



JUNE 2010

### Music in the Air



Music evokes a gamut of emotion. It helps us remember times of yore and keeps us in the present when we share it. A movie score can bring us to tears within the first few notes. It is

amazing to be able to remember the lyrics to a song from 30 years ago, and not remember a license plate number of a few digits.

Researchers say that listening to music can be therapeutic for individuals recovering from an illness or an injury. They also say that listening to soothing music can help with everything from mood elevation to better digestion. Studies show stress reduction for everyone from the youngest infant to the oldest senior. Convincing evidence connects receptors in the brain to the positive outcomes.

Friends and family are welcome to enjoy our music programs with our residents. Check with the activities staff for a detailed calendar of musical events.



### Inside this issue...

- A Taste of Southern California*
- A Musical Resident*
- Summer Travel Tips*

### Our Musical Friends

Collingswood is proud of our visiting and in-house musicians who entertain us on a regular basis. (see *Spotlight* for a special jazz musician who lives in the building). Over the years, we have been delighted at the sounds of jazz, swing, children's choirs and yes, even Elvis.

Some of our favorites...

**Billy Lynch:** plays guitar/vocals - *Country Western*

**Michael Terrance:** Julliard-trained pianist who plays anything! (usually *Mother's Day and December Holidays*).

**Sandy Lederman:** piano/vocal - *variety*

**Linda Leach:** piano vocal – usually performs for Montgomery Inn.

**Christiane Drapkin:** *jazz vocal* with guitar or drum accompaniment.

**Silver Swing:** a group of retired judges, doctors and teachers - *jazz sax, bass, drums, piano*

**Bob & Rob Johnson:** versatile duo who play all genres of music!

**Gwen Olive:** guitarist and vocalist, performs regularly.

**Tom Stringer:** guitarist who plays a variety of music.

**AND OUR VERY OWN Susan Zanner:** a classically trained pianist. Collingswood is fortunate indeed!!

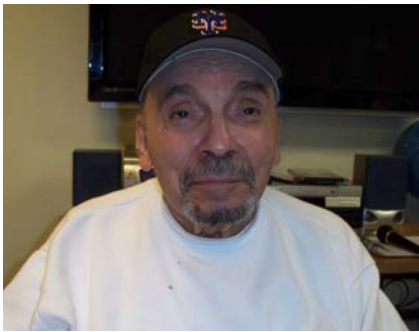




JUNE 2010

### Resident Spotlight...

#### Sharing His Love of Music



Mr. Leon Pierre began at a young age listening to records and going to the hottest jazz clubs in his native New York

City. It is there that he developed his talent and appreciation of the genre. He heard the likes of Billie Holiday, Stan Kenton and Charlie “Bird” Parker.

“Charlie Parker is still my favorite. He really changed jazz music in this country and made me learn and love the alto sax,” Pierre remembers fondly.

Music isn’t something that Mr. Pierre earned his living doing, it was merely his passion. A self-taught artist, he has paintings in galleries in California, New York and Washington, DC. Like most artists, he supported himself doing odd jobs to pursue what he loved.

Now, he generously shares his love of music. He spends time listening to jazz and sharing his vast knowledge with Collingswood residents.



“His music brings joy to the residents of the Montgomery Inn unit,” states

Activities Associate, Denise Hartmann.

“Jazz music is something to be shared. It is an art form to be appreciated,” he adds.

### Employee Spotlight...

#### Celebrating Anniversaries

At Collingswood, we are proud of the staff longevity. Listed below are a few of the special staff members who will mark the milestone of another year with us this month.

