Community

Calendar of events
A LOOK AT THE WEEK AHEAD

Send calendar events (at least two weeks in advance, if possible) to Community, 4475 Regency Place, Suite 301, White Plains, MD 20695. Email items to community@somdnews.com. Include a contact phone number or email on all submissions.

Wednesday, Sept. 7

American Legion Auxiliary Unit 293 will hold member meeting 7 p.m. Sept. 7 at the post, 2310 Old Washington Road, Waldorf. Call 301-645-6331.

Southern Maryland Tri-County Community Action Committee will take applications for energy assistance 9 a.m.-2:30 p.m. Sept. 7 at Health Partners, 3070 Crain Highway, suite 101, Waldorf. Applicants may bring completed applications with the required documents or complete applications on site that day. For more information, call 301-274-4474, ext. 200.

Homeschool Book Club will meet 10 a.m.-noon Sept. 7 at Waldorf West library, 10405 O'Donnell Place. Homeschooled children are encouraged to read and compare a well-known book to the movie adaptation. Ages 6-11. Call 301-645-1395.

Homeschool STEAM Club will meet 11 a.m.-noon Sept. 7 at Potomac library, 3225 Ruth B. Swann Drive, Indian Head. Early-elementary age homeschool students meet to do a fun and educational S.T.E.A.M. (Science, Technology, Engineering, Arts, and Math) activity. This month learn about the science of geysers. October will be an art activity. Ages 5-9. Registration required. Call 301-375-7375.

Waldorf West Crochet and Knitting Club will meet 6-7:30 p.m. Sept. 7 at Waldorf West library, 10405 O'Donnell Place. Beginners must know how to single crochet or how to knit stitch. Bring your own supplies. Ages 16 and older. Call 301-645-1395.

Drop-in Computer Instruction will be 6-7:30 p.m. Sept. 7 at Waldorf West library, 10405 O'Donnell Place. Join in twice a month for individual computer instruction provided by library staff. First come, first served. Ages 16 and older. Call 301-645-1395.

Southern Maryland Audubon Society will hold Kestrels: Jet Fighters of the Field meeting 7:30-9 p.m. Sept. 7 at Battle Creek Cypress Swamp Sanctuary, 2880 Grays Road, Prince Frederick. Mingling and refreshments 7 p.m. The American Kestrel is a native falcon known by many as the "Sparrowhawk." We will discuss the life history of these beautiful birds and how we are trying to bring back their numbers. For more information, call Michael Patterson, 301-752-5763, or email Michael.Patterson@pgparks.com.

Senior Services of Charles County will host bingo 9:30 a.m. Sept. 7 at Waldorf Senior Center, 3092 Crain Highway. For information, call 301-638-4420.

Free Identity Theft Information Workshop will be held 6 p.m. Sept. 7 at Southern Maryland Business Center, 10665 Stanhaven Place, 3rd Floor Cafe Conference Room, White Plains. Learn how you can minimize your risk from the effects of identity theft. Registration recommended, go to https://eventbrite.com/e/identity-theft-information-workshop-tickets-26864428228. For more information, call Jeanette Boulware, 301-710-2667.

Southern Maryland Agricultural Development Commission (SMADC) will hold a public forum 6:30-9 p.m. Sept. 7 at College of Southern Maryland, Prince Frederick Campus, Building B, 115 J.W. Williams Road, Prince Frederick. The forum is intended as a listening session to solicit feedback from Southern Maryland's farming and broad agricultural community to determine how SMADC can better assist the region's farms and continue to provide programs to support agriculture now and into the future. Citizens wishing to submit oral or written comments are encouraged to attend. Speakers are requested to sign in and will have three minutes to address the forum. If unable to attend, written public statements will be accepted until Sept. 16 to SMADC at info@smadc.com. For more information, contact SMADC staff at 301-274-1922 or go to www.smadc.com.

Celebrating 40 years of assisting area's seniors

STAFF PHOTOS BY SARA NEWMAN

William M. Holman, left, president and CEO of Sagepoint Senior Living Services, Carolyn Core, board chairman, Mary Beth Chandler, volunteer and 40th anniversary committee member, and Kelsey Pearson, director of marketing, review some plans for future additions to the nursing home facility. The corporation is celebrating its 40th anniversary this weekend.

By SARA NEWMAN
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After 40 years of operation and providing senior care for the area's aging population, Sagepoint Senior Living Services continues to grow while maintaining its focus on local service.

