

STODDARD BAPTIST NURSING HOME TOP OF THE HILL

1818 Newton Street, NW • Washington, DC 20010 • (202) 328-7400
www.stoddardbaptisthome.com



Spring 2008



GREETINGS FROM THE ADMINISTRATOR

Bob Spencer, RN, LNHA



2007 is history, 2008 is upon us. We begin this year with a clean slate. Stoddard Baptist Nursing Home is at the starting line of a number of initiatives that will enable the *flagship*, that is the nursing home, to further realize its mission and vision of service to the senior citizens in the District of Columbia.

During a recent annual retreat, senior staff members along with Stoddard Baptist Home's, Board of Directors met and conceived a strategic plan for the organization for the next 5 years.

Our primary objective in that strategic plan will be to focus on accomplishing a number of initiatives within that five-year timeframe. Specifically to the continued and future operation of the nursing home will be the following initiatives:

- Externally, to reach out to the community-at-large and offer services and encourage greater community involvement in a variety of areas.
- Stoddard, through its leadership over the years was way ahead. Earlier plans and blueprints spoke to diversity, specializations, (providing multiple services through the timed and conversion of the nursing units into Adult Day Care, a secured Alzheimer's and assisted living unit), providing community outreach options, opportunities and professional partnerships with other established organizations.

- We are challenged with exploring the feasibility of establishing an *Assisted Living and Outpatient Rehabilitation Component* to the list of services we would offer.
- We are challenged with the need for an awareness campaign that would establish Stoddard Baptist Nursing Home as an entity that offers a variety of services to senior citizens and the immediate community.

There are many, many additional opportunities we are challenged to explore in the coming months and years, that if embraced, will benefit our residents and seniors in the community.

Remember

Mother's Day

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The Truth Behind the Myth

by Lutricia Quarles, Cosmetology Manager

In the past, when a woman reached a certain age, she would follow a checklist of beauty principles without question – cut hair short, wear bright lipstick, put on heavy foundation and a thin line for eyebrows. But those ideas can actually make you look older. Here is the truth behind the myths.

Myth No. 1 – Heavy foundation conceals wrinkles

Truth: It makes sense to think that heavy foundation will make wrinkles less noticeable, however; thick foundation actually emphasizes facial lines by caking and collecting in wrinkles. Also, heavy foundation simply doesn't look natural. It gives the face a mask-like appearance. The color of our complexion changes as we age, re-evaluate your years. Avoid pink or a peachy tones if your skin color is dark. If your skin tone is light, those colors are fine. For darker skin tone and the smoothest coverage, apply a base with your fingertips; blend with a damp make-up sponge. Lightly apply earth tone color after skin dries.

Times have changed. Thanks to advances in the science of beauty (and a certain form of loosening of attitudes), it's easier to look younger and sophisticated while still retaining the relaxed style of the over 40 women.

Myth No. 2 – Women over 40 should wear their hair short

Truth: The thinking use to be that long hair brought one's face down, making the face look long and oval – making a woman in her 40s or over look older. Well, shoulder length hair was taboo for all, but the 20 something set. Those days are over. Haircutting has become more stylish and sophisticated. We've learned that some strategically cut angles and layers here and there are all it takes to make long hair look as uplifting as a short cut. As a result, plenty of famous women over 40 are proof that older women can wear their hair long and look good doing it. Long hair may be what you need to camouflage a long chin or a neck that may have begun to sag a little. Also, as we age, our hair thins a little on the head. Particularly at the hair line, so the ideal cut should maximize the hair we have. A shoulder length cut looks good on today's woman. In other words, wear you hair short only if you want too.



Volunteer Director and Community Liaison, Robin Von Der Pool, gets last minute pointers from DCTV's Community Project Director, Tonya Gonzales, on script reading for Stoddard's public service announce (PSA). The PSA will be aired on Comcast Cable, CNN and C-Span networks for the next several months beginning early May.



SOCIAL WORK CORNER

By Lucricia Brown, Director of Social Services

IN RECOGNITION OF NATIONAL SOCIAL WORK MONTH

This National Social Work Month marks my tenth year as a professional social worker, which has been rewarding not only in my career endeavors, but in my life. Out of all the professions I could have ventured into, I feel hand picked being a part of the social work community. The first course I took in school, my professor quoted, "It is by no accident you are in social work school". I now understand her revelation. Not only has social work reshaped my life, but the lives of family and friends.

I have experienced and witnessed miracles, destructive generational patterns broken, individuals rising from the dark ashes and resurrecting. I believe if human beings take the time to grab a hand, encourage and speak positively to one another, we can all press forward and upward to a higher calling in life. In summary, I present to you a quote I reflect on often and the National Social Work Association Core Values.

