

2131 O Street NW  
Washington, DC  
20037

Postage  
Information

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

## UP COMING EVENTS

**Virtual visits – face time/zoom  
calls with family members**

**One to One activities will be  
held on all floors!**

## JANUARY MONTHLY BIRTHDAY

BROWN, EVELYN  
CHILDS, RODNEY  
COLBERT, LILLIAN  
FAVORS, DAISY  
SMITH, FRED  
SWINSON, ANNIE  
TARDUGNO, RENA  
WATKINS, MILDRED  
WILLIAMS, FREDERICK



INSPIRE  
REHAB & HEALTH CENTER



January 1  
New Year's Day

January 4  
National Trivia  
Day

January 15  
National Hat  
Day

January 18  
Martin Luther  
King Day

January 20  
Inauguration  
Day

January 24  
National Peanut  
Butter Day

January 26  
National  
Spouses Day

January 31  
National Hot  
Chocolate Day

# Inspire News

2131 O Street NW Washington, DC 20037

January 2021

## THE SNOWMAN'S RESOLUTION

Aileen Fisher

*The snowman's hat was crooked  
And his nose was out of place  
And several of his whiskers  
Had fallen from his face.*

*But the snowman didn't notice  
For he was trying to think  
Of a New Year's resolution  
That wouldn't melt or shrink.*

*He thought and planned and pondered  
With his little snow-ball head  
Till his eyes began to glisten  
And his toes began to spread;*

*And at last he said, "I've got it—  
I'll make a firm resolve  
That no matter what the weather  
My smile will not dissolve."*

*Now the snowman acted wisely  
And his resolution won  
For his splinter smile was wooden  
And it didn't mind the sun!*

**Inspire  
Executives**

**Director of Nursing**  
Odion Imhienintama

**Director of Activities**  
Gale Cooke

**Social Workers**  
Lois Fitzgerald  
Nancy Quarles  
Kim Sungsook

**Rehab Director**  
Harsha Dhingra

**Business Office**  
Nikki Smith  
Saciya Gossett

**Admissions**  
Ashley Hyman  
Kendra Cooper

**Human Resources**  
Jennifer Adedeji  
Jennifer Kellman

**Quality Assurance**  
Linda Harris

**Dietary Services**  
Dorothy Emeche  
Helen Akunwafor  
Dwane Walters

**Director of  
Environmental  
Services**  
Valencia Nelson

**Director of  
Maintenance**  
Yisroel Waxman

# Fun Facts:

Q: What's a New Years resolution?

A: A to-do list... for the first week of January.

Q: Where do you find Google during January?

A: The Winternet.

Q: What can you catch in the winter with your eyes closed?

A: A cold.

Q: What happened to the woman who stole a calendar on New Year's Day?

A: She got 12 months!

Q: What's for breakfast on really cold January days?

A: Snowflakes.

Q: How can you be more efficient with New Year's Resolutions?

A: Make a copy of your list so you can pull it out again ever year.

Q: What's the easiest resolution to keep?

A: This year, I'm going to be myself!

Q: What was the motivated lazy person's New Year's resolution?

A: To procrastinate more...

Q: What's a New Years resolution?

A: A to-do list... for the first week of January.

## Notable Quotes:

Although no one can go back and make a brand New Start.

Anyone can start from now and make a brand New Ending.

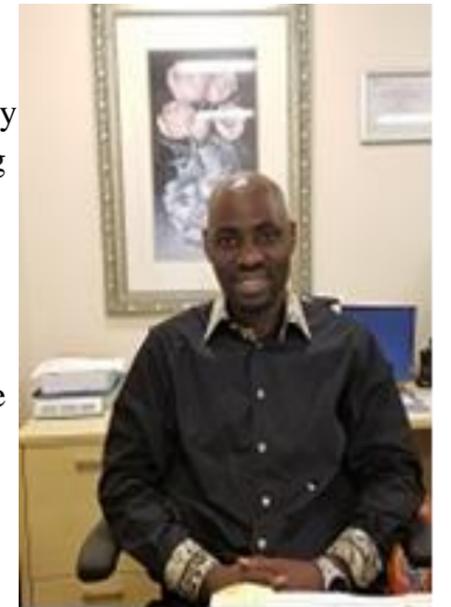
## A Message from the Administrator:

Last year was filled with many episodes of high emotions and many difficult battles which caused a series of stormy clouds, weary long walks, pressure tolls with no air to breathe and countless tensions with no break in sight. Just like many of you, I am confident that this year will bring a ray of hope. Sunshine always finds a way to shine in our darkest moments. When weakness persists, courage pulls forth to soothe the aches of our turbulent feelings. Despite the mountain of sorrows which pierced our heart, faith and dedication subdued all calamities of the past year.

For your lives, I am full of smiles which melt deep and heal all my troubles. For your dedication, I am respectful of your profound sacrifice as neither ice nor cold can freeze the wisdom you bring daily to the job. For your compassion, I am thankful for the replenishing blazing fire of passion deposited in your characters to care.

As we begin the new year, we certainly have many challenges coming our way especially in light of the raging pandemic, I have the utmost confidence that our Inspire family can and will persevere as we continue to provide quality care in our aim for excellence. Everyday dedicated caregivers like you devote their hearts, skills, training and talent to making the lives of others better. You go above and beyond to make extraordinary effort an ordinary occurrence.

See yourself as the medicine of hope. Commit this year to treating everyone with the dignity, compassion, respect, kindness and love they deserve. Together, let's be self driven while been full of grace in exhibiting the values of superiority in serving humanity. Grab each opportunity to be kind and avoid intolerance, temperamental disposition as well as pride. We are all obligated to be each others keeper, fulfill this solemn pledge with honor.



This year, be full of smiles by understanding that being happy doesn't mean everything is perfect, it just means you have decided to look beyond all the imperfections. Do more than is required, go the extra mile and don't allow anything stand between you and your dream. Have a solid belief that everything and anything is possible!