



OCTOBER 2011

### Special Ladies

They can be found in almost every city and small town in the county. They have no set agenda for their outings and the only requirement for attendance is to don a red hat.

#### The mission of the Red Hat Society is:

- \*To have **FUN** at every age
- \*To have **FRIENDSHIP** and expand the bonds of sisterhood
- \*To enjoy **FREEDOM** to discover and explore new interests
- \*To achieve **FULFILLMENT** when realizing personal potential
- \*To embrace **FITNESS** and a life-lengthening lifestyle

*The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and elan. We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next."*



- Sue Ellen Cooper, Queen Mother

Inside this issue...  
*Weight Watchers Recipe*  
*A Card Shark*  
*Tender Loving Hands*

### New Driver's License Info

Maryland's Motor Vehicle Administration (MVA) is adding a new "emergency contact" option to Maryland driver's licenses.



Drivers can add three emergency contacts so police will know who to call in case of an accident. The information is stored electronically on an individual's driver's license and will be available only to authorized law enforcement personnel. You can go to MVA's website at [www.mva.maryland.gov](http://www.mva.maryland.gov) for more information.

### Autumn Clean-Up

Please take the change of season to help our residents swap their wardrobe. Take home hot weather, stained or worn clothes. Gently used items can be donated to local charities. Please contact Debbie Gallagher if you need additional help. Thanks!!!



**Collingswood's 2<sup>nd</sup> Annual Community Day!**  
**Saturday, October 15<sup>th</sup>.**  
**Bring family and friends for food, fun, and entertainment.**



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## Resident Spotlight An Interesting Beginning



It is hard to believe, but true. Mrs. Sydelle Berlin was born on a kitchen table in a farm house in New York!

“My mother said I just couldn’t wait!” she says.

She grew into a healthy baby until developing Polio which has affected her ankle ever since. It didn’t keep Mrs. Berlin from riding horses and dancing the Lindy.

“I loved doing triple Lindys. They are really fast steps,” she says.

After graduating from Rutgers, she met and married her husband Paul. From the moment she met him, she could tell what a gentle and kind man he was. She describes it as “love at first sight”.

For as sweet a woman as she is, Mrs. Berlin is a demon at the bridge table.

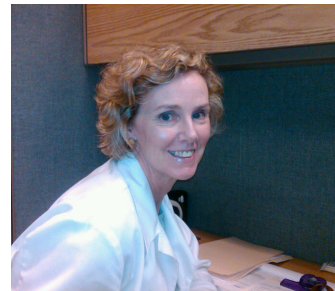


“I play to win and I like good competition and I am always up for a game,” she says with a glint in her eye.

She is very close with her son who lives near Collingswood and loves to go on outings with him. Mrs. Berlin is a delight to have at our center!

## Employee Spotlight Hands On

“Working here allows me to treat patients with hands-on care,” says Fossy Fenwick.



It is that kind of care that has kept her working as a physical therapist at Collingswood for nearly 10 years. Although technology has changed the treatment over the years, direct patient care will always reign supreme in Fossy’s eyes.

Fossey grew up on the Maryland countryside riding horses and foxhunting. She and her seven siblings attended boarding school. She later graduated from Georgetown University and The University of Maryland (PT). The youngest of her three children has a fascinating hobby which has brought Fossy and her family a great deal of joy.



“My son is a bagpiper. We go to Scotland every summer for his camps and to see the ‘rock stars’ of the genre,” she says.



The exact origin of the bagpipes isn’t clear, but some experts think some form of the instrument has been in existence since the 1<sup>st</sup> century.

*Tha mi toilichte do choinneachadh Fossy!  
(Pleased to be with you)*



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### Message from the Administrator



When becoming an administrator over a year ago, I knew there would be challenges. What I didn't realize at the time was that there would be so many triumphs! The satisfaction I get from the work our terrific team does every day, makes this job a pleasure.

It has been a tremendous help having Debbie Gallagher as Assistant Administrator. If there is anything you need, please don't hesitate to contact Debbie or me. Our number one goal is to achieve 100% satisfaction at Collingswood!

All the best,  
Kathy Catucci, RN, LNHA

### October Activities...

**Oct. 15<sup>th</sup>** – Community Day!  
**GET WELL SOON SUSAN!!**  
Check with the activities team for lots more fun this month!

### Useful Resources:

- [www.redhatsociety.com](http://www.redhatsociety.com)
- [www.weightwatchers.com](http://www.weightwatchers.com)
- [www.bagpiper.com](http://www.bagpiper.com)
- [montgomerycountymd.org](http://montgomerycountymd.org)
- [homecanning.com](http://homecanning.com)

### Weight Watcher's Recipe Oven Fried Chicken (5 pts.)

- 3 Sprays cooking spray
- 1 lb. uncooked chicken boneless, skinless chicken breast (4 pieces)
- ½ t. salt (divided)
- ¼ t. cayenne pepper (divided)
- 1/3 c. all purpose flour
- ½ c. cornflake crumbs
- 3oz. butter milk

Preheat oven to 375°F. Lightly coat 13 x 8 x 2-inch baking dish with cooking spray; set aside. Season the chicken with salt and cayenne pepper to taste; set aside. Combine flour, 1/4 teaspoon salt and 1/8 teaspoon cayenne pepper together in a medium-size bowl. Place buttermilk and cornflakes crumbs in 2 separate shallow bowls. Dredge chicken in flour mixture and evenly coat both sides. Dip chicken into buttermilk and turn to coat both sides. Dredge chicken in cornflake crumbs and turn to coat both sides. Place coated chicken breasts in prepared baking dish. Bake until chicken is tender and no longer pink in center, about 25 to 30 minutes (there is no need to flip the chicken during baking). Yields 1 chicken breast per serving



Pickled peppers from the Evans' garden!





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## Editor's Note

Collingswood is getting fit! More than twenty members of the team and I are starting the Weight Watcher's Program. Each of us had a different weight-loss goal, but we share the goal of becoming a little leaner and a lot healthier. Losing extra pounds can be challenging. Our hope is that together, we can draw on the support that comes with participating as a group. (Watch for WW sanctioned recipes in the coming issues.)

Wish us luck!

Trish Evans  
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## Residents' Rights

### \*Exercising Rights

A resident has a right to be free from interference, coercion, discrimination and reprisal from the nursing home when exercising the resident's rights.

### \*Freedom

A resident has the right to be free from: physical, verbal, sexual and mental abuse; and physical restraints for purposes of discipline or inconvenience; and involuntary seclusion.

### \*Choice

A resident has the right to choose an attending physician, if the physician agrees to abide by the facility's policies and procedures.