*"We are not human beings having a spiritual experience;
we are Spiritual beings having a Human experience."- Pierre Teilhard de Chardin*

The mission of the social work profession is rooted in a set of core values. These core values, embraced by social workers throughout the profession's history, are the foundation of social work's unique purpose and perspective:

- service
- dignity and worth of the person
- integrity
- social justice
- importance of human relationships
- competence

This constellation of core values reflects what is unique to the social work profession. Core values and the principles that flow from them must be balanced within the context and complexity of the human experience.



From the Resident Council President

Mrs. Queen E. Woodard



We are praising God for bringing us 3 months into a new year - 2008. We thank you God for keeping us through the past year. Many changes have been made in our facility and in our individual lives, but in 2008 He promised to make our rough way smooth and our crooked way straight.

Some of our staff members have made a change in position. Some moved up higher. As residents, we are thankful for whatever changes are made for our benefit. Our hats go off to the Recreation Department. The department

has made our stay here a happy one. More activities have been added and more equipment have been purchased for our enjoyment. Thank you for your thoughtfulness. More of our residents are becoming more involved in the activities.

Let us continue to work together in love and unity and the windows of heaven will be open for us and the blessings will continue falling on us. Let us continue looking ahead to a bright future.

Welcome To Our New Employees

By Danessa Drumgold, Manager of Human Resources

On behalf of the residents and staff at Stoddard Baptist Nursing Home, we would like to take this opportunity to extend a warm welcome to all new employees who have recently joined our staff. They are:

Rashida Atobatele	LPN	Linnette Harris	CNA
Adelita Nelson	LPN	Assa Sangare	CNA
Oluwarotimi Adebuseye	CNA	Ogunseye Uthman	LPN
Agnes Anyalechi	LPN	Laqueada Smith	Clerk
Alozie Nwogu	CNA	Evelyn Barnes	LPN
Paulette Greaves	CNA	Sharon Grey	CNA
Sarita Henderson	LPN	Mercy Phillips	CNA
Kumba Lebbie	CNA	Victor Phillips	CNA
Barbara Jones	LPN		

Words of Inspiration

by Chaplain Dallas Brown

Prayer is a conversation with God and He wants to hear from you. He wants to know are you doing alright. Are you taking timeout to serve. Are you sharing with others? So often, we need to set up a regular time that we can talk with the Lord. Not only a time, but also a method.

A few days ago, I heard the story of the Five-Finger Prayer to use as a guide when praying for others:

1. When you fold your hands the thumb is nearest you. So begin by praying for those closest to you, your loved ones (Philippians 1:3-5).
2. The index finger is the pointer. Prayer for those who teach - Bible teaches and preaches and those who teach children (1 Thess. 5:25).
3. The next finger is the tallest. It reminds you to pray for those in authority over you; national and local leaders and your supervisors at work (1 Timothy 2:1-2).
4. The fourth finger is usually the weakest. Pray for those who are in trouble or who are suffering (James 5:13-16).
5. Then comes your little finger. It reminds you of your smallness in relation to God's greatness. Ask Him to supply your needs (Philippians 4:6-19).

Whatever method you use, just talk with your Father. He wants to hear what's on your heart.



NURSING CORNER

Linda Robinson, RN, Director of Nursing



Partnership with Evercare Continues to Enhance Resident Care

In August 2007, Stoddard Baptist Nursing Home formed a partnership with Evercare, one of the nation's largest health care providers for residents who have long-term care needs, advanced illnesses and the geriatric population with disabilities. Our leadership, from the Administrator to the Medical Director and the department heads, have embraced this initiative and we are experiencing tangible results.

The Evercare Care Model assigns a nurse practitioner to every Evercare member/Medicare beneficiary – a trusted partner who helps coordinate the resident care by collaborating with doctors, nursing staff, other appropriate interdisciplinary team members and the resident's responsible parties.

This model helps to ensure that doctors, nursing staff and resident's responsible parties all work in harmony towards a shared goal: to optimize care for the residents.

Ms. Laurene Troxler, the Evercare Nurse Practitioner at Stoddard, has been instrumental as a clinical bridge for nursing and the medical staff in providing medical care for our residents. The nursing staff and other members of our interdisciplinary team have enhanced their clinical knowledge in providing direct and indirect care for our residents from Ms. Troxler and other Evercare nurse practitioners. Ms. Troxler has also accepted the lead in making clinical rounds with the interdisciplinary team and conducts resident care study presentations monthly.

