

*Crofton Care and
Rehabilitation Center*

Facility Phone Numbers

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(410) 793-0123
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Administrator

Phil Gordon
x6213

Asst. Administrator

Fran Wheat
X6199

Director of Nursing

Teresa Sahibzada
X6205

Asst. Director of Nursing

Marsha Dyjack
x4450

Station I Coordinators

Kenye Weber
x4207

Station II Coordinator

Sharon Lutzow
X4221

Station III Coordinator

Nashae Handy
X4210

Therapeutic Recreation

Director

Dawn Chourouk
X4276



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May 2012

CROFTON TIMES

Come Up To The Quality Of Crofton Care!

EMPLOYEE OF THE MONTH



Employee of the Month for May has worked at Crofton for many years.

During that time she has always been successful in the many roles she has played. Her attention to detail, her knowledge of nursing, her methods of teaching, her delivery of care, and her winning personality makes her a role model that many of the nurses aspire to. Her current role tests all of her knowledge on a daily basis and her meticulous attention to detail serves her well. She keeps us all in order. Please congratulate Kathy Donnelly, our MDS Coordinator,

Employee of the Month for May

Congratulations!

From The Desk of the Administrator

The month of May brings CCRC many blessings to celebrate. From Mothers Day to Memorial Day and National Nurses Week to National Nursing Home Week we celebrate a Journey. Throughout the month we will be honoring the lives and milestones of residents, staff and friends because every life's story needs to be told. We are reminded that every day we have the chance to begin writing a new chapter of our story.

National Nurses Week is May 6th-12th. Crofton will be recognizing the love and care they provide our residents with a special luncheon on May 10th. It is that special relationship between nurse and their resident that often shapes the day of each resident.

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Administrator cont'

MOMENT OF REMEMBRANCE

The National Moment of Remembrance, established by Congress, asks Americans, wherever they are at 3 p.m. (local time) on Memorial Day, to pause in an act of national unity (duration – one minute).

The idea for the "Moment" was born when children were asked what Memorial Day means. They responded, "That's the day the pool opens." To make Americans more aware of the importance and values of Memorial Day, the White House Commission on Remembrance was established by Congress in 2000. The major initiative of the Commission is the National Moment of Remembrance.

The 3 p.m. time was chosen because it is the time when most Americans are enjoying their freedoms on the national holiday. The Moment does not replace traditional Memorial Day events; rather it is an act of national unity in which all Americans, alone or with family and friends, honor those who died for our freedom. It will help to reclaim Memorial Day as the sacred and noble holiday it was meant to be. In this shared remembrance, we connect as Americans



Mother's Day is May 13th. As we honor all mothers, let us reflect on our own mother's journey. Take a moment to think about the "Pearls of Wisdom" that your mother told you. What about "manners never go out of style" a timeless message. On May 13th and throughout the year let us remember our mother's journey, the struggles, the successes, and the commitment to be a force in shaping our lives.

National Nursing Home Week is May 13th – May 19th. Celebrating the Journey is the official theme of the week's events. The Monarch butterfly, a relentless traveler, symbolizes Ralph Waldo Emerson's sentiment, "Life is a journey, not a destination." CCRC is fortunate to be a part of our residents' journey. Together, everyday, we are given the opportunity to make an impact on the lives, the journey of our residents and family members. It is truly a me and you story! Let us enjoy the week, celebrate each other, and appreciate the butterfly in each of us!

Memorial Day completes the month of May. Let us pray for all those who gave their lives protecting our freedom. Their sacrifice, their journey affords all of us our liberty. May all who served and perished rest in peace.

Until next month,

Phil Gordon
Administrator



SOME MOTHERLY HUMOR

White hair is no joking matter!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"

Letters of GRATITUDE

Dear all,

I am writing this note on behalf of my family. We are all so thankful for the care that you gave our mom while she was at Crofton Care and Rehab Center.

It was a lot of hard work for mom but she managed to do everything she needed and is doing well at home.

Everyone from the business office to the nurses and the rehab staff were all very helpful and supportive whenever we had questions. The patience shown to us was amazing.

Please tell everyone thank you from the bottom of our hearts.

God Bless

I just wanted to express my heartfelt thanks for such a lovely "volunteer" evening. You all are the best! The entire evening was so wonderful. I guess you could tell we were having such an enjoyable time because some of us weren't leaving!!

Truly everything you did was very much appreciated ~ from the delicious dinner, to the door prizes, the "cake" mugs and everything in between. With the icing on the cake being the sweet film you put together of the residents.

Thank you, thank you, and thank you to all who had a hand in making this possible.