#### Congratulations!

- Mary Boatemah, LPN – 4
- Marie Djomgoue, GNA – 8
- Jamelia Georgestone, LPN – 3
- Denise Hartmann, Activities Asst – 4
- Susan Jacobson, PT – 10
- Fatu Kargbo, GNA – 3
- Gloria Kitson, GNA – 11
- Abra Lolonyo, Dietary Aide – 4
- Zipora Mazengo, Dietary Aide – 2
- Anthoniette Mensah, GNA – 8
- Ricardo Montalbo, Dietary Aide – 2
- Sabrina Ngashu, GNA – 7
- Princess Ngegba, LPN – 11
- Georgina Ofofu, LPN – 8
- Henrietta Patrick, GNA – 30
- Yupa Puwpong, GNA – 3
- Connie Rotich, GNA – 3
- Greg Thomas, Receptionist – 1
- Yulan Zhao, LPN - 7



#### Take Note:

Susan Zanner celebrated a special anniversary this past April. She has faithfully served the residents, staff and families for 26 years!! Please congratulate Susan when you see her.



JUNE 2010

### Summer Fun!

Our weekly patio cookouts will begin this month. Units will rotate on Thursdays (see activities for schedule). Bring your country's flag on Flag Day and wave it proudly! June 24<sup>th</sup> we will have **70's Day!** Scour your closet and dress in your disco best!



There is a lot of fun coming. For more details, contact the activities staff.

### Message from the Administrator...



We are indeed fortunate to have a terrific staff here at Collingswood. It is a true testament to what a great place this is when you look at staff longevity.

We have a new face on our short term rehabilitation unit! Please

help me welcome Vicky Ragasa, RN. She is returning to us as Nurse Manager of 2 west.

I look forward to seeing you at our many exciting summer activities! Please let me know if there is anything I can do for you. Many thanks for your continued support.

Sincerely,  
Kathy Catucci

### Southern California Recipe

#### Sesame Crusted Tuna & Avocado

- 3 large ripe Haas avocados, peeled, cubed
- 10 cherry tomatoes, cut in half
- 1/3 C sliced fresh cilantro
- 3 T. fresh lime juice
- salt
- 4 Ahi tuna steaks, 1" thick
- 1/4 cup raw white sesame seeds
- 3 T. extra virgin olive oil



Place the avocados, tomatoes, cilantro and lime juice in a large bowl and toss gently. Season mixture to taste with salt and divide the mix evenly among 4 plates.

Sprinkle the tuna with salt.

Spread sesame seeds over a large plate and press the tuna into the sesame seed. Turn the tuna and repeat on the opposite side, ensuring a light even coating of sesame seed over the tuna.

Preheat a heavy large nonstick frying pan over high heat until it is hot. Be sure the pan is large enough to fit the tuna steaks without crowding. Drizzle 2 T. of olive oil over the pan and place the tuna steaks in the pan for about 2 minutes. Do not move them until they are golden brown on the bottom. Flip steaks and cook another 2 to 3 minutes until they are golden brown on the bottom. The tuna is still rare in the center. Place the tuna steaks atop the avocado mixture, drizzle with the remaining olive oil and serve. (Serves 4)

### Furry Reminder

Remember that pets are welcome at Collingswood! Please feel free to bring well-behaved, immunized pets to visit our residents. Four-legged friends always bring smiles.





JUNE 2010

## Editor's Note

June marks the beginning of summer and summer means VACATION! My family and I will spend nearly two weeks in Croatia later this month. Needless to say, we are very excited about our adventure. Due to my extended absence, **there will not be a July issue of the *Collingswood Post***. Rest assured that the August issue will have some photos from our trip. Please feel free to leave story suggestions in my mailbox while I'm gone.

Have a wonderful, sunny June.

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## Summer Travel Tips

### \*Research

Spend some time learning the area to which you're traveling. Knowing the local weather and other information can avoid problems and hazards.

### \*Remember the Meds

Be sure to take extra doses of regular medication in case of delays. Over the counter drugs may be accessible, but prescriptions may be hard to fill away from home.

### \*Tend to the Home Front

If travelling for more than a few days, keep the air conditioning set at a reasonable temperature to avoid your home overheating. Also, turn off the water main in case of a leak or burst pipe. Be sure that someone has a way to reach you in the event of emergency.