A Holiday Message From
The Administration Office:

Each December, I find myself reflecting on the events of the year. As I pour through my memories, I am reminded of our mission, which is, “Doing all the good we can by enriching the lives of those we serve, by encouraging continued growth and learning, by embracing individuality, and by enabling personal fulfillment and dignity through the entire span of life”. This year I am most grateful for two things. The first is my biological and Asbury families. I am grateful for every moment, every conversation, every interaction I’ve had with each of you. I am grateful to know you and grateful to be here with you. The second is the opportunity to serve you as your Administrator. I am grateful for the opportunity to lead our team as we bring our mission to life each and every day, one interaction, one conversation, one smile, one kind word at a time. Thank you for all of the joy you bring to my life and to the lives of each other. Happy Holidays!

Debbie Hedges, LCSW-C, NHA
Administrator
Happy 104th Birthday to Foss Foote!

Third floor residents and associates came together to surprise Ms. Foss Foote to celebrate her 104th Birthday. Sporting a beautiful hot pink hat and big smile, Foss was thrilled to be the woman of the hour and wished everyone a happy life. Foss has been an Asbury resident for years. We also learned that she was a ballerina with a dance company in Arlington, Virginia. A beautiful cake with ice-cream was served and everyone had a great time singing “for she’s a jolly good fellow”. To further commemorate this special event, everyone took pictures with our celebrity and others expressed their regards via a video message. A keepsake DVD will be presented to Foss. Not everyone is as fortunate to reach this milestone in life, we want to again say – A Very Happy Birthday to you, Foss Foote!

Murvell Delpino
Activities Coordinator
Holiday Week 2013
Please join us in celebrating the holidays by participating in holiday week!

Monday, December 16th - ASSOCIATE HOLIDAY PANCAKE BREAKFAST
Associates can stop by the Russell Avenue Café for a free holiday breakfast! Served by the Asbury leadership team, this meal will feature pancakes, sausage, eggs and orange juice. The holiday breakfast will be served from 6:45A.M. - 9:30A.M.

Tuesday, December 17th - BREAKFAST WITH SANTA
Santa Claus is making an appearance this day in each Wilson Health Care Center dining room! Stop by and say hello. Don’t forget your list of presents for Santa!

Wednesday, December 18th - HOLIDAY BAKE-OFF
Do you have a special holiday treat you would like to share? The Holiday Bake-Off will be held from 2:00P.M. - 3:30P.M. in the WRC. For all residents and associates.

Thursday, December 19th - HOLIDAY ACCESSORY AND JEWELRY DAY
Today is the day to show your holiday cheer! Make sure to remember to wear your favorite holiday hat, tie, scarf or jewelry. Show us your holiday fashion! Want to be featured in the next newsletter? Stop by the administration office to have your photo taken!

Friday, December 20th - ANGELS AT WORK DAY
Ending the week on a special note, we are dedicating this day to remember the season of giving. Be an angel and do a kind thing for a fellow worker. A piece of chocolate or a card. Remember, smiles are free and can make someone’s day. Your gift will be appreciated. Be a working angel.
I was introduced to the IPod project by Susan Crossley from Bethany Village. She was involved practically from the beginning of Music and Memories. Susan did some of the initial research on this project. In June, I was certified to go forward with this project. Some IPods came to us from the Shelley & Donald Rubin Foundation who supports Music & Memories. Another group of IPods came from Hood College IPod donation drive. The big break came when Nicholas Youngs, an Eagle Scout candidate came to see me. He wanted to see if we had a project that would be an Eagle Scout project. I talked with Nicholas and his Mom about interviewing families and loading the personalized music onto the IPods for us. He was very excited to work on this project.

We agreed to work together to make this happen. Nicholas organized his troop and the work began. They interviewed families, found the music and loaded the IPods. In talking to a family member, Carol Dodd about the project, she became very excited and offered her large CD Collection to us. This saved lots of ITunes fees.
At this time, thirty-seven IPods have been loaded for the folks who live on Morning Glory Terrace, our memory support unit and we are beginning to roll them out.

A special thanks to Susan, Dan Cohen, Carol Dodd, Nicholas Youngs and the Troop. IPod donations are being accepted for residents in other areas of Wilson. Call Elaine 301-216-4225. They are a great holiday gift. Visit http://musicandmemory.org to see video of Henry and what Music and Memories is all about.

Elaine Kielman,
Director of Activities
Harvest Fest 2013

October 25th the Activity and Volunteer Departments hosted the annual Harvest Fest. Candy donations from associates helped for the goody bags. Volunteers packed them for the party. The party games included bowling with candy corn pins, freeze dance, musical chairs and bean bag toss.

We had about seventy-five children, many residents and associates. Included here are some pictures of the excitement of the evening.

Elaine Kielman,
Director of Activities
CHRISTMAS LIST
by Shelby Hairston Pilkington

I have a list of folks I know, all written in a book
and every year at holiday time I go and take a look.
And that is when I realize that these names were a part
not of the book they’re written in, but of my very heart.
For every name stands for someone who has crossed my path sometime,
and in that meeting they’ve become the rhythm of the Rhyme.
And while it sounds fantastic for me to make this claim,
I really feel I am composed of EACH REMEMBERED NAME.
And while you may not be aware of any special link,
just meeting you shaped my life more than you can think.
For once you’ve met somebody, the years can’t erase
the memories of a pleasant word or of a friendly face.
So never think my Holiday greeting is just a mere routine
of names upon a Holiday list forgotten in between.
For when I send a Holiday greeting that is addressed to you,
It’s because you’re on that list of folks I’ve been indebted to.
For I am but a total of the many folks I’ve met,
and you happen to be one of those I prefer not to forget.
And whether I have known you for many days or few,
in some way you had a part in shaping things I do.
And every year when the Holidays come, I realize anew,
THE BIGGEST GIFT life can give is MEETING FOLKS LIKE YOU.
And may the SPIRIT OF THE SEASON that forever and ever endures,
Leave its riches blessing in the heart of you and yours.

