

2131 O Street NW
Washington, DC
20037

Postage
Information



Inspire News

2131 O Street NW Washington, DC 20037

June 2021

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



June 11
National
Corn on the
Cob Day

June 1
National Eat
your
Vegetables
Day

June 20
Father's Day

June 26
National
Chocolate
Pudding Day

June 29
Hug Holiday
Day

I Love you, Dad

Your arms are my shelter
Assuring me that it will be better
Your hand is my comfort
Lifting me up when I fall short.

Your voice makes me strong
Teaching me what's right and wrong
Your smile says it all
Father, I love you more than all.

Happy Father's Day

UP COMING EVENTS

**Sunshine walking groups,
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**

JUNE MONTHLY BIRTHDAY

BACON, GWENDOLYN
EDWARDS, CORETHA
GERMAIN, HARRY
GRANT, RAMONIA
GROOM, BERTHA
GUOIN, ANNE
HOLMES, PEARLINE
HOOPER, CARLTON
JOHNSON, DALLAS
MCLETCHIE, ORTIZ
SIMMONS, SHIRLEY
SMITH, YVONNE
STEWART, BLANCHE
WILLIAMS, MARIE



**Inspire
Executives**

Director of Nursing
Odion Imhienintama

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
Helen Akunwafor
Dwane Walters

**Director of
Environmental
Services**
Valencia Nelson

**Director of
Maintenance**
Yisroel Waxman

Fun Facts:

Question:

1. Trooping the Colour is held in London annually on a Saturday in June, on which parade ground?
2. June has two zodiac signs, name both?
3. Which animated cartoon character has three triplet nieces name April, May, June
4. How many feet separate the stakes in a game of horseshoes?
5. In bowling, "beer frame" is best defined as?
6. Which sport has a penalty shot?
7. Which auto racing term is defined as "the signal for a driver to come into the pits"?
8. Which golf term is defined as "the putting green"?
9. Which bowling term is defined as "movements and contortions of the body intended to steer the ball"?

Answer:

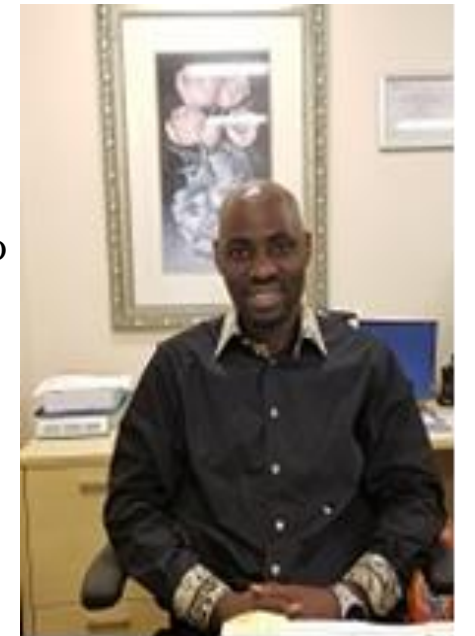
1. Horse Guards Parade
2. Gemini(until June 20) and Cancer(from June 21 onwards)
3. Huey, Dewey, and Louie.
4. Forty
5. Frame after which the bowler has to buy beers for all others
6. Football/Soccer
7. Black Flag
8. Dance Floor
9. Body English

I want to personally send my heartfelt appreciation to all our dedicated residents especially during these unprecedented challenging moments. These are trying times; however it's no time to quit trying. Life has given us more than a hundred thousand reasons to cry, but we must show life that we have more than a million reasons to laugh. We are all built not to break but to blossom like beautiful flowers. We cannot change the fact that we have a pandemic, but we can change how we treat each other. I am a firm believer in the school of thought that it is not what happens to us that matters but it is what we do with what happens to us that counts.

Don't be afraid; great triumphs are borne out during times of crisis. Trust that all will be well by leaping over the walls of doubts, discouragement and pessimism. Our hearts are our empires, so let's be encouraged to positively think about how to support each other. I am confident we shall overcome this virus; it is always darkest just before dawn. Great light always comes just after great darkness, great light can only really shine in great darkness so be optimistic about the future.

As we move into June which is the midpoint of 2020, let our hearts be our best friend as it will never betray us. This is the moment for us to smoke out from our sphere of influence individuals who are full of negative thinking and have no impact in our lives. There is a popular African Proverb which says "The worm that eats the tree is always within the tree". Trusting every one is not the best medicine to surviving in these uncertain times. Trust yourself, your guts and more importantly your heart. I leave you with the words of William Shakespeare which says "Love all, trust a few, do wrong to none".

A Message from the Administrator:



Notable Quotes:

Your mind is a
garden.
Your thoughts
are the seeds.
You can grow
flowers or
You can grow
weeds.