



Cherlyn Sander

Our Staff:

Bob DeMaria , Administrator	bobd@mvnrc.net
Marcia Saffell , Accounting	accounting@mvnrc.net
Cynthia Lattisaw , Activities Director	activities@mvnrc.net
Natalie Ruybal , Acting Activities Director	nar@mvnrc.net
Margo Harris , Admissions Director	admissions@mvnrc.net
Eileen Spinella , Community Liaison	eileens@mvnrc.net
Cherlyn Sanders , Dietary Director	dietary@mvnrc.net
Dorothy Baniter , Director of Nursing	don@mvnrc.net
Janice Crosby , Asst. Director of Nursing	nursing@mvnrc.net
Jhoel Mercado , Rehabilitation Director	jhoel.mercado@genesishcc.com
Lendy Bethel , Social Service Director	socialsvs@mvnrc.net

MVNRC is online at www.mvnrc.net.

The site has been designed to keep family and friends, both near and far, in touch with all that is happening in the MVNRC community. Suggestions and input regarding the site are welcome.

Printed by



1920 L Street, NW ■ Washington, DC 20036 ■ 202-296-3276



Mount Vernon Nursing
& Rehabilitation Center
8111 Tis Well Drive
Alexandria, VA 22306
703-360-4000

MOUNT VERNON NURSING & REHABILITATION CENTER

Tis' Well Times

VOLUME 1, ISSUE 5

FEBRUARY 2011

Administrators Notes:

By Bob Demaria

On behalf of all staff members here at Mt. Vernon Nursing and Rehabilitation Center I would like to thank everyone for their thoughtfulness this past holiday season. Whether it was a box a candy or a tray of cookies or a gift to the Residents fund, your generosity is very much appreciated by all of our staff.

Last month we spoke about some of the new programs and equipment we were using in our Activity programming throughout the center. We specifically mentioned the Linked Senior program available in the second floor Solarium. I am very pleased that the feedback on this

has been very positive from Residents and Family members. We will utilize it in our Activity Schedule every day so anyone can have the opportunity to see how it works. Any of our Activity staff would be happy to show Residents and Family how it operates.

Starting this month, we will be introducing electric beds into Resident rooms that do not have them. Since this will be an undertaking involving over 50 beds, it will be phased over approximately five weeks. Our Nursing and Maintenance departments will work closely together in this project. We

will make sure that every Resident is shown how to operate the controls. My guess is that it will not take long for anyone to master the operation.

This month we also start introducing some new changes in the Dining department. We will be looking at some new menu choices and options. Residents will be visited by members of the Dining staff to talk about these things as we try to improve an already outstanding area.

As I write this near the end of January, we have dodged a couple of storm systems that hit further north. Let's hope our luck continues in that vein.

Trivia Stumper

What date was the first recorded Valentine sent?

Resident of the Month: Jerry "Red" Sonosky

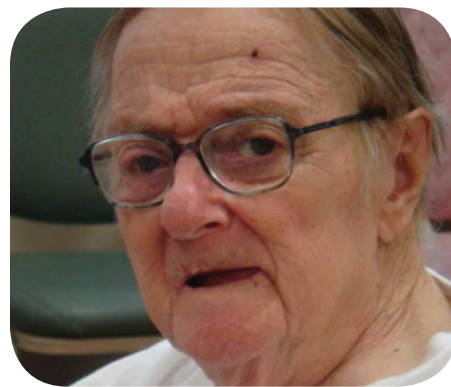
Jerry "Red" Sonosky grew up in Chisholm, Minnesota. He was born on July 18, 1929. Working at a young age at the El Queeno, a distributor of all kinds of goods and managed by his father, Jerry was surrounded by friends and relatives from the Iron Range. He was the only child of Henry and Olga Sonosky, though Olga had six other children from a previous marriage. Jerry's elementary school doctor was Archibald "Moonlight" Graham, made famous in the movie "Field of Dreams," and an inspiration for Jerry, who helped create a scholarship in Doc Graham's name.

After attending Carleton College and graduating from the University of Minnesota, Jerry moved to Washington, D.C. He knew he wanted to be a lawyer and he pursued his studies at Georgetown Law School in the mid-1950s. He met his late wife Elaine there. They married in 1958 and raised four children in Alexandria. Paul, Mary (and husband David) and Colleen live in Virginia and Ellen lives in Connecticut.

Jerry devoted his early

career on Capitol Hill and he played an instrumental role in the passage of many laws that helped regulate air and water pollution, food and drug safety and automobile safety in this country. His work in auto safety was noticed by carmaker Mercedes Benz and in 1968 he became a partner at Hogan & Hartson, a law firm in Washington, DC, where he represented Mercedes for more than 25 years. After retiring in 1994, Jerry and Elaine ran a small antique business and among his favorites are anything to do with Mickey and Minnie Mouse. Jerry and Elaine were PTA leaders at St. Mary's School in Alexandria, founding members of the Stratford Recreation Association and early members of Good Shepherd Catholic Church, and Jerry was the first Jewish finance committee chairman and head of the building fund in the 1970s.

