

*Crofton Care and Rehabilitation Center*

*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



Shirley Ford came to work at Crofton on August 13, 1987. Over the past 22 years Shirley has received numerous awards including Employee of the Month in July of 1989 and December of 2001. Her tireless dedication, day in and day out, is an example to all.

During the past snow storm, without being asked, Shirley came in at 3:00 AM on Saturday morning and spent the night into Sunday to make sure all our residents had clean clothes and linen throughout the storm.

Shirley has always been a humble quiet leader that keeps the laundry running seamlessly. Her sense of personal pride and "old school" work ethic of getting the job done right, whether someone is watching or not, makes her our January Employee of the Month.

Please join me in congratulating Shirley Ford on this accomplishment!

## From The Desk of the Administrator

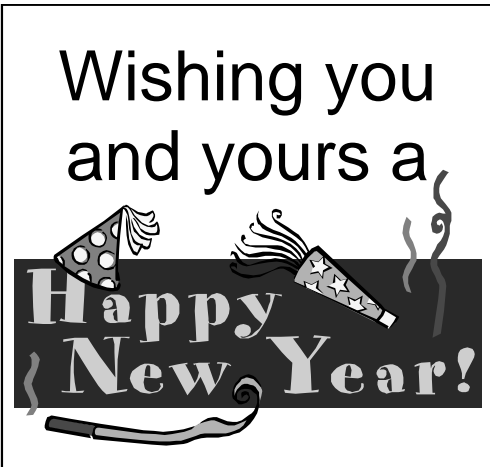
Let it snow, let it snow, let it snow.....well, maybe not! Although, they are great words to a wonderful old time melody, the promise of more snow on December 19th was not as welcomed as one would think. What impact can 21 inches of snow have on CCRC? Very little! Here at Crofton we are blessed with a dedicate staff that finds a way through hurricanes (Isabel) and major snow storms to arrive at work with a hearty can do attitude. The scene here included employees arriving by way of their spouses and parents, employees sharing rides with each other, and one employee walking to the facility, a walk of one mile in blizzard conditions.

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## January is National:

Blood Donor Month  
Cervical Cancer Awareness Month  
Get Organized Month  
Glaucoma Awareness Month  
Hobby Month  
Hot Tea Month  
Learn A Snowsport Month  
Mentoring Month  
Radon Action Month  
Skating Month  
Soup Month

But best of all January 21 is National Hugging Day! Celebrate this holiday by hugging those you know and love.



## Flu Season Reminders

For the safety of our residents, staff and volunteers please adhere to the signs posted within the lobby regarding visitation restrictions.

Handwashing is still the best defense against the spread of germs—please take a moment to wash your hands, or use hand sanitizer, before and after visiting.

## Administrator cont'd

Staff from many departments slept at the facility to assure future shifts would be available to care for our residents. Dietary staff not only prepared meals for the residents, they also prepared meals for the staff. Employees unselfishly helped each other dig out their snow covered vehicles.

All of this adds up to what Fran and I already know..... CCRC is what it is because of the amazingly dedicated people that work here. The selfless, passionate, caring employees are the true cornerstone of all that is good about CCRC.

From the bottom of our hearts, Fran and I are truly proud to call all of you our employees of Crofton. I want to wish all of you a Happy and Healthy 2010!

Until next month,

Phil Gordon, N.H.A.  
Administrator



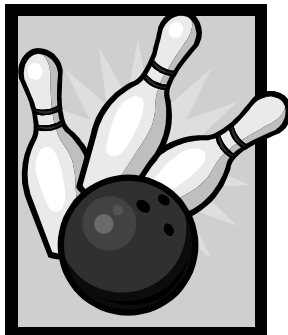
## HOLIDAY THANK YOU

The residents wish to extend a heartfelt thank you to everyone who generously donated their time by visiting, providing special programs and donating gifts.

The residents were joyfully overwhelmed by the outpouring from the community including: Davidsonville Ruritan, The Golden Group, Helen Poole, Home Instead Senior Care, Living Waters Worship Center and some resident families and guests who wish to remain anonymous.

They sincerely appreciate the time and special care taken to ensure their holiday was the best it could be and they are forever thankful for the continued devotion and thoughtfulness each and every single one of you so willingly provide to them.