Submitted by Dean Lake, Resident Council President
Welcome Suzette Smellie, Wilson Health Care Center Food Service Manager

Please welcome Suzette Smellie, Food Service Manager for Wilson Health Care Center and Kindley Assisted Living. Suzette worked for Sibley Memorial Hospital for approximately six years as a supervisor for Retail and Catering, overseeing the cafeteria and Seattle’s Best Coffee Bar with cross work into Patient Services. She also held supervisory positions with several other senior living residences.

Suzette’s educational background includes a Bachelor’s degree from UMUC in Business Administration with a minor in Human Resources. She is currently a graduate student pursuing double majors in Human Resources and Business Administration. She also holds an Associate of Applied Science degree from Montgomery College in Hospitality Management, and an Associate of Science degree from Moneague College (located in Jamaica) in Hospitality and Tourism.

A Seventh Day Adventist member, Suzette is active in their communications department. She is married with no biological children and loves to read. “You could find many books on my IPad from Kindle and Barnes and Nobel”, Suzette explains. She loves to entertain and enjoys baking Jamaican traditional Black/fruit cake. “I don’t like to settle for less and thus I believe in hard work and good ethics”. Suzette loves to help others and lives by the motto, “It’s better to give than receive”.

Alicia Robrecht,
Senior Administrative Assistant
Autumn All Over By the Wilson Writing Group
Written October 9, 2013

In New York City, the air is filled with the smell of roasting chestnuts.
In Illinois, autumn is a lavish harvest home.
Time was, Pennsylvania smelled like leaves burning this time of year.
In New England, the season is crisp: the air, apples, leaves crunching underfoot.
It helps to know the history of a place.
Then you can see the soldiers marching through the streets of Frederick on a cool September morn.
Even in southern California, where the green leaves remain steadfast and the air is warm, the children shout to each other with a different cadence in their after-school play.
In West Virginia, it is time for everyone to meet up and marvel at how some painter has colored the world over night.

The Wilson Writing Group is facilitated by Janet Walenta, 4th Floor Activity Coordinator. For additional information about the writing group, please call 301-216-4214.

Holiday Light Garden Grand Illumination

Monday, December 9th
6:30P.M. in WRC
Light refreshments will be served
I don’t remember much about the Army house where I spent my earliest days. We Army brats moved around a lot. My mother told me it was made of beaver board. I do remember the first time I saw a plane. I was 6 or 8 and we were living at Fort Riley, Kansas. They had an air show. There was a wing-walker and I was terrified he’d fall off. My grandson is stationed at Fort Riley now. He wasn’t about to get a house on base, beaver board or not. He had to rent a place downtown.

- Roseanne Broughton

When I got into the Marine Corps, the gal who was going to go with me was a large girl, and I was a twerp. She told everyone she didn’t think they’d take me. They did, but they didn’t take her. Once I was out on a date with a Marine and I got out on a limb over the water. I got scared. He told me to close my eyes and he got me back.

- Fern Stork

I grew up in a small town in Maine. It was called Milltown. There were two mills: cotton and lumber. There were 9 kids in my family, so I’m sure I didn’t have my own room. It had a front porch. It wasn’t palatial.

- Helen Pollard
Associate Holiday Pancake Breakfast

Monday, December 16
6:45A.M. - 9:30A.M.
Russell Avenue Café

Hosted by the Human Resources Department
For all associates
Important Contacts and Numbers
For calls on campus, simply dial the last 4 digits

Front Lobby Reception Desk:
301-216-4004

Administrator:
Debbie Hedges, 301-987-6227

Senior Administrative Assistant:
Alicia Robrecht, 301-216-4227

Director of Admissions
Cynthia Perez, 301-216-4136

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Barbara Rowe, 301-216-4098

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Janet Dykstra, 301-216-4135

Assistant Director of Nursing:
Diane Edwards, 301-216-4137
Maureen Okonah, 301-216-4116

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Cathy Welsch, 1st floor/TCU 301-216-4040
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Caren Johnson, 3rd Floor 301-216-4117
Barbara Morrison, 4th Floor 301-216-4024

Nursing Office Manager:
Denise Hall, 301-216-4139

Director of Activities:
Elaine Kielman, 301-216-4225

Nutrition Manager:
Flora Kessler, 301-216-4720

Dining Operations Manager
Aaron Tucker, 301-216-4707
Suzette Smellie, 301-987-6229

Director of Social Services (campus-wide)
Erika Baylor, 301-216-4089

Assistant Director of Social Services, TCU Care Manager:
Kristin Ramsay, 301-216-4192

Care Manager, 1st Floor:
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Social Worker, 2nd Floor:
Sharon Peska, 301-216-4216

Social Worker, 3rd Floor:
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Liz Pilloff, 301-216-4255

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