

Pavilion Post

September 2011

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News from Our Administrator: *Katie Moore*

A Huge CONGRATULATIONS to the wonderful team in Arleigh Burke Assisted Living. On August 31, 2011, we had our annual monitoring visit from the Department of Social Services. The inspector found no violations! These inspection results solidify all of the hard work, dedication and devotion to the Residents all of the employees show each and every day. Thank you again to everyone!

It's hard to believe that summer is almost over and with that comes the flu season! We have already ordered and received the annual influenza vaccination for our Residents and staff and will planning to

administer the vaccinations on or around the week of September 20, 2011.

Information was sent out to Residents and/or Responsible Parties about the vaccination, the immunization authorization page needed in order to receive the vaccination and a self addressed stamped envelope. If you have not received this information or are interested in receiving the vaccination please contact Lorraine Gazzano, RN, Director of Nursing, at 703-506-2123. We encourage all Residents and Staff to get immunized!

Don't forget to take note of the information provided about the September 24, 2011, 5K Run with the Warriors. Those of you who would like to participate or volunteer please call Fred Johnson, Special Events Coordinator, at 703-970-3712.



Happy Birthday to:

Assisted Living:

George Haas 7

Healthcare:

LCDR Floyd C. Haines 10

Ilse Z. Sheiman 7

September



Guest Meal Time Requests

Guests meal time requests are due to the kitchen by the following times: 6:30am for Breakfast, 9:00am for Lunch and 2:00pm for Dinner. If there is an emergency guest meal that is needed please contact Arleen Matthews at 703-506-2131.



Potential and Possibilities

Chaplain Scott Harrison

When a baby is born friends and family gather to congratulate the new parents and may say things like “Isn’t she beautiful,” “He looks just like his father,” or “She has her mother’s eyes.” It’s a time of celebration, changes, and beginnings. When things settle down a bit or during the rare quiet of a morning, the young mother and father may think forward about their little one and wonder what the future may hold. Will he be successful? Will she be the first female president? It seems, at that moment, anything is possible and the future is ripe with possibilities.

There are a number of stories about children in the Bible who held a special place in their parents’ hearts and hopes. For most, these parents were people of simple means but of great faith. Some of the children mentioned in the Bible are Isaac, Joseph, David, and Samson. Each of these was the product of rather humble and simple beginnings, and each had potential and possibilities. They grew into rather significant leaders, who had remarkable influence and left a lasting legacy.

Isaac, the son of Abraham and Sarah, was nearly given as a sacrifice to God by his father but later became one of the three patriarchs of the Israelites. Joseph, the favorite son of Jacob, was sold into slavery by his jealous brothers but eventually became an advisor to the pharaoh and one of the most powerful men in Egypt. David, the young shepherd boy who slew the giant Goliath, later became the writer of

many of the Psalms and brave leader and king of the Hebrew nation. Samson, the much-anticipated son of Manoah and Zorah, whose birth was predicted by an angel, was later granted supernatural powers to fight the oppressors of his people.

Each of these seems to go over and beyond the call of duty when it comes to reaching their potential and exploring new heights of possibilities. Whether or not people believe the accuracy of these stories or the significance of these Biblical characters, they provide examples of people who lives were extraordinary but originated from unpretentious circumstances.

Each of us has tremendous potential. Many people step up to the plate and seize opportunities, and others step back and, for whatever reason, take another path and always wonder “what if?” No matter our age, we can find ways to explore life, learn new things, and experience exciting challenges. Grandma Moses, the famous American folk artist, began to paint while in her 70s. Fitness guru Jack LaLanne enjoyed an active lifestyle well into his 90s. President Jimmy Carter, now in his late 80s, continues to volunteer for Habitat for Humanity and numerous peace initiatives around the world. A willing heart and can-do spirit work wonders for exploring our potential and possibilities. Wilma Rudolph, the famous Olympic runner and multiple-gold medalist, said, “Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.”



