



Jhoel Mercado  
Rehabilitation Director

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**MVNRC is online at [www.mvnrc.net](http://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.*

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MOUNT VERNON NURSING &  
REHABILITATION CENTER

# Tis' Well Times

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## Administrators Notes:

By Bob Demaria

We are halfway through February as I write this and the weather outlook is promising. Translated: We seemed to have missed any large winter storms similar to last year's blizzard of the century in January 2010. While we are prepared for those types of emergencies, like car insurance, we never want to implement them. The recent shutdown on the highways did not reach the level of last year but did affect several of our staff. Two in particular took nine and thirteen hours to make it home to the Herndon - Reston area.

As I have indicated from past columns, our Dining department is implementing some different menu selections and had a

wonderful Valentine's lunch. The main Dining Room on the first floor had three times the usual number of Residents and some Family members. That will challenge us to see how we can make dining there a regular event for more Residents. We will continue to encourage everyone to come on down as we discuss your meal choices the day before as we go through menu selections with you. All of the staff looks forward to making your meals enjoyable both in food selection and dining environment.

We are expecting the delivery of Electric beds to have already begun so that program of bed replacement should be underway by the beginning of March.

## Irish Sayings and Blessings

- ♣ May your blessing outnumber the shamrocks that grow, and may trouble avoid you where you go.
- ♣ May you live as long as you want, and never want as long as you live.
- ♣ Dance as if no one were watching, sing as if no one were listening, and live every day as if it were your last.
- ♣ If you're lucky enough to be Irish, you're lucky enough!
- ♣ May your neighbors respect you, troubles neglect you, the angels protect you, and heaven accept you.



## Trivia Stumper

Question: What river in America is dyed green for St. Patrick's Day?

Answer: Chicago River

**Our residents enjoying a special Valentine's Luncheon**



**Congratulations to our King and Queen of MVNRC!**  
In the picture: Mary Smith and Roberto Vermont

**March 13, 2011 (Daylight Saving Time Begins)**

**March Resident & Staff Birthdays**

- Resident**
- 5 Elizabeth Greenwood
  - 9 Thomas Hobart III
  - 15 Erma Weaver
  - 19 Joseph Garbacz
  - 21 William Rinehart
  - 27 Wilson Freesland
  - 30 Richard Fowler

- Staff**
- 2 Lendy Bethel
  - 3 Muskuda Deen
  - 4 Zufan Debebe
  - 8 Emebete Ayele
  - 14 Esther Grant
  - 18 Monica Smith
  - 19 Gbassay Koroma
  - 26 Pamela Tshibuyi
  - 29 Akosua Adu
  - 31 Beatrice Lartey



**Resident of the Month: Roberto Vermont**

graduating from high school, Roberto was enrolled part time at New York University studying English. Roberto worked as a bookkeeper until his 40's. He has a son, David, and granddaughter, Gabby, who live in the Alexandria area, who visit often. Roberto loves sports and is an avid soccer fan. He also enjoys bowling, pet visits, stamp collecting and traveling. He has been to many places including, Rome, Paris, France, Italy, England, and Amsterdam.

**Celebrating St. Patrick's Day**

St. Patrick was actually born in Wales about AD 385. He became closer to God when he was sold into slavery by Irish marauders that raided his village. He escaped from slavery six years later and studied monastery. Patrick traveled throughout Ireland setting up schools, monasteries and churches. He died March 17 in AD 461. That day had now become St. Patrick's Day. It was said that St. Patrick drove out all the snakes from Ireland. A popular icon of St. Patrick's Day is the shamrock.

He used it in his sermons to explain the Trinity; the Father, the Son and the Holy Spirit. The custom of wearing a Shamrock was adopted by his followers. St. Patrick's Day custom came to America in 1737 and it was the first year it was celebrated publicly in Boston. Today, we celebrate with parades, wearing green and drinking beer. This holiday might have become so popular because it takes place just a few days before the first day of spring. They say it has become the first green of spring.

