



TBA Cares Committee

Resources for Easier Living

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The TBA Cares Committee is compiling a network of resources that have been used by other congregants. We are looking for descriptions of positive experiences involving care for all ages and a variety of needs. Please keep your comments respectful, clear, and concise.

The Temple is not endorsing or guaranteeing any of the resources or any results if the service providers are used; nor is the Temple providing any warrants. Anyone using the services is assuming his/her own liability. Temple Beth Ami is not expressing an opinion; we are simply gathering comments from congregants and making them available to all temple members. The Temple has not rated the service providers or checked any company credentials.

This is an ongoing project. If you have information that you'd like to share, please contact Rhona Arbit at TBAcaresResources@gmail.com. Entries may be edited for clarity and space. Thank you for your assistance.

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*** = Member of Temple Beth Ami**

1. Adult Day Care Centers - provide a variety of health, social and recreational services in a protective group setting

Name of Adult Day Care Center	Contact Information	Comments
Misler Adult Day Center (2 recommendations)	1801 East Jefferson Street Rockville, MD 20852 301-468-1740 www.accessjca.org/programs/adult-day-services/	My husband attended for a short time until his health declined to the point where he needed to be at home. I was very impressed with the program and the staff.
Winter Growth	18110 Prince Phillip Drive Olney, MD 20832 301-774-7501 http://www.wintergrowthinc.org	

2. Care Management Services - perform evaluations of physical and mental well-being and help caregivers locate and coordinate services

Name of Care Management Service	Contact Information	Comments
*Abbey Silberman Fagin, Vice President of Development & Public Affairs at Charles E. Smith Life Communities	301-770-8300 fagin@hebrew-home.org	I am happy to help any congregants navigate the services of our organization.
GPS Senior Care Partners	301-337-7211 www.gpsseniorcarepartners.com	I worked with Judith Bernstein from GPS Senior Care Partners. She was a big help with my Dad.
Bikur Cholim of Greater Washington	12320 Parklawn Drive Rockville, MD 20852 202-331-4481 https://bikurcholimgw.org	Executive Director: Audrey Siegel Cares for the physical and emotional needs of the Jewish ill, the elderly and

		their caregivers in the community, and partner with health-care professionals to help meet the unique needs of Jewish patients.
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3. Respite Care - providers of short-term, temporary care provided to people with disabilities so that their families can take a break from the daily routine of caregiving

Name of Respite Care Resource	Contact Information	Comments
Potomac Community Resources	9200 Kentsdale Drive Potomac, MD 20854 301-365-0561 http://www.pcr-inc.org	
Montgomery County Dept. of Health and Human Resources Respite Care	301-816-9647 http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSRespiteCare-p235.html	

4. Daily Money Managers - assist with health insurance claims, checkbook balancing, personal and financial paperwork, and general organization needs

Name of Daily Money Manager	Contact Information	Comments
* Amy Weinberg Just Organize It!	301-503-3345 zatsky@msn.com	Specializing in bill paying & online payment setup, filing systems, medical reimbursements & making calls to companies.
Everyday Money Management	301- 801-2294 http://www.everydaymoneymanagement.com	Recommended manager: Sharon Zissman

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5. Financial Planning/Investments

Name of Financial Planner/Firm	Contact Information	Comments
* Fishman Financial Services	16605 Bethayres Road Rockville, MD 20855 301-330-9455 http://www.fishmanfinancial.com/	Retirement income planning, caregiver support, tax preparation, investments, insurance
* Steve Wollins at Morgan Stanley Smith Barney	1747 Pennsylvania Ave NW Suite 900 Washington, DC 20006 202-778-1318 http://www.morganstanleybranch.com/washington/index.htm	
Wells Fargo Advisors	Jon Lindenberg 7600 Wisconsin Ave, 9 th floor, Bethesda, MD 20814 301-961-0100 https://home.wellsfargoadvisors.com/001_PMD3	Good listener, no hard sell, good at tailoring the program to the needs of the individual.
The Mason Companies	2 recommendations: Phil Broderick and Randy Ryan 11130 Sunrise Valley Drive, Suite 200 Reston, VA 20191 703-716-6000 http://www.masoncompanies.com	Professional, knowledgeable, honest, will meet with you at your home.
The Family Firm	Kate Fries 8120 Woodmont Avenue, Suite 630 Bethesda, MD 20814 301-656-3999 http://www.familyfirm.com/	Personal financial consultants - we can personally recommend them from years of advice. For more information, contact TBA member Linda Burgin at linda@purestuff.com .

