

2131 O Street NW  
Washington, DC  
20037

Postage  
Information



# Inspire News

2131 O Street NW Washington, DC 20037

November 2021



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

## UP COMING EVENTS

- Movie Trip Nov. 16**
- Happy Hour Nov. 12**
- Resident Council meeting Nov. 18**
- Country Breakfast Nov. 23**

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

## NOVEMBER MONTHLY BIRTHDAY

- BOYD, CLAUDETTE
- DANDRIDGE, MELVIN
- GELBARTOVITCH, IRINA
- GUY, CALVIN
- JONES, JOYCE
- JONES, THOMAS
- LONEY, BERNADINE
- MURPHY, ANNEMARIE
- OSGOOD, SUZANNE
- PEARSALL, JOHN
- SWAIN-MILLER, LEONA
- TEACH, MAURICE
- WHITEHEAD, THOMAS
- WILLIAMS, TERRY



**November 1**  
**All Saints Day**

**November 7**  
**Daylight Savings Time**

**November 11**  
**Veterans Day**

**November 16**  
**National Fast Food Day**

**November 25**  
**Thanksgiving Day**

**November 28**  
**National French Toast Day**

**November 29**  
**Cyber Monday**

No matter how hard you try,  
 Old crying wind, you cannot make us cry,  
 You make the poor leaves sorry—very,  
 But we shall keep on being merry;  
 It's good it's true  
 Not all the months behave like you,  
 Blowing mean, and blowing cold,  
 Hurting ragged folks and old,  
 As if you never would be through;  
 But never mind,  
 Right near the end we'll find  
 A time for all to laugh and play;  
 You may be all the month unkind  
 But after all, you bring Thanksgiving Day  
 And that makes us glad—  
 And so, cold old month, you're not so bad!

by Annette Wynne

**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:

**Question:** What seafood was served at the first Thanksgiving feast?

**Answer:** Lobster, oysters, fish and possibly eel

**Question:** Which President made turkey pardoning an annual event?

**Answer:** George H.W. Bush

**Question:** How many calories on average are consumed, per person, at Thanksgiving dinner?

**Answer:** 4,500

**Question:** When was the first Thanksgiving football game?

**Answer:** 1876

**Question:** Who was the first President to receive a ceremonial Thanksgiving Turkey?

**Answer:** Harry S. Truman

**Question:** How many women were at the very first Thanksgiving celebration?

**Answer:** Five

**Question:** Which President refused to celebrate Thanksgiving as a national holiday?

**Answer:** Thomas Jefferson

**Question:** In what month did the very first Thanksgiving celebration likely take place?

**Answer:** September

**Question:** What percent of Americans skip turkey on Thanksgiving?

**Answer:** About 12 percent

## A Message from the Administrator:

It's Thanksgiving month. I am so excited about the privilege to be alive as I continue to count my blessings. I am thankful for going the farthest because I was willing to dare. I am thankful of my abilities to continue stepping in the right directions of my dreams, even in the midst of obstacles. I am thankful for never allowing the low times keep me down but learning from them and reaching for the high times.

I am thankful to be focused on where I am going not what I am going through. I am thankful that in moments of decision making, the best thing I do is the make the right decision,. The next best thing is to make the wrong decision and understanding the worst thing I can do is not making a decision at all. I am thankful for spending most of my time focusing on tomorrow's opportunity rather than yesterday's promise. I am thankful that goodness has caused good things to happen, while mercy has prevented obstacles from prevailing.

I am thankful of the hands to help others, the feet to hasten to the needs of the poor, the eyes to see misery, the ears to hear sorrow and the heart to understand that love prevails over all evil. Thank you for letting me know that I am happiest when I do the most for others and most miserable when I do the least. Thank you for making me realize that nobody cares how much I know until they know how much I care. Thank you for providing me understanding that when I have the right attitude, I keep my faith and when I am grateful it opens doors of unlimited opportunities.

I am thankful for our residents, I am thankful for our employees, and yes I am thankful for November the month of my birth!



## Notable Quotes:

**“Keep in mind that autumn is more a season of the soul than of nature.”**

Friedrich Nietzsche