Run With the Warriors 5K 9/24/2011



Wounded Warriors from the DC area and Fort Benning, GA (some just back from the Wounded Warrior Olympics and training for the Army 10K) will run alongside students, community members and active duty and retired military entrants. Active Duty Marines all the way from Dam Neck, VA will be coming up to participate in the run. We and all our Event Partners invite you, your family members and your friends to run with and in support of all our Warriors! The run starts and ends right here on the VHRC campus, and during the run, Wounded Warriors will be conducting "family friendly" events such as: Kid's Fun Run, Nordic Pole Walking, Shot Put, Golf Techniques, and a Fitness Table for Nutrition and Exercise Information, all at no charge. You can register for the run online **OR** you may pick up a registration form at the front desk at VH, ABP and TS, (using the printed form saves you online registration fees.)

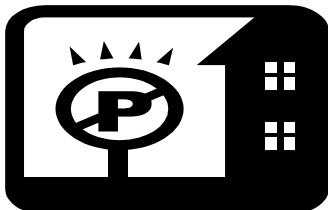
VHRC staff, will receive a significant discount for participating in the run—there are three classifications open to VHRC staff: *Single runner, *Couples, *Parent & Child and *Team of 4. For the single runner, couples and parent & child category, one of the participants **MUST** be a VHRC employee. For a Team of 4, **ALL** must be VHRC employees. Attach a check to your registration form or check the Payroll Deduction box (it will be deducted from your payroll check) and return your form to Fred J or Simone.

Should you prefer registering online, you may do so at:
<http://www.active.com/running/mclean-va/run-with-the-warriors-vinson-hall-5k-race-2011>

Additional ways you can participate: (1) Volunteer for the event (2) If you have facebook or email, forward the run link on to your family & friends and organizations you feel might be interested in participating. We also have a donor/sponsor page:
<http://www.active.com/donate/V0tranhousing>; you can forward this link on to those you think would donate to the run. The VHRC website has the full details on the run and its' purpose.

Any questions, to volunteer or to pick up more forms: call Fred #3712 or Simone #2994.

IMPORTANT NOTICE

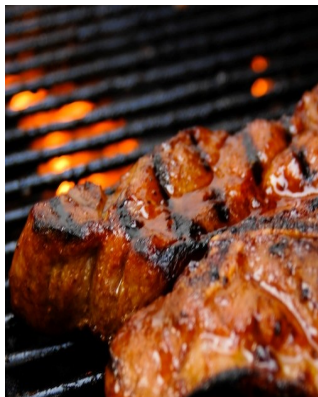


SATURDAY, Sept. 24th

8:00 am—1:00 pm

NO PARKING AT ABP

On Saturday, Sept. 24, parking from 8:00 am to 1:00 pm will be at Chesterbrook School or the Swim Club across the street. Shuttle buses will be available for transport. If possible, please avoid visiting ABP during this time.



Community Labor Day “Cook Out”

September 5th
12:00 to 1:30

Turkey Noodle Soup
Grilled Country Pork Ribs
Roasted Chicken
Fresh Cumin Creamed Corn

Baked Beans
Potato Salad
Mixed Green Salad

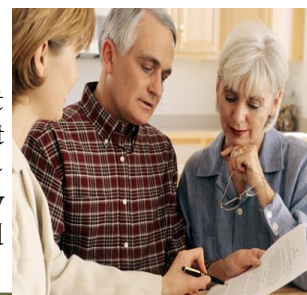
Watermelon / Strawberry Cloud Cake
Sugar Free Cheesecake

Fresh Squeezed Lemonade / Iced Tea

\$ 9.95 Guests

Family Council

If there is a family member that wishes to form a Family Council please contact me at katiem@arleighburke.org. Family Councils are groups that are organized to meet regularly to discuss and offer suggestions to the facility. This group must be organized by someone other than facility personnel. A private meeting space in the facility will be offered for this group to meet and any suggestions should be communicated directly to me for discussion and feedback.



