

2131 O Street NW
Washington, DC
20037

Postage
Information

Your Return Address
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City, State ZIP Code

UP COMING EVENTS

FIRST, THIRD WEEK ACTIVITIES
MOVIES TUNES, EXERCISE, SING-A-
LONG, ARTS-N-CRAFTS,
NAME THAT TUNE, BALLOON TOSS,
BINGO, MEMORY MAGIC, TRIVIA,
CELEBRATION OF LIFE, AND RESIDENT
COUNCIL MEETING

ON THE SECOND AND FOURTH WEEK
VIRTUAL CALLS, PHONE CALLS, AND
FAMILY VISITS

OCTOBER MONTHLY BIRTHDAY

ALEXANDER, THOMAS
BOUKNIGHT, JACQUELIN
HOLMES, JOSIAH
JONES, CHARLES
JONES, ROSA
LEE, DOROTHY
MILES, DOLORES
OLDHAM, SYLVIA
VENISON, WILLIAM
WASHINGTON J, GEORGE
WILLIS, NAOMI



INSPIRE
REHAB & HEALTH CENTER



October 1
International
Coffee Day

October 5
Do something
nice day

October 12
Columbus
Day

October 16
Bosses Day

October 19
Evaluate your
life Day

October 24
Make a
Difference
Day

October 31
Halloween

Inspire News

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October 2020

October

*October's the Month
When the smallest breeze
Gives us a shower
Of autumn leaves*

*Bonfires and pumpkins
Leaves sailing down-
October is red
And golden and brown*

*October leaves are lovely
They rustle when I run
Sometimes I make a heap
And jump in them for fun.*

*Autumn leaves float quietly down
And form a carpet on the ground
But when those leaves are stepped upon,
Listen for the crackling sound.*

Author Unknown

**Inspire
Executives**

Director of Nursing
Odion Imhienintama

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

Fun Facts:

1. For what Latin number is October named?
Eight

2. What is the flower for October?
Dahlia

**3. There are two generations for October.
What are they?**
Opal and tourmaline

**4. What did the UN designate the first
Monday in October as?**
World Wildlife Day

**5. At the beginning of October what is the
sign of the Zodiac?**
Libra

**6. What is the missing word in this October
verse by Inez Rice?**
“October skips along the lanes,
It kicks the leaves and ----- with rains.”
Laughs

7. In what year was the October Revolution?
1917

**8. What holiday do Canadians celebrate on
the second Monday in October?**
Thanksgiving

A Message from the Director of Quality Assurance: Linda Harris

Empathy, what a powerful word. Empathy meaning being able to put yourself into someone else's place and see their perspective. Empathy is a good emotion because it allows us to really understand and feel other people's emotions. This is vital for those of us in the caring professions so that we can respond to the needs of our resident and families appropriately.

People who need our empathy don't just need us to feel their pain or to burst into tears alongside them. Instead they need us to understand and sympathize with what they are going through and crucially help them to take **ACTION** to resolve their problem.

We can cultivate empathy throughout our lives says Roman Krznaric and use it as a radical force for social transformation. Empathy is an emotion we can use to improve the quality of our lives and others lives. Empathy is understanding human nature. By making empathy part of our daily lives and our attitudes we can actually improve the lives of everyone around us. Empathy is a powerful tool to overcome hatred and change

No beauty shines brighter than a good heart. This type of empathic kindness is a powerful agent for human change. Nothing is more important than empathy for another human being in need. We have to feel for one another, if we are going to survive with dignity. Remember these things

- Be kind to one another
- Have a tender heart and a humble mind

The world will be a better place if we all practice empathy. Strive to help someone and your living will not be in vain. There is a Native American proverb that says "Walk a mile in another man's shoes". Then you will understand my experience.

Notable Quotes

Family isn't always blood. It's the people in your life who want you in theirs: the ones who accept you for who you are. The one who would do anything to see you smile & who **LOVE YOU** no matter what.