6. Companions/Helpers/Visitors - provide help ranging from simple chore services to high-tech in-home medical care; can be short- or long-term and full- or part-day

Name of Companion/Company	Contact Information	Comments
Home Care Solutions	301-816-5020 http://www.hcsathome.com/	Operated by Charles E. Smith Life Communities. A home-health and services agency that is a joint project of the Hebrew Home and Augustine Home Health
Assisting Seniors at Home	110 North Washington St., Suite 207 Rockville, MD 20850 301-850-3999 http://www.assistingseniorsathome.com/	My husband has advanced Parkinson's Disease and dementia. He requires 24-hour care. I am very, very pleased with the caregivers and the attention paid by the company both to us and the caregivers.
Family and Nursing Care	962 Wayne Avenue, Suite 500 Silver Spring, MD 20910 301-588-8200 http://www.familynursingcare.com/	They provide responsible and good aides, and keep in touch to make sure things are going well.
Beverly Stewart	301-500-4956	Beverly is a wonderful health care aide. She helped me for over a year after I came home from a rehabilitation facility and was highly efficient, pleasant and reliable.
Audrey Martin	240-277-3037	She is a wonderful, warm, conscientious, upbeat woman who took great care of my dad for 2 years when he was living at home.

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7. Durable Medical Equipment - helps prevent injuries and promotes functional independence; examples include shower seats, lifts, wheelchairs and adjustable beds

Name of Medical Equipment Supplier	Contact Information	Comments
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Spectrum Medical	8820 Brookville Road Silver Spring, MD 20910 301-587-2992 http://www.spectrummedical.net/	2 recommendations
Jessa Medical Supplies	112 Market Street Gaithersburg, MD 20878 301-990-8706 http://jessamedical.com/	Jessa has a wide variety of medical equipment.
The Medical House	440 S. Washington St. (Lee Hwy) Falls Church, VA 22046 703-533-2290 http://www.mymedicalhouse.com/	
Lawson Medical Supplies	431 N. Frederick Avenue Gaithersburg, MD 20877 301- 948-6900 http://lawsonmedicalsupplies.com/	
Rockville Senior Center	1150 Carnation Drive Rockville, MD 20850 240-314-8800 http://www.rockvillemd.gov/index.aspx?NID=736	The Rockville Senior Center lends out a variety of medical equipment - including walkers and more.

8. Handyman Services - provide simple household repairs

Name of Handyman	Contact Information	Comments
* Larry Williamowsky Larry Will Fix It	301-526-9013	Very reliable and inexpensive repairs.
Mike Fers	240-277-4650	He has done small handy-man type repairs for us, and is prompt, reliable, and responsible.
Fernel Marquina	240-271-7818 pazfml@hotmail.com	Fernel has done extensive work in my daughter's house, as well as painting and repairs in our home. Very nice, reliable, easy to work with. For more information, feel free to contact: Barbara Ranhand at barbara.ranhand@verizon.net .
Jim Ness	jnhandyman@aol.com	

Get A Grip	240-372-0770	For putting in hand railings, bathroom bars, etc.
Rudy Pascal	rudydej@hotmail.com	Rudy assists us in numerous household projects across a wide range of services, including carpentry, painting, electrical, and plumbing. He's creative and a perfectionist, but thoroughly competent in everything he does. If the task is beyond his skill set, he tells us. We have referred him to family and friends, and none have ever been disappointed. He isn't the fastest worker, nor are the others who work for him, but their quality and reliability make up for it. His prices are exceptionally reasonable.
Sergio Bolaris	301-252-4568	Painter, Carpenter, Drywall work. Very reliable, clean worker and reasonably priced.
Dale Young	301-898-4055	Recommended by Linda Burgin (linda@purestuff.com)

