

2131 O Street NW  
Washington, DC  
20037

Postage  
Information

INSPIRE  
REHAB & HEALTH CENTER

# Inspire News

2131 O Street NW Washington, DC 20037

December 2021

Your Return Address  
Street Number and Name  
City, State ZIP Code

## UP COMING EVENTS

**December 10-Resident  
Christmas party**  
**December 15- Resident  
Council meeting**  
**December 17- Holiday movie**  
**December- 24 Gift  
Giving/Christmas Caroling**  
**December- 31New Year's  
party**  
Virtual - face time/zoom calls  
One to One activities will be held on all  
floors

## DECEMBER

### MONTHLY BIRTHDAY

DERAMUS, DORIS  
EVANS, EDITH  
FITZGERALD, CHERRI  
GIBSON, CHARLES  
JACKSON, REGINALD  
JOHNSON, DEBRA  
KEISER, ARTHUR  
MUSGROVE, DOUGLAS  
RICH, NELLIE  
RUFFIN, EMMA  
ULMER, CHRISTINE  
WADE, CHARLES  
WARREN, LOIS  
WEAVER, ROBERT

December 1  
National eat a  
red Apple Day

December 4  
National  
Cookie Day

December 8  
National  
Brownie Day

December 15  
National  
Cupcake Day

December 21  
Crossword  
Puzzle Day

December 25  
Christmas Day

December 28  
National  
Chocolate  
Candy Day  
December

## DECEMBER

*December is the month*

*When families get together*

*To celebrate the holidays*

*In cold and snowy weather*

*We say hello to Winter*

*And wave goodbye to Fall,*

*We light some glowing candles*

*To spread holiday cheer to all*



**Inspire  
Executives**

**Director of Nursing**  
Odion Imhienintama  
**Taiwo Oreyomi**

**Director of Activities**  
Gale Cooke

**Social Workers**  
Kim Sungsook

**Rehab Director**  
**Hufriya Wadiya**

**Business Office**  
Nikki Smith  
Saciya Gossett

**Admissions**  
Ashley Hyman  
Kendra Cooper

**Human Resources**  
Jennifer Kellman

**Quality Assurance**  
Linda Harris

**Dietary Services**  
Khylin Hines  
Helen Akunwafor  
Duane Walters

**Director of  
Environmental  
Services**  
Valencia Nelson

**Director of  
Maintenance**  
Yisroel Waxman

# Fun Facts:

**Question: What is the highest-grossing Christmas movie up to date?**

**Answer: Home Alone**

**Question: Which fairy tale is the gingerbread house Christmas tradition inspired by?**

**Answer: Hansel and Gretel**

**Question: What made Frosty come to life in the song “Frosty the Snowman”?**

**Answer: An Old Silk Hat**

**Question: What is the famous Christmas beverage that is also known as the “milk punch” with cinnamon?**

**Answer: Eggnog**

**Question: Which song did Bob and Doug McKenzie release in 1981 as their own version of a classic Christmas song?**

**Answer: The Twelve Days of Christmas**

**Question: What is the traditional Christmas decoration that is less known for being a parasitic plant?**

**Answer: Mistletoe**

**Question: What pair of food should you leave for Santa Claus?**

**Answer: Milk and Cookies**

**Question: Where did The Nativity take place?**

**Answer: Bethlehem**

**Question: What should you hang above the fireplace for Santa Claus to stuff with gifts?**

**Answer: Stocking**

## A Message from the Administrator:

Last month, I announced that December 12, 2021 will be my last day as Administrator. I have accepted a Regional Director of Operations position with August Healthcare which operates nursing homes in Virginia. This was not an easy decision for me; the last four years have been one of the best of my professional career. Despite the great opportunities that lie ahead, the decision to leave Inspire has been very painful. I am however excited to leave on a good note especially with the recent published ranking by the U.S News & World Report listing Inspire Rehabilitation & Health Center among the best nursing homes in the United States for the year 2021-22. Out of more than the 15,000 Skilled Nursing Homes in the United States, Inspire Rehab was rated among the **elite 13% that earned HIGH PERFORMANCE RATING!!**

I am indeed grateful for all of your support, even in the little things which helped create laughter. Together with one hug we began a friendship, with one smile we united in teamwork and with one word we found a way to end any disagreement. You will always be my family because you all have accepted me for whom I am, you all have always shown that you will do anything to see me smile. This is a family that has shown me love no matter the challenge. This chapter is not the end of our friendship, it is a new beginning, and the end is where we start from especially in our deep desire to rebuild our common purpose.

As I end my tenure as Administrator, I understand that this will be my last newsletter so I would like to part with the good words of Mahatma Gandhi. “I will keep my words positive. Words become my behaviors. I will keep my behaviors positive. Behaviors become my habits. I will keep my habits positive. Habits become my values. I will keep my values positive. Values become my destiny.” I hope despite my imperfections, that I have in some little way lived up to the words, behaviors, habits and values to Gandhi. Wishing you all happy holidays, a fun Christmas and a New-year filled with all your heart desires.



## Notable Quotes: December

**I believe this beautiful month will bring us more Love, Happiness, Good Health, Prosperity and Blessings.**