Blessings

Special Musical Events of the Month

May 4th 2:00pm - Happy Hour with Bill Davis

May 6th 2:00pm - Jubilate Spring Concert

May 11th 1:30pm - Happy Hour with Pascal Go Getters

May 14th 2:00pm - Journey through Music with Ramblin
Rose Karaoke

May 18th - 2:00pm Happy Hour with Doug

May 22th - 2:00pm Bowie Sounds of Music



May RESIDENT and STAFF BIRTHDAYS

Resident Birthdays

05/01 Mary Broadus
05/03 Paula Popovich
05/07 Nora Benton
05/08 Lois Clarken
05/10 Melvena Reese
05/13 Joan Dehenzel
05/14 Michael Streeks
Kathleen Fean
05/17 Joseph Toher
Anna Hosker
05/18 Ila Wassmer
Sarah Palazzo
05/28 Donald Lucas
05/31 Richard Kennedy
Elaine Reed

Staff Birthdays

05/05 Tracy Bernard
05/09 Tyese Chapman
05/10 Jean Manogue
Zainab Baity
05/14 Ram Swaminathan
Shemile Wiggin
05/15 Fran Wheat
Cyndi Colaianni
05/17 Kelly Sealing
Monica Charles
05/18 Sheila Johnson
05/24 Shirley Ford
05/25 Mike Harper
Victoria Baldwin
05/26 Tia Blandford
05/29 Thomasina Mackall
05/29 Alicia Bello

Reminder:

Nursing Staff should renew their license during their birthday month!!

EMPLOYEE ANNIVERSARIES

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

Happy Anniversary

ONE YEAR

Abby Dyjack
Jeff Harley
Magdelene Kamara
Husanutu Kargbo
Adrianna Henderson
Noble Baniaga
Jen Edmiston

TWO YEARS

Fatmata Turay
Michelle Breslin

THREE YEARS

Christian Ware
Kaitlyn Spicknall
Marsha Dyjack

FOUR YEARS

Joanna Carew
Jessie Brown

FIVE YEARS

Novelette Irving
Sheena Chase

THIRTEEN YEARS

Rita Callis

FIFTEEN YEARS

Alma Milkovic

SIXTEEN YEARS

Mary Carter

EIGHTEEN YEARS

Maxine Hill

PPD's-All employees must get their PPD or chest x-ray during their **birthday month**. Please see the HR Coordinator if you have any questions



CROFTON DREAMS PROGRAM GRANTS ANOTHER RESIDENT DREAM

Linda Sollers, a resident of Crofton Care & Rehab Center, lives with Cerebral Palsy and is a breast cancer survivor. A few months ago she submitted a dream to our Crofton Dreams Program. Her dream was simple, to walk in a marathon and raise money for Cancer Research. Her goal is to walk 60 miles and raise \$1000 On May 1, 2012 at 2:00pm surrounded by family and friends she will begin her marathon. This marathon will be done in increments each day until her goal of 60 miles is registered on her pedometer. It is expected to take her a few months. She has a Facebook page dedicated to her marathon so people can follow her journey and/or make a donation. She is listed as Linda Sollers. Linda will frequently be posting you-tube videos documenting her efforts. She needs your help and support to reach her goal. To keep her motivated you can send your letters and cards to: **Linda Sollers Room 219B c/o Crofton Care & Rehab Center 2131 Davidsonville road Crofton Maryland 21114**. Donations will be made to the Maryland Chapter of the American Cancer society. Gloria Crockett from the Maryland Chapter provided Linda with a walking jersey and motivational cheerleading materials. Target provided a pedometer and Gold's Gym provided pink balloons and breast cancer items to use as Fundraisers. If you are interested in making a donation you can use the link below. To date Linda has raised \$350.00. Linda will be hosting monthly bake sales to benefit her marathon.



New Birthday Program –

Personalized Singing Phone - A - Gram

We are very excited to announce that we have launched a new Birthday Program, compliments of Barbara Folderaur. Barbara's mom, Clotilde Buscaglia, was a resident at Crofton Care & Rehab Center. Barbara has been gifted with a fantastic voice. She loved being part of the Crofton family while her mom was here and now wants to rekindle that relationship. We are blessed that Barbara's journey brought her back to us. Barbara calls our birthday recipients and sing them a song that she has selected personally as a special way to honor their birthday. Thanks!!

Crofton Leisure Inc.

There are many ways to support the residents of Crofton Care & Rehab Center. For Over 30 years, the Crofton Leisure Fund has provided entertainment and services to our wonderful Residents. The Crofton Leisure Fund is a non-profit, 501(c)3 organization.

