

2131 O Street NW  
Washington, DC  
20037

Postage  
Information

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

## UP COMING EVENTS

**Virtual – face time/zoom calls  
with friend/family members.  
One to One activities will be  
held on all floors,**

## OCTOBER MONTHLY BIRTHDAY

HAASTRUP, DORIS  
HOLMES, JOSIAH  
JONES, CHARLES  
JONES, ROSA  
MILES, DOLORES  
OLDHAM, SYLVIA  
WASHINGTON J, GEORGE  
WILLIAMS, FRANCES  
WILLIS, NAOMI  
ALY, MOHAMED



INSPIRE  
REHAB & HEALTH CENTER



# Inspire News

2131 O Street NW Washington, DC 20037

October 2021

## Before It's Time to Go to Bed

by Annette Wynne

Before it's time to go to bed,  
Let's have a feast," October said,  
"Let's call our family all together,  
And celebrate this pleasant weather";  
Then every leaf put on her best,  
And each small shrub most richly dressed,  
In red and gold and orange, too,  
And many another party hue.  
The party lasted day and night,  
Until the leaves were tired quite,  
"O Mother Dear," at last each said,  
"It's time for us to go to bed;  
Dear Mother Tree, good-night to you!"  
Then loosed her hand and off it flew,  
And every little sleepy head  
Soon settled in the garden bed,  
And dreamed the dreams that flowers do  
And slept and slept the winter through

October 4  
National Taco  
Day

October 10  
World Mental  
Health

October 11  
Columbus Day

October 24  
National Food  
Day

October 26  
National  
Pumpkin Day

October 28  
National  
Chocolate Day

October 31  
Halloween Day

**Inspire  
Executives**

**Director of Nursing**

Odion Imhienintama

Sunday Ayodele

**Director of Activities**

Gale Cooke

**Social Workers**

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**

Khylin Hines

Helen Akunwafor

Duane Walters

**Director of**

**Environmental  
Services**

Valencia Nelson

**Director of**

**Maintenance**

Yisroel Waxman

# Fun Facts:

More presidents of the United States have been born in which month of the year in any other month of the year?

October

October and which other month also always end of on the same week day.

February

On October 6, 2006, Google announces the purchase which company.

Youtube

Columbus arrived in American on what day in October, 1492?

October 12

Halloween is better known by what name?

All Hallows' Eve

National Basketball League is held in which month?

October

On what day in October, is Halloween observed?

October 31

In October of which year did Nevada become a part of United States?

1864

## A Message from the Administrator:

Fear is all around us and it strikes us in different ways. For some of us, we have the fear of darkness, fear of heights, fear of sickness, fear of progressiveness while for others it is the fear people or fear of love. By far, the biggest fear that rules many of us is the fear of failure which is mainly generated from past experiences of failure. Many are held back by failure towards family, friends, career or even future self. Many times, this is sprouted from a guilty conscience hidden deeply within. Fear makes us imagine things to be worse than they really look. Fear is a debilitating evil within us that makes us fail to grow.

We must always keep in mind that fear is nothing but the failure to use the help that understanding gives.

Knowledge brings understanding which translates to open mindedness, fairness and active listening. When we have the confidence to rely on understanding and listen attentively, then we are free from fear caused by ignorance.

Fear hinders communication, creates resentments and breeds disappointments. Let's stop dwelling in our fears and start counting our blessings. There are no limitations or handicaps except in our minds. If we are waiting for everything to be alright, then we will never move forward in life. Let's not allow the low times keep us down, let's learn from them and reach for the high times. See every setback as a set up for a come back. Winners always focus on where they are going while losers focus on what they are going through.

The greater our fears and failures the more glory achieved in surmounting them. Skillful pilots gain their reputation from the storms and tempest, so conquer all your failures in October with trust, self confidence and believe!



### Notable Quotes:

**When you stop chasing the wrong things, You give the right things a chance to catch you.**

**Jill Koenig**