"We take great pride in the fact that over 40 years we have answered what we believe to be a call to take care of seniors," William M. Holman, president and CEO, said of the organization.

To celebrate the milestone, Sagepoint will host a weekend of events beginning Thursday with an employee picnic and "An Evening with Kim Campbell," at Port Tobacco Players in La Plata. The wife of the late entertainer Glen Campbell who was diagnosed with Alzheimer's disease will discuss her role as a caregiver during her husband's illness.

The organization will also host a private event on Friday and community day Saturday on the La Plata Road main campus with education sessions, tours, music, children's activities, and virtual dementia tours that will enable participants to experience the symptoms of the disease.

Formerly known as Charles County Nursing and Rehabilitation Center (CCNRC), the nonprofit corporation was founded in 1976 with the ability to serve 105 patients. The center was governed by a voluntary board of nine trustees appointed by the Charles County Board of County Commissioners.

"It was so needed here," Mary Beth Chandler, a Sagepoint volunteer and 40th anniversary committee member, said of the facility. "It meant so much to the families to have a facility where you didn't need to go out of county. So everybody embraced it. Everybody wanted it. We needed it."

About 10 years later, the Adult Day Services Program was added initially with 25 participants in the Nursing Center building. That program grew to 38 participants five years later.

In 1992, the nursing center expanded to four units with the ability to serve 165 people. Two nursing units were used for long-term care, one was designated as a secure unit for residents suffering from dementia and the rehabilitation unit accommodated 21 patients for short-stay care.

The corporation continued to grow, adding an addition to the Adult Day Services building in 1995, increasing its services to care for 38 participants. In 2006, the corporation added assisted living to its services with the purchase of Abbey Manor—16 assisted living rooms within two buildings on Morris Drive in La Plata.

The county commissioners turned the properties and buildings over to CCNRC allowing for a self-sustaining board operated under bylaws developed and approved by the board of trustees.

The construction of a two-story medical arts building was completed in 2012 on the main campus along La Plata Road. The first floor is leased to Fresenius Medical Care, a dialysis provider and the second floor houses a 12-bed secure assisted living community for adults with dementia.

In 2015, the board agreed to compile all services under one name, deciding on Sagepoint Senior Living Services. In addition to building a new assisted living community, Sagepoint began providing home care services and also acquired Circle of Care home care agency in Prince Frederick.

"We've stayed the same through re-branding," Holman explained regarding the organization's nonprofit status. "It doesn't mean we don't make a profit, it means revenue and expenses are invested back into the business, buying new equipment. None of the funds go to any one individual."

Over 70 percent of individuals are on Medicaid, Holman said, and the corporation received four out of five stars from the Center for Medicare and Medicaid Services rating system, that compares nursing home quality around the country. The waiting list averages between five and 10 individuals, and the cost of care ranges from $260 a day for long-term care to $78 a day for adult day services.

The organization employs 360 individuals, provides care for 165 long-term patients and receives help from about 175 volunteers.

"Does that tell you anything right there about community involvement?," Chandler said, laughing regarding the number of volunteers that surpasses the number of patients.

Ann Bergerstock, 49, has lived at Sagepoint for the past 11 years. One of the youngest residents in the facility, she is president of the resident council and helps choose and suggest ideas for activities the residents can do.

Originally from Atlanta, Bergerstock said Sagepoint is the third nursing home she has lived in. After being put in the hospital with double pneumonia and discovering a few more health problems, she was put into nursing homes and moved to Sagepoint to be closer to her sister, who lives in La Plata.

"This one's a lot better," Bergerstock said comparing her previous nursing home experiences. Her previous residence was nice, she said, "but not as well run as this one." Her first home in Georgia was closed by the state she said because of abuse that she witnessed herself.

Unlike most residents at Sagepoint, Bergerstock has her own private room which she said has the comforts of a home and she can close the door if the hallway gets too noisy.

"Forty years ago, the space was built for two people in the room," Carolyn Core, board chairman, said. "The goal to get all private rooms on this campus in the next 10 years is going to take a lot of effort and it's going to be expensive."

The board hopes the upcoming anniversary events will introduce more people to the services Sagepoint offers and communicate that the organization is more than long-term care.

"It's about celebrating what we've become and recognizing the folks who have brought us here," Chandler said.

Twitter: @indy_community

Ann Bergerstock, Sagepoint resident and president of the resident council, has lived at the senior living facility for 11 years. At 49, she is one of the youngest residents.