All donations to the Crofton Leisure Fund are tax deductible.

General Donations

Crofton Leisure Fund
2131 Davidsonville Road
Crofton, Maryland 21114

In Memory of / In Honor of:

If you would like to make a donation IN HONOR of or IN MEMORY of a person or as a general gift you can arrange that with Crofton. What a wonderful way to memorialize a loved one.

Celebrating the Journey
National Nursing Home Week
May 13th – 19th 2012

Celebrating the Journey reminds us that every life should be honored,. Whether the day is filled with comedy or drama, our residents, families, volunteers and staff are characters in that story. Ralph Waldo Emerson’s famous sentiment that **“Life is a journey, not a destination,”** uses the Monarch Butterfly to depict his sentiment.

To take this analogy a step further, we can look again to the **grace and eloquence** of the butterfly and realize that our journey is our only guarantee. Our responsibility to make our way in faith, accept the change that comes, and emerge from our transitions as brilliantly as the butterfly.

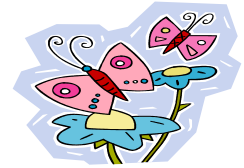
During National Nursing Home Week, we celebrate the butterfly in all of us . Our week will be filled by soulful reminders of each of our journeys.

Here are the ways you can participate. We want to hear from both staff and residents:

- Pick up a Butterfly card and report “Random Acts of Kindness” that you see from our staff. We will acknowledge the staff member with Butterfly kisses (Hershey kiss) and a warm thank you .
- Bring in your favorite recipe. We will highlight a new recipe each month in the monthly newsletter.
- Complete a Life Story Packet and share your story with your Crofton family
- Bring in copies of baby pictures and place them on our history Boards located in T hallway .
- Join in our exciting events throughout the week.
- Complete the questionnaire handed out in paychecks and share with us how your journey lead you to Crofton or what your journey has been since you have been working at Crofton Care & Rehab Center
- Visit the Lobby daily to see the Daily Journeys, Thought of the Day as well as The random Acts of Kindness that we will post daily



National Nursing Home Week Events



Sunday – “Journey Through Relationships”

2:00 Mother’s Day Social with Life Lessons – Sharing our life lessons, our legacy . Nurturing our inner butterfly. Quotes from your mother and discussions on Etiquette .

Monday – “Journey Through Music “

- 10:30 Hugs – Where they originated.. What is their meaning and how they make us feel
2:00 Music through the generations with Rambling Rose Karaoke. Rosie will take us on a journey through the music of 1920’s till today’s greatest hits . Music is a powerful venue to bring people together we will discuss what songs illicit special memories and why.
3:00 Review Life Stories and Random Acts of Kindness

Tuesday “ Journey through History” National Senior Citizen Day

- 7:00 Celebrate the Journey - Treats in the Lobby for all staff
10:30 Review the great events of each decade beginning 1900 – 2000. Bring in pictures of when you were a baby or during other great life events this is be displayed down
2:00 Cook’s Kitchen with Grandma’s favorite recipes
3:00 Review Life Stories and Random Acts of Kindness

Wednesday “Journey through Nature”

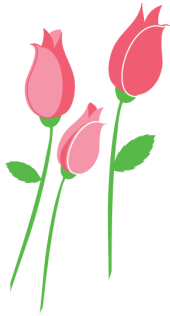
- 10:00 Journey of the Monarch butterfly. We will also transplant our butterflies into their butterfly garden .
2:00 Celebrating the Butterfly with Crafter’s Cove
3:00 Review Life Stories and Random Acts of Kindness

Thursday “Journey Around the World “

- 10:30 Recognizing our Heritage – We will making and displaying our state or country flag as we share with each other where our journey began
2:00 Worldly Deserts Social - Come join us for some favorite deserts and conversation as we explore our heritage
3:00 Review Life Stories and Random Acts of Kindness

Friday “Celebrating a Common Journey”

- 10:30 Share our staff’s amazing journeys. Journeys that either brought them to Crofton or that they celebrated while at Crofton. Our journey has many twists and turns but we all share a common bond that each of individual journeys brought us together at Crofton as we plan our future together.
12:00 Resident and Staff cook-out
2:00 Happy Hour with Doug
3:00 Review Life Stories and Random Acts of Kindness.



