

Postage
Information

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

UP COMING EVENTS

**All activities are one to one
room visits**

**Room visits- Virtual face
time/zoom**

**Crossword puzzle
Social Conversation**

**Music tunes
News Review
Bible readings**

JULY MONTHLY BIRTHDAY

- ADAMS, GERARD
- BAILEY, WILLIAM
- BOLDEN, HENRY
- COOPER, KARNA
- GORDON, GWENDOLYN
- GRAHAM, DOCK
- HACKLEY, TYRONE
- HUDSON, MORRIS
- JACKSON, THELMA
- LANGFORD, HOWARD
- LECHE, IDA
- LOWE, WILLIAM
- PARKER, CINDY
- PERRY, LLOYD
- REARDEN, CORA
- RICHARDSON, MARIAN



**July 4
Independence
Day**

**July 6
National Fried
Chicken Day**

**July 13
National
French Fried
Day**

**July 14
National Mac
and Cheese
Day**

**July 19
National Ice
Cream Day**

**July 30
National
Cheese Cake
Day**

2131 O Street NW Washington, DC 20037

July 2020

JULY.....

Manic optimism of summer
 Holy July of hope
 When all futures seem intertwined
 Magnificent humanity multiplied
 Ready to go
 And never stop
 Until exhausted into loves bed you drop
 Autumn speaks in muted tones
 Somewhat longer wavelengths
 As we tilt away from our son
 Seeing him as his own self
 No longer our own
 While in winter
 Should it ever pass
 Cold fingertips type away
 A heart of fragile glass
 Able to be shattered
 With a harsh word
 Nothing you know stays complete
 Every aspect
 Balanced in a precarious hold
 Ready to tip
 If anything should slip
 A life in limbo
 Too much to know
 It seems somehow
 Until you just see
 What is there without coloring
 Accepting what is
 Turning it to beneficial purposes
 Doing so with a smile
 Both inside and out

Trivia Corner:

Inspire

Executives

Director of Nursing

Ben Akanni

Social Workers

Lois Fitzgerald

Sarah Radonic

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

Which document does the Fourth of July commemorate?

Who declared the thirteen colonies were no longer part of the British Empire?

On what day did Congress vote for American independence?

In 1778, how did George Washington commemorate the Fourth of July?

Who wrote the lyrics to "The Star-Spangled Banner"?

On the original American flag, what shape were the thirteen stars arranged in?

Which U.S. President first held a Fourth of July celebration at the White House?

Q & A

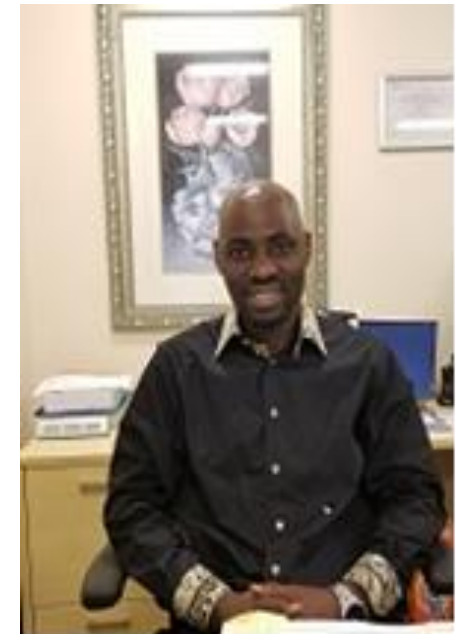
Declaration of Independence on July 4, 1776.
Continental Congress
July 2, 1776.
Double ration of rum for his soldiers.
Francis Scott Key
Circle
Thomas Jefferson

Sometimes we feel discouraged, the feelings of hopelessness and helplessness overwhelms us. Fear grips and uncertainty holds tight. It is easy to sink into a state of broken emotions, however when all hope seems lost always remember that it is only a test of our endurance and perseverance. It only takes one step in a limp of faith to walk in the right direction of victory.

Everything might seem silent but be rest assured that our strength lies in our resilience. Our sweetest successes are in the face of our biggest challenges. We should never stop, never throw in the towel, but keep moving, keep caring and keep nursing ourselves all around the world. Life always gives us both sunshine and storms, let stay firm letting life know that we are more than ready to move to the next big step.

Celebrate life to the fullness by understanding that happiness is letting go of what you think life is suppose to look like and celebrating it for everything that it is. In this age of pandemic, be supportive and helpful to others, helping one person might not change the whole world, but it can change the world for that one person. As we celebrate America's independence and freedom this month, it is my prayer that in our weakness God be our strength, in our confusion may God be our direction, in our chaos may God be our peace and in our loneliness may God be our comfort.

Happy July 4th.



Notable Quotes

Three simple rules in life.

1. If you don't go after what you want, you'll never have it.
2. If you don't ask, the answer is always no
3. If you don't step forward, you're always in the same place