



JANUARY 2010

### Braving the Storm



Some neighborhoods in the metro area saw near record snowfall amounts last month during the blizzard of 2009. Collingswood residents remained in good hands. The staff carpooled, hitched rides and many stayed the night to keep those in their care safe and sound.

“It was gratifying to see the teamwork and willingness to ‘go the extra mile’ from everyone,” reflects Administrator Sheree Parris Nudd (who caught a few hours of sleep on a mattress in her office in between the shuttling staff members through sixteen inches of snow in her big green Suburban!)



Way to go team!

#### Inside this issue...

*Real Stars*

*A Sweet Southern Lady*

*Potato Leek Soup Recipe*

### All in the Family

When people say that “Collingswood is just one big happy family”, they mean it literally! Many staff members have or have had family members recuperate and live at our center. Monica, Helen and Linda’s fathers have been with us. Both of Susan’s grandmothers, her second cousin have also been here. Estella and Lisa’s granny still makes Collingswood her home.



Of course over the years, many of our resident’s family members have stayed with us as well. We are fortunate to have such a tight knit community within our building!

### New Year’s Resolutions

Every year at this time most of us struggle with making and keeping resolutions for the coming year. There are some favorites that keep popping up on a regular basis:

- Lose Weight
- Quit Smoking
- Stick to a Budget
- Spend More Time with Family
- Exercise More
- Make New Friends
- Learn Something New
- Get Organized
- Help Others
- Make Doctor’s Appointments

Experts say that having support and keeping the goals reasonable are the keys to success! Good luck in 2010 and beyond!



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### Resident Spotlight... A Sweet Southern Lady

Alabama native Grace Victory will tell you she is not a “Southern Belle”, but after a very short chat with her, you know that she certainly has all of the charm and sweetness.

Grace attended “normal” school with two of her sisters, they became teachers; Grace did not.



“I don’t think I was cut out to be a teacher and I was a terrific reader, but college was too expensive for Mama and Papa,” she says.

Grace instead worked at a fabric store and later at a tea room where she met her future husband, “Vic”.



The Victory’s had one son and led what Grace refers to as a “simple” life.

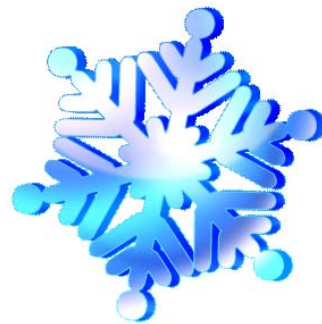
ALABAMA

“It has never taken much to make me happy. I guess I was born to be a happy person,” she says. That is saying something for a centenarian!

At Collingwood, we are happy to have Grace Victory *grace* us with her company!

### Employee Spotlight... Teamwork!

Collingswood’s entire staff showed outstanding unity in facing the challenges of last month’s snowstorm. This column is dedicated to all!





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### Message from the Administrator...



We can rest assured that we have a dedicated staff here at Collingswood. I offer many thanks to those who braved the weather and dodged the snowplows to get here during December's big storm!

I hope that 2010 brings little snow and many happy times with friends and family.

Best wishes,

Sheree Parris Nudd

### Upcoming Events



Ask a member of the activities staff for a schedule of exciting events coming this month!

### Reminders...

Please refrain from visiting the building if you are experiencing: fever, cough, runny nose, vomiting/diarrhea or nausea or other flu symptoms. Our residents' health is our top priority! Thank you.

### Winter Dinner Recipe

#### Potato Leek Soup

- 3 leeks
- 4 potatoes, quartered
- 1/4 cup butter
- 1/2 cup milk
- 1/2 cup light cream
- 1 qt. water or chicken stock
- 1/4 teaspoon fresh chopped chervil
- 2 T each chopped celery and shallots
- 1/8 teaspoon celery seed
- parsley to garnish



Peel and quarter the potatoes. Prepare the leeks by removing the green portions, reserving for another use if desired. Cut down the center lengthwise and wash thoroughly. Chop the white portions finely and sauté lightly with the chopped shallots in half the butter for 5-7 minutes. Add 1 quart of water or chicken stock, 1/2 teaspoon of salt, celery, the quartered potatoes, and simmer 20-25 minutes. Remove potatoes and leeks to a small bowl, reserving using a potato masher, mash to a puree in return the puree to the cooking water. Stir in the milk, cream, and remaining butter, reheating one minute if needed. Season to taste with salt and pepper. Top with crispy bacon bits if desired.





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## Editor's Note

Teamwork is a necessary element to almost everything we do in our daily lives. During December's snowstorm, it was wonderful seeing my neighbors pitch in to ensure everyone's safety (and clear driveways)! Here at Collingswood, that same level of concern was shown to our beloved residents.

The next time you're in the building, take a quick moment and share a smile of appreciation to those who never hesitate to pitch in!

All the Best for 2010!

Trish Evans  
[tevens@collingswoodnursing.com](mailto:tevens@collingswoodnursing.com)  
301-787-8698



NURSING & REHABILITATION CENTER

299 Hurley Avenue  
Rockville, Maryland 20850  
[www.collingswoodnursing.com](http://www.collingswoodnursing.com)

## Residents' Rights

### \*Right to Refuse Treatment

A resident has a right to refuse treatment, including the right to accept or reject artificially administered sustenance.

### \*Access Records

A resident has the right to request his/her records within 24 hours, excluding weekends, upon oral or written request.

### \*Release of Records

A resident has the right to approve or refuse the release of personal and clinical records outside the facility unless the release is required by law.