**We would like to recognize two of our February staff anniversaries on their notable years here:**

**Dorothy Bainter, 27 years**  
**Charles Seay, 24 years**

**FYI** Licensure Survey Results and Plan of Correction and Summary are readily available for examination at the volunteer's sign in table on the first floor.

**Employee of the Month: Eanita Belcher**



I was born and raised in Glade Springs, VA. My parents, Walter and Dorothy Branch, had 9 children including myself; 5 brothers and 3 sisters. My mother raised us to go to church and to be what the Lord wants us to be and in the bible it says to love others as you love yourself. That's a lot to swallow but if God did it, we can too. I have often said that if I could put my arms around the whole world, I would love and care for it. And I do just that. To put a smile on someone's face and try to make their day brighter! I went to Patrick Henry high school and while attending, I took CNA courses which took 2

years in vocational school to complete. My husband, Danny, and I moved to NOVA when he relocated jobs. I have always loved helping people and the health care field to continue God's work and to be a blessing to someone. I have 2 daughters, Latasha and Ericka and I am now a proud grandmother to Destiny, one of God's blessings. In my spare time, I attend and volunteer at my church, Washington Community Church.



**Irish Proverbs**

- ♣ What's good with the goose is good for the gander
- ♣ The older the fiddle, the sweeter the tune
- ♣ If you lie down with dogs, you'll rise with fleas



The death of a loved one is one of the most painful experiences we may encounter in our lives. Sharing our experiences in a safe and

supportive environment with other bereaved individuals promotes good healing. Please join us to learn about the grieving process on March 16, 2011 at 6:00-7:30 P.M. The Speaker will be Debby Wells, a Licensed Clinical Social Worker MSW, LCSW, DCSW from Evercare Hospice and Palliative Care Bereavement Education. It will be held in the Multipurpose Room. Please R.S.V.P. to Lendy Bethel, Director of Social Services at 703-360-4000, ext.330.

**Irish Soda Bread Recipe**

**Prep Time:** 15 minutes  
**Cook Time:** 1 hour and 10 minutes  
**Servings:** 12  
**Nutritional Information:**  
Amount Per Serving: Calories 192/ Total Fat: 4.9g/ Cholesterol: 29 mg

- Ingredients:**
- 4 cups all-purpose flour
  - 1 tablespoon of baking powder
  - 2 tablespoon of sugar
  - 1 teaspoon salt
  - 1 teaspoon baking soda
  - 1 egg, lightly beaten
  - 2 cups buttermilk
  - 4 tablespoon butter, melted
  - 1 cup raisins

**Directions:**  
Preheat oven to 425 degrees F. Whisk together 4 cups of flour, the sugar, salt and baking soda into a large mixing bowl. Using a pastry cutter or two knives (can also use your fingers), work butter into flour mixture until it resembles coarse meal, then stir in raisins. Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead! Transfer dough to a lightly floured surface and shape into a round loaf. Transfer dough to a large, lightly greased baking sheet. Using a serrated knife, score top of dough about an inch and a half deep in an "X" shape. The purpose of scoring is to help heat get into the center of the dough while it cooks. Put in oven until bread is golden brown and bottom sounds hollow when tapped, about 35-45 minutes. Insert a long, thin skewer into the center or a toothpick in the bread comes out clean. Remove to cool. Serve bread warm, at room temperature, or sliced and toasted.

**Reminiscing Corner**

**What is your favorite thing about St. Patrick's Day?**

- Mary Smith**-watching the parades and getting dressed up in green. Both of my parents were born in Ireland.
- Roberto Vermont**-listening to Irish music and drinking beer.
- Bill Rhinehart**- seeing people smiling and watching the parade.
- Erma Weaver**- getting together with friends and going out to eat.
- Ida Casper**-watching people dress up in their nice green clothes.