

2131 O Street NW  
Washington, DC  
20037

Postage  
Information



# Inspire News

2131 O Street NW Washington, DC 20037

November 2020

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

## UP COMING EVENTS

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

**Small group of 10 or least held  
in the main dining room every  
other week in November**

## NOVEMBER MONTHLY BIRTHDAY

BEST, MARY  
BOYD, CLAUDETTE  
FULKERSON, DEREK  
GELBARTOVITCH, IRINA  
GUY, CALVIN  
JONES, JOYCE  
JONES, THOMAS  
LONEY, BERNADINE  
MOOREHEAD, SUSAN  
PEARSALL, JOHN  
SWAIN-MILLER, LEONA  
TEACH, MAURICE  
WILLIAMS, TERRY



**November 1  
Daylight  
Saving time**

**November 3  
Election Day**

**November 11  
Veteran's Day**

**November 13  
World  
Kindness Day**

**November 16  
National Fast  
Food Day**

**November 26  
Thanksgiving  
Day**

**November 27  
Black Friday**

## November

*By Margaret Morgan*

*Now it is November  
Trees are nearly bare:  
Red and gold and brown leaves  
Scatter everywhere.*

*Dark now, are the mornings  
Cold and frosty too;  
Damp and misty evenings  
Chill us through and through.*

*Busy are all creatures,  
Winter food to hide;  
Nests to make all cozy  
Warm and safe inside.*

# Fun Facts:

## Inspire Executives

**Director of Nursing**  
Odion Imhienintama

**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 Activities**  
Gale Cooke

**Director of Environmental Services**  
Valencia Nelson

**Director of Maintenance**  
Yisroel Waxman

**What are the two zodiac signs for the month of November?**

Scorpio (October 24 – November 22) and Sagittarius (November 23 – December 21)

**Which group had a hit with 'November Rain'?**

Guns N' Roses

**John F. Kennedy was assassinated in November 1963**

**Lincoln's Gettysburg address was given in November 1863.**

**The U.S. and Canada celebrate the end of World War I on 11 November.**

**November was called "Blood Month" by the ancient Saxons because that was the month they sacrificed animals to their gods.**

**Winter once began on 11 November, according to the calendar of ancient Rome**

**JFK was assassinated in November of what year?**

1963

**What happens on the first Tuesday following the first Monday in November?**

**Election Day!**

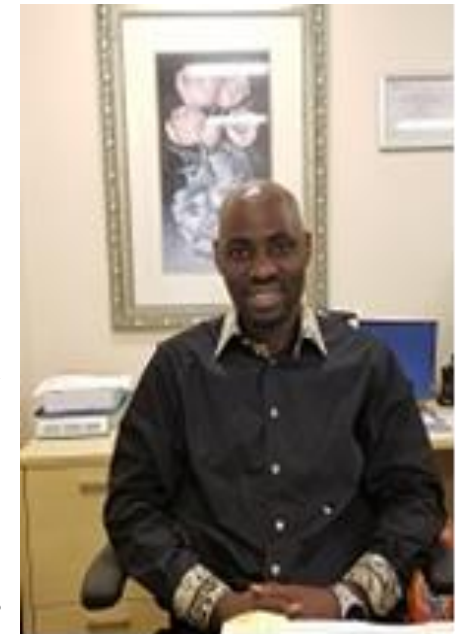
## A Message from the Administrator:

It's already thanksgiving month, how thankful should we be in a year full of turmoil and tribulations? Hopefully with all the jobs lost, millions sickened, thousands dead, unquantifiable depressed and countless uncertainties we have resolved to strengthened our spirit of resilience. In our moment of challenge, let us develop our hidden abilities and virtues. Let us increase our faith with our hope sustained while promoting our endurance, patience and wisdom. We grow and mature in times of crisis.

Every challenge deposits something precious in our soul. Not even the COVID-19 pandemic period should be counted as wasted time, no tears should be lost nor sweat forsaken. Challenges give us an opportunity to gain more insight; our experiences should move us to the next level. Let us share our experiences, let us cherish them and explore the deposited talent stored within. Crystalize challenges as a wake up call, don't give in to them or cave, let us conquer them.

Let us make life meaningful by overcoming our current global health challenges. We must have the discipline to do what is right even if it inconveniences us. Overcoming challenges doesn't always necessarily mean victory. Been an overcomer simply means the application of wisdom in the serenity to accepting things we cannot change. It is the courage to change things we can and the intelligence in understanding the difference in both. An overcomer lives one day at a time, enjoying each moment while accepting hardship as the pathway to peace.

Though we may have seasons when evil triumphs over good, always keep faith. Many explain faith as believing in something we can't see, I explain it as like Wi-Fi which despite been invisible still has the power to connect to any browser. It is faith which moves us into taking a step forward even when we can't see the whole stair case. For all these, let's remain thankful and be faithful!!!



## Notable Quotes

**November is the month to remind us to be thankful for the many positive things happening in our life.**