

2131 O Street NW  
Washington, DC  
20037

Postage  
Information



# Inspire News

2131 O Street NW Washington, DC 20037

September 2021

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



September 5  
National  
cheese Pizza  
Day

September 6  
Labor Day

September 11  
National Make  
Your Bed Day

September 12  
Grandparents  
Day

September 18  
National  
Cheeseburger  
Day

September 22  
Falls  
Prevention  
Awareness  
Day

September 25  
National  
Cooking Day

*Friendship  
Is one of the  
Hardest things to  
Keep,  
Because  
Somewhere  
In the  
Middle, new  
Friends may come  
But I hope  
You still keep me  
In your heart  
Even if someone  
New comes along.*

## UP COMING EVENTS

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

## SEPTEMBER MONTHLY BIRTHDAY

COPELAND, SHIRLEY  
GARNER, LINBERG  
GRANT, ODIE  
GRAY, ALLEN  
HALL, JEROME  
HUSTEAD, CHARLES  
JACKSON, EARNESTINE  
OHASHIEGBULA, VICTORIA  
PALA, HERMON  
RICHARDSON, JOSEPH  
WILLIAMS, ETHEL  
WILLIAMS, LOUISE



**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**

Dorothy Emeche  
Helen Akunwafor  
Duane Walters

**Director of  
Environmental  
Services**

Valencia Nelson

**Director of  
Maintenance**

Yisroel Waxman

# Fun Facts:

- Who is the only US president to have had a September birthday?

William Taft(president 1909-13) September 15<sup>th</sup>

- *What is the birthstone for September?*

Sapphire

- In America, the first Sunday after the first Monday in September is celebrated as what?

National Grandparents' Day

- Which president was assassinated on September 6, 1901?

President McKinley

- What black and white shoes were fashionable back in the 1950's.

Saddle shoes

- What type of 1950's slim skirt was named for a writing Implement?

Pencil Skirt

- What is the "edible" name for a double-breasted wool navy jacket?

Pea coat

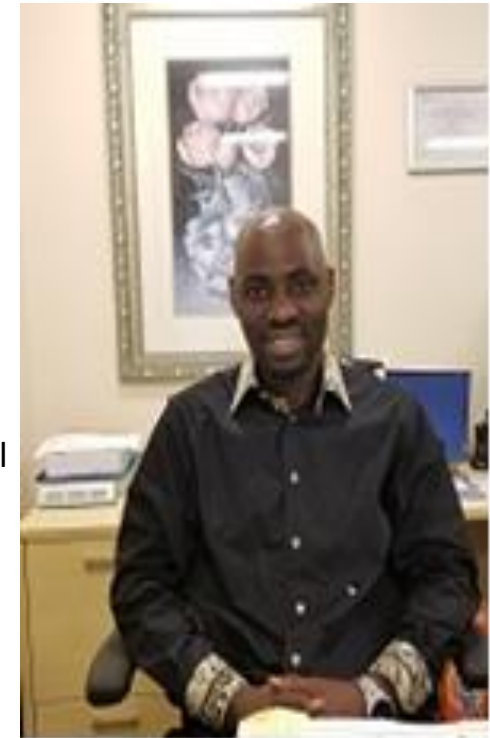
## A Message from the Administrator:

As caregivers we must uphold the tradition of never measuring our lives by earthy possessions. Our lives should be measured by the hearts we touch and the smiles we create. Let's see life as a miracle and every breath we take as a gift. Making a difference in people lives is not rocket science, we don't need to be brilliant, rich, pretty or even perfect; all we need to do is just care.

Be the oracle of your happiness, let go of what's gone, be grateful for what remains and look forward to what is coming next. Avoid the mistake of expecting to get what you give, come to a realistic truth by understanding that not everyone will have a heart like yours. Do things for people not because of what you expect in return but because of who you are.

Make your words count but let your actions speak louder. People can tell you anything but their actions will tell you everything. Remain determined to excel, winners are not people who never failed; they are people who refused to quit despite all obstacles. Enjoy life, live in gratitude, remain thankful for what you have and you will be rewarded with more. Life goes by so quickly, so we must all learn to smile, love and laugh while also learning to forgive and forget.

September is the 9<sup>th</sup> month; it is equivalent to the gestational period of pregnancy delivery. I wish you all a 9th month which is filled with delivery of good tidings, favor, mercy, blessings, promotions and great wealth. I conclude by leaving you all with the wise words of Mother Theresa who said "count your blessings, instead of your problems; count your smiles instead of your tears, count your joy instead of your sorrows, count your friends instead of your enemies, count your strengths instead of your weaknesses. Have a positive and humble mindset no matter what the situation you are in and you will realize how blessed and beautiful your life truly is"



## Notable Quotes:

**Welcome  
September  
New month, new  
chapter,  
New page and new  
wishes  
May the month give  
you  
Courage strength,  
Confidence,  
Patience,  
Self-love,  
and  
Inner peace.**