



The Pavilion Post

McLean, Virginia

January 2010

From the Pavilion



I am writing this at the kitchen table looking out over a back yard encased in snow. The big difference is I am in R. I. in my brother's kitchen.

I left Washington earlier this year to spend more time with my family than usual because last year we were not all together for various reasons. Needless to say, I did not leave last Saturday, the day of record breaking blizzards and snowfall in the D.C. area. I was not able to get out of my parking lot in the city until the Monday before Christmas. However, as many Residents throughout our community know, the dedicated staff members at all levels were here, staying over 24 to 48 hours to keep everyone safe and cared for. I cannot thank these people enough for their dedication to our Residents. Judy Bowes, Donna Duss and Bill Burgwald led a team of over 50 people over the toughest stretches of the worst weather we have seen since 1996.

Nurses, aides, dining services, activities staff, maintenance and housekeepers all were here to keep the wheels turning.

We are so proud of the teamwork and spirit they showed in demonstrating our community's Core Values.

I know that as we head into 2010, the entire staff has already demonstrated their commitment to maintaining the Vinson Hall Retirement Community as one the best places for our elders to live.

Have a Happy and Safe New Year.

Bob DeMaria
Administrator

The Pavilion Post

is published monthly by the
Arleigh Burke Pavilion,
1739 Kirby Road, McLean, Virginia 22101.
Articles for publication should be submitted
to marketing no later than the 15th of the month.

RESIDENT OF THE MONTH
Dr./Rear Admiral Faye Glenn Abdellah



Dr./Rear Admiral Faye Glenn Abdellah, who currently resides in the Assisted Living Residence

of Arleigh Burke Pavilion, has been nominated by Administrator Bob DeMaria for prestigious recognition by Who's Who in Virginia's Long Term Care Facilities. Below is a brief biography outlining some of the highlights of Dr. Abdellah's amazing professional life. We at Arleigh Burke Pavilion are honored to have her as a resident and a friend.

Faye Glenn Abdellah, Ed.D., Sc.D., FAAN, Professor and Founding Dean Emerita, Graduate School of Nursing (GSN), at the Defense Department's University in Bethesda, Maryland (1993-2002), is globally recognized as a national pioneer in nursing, nursing research, mental retardation, home health services, aging, hospice and AIDS. She has 12 honorary degrees, 90 major awards,

authored/co-authored 152 publications and six books altering nursing theory and practice.

Rear Admiral Abdellah, who joined the U.S. Public Health Service in 1949, served as the Chief Nurse Officer (17 years) and Deputy Surgeon General of the United States from 1981 until her retirement in 1989. She initiated national health policies related to AIDS, drug addiction, violence, smoking and alcoholism and Federal training programs for health services researchers and geriatric nurse practitioners. Following induction into the National Women's Hall of Fame (2002) and retirement from the GSN (2002), Rear Admiral Abdellah received Congressional Tributes from U.S. Senators & Representatives.

JANUARY RESIDENT BIRTHDAYS!

- Mrs. Gladys L. Fishel
- BG John H. Morrison, Jr.
- Mrs. McCall H. Revercomb
- Mrs. Mary Wakefield
- Mrs. Maree Short
- Mr. Bertram S. Ryder
- Mrs. Evelyn Stout
- Mrs. Ellen D. Herron

Events: The Sylvestery

Deena Jarvor will perform on Monday, January 4th at 10:30am

Brian Rudolph will perform on Thursday, January 14th at 11 am.

Mike Surrat will visit us on Thursday, January 21st at 2:30 pm.

Steve Flynn will come to sing all the wonderful songs of Frank Sinatra on Thursday, January 28th at 11 am.

Spiritual Enrichment Program w/ Scott Harrison on January 6th and 20th at 11 am.

Catholic Mass will held on Wednesday, January 6th and January 29th and Catholic Communion will be held on Friday, January 15th and 22nd.

Come and join us on a lunch outing to Old Dominion Grill on Monday January 25th the bus will leave at 11:30 am.

Residents Birthday Celebration will take place on Thursday, January 28th at 2:30 pm.



*Please join us in welcoming
our newest hires!*

Gerri, Nancy
Begum, Umme
Dumbuya, Mabinty
Kammerman, Rebecca
Neway, Etetu
Ruybal, Natalie
Sellman, Brian

ALZHEIMER'S[®]
ASSOCIATION

Someone to Stand by You

Alzheimer's Association Caregiver Support Group

Caregiver support groups can help family & friends share their experiences, learn caregiving tips, and know where to turn for help

Where: The Sylvestery Assisted Living
1728 Kirby Road
McLean, VA 22101

When: The first Tuesday of each month,

Time: 5:00 p.m.

For more information contact:
Erika Young 703-970-3700

Events: Arleigh Burke Pavilion

The following is a list of special events and performances planned for residents, family members and staff throughout the month of January. We invite all to participate and have an enjoyable time.