Evercare has proven to be an outreaching medical service for our residents and their responsible parties. She has attended the Family Council Meeting to share information regarding Evercare's services to the family members and allays any of their concerns.

Overall, Evercare services have prevented transporting many of our residents to the hospital during a change in their medical condition. Therefore, the medical care that the residents' require can be provided at Stoddard under the supervision of the nurse practitioner and the attending physician. Of course, if the resident's medical condition becomes critical, the nurse practitioner and the attending physician will not hesitate to give orders to transport the resident to the hospital for medical care.

We are looking forward to a continued partnership with Evercare to optimize care for our residents.

Mark Your Calendar!

Wednesday, June 25, 2008

8:30 A.M. – 4:30 P.M.

Potomac Ridge Golf Course

15800 Sharperville Road

Waldorf, Maryland 20601

Register at: www.stoddardbaptisthome.com
or by calling (202) 328-7400, ext. 1318



4th Annual
"Swing for the Elderly"

WHAT'S HAPPENING IN THERAPEUTIC RECREATION

by Robert Hood, Director

The “*Looking at You Program*” implemented in the latter part of 2007, continues to be successful. Our residents are not only looking good, but also feeling good about themselves. The program has empowered our residents to put on the facial essentials necessary each day to make their day. Once a month, our Cosmetologist, Lutricia Quarles, meets with the group and provides motivational instructions on how they can better prepare themselves for the day. This is a great program and we are encouraging others to participate. We have also implemented the Wii Program; a computer-simulated game that is controlled by the movement of one’s body. The game has become very popular in many nursing homes and senior centers.

During the month of February, a “Valentine’s Day King and Queen” were selected. Each unit presented their chosen candidates. The winners were from Unit 3. The King was Robert Overton and the Queen was Mary Young. They both received gifts and a party was held in their honor. A Black History Program was held in February. Staff took part in researching and presenting their African American heroes. This was a great program and the participants did an outstanding job presenting their topics. There were also winners for those who participated and completed the Black History Quiz. The first place winner was Robin Von Der Pool, Director of Volunteer Services, second place winner was Kathy Muhammad, Operations Coordinator, and third place was Karsam Gillis, Assistant Director of Food Services.

There were other activities held that were designed to meet the interest and enhance the resident’s highest practicable level of physical, mental, and psychosocial well-being.

We are looking forward to providing more great activities in the coming months. For more information on upcoming events, contact the Therapeutic Recreation Department at (202) 328-7400 ext. 1337 or 1339.

Thank you Allied Pharmaceutical Services!
Corporate Sponsor for the 4th Annual
“Swing for the Elderly” Golf Tournament



Ms. Nancy Kramer and Mr. Steve George owners of Allied Pharmaceutical Services present a sponsorship check in the amount of \$10,000 to Mr. Steven Nash, President and CEO of Stoddard Baptist Nursing Home for the 4th Annual "Swing for the Elderly" Golf Tournament to be held on June 25, 2008 at Potomac Ridge Golf Course in Waldorf, Maryland.

Spring Into Shape

by Rebecca Cendan, Dietitian



General Weight Loss Tips

- Eat at least three times per day.
- Pay attention to your body. Quit before you feel full, stuffed, or sick from eating. You can have more if you are really hungry.
- Drink plenty of calorie-free drinks (water, coffee, diet soda). You may be thirsty, not hungry.
- Pick lean meats, low-fat or nonfat cheese, and skim (nonfat) or 1% fat milk instead of higher fat/higher calorie choices.
- Get plenty of fiber. Vegetables, fruits, and whole grains are good sources. Have a high-fiber cereal every day.
- Keep all food in the kitchen. Eat only in a chosen place, such as at the table. Don't eat in the car or the bedroom, or in front of the TV.

Eating and Emotions

Do you use eating to deal with feelings other than hunger, such as boredom, being tired, or stress? If you eat for these reasons, here are some other things you can try:



- Call a friend for support. Take a walk with a friend.
- Listen to music or a relaxation CD. Take a warm bath or shower.
- Try activities that keep you from eating. For example, it's hard to eat while you're exercising. If you are gardening, you probably won't eat while your hands are covered in soil.



Meet Keisha M. Clark

Director of Development, Stoddard Baptist Home

Stoddard Baptist Nursing Home welcomes a new edition to the Stoddard Baptist Family. Serving as Director of Development, Ms. Keisha M. Clark, will be responsible for structuring and leading Stoddard Baptist Home in all fundraising efforts.

