

2131 O Street NW
Washington, DC
20037

Postage
Information



Inspire News

2131 O Street NW Washington, DC 20037

July 2021

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

UP COMING EVENTS

**Monthly Birthday Party,
Movies and more activities!
Virtual visits – face time/zoom
calls with family members
One to One activities will be
held on all floors!
Indoor/Outdoor family
visitation**

JULY MONTHLY BIRTHDAY

BOLDEN, HENRY
CROSBY, CRYSTAL
DAVIS, AUBREY
GILTON, DORIS
GORDON, GWENDOLYN
GRAY, MARIE
HACKLEY, TYRONE
HOLT, MARGARET
HUDSON, MORRIS
JACKSON, MARY
JACKSON, THELMA
KELLEY, JACQUELINE
KING, DELORES
LECHE, IDA
PARKER, CINDY
PERRY, LLOYD
REARDEN, CORA
RICHARDSON, MARIAN
SARTOR, THELMA
SKINNER, INEZ
WALL, RICHARD



July 4
Independence
Day

July 6
National Fried
Chicken Day

July 7
Tell the Truth
Day

July 14
National Mac
and Cheese
Day

July 18
National Ice
Cream Day

July 30
National
Cheesecake
Day

“ I Am An American”

I am an American
That’s the way most of us put it, just matter of
factly.

They are plainwords, those four.
You could write them on your thumbnail,
or you could sweep them clear across this
bright autumn sky.
But remember too that they are more than
words.

They are a way of life.
So whenever you speak them, speak them
firmly;
Speak them proudly; speak them gratefully.
I am an American.

**Inspire
Executives**

Director of Nursing

Odion Imhienintama
Sunday Ayodele

Director of Activities

Gale Cooke

Social Workers

Lois Fitzgerald
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
Keonia Lee
Helen Akunwafor
Duane Walters

Director of

**Environmental
Services**

Valencia Nelson

Director of

Maintenance

Yisroel Waxman

Fun Facts:

1. Where was the first celebration of Independence Day held?

Philadelphia

2. Every Independence Day, how many times does the Liberty Bell ring?

13

3. What was the name of the newspaper that published the Declaration of Independence?

The Pennsylvania Evening Post

4. The Fourth of July commemorates which document?

Declaration of Independence

5. Which American president was born on July 4th?

Calvin Coolidge

6. Which president of the United States was the first to host a Fourth of July celebration at the White House?

Thomas Jefferson

7. How many Stars and Stripes does the first US flag have?

50 Stars and 13 Stripes

8. Every July 4th, what food is most commonly consumed?

Hot Dogs

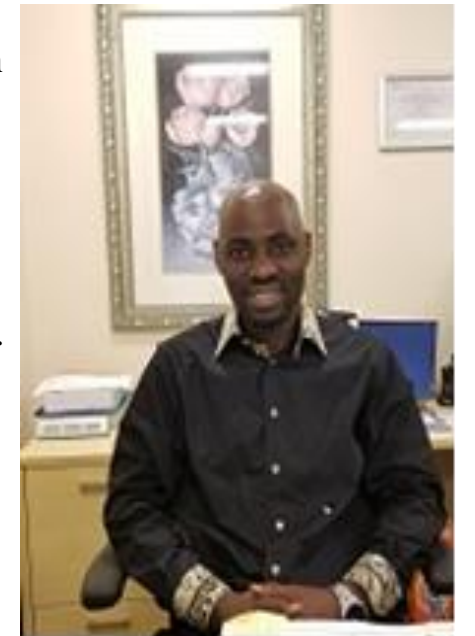
Avoid toxic people as they are full of suffocation. Toxic individuals are full of storms and not solutions. They latch on to others like bacteria with the sole goal of getting them infected with a virus called pessimistic spirit. A toxic person first visits as a friend and then becomes a master in negativity. Toxic people are associated with bad energy; they laugh at your toil, mock your wisdom and yet pretend to be your friend.

Always remember that failure is temporary and quitting is forever. A toxic person wants you to count your trails not your triumphs, they show you your bruises not your blessings. Let the heat of life's battlefield make you a hero. Stand tall and be bigger than your problem. Like a pineapple, stand tall, wear a crown and be sweet in the inside. Smile all the time regardless of the situation, this is cheap medicine recommended for healthy living. Smile at your problems, smile at your enemies and smile at your battles.

Use the bumps of life to climb onto higher heights. Set your heart on the highest and the highest you shall be. While success is never final, failure is also never fatal as it is our courage to press on that count. Ignore toxic people as a million enemies cannot make you fail neither can a billion friends make you succeed. If you are determined to succeed then nothing can stop you. If you are not determined to succeed, then nothing can help you. The only person responsible for your destiny is you.

Set solid goals, strive to achieve greatness with extra-ordinary will and determination to reach the top. No toxic person or obstacle should stop you. Work your way to success as the will to succeed to freedom to fail is all in your hands. Flee from toxic people who always say "it can't be done." Beware of toxic people who view every creative venture with disapproval. Think tall, stand high and smile into July

A Message from the Administrator:



Notable Quotes:

"I love how summer just wraps its arms around you like a warm blanket."
— Kellie Elmore