## JANUARY ACTIVITY HIGHLIGHTS



- January 3~ United Methodist Church departs from lobby
- January 4~ Bible Study
- January 5~ Vivacious Trio: Parachute & Kick Ball
- January 7~ Vivacious Trio: Bowling
- January 10~ Ridgely Church of God
- January 11~ Vivacious Trio: Jam Fest
- January 12~ Word Search
- January 13~ Crofton Spa
- January 14~ Vivacious Trio: Volleyball and Ring Toss

- January 16~ Afternoon Social
- January 17~ Cornerstone Church
- January 18~ Movie Night
- January 19~ Kiwanis Bingo
- January 21~ Poetry In Motion
- January 23~ Circle of Friends with Grace Baptist Church
- January 24~ Sunday S-T-R-E-T-C-H
- January 25~ Good Morning News Topics & Coffee Social
- January 26~ Vivacious Trio: Chaircises
- January 27~ Kiwanis Birthday Party
- January 28~ Trivia & Reminiscing
- January 30~ Bingo
- January 31~ Seton Parish Visits



\*Please see our Monthly Calendar for a full listing of activities!

### THIS MONTH'S CLUB ACTIVITIES

#### Crafter's Corner:

- January 4~ Winter Wonderland Bird Houses
- January 11~ Pine Cone Bird Feeders
- January 18~ Hanging Snow Flakes
- January 25~ Crazy Hat Day

#### Cook's Kitchen:

- January 5~ Cookie Bake-Off
- January 12~ Peppermint Bark
- January 19~ Monkey Bread
- January 26~ Homemade Chili

#### Garden & Floral Club:

- January 6~ Fresh Cut Greens
- January 13~ The Dish About Gardens
- January 20~ Roots, Shoots, Bamboo and More!
- January 27~ Valentine Love Pots

### HAPPY HOUR

Be sure to join us every Friday afternoon for Happy Hour. And don't miss the after party complete with drinks and refreshments!

- January 8~ Doug Everton
- January 15~ Amy the Musician
- January 22~ Alan Schwartz
- January 29~ the Leftover Band

#### Did You Know...

Noisemaking and fireworks on New Year's Eve is believed to have originated in ancient times, when noise and fire were thought to dispel evil spirits and bring good luck.

## FAMILY EVENTS and ACTIVITIES

Families, friends and visitors are always welcomed and encouraged to participate with their loved one in all of our wonderful activities and events. This month we are pleased to host these family and schedule friendly evening, weekend and Happy Hour activities:

- January 3~ Hot Chocolate & Cookies Social
- January 4~ Movie Night
- January 5~ Kiwanis Bingo
- January 8~ Happy Hour with Doug Everton
- January 10~ Ice Cream Social
- January 14~ Movie Night
- January 15~ Happy Hour with Amy the Musician
- January 17~ Gourmet Russian Tea & Cinnamon Rolls Social
- January 18~ Movie Night
- January 22~ Happy Hour with Alan Schwartz
- January 24~ Cookies & Sparkling Party Punch Social
- January 25~ Movie Night
- January 29~ Happy Hour with the Leftover Band
- January 31~ Ice Cream Sandwiches Social



## TOP TEN 2010 NEW YEAR'S RESOLUTIONS

1. Spend More Time with Family & Friends
2. Fit In Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

## 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!

## HEALTHY MEAL MAKEOVERS

Meet your specific dietary needs and stay in general good health by tweaking your eating routine. Here's how:

- Use brown rice, bulgur wheat, pearl barley or wild rice in replace of white rice.
- Replace iceberg lettuce with dark leafy greens such as spinach, endive or kale.
- When baking, replace half of your white flour with whole-wheat flour.
- Add your own fresh or frozen fruit to yogurt.
- Cut down on the sugar in your coffee; beware of the flavored sugary syrups.
- Buy unsweetened breakfast cereals and top them with fruit.
- Use herbs, spices and salt-free herb blends instead of salt or seasoned salts.
- Choose low-sodium versions of soup, marinades and barbeque sauces.



## EMPLOYEE INFORMATION

The Human Resources Department has begun processing employee W2 forms.

At this time it is imperative to immediately notify them of any changes to your information, including home/ mailing address and telephone number.

Please see Patty Kerrigan or the Business Office to update your information.

