

2131 O Street NW
Washington, DC
20037

Postage
Information

INSPIRE
REHAB & HEALTH CENTER

Inspire News

2131 O Street NW Washington, DC 20037

September 2020

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

UP COMING EVENTS

FIRST, THIRD, AND FIFTH WEEK
ACTIVITIES
MOVIES TUNES, EXERCISE, SING-A-
LONG, ARTS-N-CRAFTS,
KARAOKE, TABLE TOP GAMES,
BALLOON TOSS, BINGO, MEMORY
MAGIC, TRIVIA, RESIDENT COUNCIL
MEETING

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

SEPTEMBER MONTHLY BIRTHDAY

COPELAND, SHIRLEY
DANTZLER, JOHN
GRAY, ALLEN
HALL, JEROME
KENWORTHY, JAMES
PALA, HERMON
RICHARDSON, JOSEPH
SORTO, OSCAR
WILLIAMS, LOUISE
ZAVALA, PORFIRIO

September 7
Labor Day

September 11
Patriot Day

September 12
National
Chocolate
Milkshake Day

September 19
National
Dance Day

September 21
International
Day of Peace

September 26
National
Pancake Day

September 30
National Love
People Day

You Will Never See Me Fall

By Joyce Alcantara

*You may see me struggle,
But you won't see me fall
Regardless if I'm weak or not,
I'm going to stand tall,
Everyone says life it is easy,
But truly living it is not.
Times get hard,
People struggle
And constantly get put on the spot.
I'm going to wear the biggest smile,
Even though I want to cry.
I'm going to fight to live,
even though I'm destined to die.
And even though it's hard
And I may struggle through it all,
You may see me struggle.....
But you will NEVER see me fall.*



Fun Facts:

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

September Is the Month of Fire

Another interesting fact about the Romans: They believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.

The Month with the Most Letters

Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.

First Day of Fall Comes In September

The first day of fall is typically on September 22 or September 23 in North America. This is when the hours in the day are almost equal to the hours in the night. It's the second equinox of the year, followed by the first equinox that takes place in March. Most people look at the first day of fall as the official end of the summer.

Little-known Holidays In September

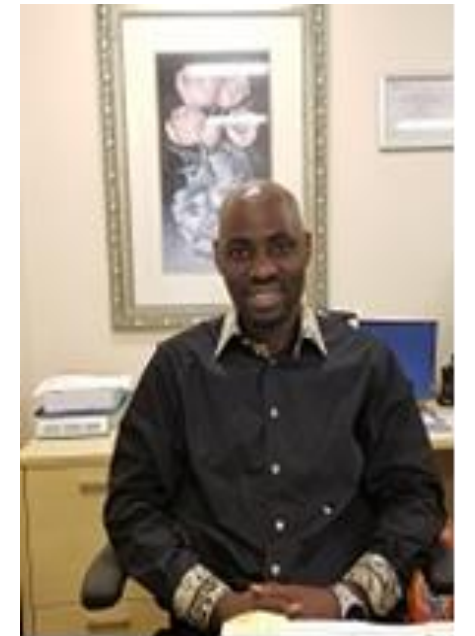
September may not have any major U.S. holidays, unlike the months that follow it with Halloween, Thanksgiving, and Christmas; however, it does have a few fun, little-known holidays. Among these are National Grandparent Day, National Cheese Pizza Day, and National Drink-a-Beer Day.

A Message from the Administrator:

How times fly and wait for no one. Can you believe we are already in the month of September? 2020 has been bedeviled with COVID-19 and by all standards classified as a dark year. We should be thankful that we are alive to see today. Let's be grateful as our gratitude unlocks the fullness of life. Thanksgiving turns what we have into enough so be thankful. Thanksgiving turns denial into acceptance, chaos into order and confusion into clarity. Thanksgiving turns a meal into a feast, a house into a home, a stranger into a friend and despair into hope. Thanksgiving makes sense of our past, brings peace into our today and creates a vision for our tomorrow. A heart of thanksgiving attracts into our lives more of the things we value.

I have learnt that it is a mistake for us to think we only succeed through success. Many times, we can succeed through lessons learnt from failures. Failure is a temporary knock down and not a permanent knock out. For failure to turn into success, we must be willing to get better as well as adapt to change. Failure is what makes our life interesting but it is overcoming it that makes it meaningful. Never apologize for having high standards, individuals who desire to be in your life will rise up to meet your standards.

Take the challenge to nice to everyone you meet today; those individual' at minimum will be nice to others they meet. By your one gesture of goodwill, you may end up influencing the attitude of many others. If only the people you meet today are happier because of what you said to them, then you may have just influenced the world to be a better place. Live the spiritual experience of life every minute with love, grace and determination. I am excited about what the future holds, I just hope and wish the same for you!!!



Notable Quotes

If you don't go after what you want, you'll never have it.

If you don't ask, the Answer is always no.

If you don't step forward, you're always in the Same place.