Their home in Mt. Vernon Manor was filled with friends and much laughter and the Sonosky house was a place where "the door is always open" was not just a



cliché, but a way of living. He provided many hours of enjoyment for his children, and his grandsons John and Matthew, through his writings and his creative ways. Field trips to Harper's Ferry, frequent viewings of "Fiddler on the Roof", vacations to North Carolina, the arrival of the Great Pumpkin, searches for the perfect Christmas gift and the annual lighting of a Chanukah tree are just a few of the special memories he created for his family. Jerry's interests most recently are focused on his favorite sports and his favorite subject: politics. He's a long-time Washington Redskins fan and is learning to love the Washington Nationals, though he still thinks of the Senators as Washington's baseball team.

January Staff Anniversaries

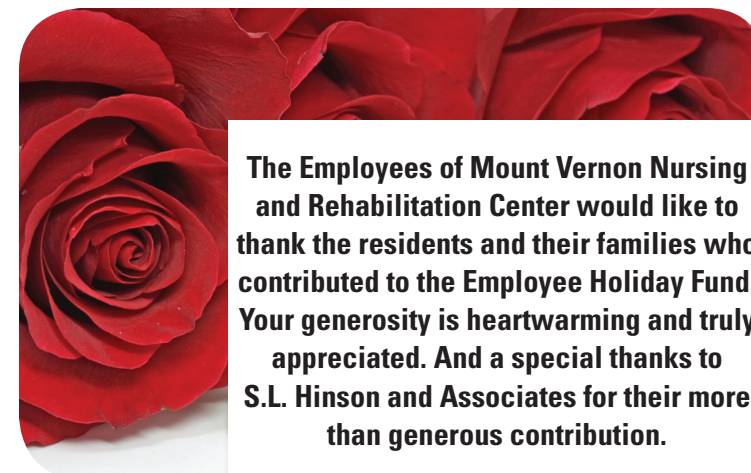
Fafa Johnson..... 10 years
 Seth Annan..... 9 years
 Raul Hurtado..... 7 years
 Moses Basoah..... 4 years
 Hannah Boku 2 years
 Joesph Manly Spain 2 years
 Evelyn Aboagye..... 2 years
 Vida Sarkodie 3 years
 Beth Tuazon 1 year

Employee of the Month: Pamela Kayikwabu Tshibuyi



My name is Pamela Kayikwabu Tshibuyi. I was born on March 26, 1985 in Kinshasa (capital of the Democratic Republic of Congo ex Zaire). At the age of 3, my family and I moved to Cameroon where I grew up and attended middle and high school. I have 9 sisters and 3 brothers; also a one year daughter named Chantelle. I watch American Football

even though I do not really know the stories about it, but I'm just watching because it is interesting and fun. My favorite music is gospel music and my hobbies are cooking, reading the bible, especially the book of proverbs. Before my current occupation, I was a student at Bryant School learning the English Language. In the future, I would like to continue my studies in the medical field. The most important thing that I've learned in life are being disciplined and responsible.



The Employees of Mount Vernon Nursing and Rehabilitation Center would like to thank the residents and their families who contributed to the Employee Holiday Fund. Your generosity is heartwarming and truly appreciated. And a special thanks to S.L. Hinson and Associates for their more than generous contribution.

Activities Department

To the residents and family, I would inform you that I will be out on medical leave for 6 to 8 weeks. In my absence, Natalie Ruybal, will fill in until I'm able to return. If you have any concerns or questions, please address them to Natalie. She can be reached at (703) 360-4000 ext. 321.

I hope to see you all very soon.

Thanks, Cynthia Lattisaw Activities Director.

Valentines Recipe

Vanilla Cream

Ingredients

1/2 cup milk
 1/2 cup heavy cream
 1 vanilla bean, or vanilla extract, to taste (approximately 3 tablespoons)
 1/4 cup sugar
 4 egg yolks

Directions

For the Vanilla Cream:

Pour the milk and heavy cream into a heavy bottomed saucepot and scrape the seeds from the vanilla bean into the pot (or add vanilla extract). **Cook's Note: If using a vanilla bean, put the vanilla pod in the pot as well. Add half the sugar and bring to a simmer.* In a small bowl, whisk together the egg yolks and the rest of the sugar. Temper it by adding a small amount of the heated milk mixture to the bowl, whisking constantly. Pour the egg mixture into the pot of milk, stirring constantly. Do not boil or cook the egg mixture, otherwise you will have scrambled eggs! The mixture should begin to thicken so that coats the back of a spoon. Remove from heat and allow to cool. Remove vanilla pod and discard, and refrigerate until chilled.

Way to Go!!!

Charlotte Korantwi is leaving us and will be pursuing a license in nursing. We are going to miss her dearly! We wish you the best of luck Charlotte!

To the family of our residents, we need your help by taking down any Christmas decorations in their rooms. Please help by having them down by Valentine's Day. Thank you.

Valentine treasures are people who have often crossed your mind, family, friends and others, too, who in your life have shined the warmth of love or a spark of light that makes you remember them; no matter how long since you've actually met, each one is a luminous gem, who gleams and glows in your memory, bringing special pleasures, and that's why this Valentine comes to you: You're one of those sparkling treasures!
 By Joanna Fuchs

February Resident & Staff Birthdays

Resident

1 Judith Eckerson
 18 Joan Heffering
 23 Irma Purvis
 24 Barbara Lewis

Staff

2 Moses Basoah
 5 Robert De Maria
 7 Fafa Johnson
 7 Jackline Muthama
 11 Hannah Krampah
 12 Ama Srewaa
 15 Tirhas Ghebremichael
 19 Nunnie Ellis
 26 Irene Griffin
 27 Patricia O' Gray