



[www.cmrocks.org](http://www.cmrocks.org) | [301-637-0730](tel:301-637-0730) | [info@cmrocks.org](mailto:info@cmrocks.org)



## What's new at Reach this month

December 2025

### Senior Reach In Action: Practical Support, Peace of Mind



*Senior Reach Client Services Director Ali with Ms. T*

After Ms. T gained custody of her two young grandchildren, the last thing she needed was a broken furnace.

During a Senior Reach visit, she mentioned the issue in passing. Our Client Services Director inspected the furnace, reignited it, and restored heat to the home. Ms. T expressed immense relief, knowing she and her grandchildren would be warm and safe. She was especially thankful to avoid the quoted \$14,000 repair cost. She just shook her head, saying "two AAA batteries and that's it..."

This is what Senior Reach is all about—providing practical help and peace of mind when it matters most.

## December Holiday Giving Project Distribution: Meals for 150+ Families, Toys for 300+ Children



Reach's two December distributions for holiday meals, gift cards, and toys took place last week, and we served 150+ families and 300 + children over both days.

We are extremely grateful to our partners who assembled meal baskets, held toy drives, and collected gift cards, as well as the volunteers who donated their time to transport toys, wrap gifts, and help parents choose the perfect toy for their child.

## MKHC Board Member Spotlight: Dr. Deborah Miller-Young

## Happy Holidays from Reach!



Reach and MKHC staff came together to celebrate a year of hard work at our annual staff holiday party. Secret Santa gift exchanges, competitive cotton ball tossing, and holiday trivia helped make this event a fun afternoon for all.

We wish you all a happy holiday season!

## Ten Years of Toy Drives: Dr. Casi McFarland and Envision Health



For the last decade, Dr. Casi McFarland of Envision Health Chiropractic and Wellness Center has organized a toy drive to support Reach and the Holiday Giving Project, donating hundreds of toys to help us make the holidays brighter for children!

Read our interview with Dr. Casi to learn about her personal motivations and story.

[Read the full story](#)

*MKHC is a part of a larger community of support and safety net services that I am very proud of in our county.*

Dr. Deborah Miller-Young  
MKHC Board of Directors



This year, MKHC welcomed Deborah Miller-Young, DDS, to the Board of Directors! Her expertise in dentistry and commitment to community health will strengthen our mission to provide accessible care for all.

Read our short blog to learn more about Dr. Miller-Young.

[Read the full story](#)

## Save the Date: Volunteer Reception



Reach will host our annual volunteer reception to celebrate the invaluable contributions that volunteers make to all our programs and service areas.

Mark your calendars for Wednesday, February 4th at 6:00pm at the Rockville Library!

More information and a registration link will be sent out in January.

## Thank You for Supporting SOW!

We are thrilled to announce that our SOW (Sharing Our Wealth) initiative in support of REAP brought in almost triple the fundraising goal of \$2,500! Thank you to everyone who contributed to helping make sure families remain stable during the holiday season.

## Home Builders Care Foundation Provides New Roof at Rockland House



Rockland House's roof and siding have been in bad shape for a while now, and funding for an expensive replacement was scarce.

After exploring options and reaching out to contacts, we were approved for a grant from Home

Builders Care Foundation to replace both at no cost to Reach!

Contractors from the John Darvish Construction Company replaced the roof this month during one marathon day of work. The siding is up next and will be replaced soon.

This amazing opportunity helps ensure the property is livable and comfortable for our residents for years to come.

## Mark Your Calendar

### Volunteer Reception

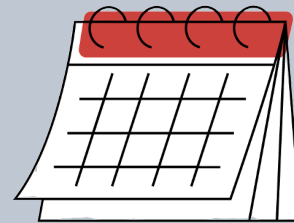
Wednesday, February 4, 6-7:30 p.m.  
Rockville Library

### REAP Choral Concert

Sunday, March 1, 4 p.m.  
Rockville United Church

### 2026 Reach Gala

Saturday, May 16, 6-10 p.m.  
Hilton Rockville



## Volunteer With Us

### MKHC Interpreter

MKHC is looking for dedicated bilingual volunteers to serve as interpreters and help patients and medical providers communicate effectively.

Volunteers must be 18+ years old and able to work a four-hour shift once per week. Spanish fluency is required.

Interpreters are needed every day of the week.

### Senior Reach Friendly Callers

Make weekly phone calls to one or more senior clients to provide a caring voice, to check on their well-being, and to confirm they received and are pleased with their scheduled home care services.

Spanish and Mandarin speakers are particularly needed and encouraged to apply!

Contact [volunteer@cmrocks.org](mailto:volunteer@cmrocks.org)  
if you're able to help with these requests.



## Donation Requests

### MKHC:

- Paper towels, liquid hand soap, facial tissues, toilet paper, Lysol spray, dish soap, feminine hygiene products for patient use

### Housing Program:

*General:* Toilet paper, paper towels, laundry detergent (pods), cleaning supplies

#### *Jefferson House*

- bath towels & washcloths
- plastic food storage containers
- curtain panel
- dish towels
- oven mitts and kitchen sink mat
- baking trays, roasting pan
- clear refrigerator separators
- kitchen utensils (knives in particular)
- new or gently used crockpot
- drip coffee pot and filters

#### *Rockland House*

- Toaster
- Flashlights & batteries
- Towels and washcloths
- Swiffer mop head replacement
- Kitchen glassware
- Dish towels
- Tall floor lamp
- Clorox wipes
- Toilet paper
- Sponges with scrubber

For more information on current needs or to donate, please contact us at [development@cmrocks.org](mailto:development@cmrocks.org).

### Community Reach of Montgomery County Board of Directors

Board Chair Judy Ackerman, Brian Bellamy,  
Rae Pearl Canizares, Susan Graceson,  
Debra Jacobs, Treasurer Lou Kallas, Vice Chair Jan May, Frank Nice,  
Secretary Suzanne Rotbert, Aman Singh, Jim Skinner,  
Erik Swanson, Nancy Sushinsky  
Ex-Officio Donna Perry, Chair, MKHC Board

## **MKHC Board of Directors**

Chair Donna R. Perry MD, Ryan Bertoli, Douglas Brough PhD,  
Jackie Lobien RN, Deborah Miller-Young, Susana Najera MS,  
Lourdes Parry, Kate Stradar, MBA RN, Stephanie Wright FNP PhD,  
Ex-Officio Judy Ackerman, Chair, Reach Board,  
Ex-Officio Angeline Lazarus, MD, Medical Director

**Donate to support Reach**



Community Reach of Montgomery County | 1010 Grandin Ave #A1 | Rockville, MD 20851 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!