Monthly Fan Favorites

- Daily Exercise – Daily At 10am
- Brain Aerobics – Daily at 10:50am
- The Bloomers Garden Club – Wednesdays at 2:00pm
- Movie and a Manicure – Wednesday at 3:30pm
- Cook’s Kitchen – Tuesday at 2:00pm
- Resident Council Meeting last Wednesday of every month at 10:30am
- Bingo – Mondays, Thursdays and Saturdays at 2:00pm
- Catholic Rosary Service – Fridays at 10:00am
- Happy Hour – Fridays at 2:00pm
- Circle of Friends with Grace Baptist Church – Saturdays at 10:30am
- Ridgley Church of God – The 2nd and 4th Sunday at 3:00pm
- Cornerstone Church – the 3rd Sunday at 2:00pm
- Friday Night At the Movies – Fridays at 6:45pm
- Men’s Night – May 22nd at 6:45pm
- Ladies Night – May 8th at 6:45
- Kiwanis Bingo – The 1st and 3rd and 5th Tuesday at 6:45
- Kiwanis Birthday Party May 23rd at 6:00pm

HR TIDBITS....

If you need a new name badge, please see the receptionist.

Licenses/certifications - it is your responsibility to renew any licenses or certifications. Please make sure it is done on a timely basis.

Any staff caught using their cell phone on the floor for non-work related business will be given a disciplinary action form.

Please be sure to wear your slip resistant shoes at all times!!

Happy Mothers Day

Happy Mother’s Day to all of the CCRC mother’s to be, mothers, grandmothers, step-mothers, mother in laws and great grandmothers!

We hope your day is special.

National Nursing Week May 6th – 12th

On behalf of myself and the other residents at Crofton Care & Rehab Center , I would like to send out a THANK YOU to our Nurses. We are very appreciative for their dedication and commitment to excellence. Our nurses demonstrate the compassion and expertise that Crofton is known for . We hope you enjoy your week events and know that even when we don’t say it... WE APPRECIATE THE WORK YOU DO!!

Donald Lucas ,
Resident Council President

HAPPY MOTHER'S DAY

How do you know you're a mom? You know you're a mom when ...

You stop criticizing the way your mother raised you.

You automatically double-knot everything you tie.

You spend an entire week wearing sweats.

You have time to shave only one leg at a time.

Your feet stick to the kitchen floor, and you don't care.

You can't find your cordless phone, so you ask a friend to call you, and you run around the house madly, following the sound until you locate the phone downstairs in the laundry basket.

You serve peanut butter and jelly sandwiches at least once a day.

Popsicles become a food staple.

You buy cereal with marshmallows in it.

The closest you get to gourmet cooking is making rice krispies bars.

You hope ketchup is a vegetable, since it's the only one your child eats.

You count the sprinkles on each kid's cupcake to make sure they're equal.

You've mastered the art of placing large quantities of pancakes and eggs on a plate without anything touching.

Your favorite television show is a cartoon.

You weep through the scene in *Dumbo* when his mom is taken away, not to mention what *Bambi* does to you.

You're so desperate for adult conversation that you strike up a conversation with the telemarketer, and HE hangs up on YOU!

You're up each night until 10 PM - vacuuming, dusting, wiping, washing, drying, loading, unloading, shopping, cooking, driving, flushing, ironing, sweeping, picking up, changing sheets, changing diapers, bathing, helping with homework, paying bills, budgeting, clipping coupons, folding clothes, putting the kids to bed, dragging the kids out of bed, brushing, chasing, buckling, feeding (them, not you) - PLUS swinging, playing baseball, bike riding, pushing trucks, cuddling dolls, roller blading, basketball, football, catch, bubbles, sprinklers, slides, nature walks, coloring, crafts, jumping rope - PLUS raking, trimming, planting, edging, mowing, gardening, painting, and walking the dog.

You get up at 5:30 AM, and you have no time to eat, sleep, drink, or go to the bathroom, and yet, you still managed to gain 10 pounds!

You are out for a nice romantic meal with your husband, enjoying some real adult conversation, when suddenly you realize that you've reached over and started to cut up his steak!

Social Work Director
Charley Kline
X4671

Admissions Coordinator
Carol Hanley
x4271

Facility Nurse Liaison
Lynn Rambo

Dietary Director
Jeanne Davenport
x6212

*Food Service
Coordinator*
Stacy Robinson
x4211

Maintenance Director
Frank Mills
x4268

Laundry Supervisor
Marilyn Chambliss
x4270

*Housekeeping
Supervisor*
Veda Harris

Office Coordinator
Lesley Clark
x6201

Activities Room
Ext. 4278

Beauty Shop
Ext. 4213

Kitchen
Ext. 4267

Laundry
Ext. 4270

Physical Therapy
Ext. 4209