Ms. Clark formerly served as the Development Manager for Family and Child Services of Washington, D.C., Inc., where she was the "2007 Employee of the Year." Through her efforts Ms. Clark successfully increased donor contributions and established rapport within the Washington Metropolitan Area. In addition to her fundraising experience, Ms. Clark has also worked in various positions with Marriott International and the Walter E. Washington Convention Center.

As a proud Tuskegee University graduate, she holds a B.S. Degree in Hospitality Management. In speaking with Ms. Clark, she commented, "I am thrilled to serve an organization in which the mission statement is manifested daily with genuine care".

If you are interested in contacting Ms. Clark, please feel free to contact her at 202-328-7400 ext. 1316 or email at kclark@stoddardbaptist.org. She would welcome your call!

Welcome To Our New Residents

By Pamela Coleman, Director of Admissions

Stoddard Baptist Nursing Home would like to welcome the following new residents to our facility. We value each one of you and your family for the confidence that you have placed in us to provide the quality care and the service you deserve.

Mr. Dino Lafayette
Ms. Mary Martin
Ms. Hester Moore
Ms. Lillie Wingfield
Ms. Goldie Bennett
Ms. Virginia Booker
Mr. Robert Cook
Ms. Cecelia Stark
Ms. Lucy Young
Ms. Vera Francis

Ms. Ruth Miles
Ms. Elaine Flood
Ms. Virginia Day
Ms. Lelia Weaver
Mr. Marvin Brown
Ms. Sue Thomas
Ms. Fannie Green
Ms. Ceclia Sarokin
Ms. Carrie Weston

We are committed to continuing our mission of being ***“First in Quality, First in Caring and First in Sharing”*** to the residents of the District of Columbia and the surrounding area. A qualified team is here to assist you when you are in need of short-term Rehabilitative services so you may return back to your home, as well as those in need of long-term care. If you know someone in need of nursing and rehabilitative services, please call us at (202) 328-7400, ext. 1307 or 1309, so we may schedule a tour of the facility.

What’s New in The Rehabilitation Department by Nicole Pryor

We are excited to announce that the new program called ***“Freedom through Functionality”*** has started at **Stoddard Baptist Nursing Home**. This program is designed to strengthen and improve the function and quality of life of our residents here. The Rehabilitation Department consists of occupational, physical, and speech therapists. Our goal as therapists is to address functional declines so as to restore, compensate and adapt skills to better improve the quality of life for our residents.



Board Corner

By Dorothy T. Durham, Member



Congratulations are extended to Mrs. Ethel B. Yancey on her 100th birthday. On January 6, 2008, the Gethsemane Baptist Church Family honored "Mother Ethel B. Yancey" at a Centennial Birthday Celebration. Mrs. Yancey is an active member of Gethsemane and her husband, the late Rev. George R. Yancey, served as pastor for many years.

Also, congratulations to the Canaan Baptist Church Family for their Education Building, which is named in honor of Rev. Dr. Cornelius Carter, Jr.

Lastly, congratulations to Mrs. Carolyn Troupe, Committee Chair of the Stoddard Baptist Home Annual Holiday Open House, for an outstanding program. December 12, 2007 was an evening of joyous singing with a spirited holiday message and a delicious buffet. Some of the program participants were Mrs. Evelyn B. Dorsey who served as the Presiding Officer, Mrs. Carolyn Troupe brought greetings and welcome and Rev. Robert Hood gave the invo-

cation. Musical selections were rendered by Rev. Mayfield W. Small, Jr. of Third Baptist Church in Alexandria, Virginia and the Holiday Message was delivered by Dr. Crystal Arlene Kuykendall of Shiloh Baptist Church. At the conclusion of the program, remarks were given by Mr. Willie Bowman, Jr., Chairman, and Mr. Steven Nash, President and CEO.

The Board of Directors presented three "Nintendo Wii Systems" to the nursing home. A digital grand piano, a gift that was donated from proceeds received via Mrs. Gloria Anderson Ducker's Retirement Celebration, was also acknowledged and is located in the mansion's parlor.

Additional donations were received from the following: Mr. Willie Bowman, Jr., Mrs. Evelyn B. Dorsey, Minister W. Ronald Evans, Dr. Crystal Kuykendall, Dr. Lester Miles, Mrs. Donna Purchase and Mrs. Juanita B. Thompson. The total amount received was \$1,200.00.

On a sad note, the Board lost one of its members during the month of February. Rev. Dr. L. B. Jones, Sr., Pastor of Springfield Baptist Church went home to be with the Lord on February 22, 2008.

