

*Facility Phone Numbers*

(410) 721-1000  
(410) 793-0123  
(301) 261-3634

*Administrator*  
Phil Gordon

*Asst. Administrator*  
Fran Wheat

*Director of Nursing*  
Teresa Sahibzada

*Asst. Director of Nursing*  
Marsha Dyjack

*Station I Coordinator*  
Kenye Weber

*Station II Coordinator*  
Sharon Lutzow

*Station III Coordinator*  
Carol Hanley

*Therapeutic Recreation  
Director*

*Social Work Director*  
Erin Kelley-Oczkowski

*Station I Social Worker*

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# CROFTON TIMES

*Come Up To The Quality Of Crofton Care!*

## EMPLOYEE OF THE MONTH



Congratulations to Karen Poxon, G.N.A., February's Employee of the Month! Karen is truly dedicated to her resident's care insisting on only providing the very best for them. She is a true professional and she instills a sense of confidence to her residents and their families with her gentle, caring ways. Karen is also well-liked by her peers with whom she is routinely found smiling and assisting.

Thank you Karen for perfectly exemplifying our motto! Please join us in congratulating Karen!

## From The Desk of the Administrator

February is when we celebrate our wonderful, caring and dedicated employees. On February 11th we will hold our 2009 Employee Recognition Ceremony. Individual awards will be given to the employees that stood out in 2009.

These ceremonies are always tough because unfortunately you can't recognize everyone. Therefore, we have a wonderful lunch for all of our caring employees and many, many door prizes including \$300 in cash prizes.

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## RESIDENT COUNCIL OFFICER NEWS

Congratulations to our newly elected Resident Council Vice President Mae Leisenring!

The residents and Therapeutic Recreation staff warmly welcome her into this officer position and welcome her enthusiasm, fairness and ideas which will help support the residents and office staff.

## VALENTINE'S CELEBRATION FAMILY NIGHT

February 10<sup>th</sup>  
at  
6:00 p.m.

To guarantee your seats, please see the Receptionist to make reservations in advance.

## 4-WHEEL DRIVE LIST

Even with February upon us, we are not out of the clear of inclement weather just yet! If you own a 4-wheel drive vehicle and are interested in assisting with the transportation of employees during inclement weather please contact Patty Kerrigan or Lesley Clark in the Business Office.

## Administrator cont'd

The ceremony we will be highlighted by the announcing the 2009 Employee of the Year as voted by all of our employees. We will also present the Administrator Awards for attitude and excellence, Department of the Year and Department Heads will present individual awards for each department. I encourage everyone to attend this great event to celebrate our 2009 successes and to be able to spend time socially with your co-workers and to congratulate the individuals that are recognized for their achievements.

Many of the local businesses and our vendors donate to our Employee Recognition Ceremony (ERC). The list of businesses will be part of our 2009 ERC Award Packets. Please review the list and when you are at one of these wonderful businesses thank them for their support.

Until next month,

Phil Gordon, N.H.A.  
Administrator



Special Luncheon... see page 5 for more details!

## FEBRUARY ACTIVITY HIGHLIGHTS

February 2~ Deal or No Deal  
 February 3~ Crofton Spa  
 February 4~ Movie Night  
 February 5~ Spiritual Gathering with Dr. Rand  
 February 8~ Good Morning News Topics & Coffee Social  
 February 9~ Poetry in Motion  
 February 10~ Family Night: Valentine's Celebration Dinner  
 February 11~ Trivia  
 February 13~ Afternoon Social  
 February 14~ Ice Cream Social: Strawberry Ice Cream with Special Toppings  
 February 15~ Olympic Games with Vivacious Trio: Basketball



February 16~ Kiwanis Bingo  
 February 17~ Vivacious Trio: Bowling  
 February 20~ Afternoon Social: National Cherry Pie Day  
 February 22~ Vivacious Trio: Table Top Games  
 February 24~ Vivacious Trio: Horse Races  
 Kiwanis Resident Birthday Party!