September Calendar of Events

Sept. 5 — Holiday Performer: Piano Man Jerry Roman

Labor Day BBQ

Sept. 9 — Men's Day Out—US Army Spirit of America Live Show @ Verizon Center

Sept. 10—McLean Orchestra 2nd Annual Salute to our military

Sept. 20—Lunch Outing: Essy's Carriage House

Sept. 22—Scenic Ride & Tour: Franklin D. Roosevelt Memorial in Washington, DC

Sept. 7 — Catholic Prayer Service

Sept. 16, 23 and 30—Catholic Communion Services

Please watch for Event Flyers and Sign Up sheets at the reception desk and nursing stations.

Hello, my name is Arleen W. Matthews and I am the new Dining Services Manager for Arleigh Burke Pavilion. I have been working in the food service industry for exactly 30 years. I have a lot of knowledge in nutrition as well as in the culinary arts. Every month for our monthly newsletter, I will be sharing some healthy nutrition information with you as well as a healthy, nutritious recipe.

My first article entry will focus on Sodium in foods. The chemical name for salt is sodium chloride. It's used as a seasoning or food preservative that is added to countless commercial products. A key to healthy eating is choosing foods that are low in salt. Most Americans consume more salt than needed. The current recommendation is to consume less than 2.4 grams (2,400 milligrams [mg]) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams include ALL salt and sodium consumed, including that used in cooking and during meal consumption. For someone with high blood pressure, the doctor may advise eating less salt and sodium food items. Lower-sodium diets can keep blood pressure from rising and help blood pressure medications work better. There are many alternatives to table salt that will add extra flavor to food. Pepper, lemon juices, lime juice, spices such as onion and garlic powder are good choices for food additives.

Now, I would like to share a nice end of summer recipe with you.

Sweet and Sour Cole Slaw

3 T. extra-virgin olive oil

2 T. cider vinegar

1 T. lemon or lime juice

1/4 – 1/3 cup sugar substitute or sugar

1 garlic clove, minced

1/4 t. garlic powder

1/4 t. onion powder

Pinch of ground black pepper

Salad Mix

1 medium head green cabbage, shredded **OR**

1 package of Cole Slaw mix

1 small sweet onion, chopped, (Vidalia preferred)

1 small carrot, grated

1 celery stalk, chopped

For the dressing: blend together the oil, vinegar, lemon juice, sweetener, garlic, hot pepper sauce, garlic powder, and black pepper either by whisking in a small bowl or by shaking well in a screw-top jar.

For the salad: In a large bowl, combine cabbage, onion, carrot, and celery; add dressing and toss. Season with additional white pepper for taste.

Cover and refrigerate 1 to 2 hours to allow flavors to blend. Toss before serving and **ENJOY!**



Vinson Hall Retirement
Community

Arleigh Burke Pavilion
1739 Kirby Road
McLean, VA 22101

703-506-6900

www.arleighburke.org

Friendship, Dignity & Security

VHRC is an active, vibrant community that embodies warmth, security, and the spirit of home and family. We are resident-focused, valuing independence and individuality. We celebrate and encourage resident's freedom of expression, their personal choices, and their opportunity to maintain, renew and begin friendships. We embrace new ideas while cherishing the past, enhancing the present, and creating the future. In a maintenance-free environment, our residents enjoy life at their own pace and schedule. Residents can build their day around an array of activities including gardening, trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. We promote physical and spiritual well-being by offering fitness programs, health services, and pastoral support. Our history dates back to 1969. VHRC has been and continues to be a well respected Continuing Care Retirement Community, which is "home" for over 300 residents in McLean, Virginia. Resident eligibility for independent living is military service or sponsorship. All other levels of care are open to individuals within the community.



Arleigh Burke Pavilion Staff

- **Katie Moore**, Administrator
- **Lorraine Gazzano**, Director of Nursing
- **Carolyn Ko**, Day Nurse manager
- **Arleen Mathews**, Dining Services Manager
- **John Shorty**, Social Worker
- **Sara Simpson**, Rehab Director
- **Miles Prescott**, Housekeeping Director
- **Alex Valencia**, Maintenance Supervisor
- **Maria Jordan**, Marketing Counselor
- **Tina Nickens**, Admissions Coordinator
- **Scott Harrison**, Chaplain