2008 Scheduled Dates to Remember

Remaining Board Meetings - Saturday July 19th and September 20th
Stoddard Baptist Home Annual Association Meeting - Wednesday, May 28th
Stoddard Baptist Home Day (Ministers' Conference) - Monday, November 17th
Annual Holiday Open House - Friday, December 19th





From Our Board Chairman

Willie Bowman, Jr.

“GREATNESS IS SERVING”

Mark 10:45 *“For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”*

On behalf of the Board of Directors and staff of Stoddard Baptist Home, I trust that everyone had a blessed Easter in celebration and honor of the Risen Christ!

As we reflect on the aforementioned scripture, one is reminded that, Jesus came to serve and ultimately gave His life for the ransom of us all.

Every employee here Stoddard has an opportunity to perform a great service through teamwork, commitment and dedication. This will ultimately have a great impact upon the overall quality of care received our residents.

We can all agree that our tasks can sometimes be tedious and challenging. However, when looking at the total picture, the service that everyone provides on a daily basis is worth the sacrifice.

Let us continue the legacy and mission of Stoddard – “First in Quality, First in Caring and First in Sharing.”

Thank you for all that you do.





From the President and CEO

Steven A. Nash, LNHA

I must say that the first year as Stoddard's President and CEO has been one of challenges, excitement and fun. As I reflect on the year, I have to share that the height of this journey has been my budding relationship with the Board of Directors. They have all been extremely supportive and nurturing over the past year. Their support has given me a certain level of confidence -- and in the process, has allowed me to move forward. I also have to thank the staff, residents and volunteers who have also been supportive during my transition.

I would like to highlight several major milestones that have taken place over the past year. The most significant achievement for the year (from a strategic standpoint) was the Fall/Winter Leadership Retreat, which resulted in a 2008 - 2013 Strategic Plan. This initiative will drive Stoddard over the next 5 years. This summit of board members, leadership staff, presenters and facilitator, former President/CEO Gloria A. Ducker, has set a positive tone for the organization. This plan will go through a final review this spring and we anticipate approval this summer.

The second highlight is the progress achieved by the Board's Fundraising Committee. This committee has worked diligently to establish protocol and policies for gift receiving. A Director of Development, Ms. Keisha Clark, has been hired to establish a fundraising system for the organization. This system will eventually evolve into a major capital fundraising campaign that will support our mission-driven initiatives, such as the Intergenerational Campus Project in Mitchellville, Maryland.

The last highlight is the evolution of Stoddard Baptist Home and Stoddard Baptist Nursing Home to establish the Stoddard Baptist Home Foundation. These essential adjustments will position the organization to take full advantage of a non-profit status, as well as strategically further our goals and mission.

Thus far, it has been an exciting year!

Don't forget to **MARK YOUR CALENDAR** for these upcoming events:

Stoddard Baptist Home Annual Meeting

6:00 PM on Wednesday, May 28th at Johnson Memorial Baptist Church in Washington, D.C.

Stoddard Baptist Nursing Home's 4th Annual "Swing for the Elderly" Golf Tournament

8:30 AM on Wednesday, June, 25th at Potomac Ridge Golf Course in Waldorf, Maryland

VISITING HOURS

11:00 A.M. to 8:00 P.M. Daily • 202-328-7400
www.stoddardbaptisthome.com

Stoddard Baptist Nursing Home is a 164-bed facility offering state-of-the-art, compassionate and high quality nursing and medical care. There are more than 200 staff members and hundreds of volunteers who provide dedicated service.

If you are interested in employment,
call (202) 328-7400, ext. 1311

Volunteer services, call (202) 328-7400, ext. 1362

Nursing home placement,
call (202) 328-7400, ext. 1307 or 1309

Willie Bowman, Jr., Board Chairman
Steven Nash, President/CEO
Bob Spencer, Administrator

For information about Sycamore Hill Senior Assisted Living Facility in Mitchellville, Maryland, you may call Sharon Middleton, Project Director, at (301) 918-9441.

Newsletter Staff

Editor

Robin Von Der Pool

Staff Writers

Bob Spencer	Willie Bowman, Jr.
Steven A. Nash	Robert Hood
Dorothy T. Durham	Queen E. Woodard
Loucracia Brown	Linda Robinson
Pamela Coleman	Danessa Drumgold
Nicole Pryor	Lufrica Quarles

Circulation

Arlethia Thompson Kathy Muhammad
Chantise Smith

Layout

Kathy Muhammad
Stoddard Baptist Nursing Home



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Baptist**
NURSING HOME

**1818 Newton Street, N.W.
Washington, DC 20010**