February 27~ Chuck on Strolling Guitar \*Please see our full listing Calendar!

### VALENTINE HAPPY HOUR PARTY!

Come celebrate Valentine's Day on February 12<sup>th</sup> during Happy Hour!

Music and entertainment will be provided by Side-by-Side! Don't forget to wear red or pink and bring your sweetheart!

### WINTER OLYMPICS

The Winter Olympics will be televised daily in the Activities Room February 12 through 28 between 8:00 a.m.—11:00 a.m. and 1:00 p.m.—4:00 p.m. Come help us cheer on Team USA!

### THIS MONTH'S CLUB ACTIVITIES

#### Crafter's Corner:

February 1~ Fuzzy Valentine Tote Bag  
 February 8~ Heart Ornaments  
 February 15~ Mardi Gras Masks  
 February 22~ St. Patrick's Day Craft

#### Cook's Kitchen:

February 2~ Sweet Treats Cupcakes  
 February 9~ Chocolate Dipped Fruit  
 February 16~ King's Cake  
 February 23~ Toffee Cookie Bars

#### Garden & Floral Club:

February 3~ Primrose Party  
 February 10~ Sweetheart Foliage with Crofton Village Garden Club  
 February 17~ Peat Pot Plantings  
 February 24~ Scratch-n-Sniff Herbs

## MARDI GRAS MADNESS PARADE

Join us on February 16 at 2:00 p.m. for our Mardi Gras Parade!

But first be sure to join our Crafter's Corner on February 15 at 2:00 p.m. to make your own festive Mardi Gras mask! Remember your beads!

*Valentine's Day Fun Fact:* The Greeting Card Association, an industry trade group, says 190 million Valentine's Day cards were sent in 2009. And that figure does not include the hundreds of millions of cards schoolchildren exchange.

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## SOCIAL WORK SECTION: BRAIN HEALTH

Some of the strongest evidence about maintaining your brain is tied to heart health. The brain, like the heart, needs the right balance of nutrients, including protein and sugar—combined with physical and mental activity and social interaction to function well.

Your heart pumps about 20% of your blood to your brain, where billions of cells use about 20% of the blood's oxygen and fuel. If your heart isn't pumping well—or if your brain's blood vessels are damaged—your brain cells have trouble getting all the food and oxygen they needs.

Here's how you can take brain health to heart:

**Adopt a heart-healthy diet.** A study of 1,500 adults found that those who were obese in middle ages were twice as likely to develop dementia in later life. Those who also had high cholesterol and high blood pressure had six times the risk of dementia. Reduce your fat intake and keep your cholesterol low by using mono and polyunsaturated fats, such as olive oil. Try baking or grilling food instead of frying.

**Exercise.** Walking or other moderate exercise for 30 minutes each day gets the boy moving and the heart pumping.

**Manage your numbers.** Controlling your body weight, blood pressure, cholesterol and blood sugar helps reduce your risk of heart disease and stroke.

**Don't smoke.** Smoking interferes with blood flow and oxygen to the brain, and is a major risk factor for heart disease and stroke.

For more information about brain and heart health, visit: [www.alz.org](http://www.alz.org) or call 1.800.272.3900.

## EverCare Enrollment and News

Did you know that long-term care residents who have Medicare A and B are eligible for a Special Medicare Program while residing here?

EVERCARE is a federally-funded Special Needs Medicare Program specifically designed for Medicare recipients who live in nursing homes. The program provides enhanced Medicare benefits and is designed to be proactive and to prevent illnesses before they become severe.

The EverCare Nurse Practitioner monitors the health of the residents more closely, watches for changes in medical condition, and treats problems at the bedside as quickly as possible. She also provides Skilled Nursing services without sending someone to the hospital for three days. This cannot be done without a program like EverCare. This has proven to keep people healthier and produce better clinical outcomes.