Friday, January 1st at 2:00pm—New Year's Social

Tuesday, January 5th at 11:00am—
Performance: Brian Rudolph

Wednesday, January 6th at 2:00pm—
Jewelry Class

Wednesday, January 6th at 3:00pm—
Lifelong Learning Seminar: Picasso

Thursday, January 7th at 11:00am—
Visual Arts with Becky

Friday, January 8th at 2:00pm—Hot
Chocolate Social

Saturday, January 9th at 4:00pm—
Wii games/sports

Tuesday, January 12th at 3:00pm—
Senior Skits

**Wednesday, January 13th at
2:00pm**—Wii Price is Right

**Wednesday, January 13th at
3:00pm**—Lifelong learning Seminar:
Grandma Moses

**Thursday, January 14th at
11:00am**—Music Appreciation

Thursday, January 14th at 2:00pm—
Performance: Mike Surratt LDR

Friday, January 15th at 2:00pm—
Happy Hour Social

Friday, January 15th at 3:00pm—
Red Hat Club

Monday, January 18th at 11:00am—
Performance: Deena Javor

Wednesday, January 20th at 3:00pm—
Lifelong Learning: Paul Klee

Thursday, January 21st—Resident
Meetings

Friday, January 22nd at 10:30am—
Collections

Friday, January 22nd at 11:00am—
Seminar: Audiology & Hearing—Dr.
Ana Anzola

Friday, January 22nd at 2:00pm—
Friendship Social 2:00

Monday, January 25th at 11:00am—
Art Seminar: Alfred Gockel

Monday, January 25th at 3:00pm—
Service Project: Teddy Bears

Wednesday, January 27th—Monthly
Birthday Party

Thursday, January 28th at 11:00am—
Performance: Steve Flynn does Sinatra

Thursday, January 28th at 2:00pm—
Musical Bingo

Thursday, January 28th at 3:00pm—
Book Club

Friday, January 29th at 11:00am—
Performance: Bob Rosenbaum

Friday, January 29th at 3:00pm—Gi-
ant Crosswords

Saturday, January 30th—Focus on
Jackie Robinson

NEWS FROM THE SYLVESTERY

Happy 2010 from all of us at The Sylvestery.....A whole new year with a whole new list of “must-do’s” and a whole list of exciting opportunities. If you have any ideas, thoughts or suggestions on something you’d like to see here at The Sylvestery, please feel free to talk to me about them. I would love to hear your input.

The Sylvestery would like to welcome George Lynch back into our Activities Program. For those who do not know him, George is Vinson Hall’s health and fitness instructor. He will be coming 2 days per week to help our residents exercise and maintain/improve their current functioning level. Classes will be held in the Solarium. Please refer to our Activities Calendar or talk to Kim Moore directly for further details.

Our Activities Department has undergone some changes and added some new people here at TS on a part-time basis. Please join me in welcoming Natalie, Brian and Becky to the team. What a wonderful new addition they will be.

Families are encouraged to use our Rose Café when dining with your loved one. Call us at the front desk – 703-970-2700 to coordinate for your private dining experience. Also, keep in mind

the Alzheimer’s Support Group meets here every 1st Tuesday of each month at 5pm. Please feel free to join us – reservations are not necessary.

I hope everyone had a wonderful holiday season and from my staff and myself, we all wish you a happy, healthy, & safe 2010 filled with an abundance of blessings.

Erika Young
Administrator

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JANUARY EMPLOYEE BIRTHDAYS!

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- Dirie, Idil
 - Harding, Autumn
 - Somerville, Ann
 - Jordan, Mark
 - Granville, Vanessa
 - Delcid, Martha S.
 - Plowden, Sheila R.
 - Clements, Robert
 - Assi, Jeanne C.
 - Soi, Anne
 - Koko, Kouadio
 - Coon, Suzanne
 - Craig, Morna
 - Kaur, Karamjit
 - Ko, Carolyn R.
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Arleigh Burke Pavilion & The Sylvestery

Key Personnel

January 2010

RADM Kathleen L. Martin (NC) USN (Ret), CEO – Vinson Hall Corporation
Tim Farabaugh, COO - Vinson Hall Retirement Community
Bob Clements, CFO – Vinson Hall Corporation
Robert K. DeMaria, Administrator – Arleigh Burke Pavilion
Erika Young, Administrator – The Sylvestery
Richard J. Hart, Jr., MD, Medical Director –Arleigh Burke Pavilion
Jonathan Klein, MD, Medical Director – The Sylvestery
Lorraine Gazzano, Director of Nursing, Health Care - Arleigh Burke Pavilion
Bill Burgwald, Director of Facilities and Environmental Services
Skip Hansen, NMCGRE, Director of Development
Joanne Burke, RN, MFA, Staff Development Coordinator – Vinson Hall Corporation
Paul Rankins, Food Services Coordinator – Arleigh Burke Pavilion
Wendell McPherson, Food Services Coordinator – The Sylvestery
Michelle Thompson, Activities and Engagement Manager - Arleigh Burke Pavilion
Kimberly Moore, Activities Coordinator – The Sylvestery
Gretchen Kemp, Admissions Coordinator – Arleigh Burke Pavilion
John Shorty, MSW, Coordinator of Social Services – Arleigh Burke Pavilion
Scott Harrison, Chaplain – Vinson Hall Corporation
Madhu Sreekumar, Director of Human Resources – Vinson Hall Corporation
Jennifer Zhang, Accounting Manager – Vinson Hall Corporation
Christine Olajide, Front Desk Receptionist – Arleigh Burke Pavilion
LaTishea Harrison, Front Desk Receptionist - The Sylvestery
Pat Patterson, Director Rehab Dept – Arleigh Burke Pavilion
Dave Henderson, Maintenance Technician – The Sylvestery

Arleigh Burke Pavilion – 703 506-6900

The Sylvestery – 703 970-2700

**1739 Kirby Rd.
McLean, VA 22101**