

2131 O Street NW  
Washington, DC  
20037

Postage  
Information

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

## UP COMING EVENTS

**Indoor/Outdoor visitation started-Must be scheduled with the activity department.**

**Small group activities of 10 residents or less are being held in the Main Dining Room.**

**Virtual visits - face time/zoom calls with family members and One to One activities will be held on all floors!**

## MAY MONTHLY BIRTHDAY

CHEEKS, FANNIE  
DUBROW, VIRGINIA  
HOWARD, ANNA  
JONES, SHEILA  
JOSEFI, MARIA  
KNIGHT, ERIKA  
LATIMER, MAE  
MAHONEY, BERNADETTE  
POWELL, QUENTIN  
REED, BARBARA  
ROBINSON, JAKE  
ROBINSON, OCIE  
SWINTON, YOLANDA  
THOMAS, WILLIE  
WALTHER, FRANCES  
WILLIAMS, CLARENCE



INSPIRE  
REHAB & HEALTH CENTER



May 1  
Loyalty Day  
&  
Law Day

May 5  
Cinco de  
Mayo

May 6  
National  
Nurses Day  
&  
National Day  
of Prayer

May 9  
Mother's Day

May 31  
Memorial Day

# Inspire News

2131 O Street NW Washington, DC 20037

May 2021

*Mom, You're a wonderful Mother  
So gentle, yet so strong  
The many ways you show you care  
Always make me feel I belong.*

*You're patient when I'm foolish;  
You give guidance when I ask;  
It seems you can do most anything;*

*You're a dependable source of comfort;  
You're my cushion when I fall;  
You help in times of trouble;  
You support me whenever I call.*

*I love you more than you know;  
You have my total respect.  
If I had my choice of Mothers,  
You'd be the one I'd select!*

## Happy Mother's Day

# Fun Facts:

## 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

**A new month is with us; the month of the flowers, the fifth month of the year and also, the month in which huge and important celebrations take place!**

**1. The month May was named for Maia, the Greek goddess of fertility**

**2. In any given year, no month ever begins or ends on the same day of the week as May does.**

**3. May's birthstone is the emerald which is emblematic of love and success.**

**4. May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day"**

**5. The United Kingdom celebrates May as the National Smile Month.**

**6. On May 1, 1931, the Empire State Building was officially opened**

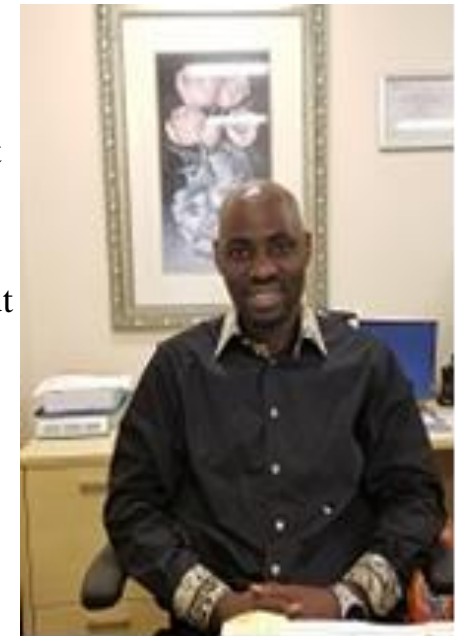
## A Message from the Administrator:

Life seems like a maze with endless paths with one step closer to the exit. Growing up feels easy for some people, while for others it is a different tale. Different people with different perspective as well as beliefs. One common feature with everyone is the element called obstacles. We have all faced the same fate of experiences but different journeys just as our names are different, status, emotions, physical built but, our very existence are the same.

Each challenge is unique in its own way. We are born facing the challenges of living yearly and then moving to the next age. Crawling, walking, talking and so on were obstacles but we were all persistent. After receiving my college degree, I stared long and hard at my certificate with pride and wondered what the next challenge will bring. In all, I pushed on and never stopped believing that I was one more step to fulfilment and this brought me so much joy.

Don't depend on others for approval and self worth. Don't look to others to make you happy because they also might be in the same or different position. Obstacles smooths our rough edges, challenges develops our character and resilience. Keep the right attitude and stay positive for everything happens to set us ready for the next level. Stay strong, stay focused and every obstacle will become another stepping tool to greater achievements.

We must seek to convert every obstacle into opportunities. I am a firm believer that he who finds a path with no obstacle probably found a path that leads nowhere. Your dreams are not dead because of obstacles, the dreams of a broken man is mightier than the wishes of a dead man. I agree with the analogy that "Impossibility is a word only found in the dictionary of fools." So, despite all obstacles, reach for possibilities inherent in the month of May- Happy Mother's Day to all mothers and would be mothers.



## Notable Quotes:

May flowers  
always line  
your path and  
sunshine  
light your day.

Irish blessing