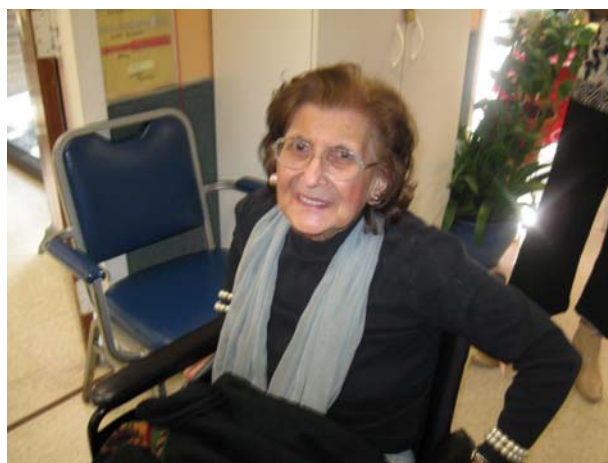
Please speak to your loved one's nurse or Crofton's EverCare Account Representative, Lisa Kantz at (410) 379-3591 or (443) 253-6725 to learn more!

## SPECIAL FOOD LUNCHEON

We are so pleased to help coordinate efforts in collaboration with our vendors for residents to have their own input of dietary foods and supplements. It was with great pleasure we helped organize with Sysco Food Distributors and other vendors to treat residents to a special luncheon on Wednesday, January 28th.

This luncheon was quite the food show! Residents feasted on samples of various foods and were given the opportunity to provide detailed and constructive feedback, along with their recommendations.

Thank you to our vendors for their continued dedication to our residents dietary interests!



**FEBRUARY RESIDENT  
and STAFF BIRTHDAYS**

Resident Birthdays

- 2/1~ Dean Gemeny  
Jean Ralston
- 2/8~ Naomi Goletz
- 2/14~ Rose Greco  
Frances Robinson
- 2/17~ Donald Carey
- 2/18~ Claire Banakos
- 2/25~ Ruth Stackhouse
- 2/27~ Arthur Alberding
- 2/28~ Sara Riggio

Staff Birthdays

- 2/4~ Ratica Crawford
- 2/6~ Novelette Irving
- 2/8~ Rathimalar Ramakrishnan
- 2/9~ Sharon Lutzow
- 2/12~ Helen Gloston  
Teresa Sahibzada
- 2/14~ Doreen Colter
- 2/15~ Andre Varon
- 2/20~ Danielle Hollenczer
- 2/21~ Christine Looper  
Alma Miljkovic  
Shelby Wilkins
- 2/24~ Ramiza Miljkovic
- 2/25~ Maria Suarez

**ASH WEDNESDAY**

Seton Parish will be visiting and available on Ash Wednesday, February 17, for any residents wishing to participate in services.

Please speak to a staff member in Activities for more information or to have your loved one's name added to the list.

**ANNUAL EMPLOYEE RECOGNITION**

Our Annual Employee Recognition will be held on Thursday, February 11<sup>th</sup> beginning at 1:30 p.m.

This staff event is to honor and recognize many of our departments and employees accomplishments throughout the previous year. Ballots will be counted and we will announce our Employee of the Year, so please be sure to cast your vote! We will also enjoy lunch, door prizes and more!

Please take a few minutes to join us as we look forward to seeing each and every one of you during this great affair!

*Valentine's Day Fun Fact:* About eight billion chalky, candy hearts with sayings such as "Be Mine" "Kiss Me" and "Call Me" were made in 2009, the National Confectioners Association says. That is enough candies to stretch from Rome, Italy to Valentine, Arizona and back again 20 times.

**EMPLOYEE ANNIVERSARIES**

Congratulations to the following employees who are celebrating their anniversary date this month!

**ONE YEAR**

- Tonya Brown
- Hycenta Halle

**EIGHT YEARS**

- Kenye Weber
- Fran Wheat

**TWO YEARS**

- Samantha Gibson
- Sylvia Hutchings
- Yulanda Sanders
- Jane Ann Wagner

**TEN YEARS**

- Suzanne Mahlik

**ELEVEN YEARS**

- Olu-Bamike Jackson
- Renee Moorefield

**THREE YEARS**

- Tajuana Brown

**THIRTEEN YEARS**

- Tara Gigger

**SIX YEARS**

- Elisea Dalawampu
- Elena Sykes

## **SUPER BOWL SUNDAY**

Come celebrate and watch Super Bowl XLIV on Sunday, February 7 at 2:00 p.m. We will be feasting on Pizza, Wings and Things!

