



MARCH 2011

### We Love Social Workers

In honor of Social Workers month, Collingswood is offering free continuing education credits for social workers.

**Wednesday, March 9<sup>th</sup> at 4:30 p.m.:**  
**Ethics in Gerontological Social Work**

Speaker: Wendy L. Johnson, M.S.  
Senior Helpers of Silver Spring

**Wednesday, April 6<sup>th</sup> at 4:30 p.m.:**  
**VA Benefits** Speaker: Ken Murling  
**No CEU credit available**

**Wednesday, June 22<sup>nd</sup> at 4:30 p.m.:**  
**Compulsive Hoarding: How can I Help**  
Speaker: Dr. Tricia Tomsco Nay

### Collingswood-think Green!



“Everyone talks about the weather but no one ever does anything about it!” That quote is attributed to Samuel Clemens, aka Mark Twain. In our ecology-conscious world of today, perhaps the saying could change it to “everyone talks about saving the planet, but no one ever does anything about it”. Well, everyone can help by doing small things like recycling bottles and cans in one of the many can/bottle collection locations all over Collingswood. Participation can help eliminate the over 40 million pounds of recyclable materials that go into landfills every year. So remember, pitch in!  
Your feedback is encouraged. Contact Clark Pengra with questions and comments.

### Fare Hike for Metro Access

Metro Access fares have increased nearly 20% overall, including a rush-hour differential.

Metro Access is a shared-ride transit service for people who cannot use standard rail or bus service because of age or disability.

Transit cost increases are to blame.

According to Metro Access officials, the costs have been unsustainable and the fare increases are long overdue. In addition to the rate increases, the agency has

toughened the eligibility guidelines for riders to adhere more closely to the *Americans with Disabilities Act* guidelines. For more information, go to [www.wmata.com](http://www.wmata.com).



### Check It Out...

Be sure to visit our new website at [www.collingswoodnursing.com](http://www.collingswoodnursing.com) and let us know what you think!

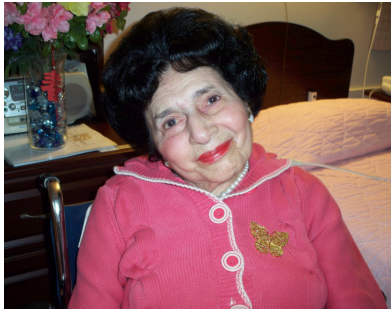
**Inside this issue...**  
**St. Paddy's Day Recipe**  
**Helpful Household Tips**  
**A Beautiful World**





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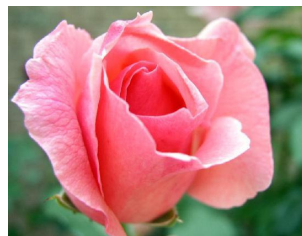
### Resident Spotlight... Beauty



In a very short time after talking with Mrs. Theresa Board, it is easy to tell she has a love for beauty. She talks dreamily about melodic ballads and arias she sang and enjoyed as a mezzo-

soprano. She lights up when she speaks of her favorite hobby, gardening. She once planted and maintained a nearly 1/2 acre garden.

“With so many wonderful plants it is hard to pick a favorite. I do love flowering fruit trees and most especially, I love roses, pink roses,” she says.



Mrs. Board is a New Jersey native but in her adult life lived in many places. She says she became accustomed to moving but suitably, San Diego ranks tops on her list.

“The atmosphere is wonderful and people are happy to be in such a beautiful place,” she says.

She began her career as a clerk, but because she was highly proficient with numbers, she quickly was promoted to an accountant position. Her son and daughter-in-law live in Montgomery County. Mrs. Board helps make Collingswood a more beautiful place!

### Employee Spotlight... Everyone’s Favorite

It is easy to tell when Julia Kariya is on the unit because most everyone is smiling – a veritable mutual admiration society. Julia’s love for what she does as a nurse practitioner and the resident and staff appreciation create a wonderful simpatico.



“Collingswood is my favorite. The staff really knows their residents and things run so smoothly,” she says.

It is not only the staff that makes Julia like Collingswood so much. Her patients here make it all worthwhile.

“It almost feels selfish because they are so appreciative of what I do and they give me so much!” she adds.

Julia changed her major in college from pre-law and earned her degree in gerontology. After becoming a nursing assistant, she never considered anything else for her career.



Julia’s 8 year old daughter is the apple of her eye. She spends her “free” time leading Girl Scout activities with bunches of little girls.

Julia is the apple of Collingswood’s eye!





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### Message from the Administrator

As we look forward to spring, let's remember that a smile goes a long way in making someone's day a little brighter!



Also, take a minute to say hello to one of our newest Collingswood physicians, Dr. Matas. Our staff and residents are happy to have her on our team!

All the best,  
Kathy Catucci, RN, LNHA

### March Activities...

Please see the calendar of events, the website, or a member of the activities team for more information.

### What's in a Name?

Nametags for the staff are a part of the work uniform. All staff is required to wear a nametag at all times while on duty. The other essential part of the staff uniform is of course, a smile!

### Like Facebook?

Collingswood is now on Facebook. Please take a moment and "Like" us! On the Collingswood page, you can find photos and updates of what is happening at the center!  
[www.facebook.com/collingswood](http://www.facebook.com/collingswood).

### Remember Your Irish Recipe

#### Easy Irish Brisket

4 pounds corned beef brisket  
1 cup brown sugar  
1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)

Preheat oven to 300 degrees. Rinse the beef completely and pat dry. Place the brisket on rack in a roasting pan or Dutch oven. Rub the brown sugar on the corned beef to coat entire beef, including the bottom. Pour the bottle of stout beer around, and gently over the beef to wet the sugar. Cover, and place in preheated oven. Bake for 2 1/2 hours. Allow to rest 5



#### Don't Forget the Cabbage

2 teaspoons butter  
1 (15 ounce) can chicken broth  
1 head cabbage, cored and coarsely chopped  
1 pinch salt and pepper to taste

Bring the butter and chicken broth to a boil in a large skillet. Reduce heat to low and add the cabbage. Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet. Season with salt and pepper and serve.





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## Editor's Note



The very first inches of the daffodils have poked through the cold and damp earth. It is at this time of year, the Spring Fever peaks! Most of us are tired of the cold temperatures, threat of something frozen from the sky and dark days. To see new life emerging stirs a sense of hope for the warm sunshine of spring.

My spring project is to start a table garden in my yard. Partly inspired by Collingswood's participation in the Farmer's Co-op this year. Watch for photos of the progress!

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## Bet You Didn't Know...

\*If you take your bananas apart when you get home from the store, they ripen more slowly.

\*Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are better for cooking.

\*Adding garlic immediately to a recipe gives it a light taste, adding it at the end of the recipe will give a stronger taste of garlic.

\*Using a wet cotton ball or Q-tip can help pick up the small shards of glass you can't see easily.

\*Before pouring sticky substances into a measuring cup, fill it with hot water, empty it but don't dry it and watch ingredients such as peanut butter, come right out.