## JANUARY RESIDENT and STAFF BIRTHDAYS

### Resident Birthdays

- 1/1~ Evelyn Alberding  
 1/5~ Pauline Traweek  
 1/6~ Antionette Kellerman  
 1/9~ Lorraine Gigger  
 1/15~ Constance Hiatt  
 1/18~ Sophie Narcavage  
 1/19~ Edna Bradbury  
 1/24~ Mildred Martin  
       Grover Welborn  
 1/25~ Barbara Adams  
       Joseph Ulman  
 1/26~ Mildred Sutphin

### Staff Birthdays

- 1/3~ Joyce Chapman  
 1/5~ Samantha Doucette  
       Sarah Nyelenkeh  
 1/7~ Carol Hanley  
 1/8~ Adama Bangura  
       Rita Callis  
 1/14~ Diane Hawkins  
       Frank Mills  
 1/15~ Deborah Greene  
 1/23~ Phil Gordon  
       Brittany Nelson  
 1/24~ Earl Randall  
 1/25~ Paula Ducharme  
 1/26~ Jacynta Sanders  
 1/27~ Josephine Paveria  
       Reneeta Pilson  
 1/28~ Celia Goughenour  
       Miriam Pow Sang Becerra  
       Frederick Temenu  
 1/29~ Christina Virden  
 1/31~ Tyia Powell

## JANUARY EMPLOYEE EVENTS

With such wonderful feedback, we have decided to begin our employee events for 2010 using the input from the staff at our last employee activity in which employees noted their favorites and submitted new ideas including Chinese Food and Gumbo!

January 13th: A Favorite... Salad Bar Day!

January 28th: Pizza Day!

## EMPLOYEE DROP-IN

All staff had a terrific time at our Annual Employee Drop-In . And we would like to send the Dietary Department a very special thank you for their extra time and effort in providing our employees with a fabulous meal. As always they served up a delicious array of foods!

We also would like to thank the Administration Department and Therapeutic Recreation for their behind the scenes work to make this a highly anticipated event! Thank you to everyone who joined us and we cannot wait to see you again next year!

## EMPLOYEE ANNIVERSARIES

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

### TWO YEARS

Lauren Friedlieb  
 Vivian Massa  
 Tammy Ward

### ELEVEN YEARS

Carolyn King

### THREE YEARS

Rugiatu Bah  
 Abdul Bangura  
 Melanie Young

### THIRTEEN YEARS

Barbara Doherty

### SIXTEEN YEARS

Kathy Donnelly

### SIX YEARS

Ramiza Miljkovic  
 Michelle Morris

### NINETEEN YEARS

Barbara Knode

## EMPLOYEE CHRISTMAS RAFFLE

In order to thank those that worked on Christmas Eve and Christmas Day, we held a special raffle for all of the present and working staff on those days. Congratulations to our winners!

Christmas Eve: 3 - 11/Evening Shift:  
Fred Temenu

Christmas Eve: 11 - 7/Night Shift:  
Renee Moorefield and Adama Bangura

Christmas Day: 7- 3/Day Shift:  
Christine Looper

Christmas Day: 3 - 11/Evening Shift:  
Abdul Bangura

## Chef's Corner: RUM CAKE

### Ingredients:

4 eggs                      1/2 C water  
1/2 C light rum      1/2 C oil  
1 3.4 oz pkg instant vanilla pudding  
1 C crushed pecans or walnuts  
1 yellow, Duncan Hines cake mix

### Glaze:

1 stick of butter      1 C sugar  
1/2 C rum

### Directions:

Preheat oven to 325 degrees. Grease and flour an angel food cake pan. Place crushed pecans or walnuts in the bottom of the greased cake pan. Mix all other ingredients (except Glaze) and pour in cake pan. Bake for 1 hour, or until a toothpick inserted into the center comes out clean.

Bring syrup ingredients to a boil. Pour over cooled cake.

## HOLIDAY NO CALL-OUT BONUS

Just a reminder, the Holiday No Call-Out Bonus runs from November 15 through January 15.

Please note this is separate and different from the Quarterly No Call-Out Bonus which ran October 1 through December 31.

To be eligible for the Holiday No Call-Out Bonus an employee must not request vacation, holiday or free time, or call out sick, from November 15 through January 15.

Did You Know... Greek families bake a single coin into St. Basil's bread which is then cut at midnight on New Year's Eve. And the lucky person whose slice of bread contains the coin is believed to enjoy good luck during the coming year!

## ANNUAL EMPLOYEE RECOGNITION

Our Annual Employee Recognition will be held on Thursday, February 11th 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!

*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)



O R L D G T J W F M N P I Z N  
S M A G T W T R R I O T Z E G  
U R U E E L I Y R D I N Y N A  
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J L M H W F K Z D P X S Y X E

Baby  
Celebration  
Cheer  
Clock  
Countdown

Family  
Fireworks  
Friends  
January  
Midnight

New Year  
Noisemakers  
Party  
Resolution