Come dressed to show your support:

Saints: Black and Gold

Colts: Blue and White

## **RESIDENT BIRTHDAY PARTY BASH**

Each month the Kiwanis Club hosts a festive birthday bash for residents to celebrate their birthdays. Friends and family members are encouraged and welcomed to attend.

Please also join the Kiwanis as they host Bingo at 6:30 p.m. on the first and third Tuesday of each month.

## **MORE BRAIN HEALTH: EAT FISH**

A study reported in the *Archives of Neurology* suggests that eating fish at least once a week can keep your memory sharp.

Fish is a rich source of omega-3 fatty acids, essential for brain functioning and memory performance.

Combined with other research, this study supports the possibility that regular fish eaters have a lower risk of dementia and stroke—and offers another reason for adding fish to your diet.

## **Chef's Corner: VALENTINE'S CHOCOLATE TOFFEE BARK**

Ingredients:

1 box of original graham crackers

2 sticks of butter

1 C of brown sugar, packed

One 12 oz pack of milk chocolate, semi-sweet or dark chocolate bits

1/2 C of chopped nuts (pecans, walnuts or peanuts)

Directions:

Line a cookie sheet with aluminum foil and butter it generously. Lay on the graham crackers - covering the cookie sheet completely.

In a pan, combine the butter and brown sugar. Bring to a boil and simmer for 3-4 minutes. Pour over graham crackers. Put in a 400 degree oven for about 4-5 minutes.

Take out of oven and sprinkle the chocolate bits all over. After the chocolate is melted use a spatula to gently smooth the chocolate and sprinkle with nuts.

Cool completely. Once the chocolate is hardened, cut it in squares - or simply break it into pieces. The longer you let it cool the better. A pizza cutter is a perfect tool for cutting these.

*Admissions Coordinator*

Doreen Colter

*Facility Liaison*

Lynn Rambo

*Dietary Director*

Jeanne Davenport

*Food Service Coordinator*

Tonya Pearson

*Maintenance Director*

Frank Mills

*Laundry Supervisor*

Marilyn Chambliss

*Housekeeping Supervisor*

Christine Harris

*Office Coordinator*

Lesley Clark

*Assist Office Coordinator*

*Activities Room*

Ext. 4278

*Beauty Shop*

Ext. 4213

*Kitchen*

Ext. 4267

*Laundry*

Ext. 4270

*Physical Therapy*

Ext. 4209

*Crofton Care and  
Rehabilitation Center*

2131 Davidsonville Road  
Crofton, Maryland 21114  
[www.croftoncrc.com](http://www.croftoncrc.com)

## VALENTINE'S DAY WORD SEARCH

L C L H F E B R U A R Y B P E

K P A B T Y A D I L O H S T R

B V W N T N Q D B S F N A X O

P I H S D N E I R F S L Q T M

C S Z U N L L E C P O I W E A

A W T N Y O E U T C O O K E N

N E D R V Z P S O R R E N W C

D N E E A C Y H C R U I T S E

Y I R P A E C N A Z M O X R J

C T D K I K H O P E T D F K Y

A N E I G N W B B S E S O R T

R E E U P H K B P J K V A G O

D L H G I U C I A D M I R E E

O A D T B K C R L D A N C E T

N V E T F I G J Y Q F V H M D

ADMIRE

ARROW

BE MINE

CANDLES

CANDY

CARD

CHOCOLATE

CUPCAKE

CUPID

DANCE

FEBRUARY

FOURTEENTH

FRIENDSHIP

GIFT

HEARTS

HOLIDAY

HUG

KISS

LOVE

PINK

POETRY

RED

RIBBON

ROMANCE

ROSES

SWEET

VALENTINE

WHITE