a long legacy of following God's commandment to serve one another. In the weeks and months to come I am looking forward to learning, listening and working with all of you to enhance the lives of those we serve. While these are challenging times, I'm reminded of God's words in Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you, plans to give you hope and a future." I cannot tell you what God is going to do, but I do know that he is faithful and he has already prepared the way for us to embark on the journey.



Rich Miller- VP of Operations

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Functional Pathways Introduces New Program

Homewood at Frederick partners with *Functional Pathways* for our outpatient & inpatient rehabilitative services, which include physical therapy, occupational therapy and speech therapy. *Functional Pathways* is introducing a new customizable wellness program called, “Pathways to Wellness”, which is their solution to helping seniors thrive in place. The program consists of four different life paths that, partner together, provide a well-rounded approach to health and wellness for the older adult community. The four life paths include; Live Smart, Live Well, Live Connected, and Live Virtual. Each life path was developed to create opportunities for social interaction, mental exercise, and to enliven the spirit. The wellness program is completely customizable based on the individual need of each resident and community.



“Otago” is a fall prevention balance program within the customizable wellness program. Otago is a specially designed exercise program that has been proven to help seniors improve their balance, increase their strength and reduce falls by 35%. There are four different levels within the program that are initiated by the outpatient rehabilitation department where your physical therapist will evaluate you and continue to provide oversight and contribution

within the class. This interdisciplinary Fall Prevention program is a great way to facilitate success with your home program where you will continue to be guided and will reinforce what you should be doing at home. The program is held on campus for Homewood residents and is easy to get to. It is a great way to train and socialize with people you know (have not met yet) while receiving the professional oversight of physical therapists along with your wellness team that allows guided instruction, social community engagement, fun and facilitates accountability with your fall prevention goals. Within this program, you will regularly be reassessed with the same measures that were administered for Otago at the beginning to determine your status level and whether you have improved, sustained the same level or have declined and/or need therapy services to determine further needs. This is a great way to keep track of your progress, your fall risk, prevent falls, and have all the support that you need throughout participation.

In addition to Otago, also included within the Pathways to Wellness program the Director of Outpatient Rehabilitation, Tanya Artis, MS, OTR/L is hosting a monthly rehab broadcast called, “But wait, that’s not all... because here at Homewood, there is always more!” The broadcast shares information about the Outpatient Rehabilitation department and the health care center rehabilitation department. It includes who we are, our monthly lecture topics and/or other information that the community may be interested in hearing about.

The Lodge Celebrates Five Years

On March 28, 2016 we welcomed our first residents into our newly constructed Lodge building. The Lodge currently has 85 apartments, offering four different floor plans, with future plans to add 31 additional apartments. Lots of changes have taken place over the last five years at The Lodge.

The Lodge offers three dining venues including; The View Dining Room, the Bistro, and The Wooden Nichol Pub & Grill. The View dining team just rolled out an extensive menu that residents can order from Monday-Friday, 4:30pm-6:30pm, in addition to the multiple specials offered daily. In addition to lunch, Monday- Friday 11am-1:30pm, The Bistro is now serving breakfast Monday- Friday, 8:00-11:00am, along with grab & go options; such as, bagged snacks, drinks, fresh fruit & muffins. The Wooden Nichol is now open Monday-Friday 5:30-7:30pm. Residents can stop in for a drink prior to going to their reservation at the View Dining Room, or they can have a meal from our new pub menu.

The fitness center, classes and activities have also received an upgrade since The Lodge doors opened. The fitness staff lead group classes including, Large and Loud (Parkinson's class), Tai Chi/QiGong, Sittercise, Balance and Stretch, and Advanced Movement through Balance and Healthy Heart. Other fitness activities include yoga, corn hole, bocce ball, and personal training. The fitness center includes machines, free weights, resistance bands, flexibility table, treadmills, ellipticals, and recumbent bikes and through a generous donation a rowing machine and a bench press. The 25 M salt water swimming pool is open every day, at specific time frames, when there is a life guard on duty. The pool is open for aqua fit classes, lap swimming, open swim, and a resident favorite, water volleyball. Through the years we have held water volleyball tournaments competing against our Homewood sister communities.



Residents participating in the polar bear plunge at The Lodge salt water pool

Homewood at Frederick has extensive activity and travel opportunities which residents have direct impact on what is planned. Some activities at The Lodge include



Residents enjoying a "flights & bites" happy hour on The Lodge terrace

but not limited to, educational speakers, tech classes, movie nights, game nights, party bridge, book club, luncheons, and happy hour. Travel opportunities include both day and overnight trips. Some overnight trips that Homewood residents enjoy include Cacapon, West Virginia and New York City. Day trip destinations include, Kennedy Center in DC, Sight & Sound Theater in Lancaster, PA, wineries, baseball games in Frederick and DC, along with Frederick shopping.

Residents love all the socializing The Lodge offers them, from meeting at the pub for a drink or going to a scheduled activity in the event center. For more detailed information all menus, fitness calendars, activity calendars, and monthly resident

newsletters can be viewed on our website, www.homewoodfrederick.com, click resources tab, then click campus information.



Assisted Living at Homewood

Homewood at Frederick's assisted living offers a comfortable environment for seniors who can no longer live without some assistance.

Staff provide assistance with daily living activities such as medication management, bathing, and dressing. Residents enjoy three delicious meals a day, engage in a variety of social activities and participate in regular outings. Residents feel right at home while benefiting from great companionship and care in a secure setting.



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