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9. Home Health Care Agencies - provide nurses, physical and occupational therapists, and social workers to assist with rehabilitation

Name of Home Health Care Agency	Contact Information	Comments
Potomac Home Health Care	6001 Montrose Road Suite 301 Rockville, MD 20852 301-896-6999 http://www.phhc.org/	Provides excellent physical and occupational therapists. I particularly recommend physical therapist Ruth Crissell.
Home Care Solutions	301-816-5020 http://www.hcsathome.com/	Operated by Charles E. Smith Life Communities. A home-health and services agency that is a joint project of the Hebrew Home and Augustine Home Health
Synergy Home Care	Ross Fierman 11140 Rockville Pike Suite 400 Rockville, MD 20852 301-200-9292	Immediate response when I needed to hire support. Able to provide assistants who understand/will follow Kashrut if necessary.

	http://www.synergyhomecare.com/	
Montgomery Therapy	15245 Shady Grove Road, C100 Rockville, MD 20850 301-417-2652 http://montgomerytherapy.com/	Ask for Paul, the owner and head physical therapist. Contact Linda Burgin at linda@purestuff.com for more information.
Capital City Nurses	4915 St. Elmo Avenue #301 Bethesda, MD 20814 301-979-7860 http://capitalcitynurses.com/	
Adventist Healthcare Physical Health & Rehabilitation	9901 Medical Center Drive Rockville, MD 20850 240-826-6000 http://www.adventisthealthcare.com/	2 recommendations

10. In-Home Support Services - Computer Assistance

Name of Computer Support Service	Contact Information	Comments
Rockville Senior Center	1150 Carnation Drive Rockville, MD 20850 240-314-8800 http://www.rockvillemd.gov/index.aspx?NID=736	Computer assistance requires a fee.
HMB Tech Support	Harrison Carvalho www.hmbtech.net	Harrison is Microsoft Certified, very reliable and reasonably priced. I have been using him for tech support for at least 5 years.
JimmyMac	Jimmy Obomsawin 301-328-1558 jimmy@jimmymacsupport.com	For APPLE Equipment of all kinds. Comes to the house and/or works remotely. Very good and responsive.

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11. In-Home Support Services - Grocery Shopping

Name of Grocery Shopping Support Services	Contact Information	Comments
Instacart	http://www.instacart.com	On-Line shopping service. Lower delivery costs than Pea-Pod and also will go to other stores. More like a personal shopper.

12. In-Home Support Services - Snow Shoveling

Name of Snow Shoveling Company	Contact Information	Comments
Beza Landscaping	301-452-6248	We have used Mr. Beza's company for landscaping for years and find him to be efficient and reliable. He also does snow removal and will do it for us this year.
Al Landscaping By Serafin	240-462-2113	I have used Serafin Flores for the last several years. He is reliable and comes when he says he will.
Kalyx Green	301-299-7070 http://www.kalyxgreen.com/	A landscape company that contracts to do snow removal in the Potomac area. For more information, contact Linda Burgin at linda@purestuff.com.

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13. Active Living Communities - age-restricted communities for active older adults

Name of Active Living Community	Contact Information	Comments
Gardens of Traville	14431 Traville Gardens Cr Rockville, MD 20850 855-789-1265 http://www.thegardensoftraville.com/	1. My mother-in-law lives there now and my Dad lived there for 13 years. Very positive experience. 2. This is an over-55 community and is independent living.

		Although my mother never moved in, they were a pleasure to deal with.
Ring House	1801 East Jefferson Street Rockville, MD 20852 301-816-5000 http://www.ringhouse.org/	Served my grandmother well. A 60% market rate and 40% subsidized senior apartment community that is independent but provides many supportive services.
Asbury Methodist Village	201 Russell Avenue Gaithersburg, MD 20877 301-216-4004 http://www.asbury.org/	Excellent and totally interdenominational
Fox Hill	8300 Burdette Road Bethesda, MD 20817 301-968-1850 http://foxhillresidences.com/	
Ingleside	701 King Farm Blvd. Rockville, MD 20850 240-499-9015 http://www.inglesidekingfarm.org/	
Leisure World	3701 Rossmoor Blvd. Silver Spring, MD 20906 http://www.lwmc.com/	
Revitz House	6111 Montrose Road Rockville, MD 20852 301-881-7400 http://www.revitzhouse.org	An HUD-subsidized senior apartment community that is independent but provides many supportive services.

