

2131 O Street NW
Washington, DC
20037

Postage
Information



Inspire News

2131 O Street NW Washington, DC 20037

November 2019

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

Up Coming Events:

- November 5 Bus Outing
- November 8 Bill Davis Happy Hour
- November 11 Celebrating of Life
- November 12 Veteran's Celebration with Brian Rudolph
- November 20 Celebration with James Yarsky
- November 21 Annual Candlelight Dinner
- November 25 Monthly Birthday Party
- November 26 Bus Trip
- November 27 Resident Council meeting

November Monthly Birthday

BEST, MARY
BOYD, CLAUDETTE
EDWARDS, JOHN
GUY, CALVIN
JONES, JOYCE
JONES, THOMAS
LIVINGSTON, RUBY
LONEY, BERNADINE
MORGAN, WILLIAM
MORRIS, CELIA
PEARSALL, JOHN
ROBINSON, BEULAH
STREET, CHARLES
SWAIN MILLER, LEONA
TEACH, MAURICE



November 4
Check your
blood
pressure day

November 11
Veteran's
Day

November 13
Caregiver
Appreciation
Day

November 25
National
Parfait Day

November 28
Thanksgiving
Day

November 29
Black Friday
Day

THANKSGIVING

Thanks for time to be together, turkey, talk, and tangy weather.

H for harvest stored away, home, and hearth, and holiday.

A for autumn's frosty art, and abundance in the heart.

N for neighbors, and November, nice things, new things to remember.

K for kitchen, kettles' croon, kith and kin expected soon.

S for sizzles, sights, and sounds, and something special that about.

That spells THANKS for joy in living and a jolly good Thanksgiving.

- Aileen Fisher, *All in a Word*

Inspire Executives

Director of Nursing
Ben Akanni

Social Workers
Stacey Stark
Lois Fitzgerald
Kimberly Cunningham

Rehab Director
Harsha Dhingra

Business Office
Judy Oxley
Nikki Smith

Admissions
Ashley Hyman
Kendra Cooper

Human Resources
Jennifer Adedeji
Jennifer Kellman

Quality Assurance
Linda Harris

Dietary Services
Dorothy Emeche
Helen Akunwafor
Shraddha Bhatt

Director of Activities
Gale Cooke

Director of Environmental Services

Valencia Nelson
Director of Maintenance
Yisroel Waxman

Resident Spotlight...

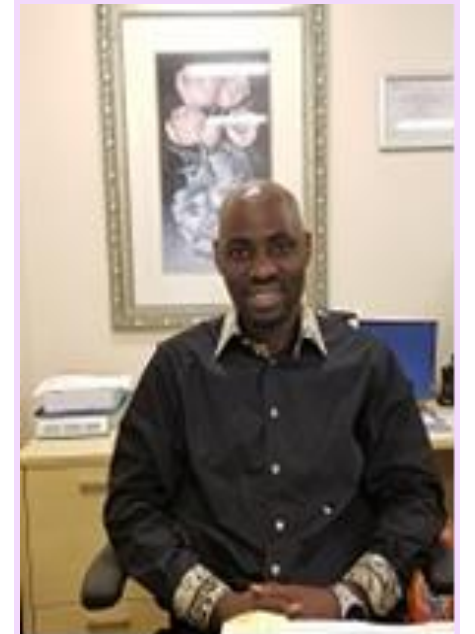
Ms. Mary Best: Full of truth



As we get ready for the celebration of thanksgiving, let us also show recognition to one of the easiest going resident around the facility. Ms. Mary Best was born in the southeast region of the District. In her early days she enjoyed swimming as a hobby. Ms. Best attended HD Woodson Senior High School where she obtained her diploma. As she recalled, she then worked for the federal government for a number of years as a typist. Since being at the facility, Ms. Best portrayed high interest in the well being of many residents that she comes in contact with on a daily basis, making it very easy to interact with all members of the resident population. Ms. Best enjoys the services provided by the staff assigned to the main dining room and expressed her appreciation for that group of staff. In her own words, her main goal is to become better physically through continuous therapy. She voiced that with the support of her son and grandchildren and generous staff at the Inspire family, she will use that as the motivation she needs to reach her goal.

A Message from the Administrator

With due apologies to those born in other months, welcome to November my favorite month of the year. I love everything about November; it is widely acknowledge that those born in November are powerful investigators who keep up with the comings and goings of their peers. Those born in November are full of thanksgiving; they have a positive attitude, full of a great sense of humor, kind hearted, take control and always find a way to lead others to success. Regardless of the month you were born or challenges you may have experienced, have a core belief that what keeps you going is not the car you drive but what drives you. Have an understanding that it is not the type of house you live that matters but what lives inside you. Appreciate the fact that all people fall but great people get back up. Thomas Edison discovered the electric bulb after failing a thousand times. Colonel Sanders got over a thousand rejections before getting the green light to building what is today known as Kentucky Fried Chicken (KFC). Every failure is never final but an opportunity to get going again. I have come to discover that people who make excuses never make it into the history books. The book of champions is designed for people without excuses. You have a lot to be thankful for- Have a lovely Thanksgiving.



Notable Quotes

“As long as you’ve got passion, faith and are willing to work hard, you can do anything You want in this life”

Unknown