14. Assisted Living Communities - provide 24-hour supervision, housekeeping, three meals a day, and assistance with basic daily needs

Name of Assisted Living Community	Contact Information	Comments
Ring House	1801 East Jefferson Street Rockville, MD 20852 301-816-5000 http://www.ringhouse.org/	Offers opportunity for increased care as needs increase.

Asbury Methodist Village - Kindley Assisted Living	201 Russell Avenue Gaithersburg, MD 20877 301-216-4004 http://www.asbury.org/	Excellent and totally interdenominational.
Sunrise at Fox Hill	8300 Burdette Road Bethesda, MD 20817 301-579-4877 http://www.sunriseseniorliving.com	
Ingleside	701 King Farm Blvd. Rockville, MD 20850 240-499-9015 http://www.inglesidekingfarm.org/	Warm and welcoming staff.
Bedford Court	3701 International Drive Silver Spring, MD 20906 240-681-2022 http://www.sunriseseniorliving.com	
Landow House	1799 E. Jefferson Street Rockville, MD 20852 301-816-5060 http://www.landowhouse.org/	Operated by Charles E. Smith Life Communities.
Cohen-Rosen House	1799 E. Jefferson Street Rockville, MD 20852 301- 816-5050 http://www.hebrew-home.org/	Operated by Charles E. Smith Life Communities. Assisted living with a focus on advanced dementia and Alzheimer's care.

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15. Nursing Care and Rehabilitation Facilities - provide skilled nursing care 24 hours a day, geared to those needing long-term care, long- or short-term rehabilitation, or temporary care as respite for a caregiver

Name of Nursing Care & Rehab Facility	Contact Information	Comments
Lutheran Home	9701 Veirs Drive Rockville, MD 20850 301-424-9560 http://www.nationallutheran.org/	My Dad received excellent care at the Lutheran Home rehabilitation.

<p>ManorCare Health Services</p>	<p>10714 Potomac Tennis Lane Potomac, MD 20854 301-299-2273 http://www.heartland-manorcare.com/Potomac</p>	
<p>Hebrew Home</p>	<p>6121 Montrose Road Rockville, MD 20852 301-881-0300 http://www.hebrew-home.org/</p>	<p>1. Hebrew Home of Greater Washington operates the Smith-Kogod and Wasserman Residences for long-term care, and has a large Post-Acute Center (rehab) in the Wasserman Residence. They provided loving and thorough support for my father. Their consistency of care (same nurses and CNAs and therapists) added greatly to their already excellent care. They even had family events like a luncheon or dinner (their chefs really care) where the family was invited. It was a respite for the daily stress of caring for my dad without having to leave him. 2. The Hebrew Home rehab unit provided excellent short-term care, as well as physical and occupational therapy services, to an elderly relative following surgery for a broken hip and elbow. 3. My husband was in rehab at the Hebrew Home. The rehab was very good, the attendant care very uneven.</p>
<p>Asbury Methodist Village - Wilson Health Care Center</p>	<p>201 Russell Avenue Gaithersburg, MD 20877 301-216-4004 http://www.asbury.org/</p>	
<p>Bedford Court</p>	<p>3701 International Drive Silver Spring, MD 20906 301-598-2900 http://www.sunriseseniorliving.com/</p>	

16. General Transportation

Name of Company	Contact Information	Comments
Jim Walsh	301-807-0070	
Ride with Jim	James Aaron 301-466-6038 http://www.ridewithjim.com	Reliable but not inexpensive.
Gaithersburg Help	301 Muddy Branch Road Gaithersburg, MD 20878 301-216-2510 http://gaithersburghelp.org/	

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17. Medical Appointments

Name of Company	Contact Information	Comments
Ride with Jim	James Aaron 301-466-6038 http://www.ridewithjim.com	Reliable but not inexpensive.
Gaithersburg Help	301 Muddy Branch Road Gaithersburg, MD 20878 301-216-2510 http://gaithersburghelp.org/	

18. Taxi Services

Name of Taxi Service	Contact Information	Comments
Barwood Taxi	4900 Nicholson Court Kensington, MD 20895 301-984-1900 http://www.barwoodtaxi.com/	

19. Resources for Children and Young Adults

Type of Resource	Name and Contact Information	Comments
Exercise Classes	KEEN (Kids Exercise Everywhere Now)	KEEN (Kids Exercise Everywhere Now) provides a

	http://www.keenusa.org/	variety of classes with volunteers, so parents have a break.
Therapeutic, Recreational, Social, and Respite Care programs	Potomac Community Resources 9200 Kentsdale Drive Potomac, MD 20854 301-365-0561 http://www.pcr-inc.org	Potomac Community Resources provides classes for young people with disabilities.

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20. Other Resources

Type of Resource	Name and Contact Information	Comments
Adult Education	Oasis http://www.oasisnet.org/	Adult Education classes for retired or semi-retired adults
Appliance Repair	Mike's Appliance Service 301-251-0040 http://www.mikesappliances.net	I used them for a leak in my Maytag Washer and also a problem with my GE dishwasher. The tech, Paul Dame, knew what was causing the washer leak, fixed it immediately and was on his way. He also found out the problem with the dishwasher, fixed it and then came back without charge when it needed fixing again. Have had no problem since then.
Audiologist	Dr. Jennifer Kincaid Hearing HealthCare, Inc. 2403 Research Blvd #100 Rockville, MD 20850 301-527-1123 http://www.hearinghealthcareinc.com/	Very thorough, takes Medicare. Works with a variety of hearing aid brands. My husband went to her for a number of years and bought 2 different sets over the years. She recommends aid best suited to hearing loss, not by price.
Cancer Support	Carole Kopit Outreach Coordinator	

	<p>Hope Connections for Cancer Support 9650 Rockville Pike Bethesda, MD 20814 301-634-7500 www.hopeconnectionsforcancer.org</p>	
Contractors	<p>Mario Brothers Contractors 301-515-7296 http://www.mariobrotherscontracting.com/</p>	
Downsizing	<p>1. * Amy Weinberg Just Organize It! 301-503-3345 zatsky@msn.com</p> <p>2. TAD Relocation Susie Danick 240-403-0177 http://www.helpseniorsmove.com/</p>	<p>1. Specializing in decluttering, downsizing, and organizing current spaces</p> <p>2. Thorough, easy to work with, excellent staff</p>
Funeral Home	<p>Torchinsky Hebrew Funeral Home 254 Carroll Street NW Washington, DC 20012 202-541-1001 301-495-3395 http://www.torchinsky.com/</p>	<p>Immediately responsive, didn't push for extra services, clearly spelled out fees. Worked to coordinate between synagogue, cemetery and family.</p>
Hospice	<p>Montgomery Hospice 1355 Piccard Drive, Suite 100 Rockville, MD 20850 301-921-4400 http://www.montgomeryhospice.org/</p>	
House cleaning	<p>Moris and Eyllin Alvarez 240-678-5620</p>	<p>Honest, hardworking, eager to please. I have used them for more than 10 years.</p>
Human Resource Support	<p>*Annie Karp AK HR Solutions, LLC 301-526-3030 http://www.akhrsolutionsllc.com</p>	<p>Provides human resource support to small businesses and start-up companies. I run a local job page on Facebook for job seekers and employers to post local</p>

		jobs. I also provide resume review services and mock interviews for job seekers through my company.
Insurance	Joel Gleason Gleason & Associates 4833 Rugby Avenue Suite 401 Bethesda, MD 20814 301-654-7207 http://gleason-assoc.com/	Excellent customer service
Internist	Dr. Jesse Sadikman 121 Congressional Lane #402 Rockville, MD 20852 301-545-1000 http://www.jessesadikmanmd.com/	
Pest Control	Brody Pest Control 410-650-4266 http://www.brodybrotherspestcontrol.com/	They take care of my termite inspections. I have not needed them for any other pest problem but would not hesitate to call them.

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