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# The Charlotte Hall GAZETTE

Winter/Spring 2016

Issue #17



Serving  
Those Who  
Served



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On November 17, 2015, Charlotte Hall Veterans Home was honored to have the First Lady of Maryland, Yumi Hogan, tour our facility and visit with some of our residents. Mrs. Hogan, an adjunct professor at the Maryland Institute College of Art, was invited to attend a Meet and Greet with several local officials along with a handful of artists who have participated in our public art programs.

The First Lady had nothing but positive feedback and thanked everyone in attendance for their support of the veterans here at Charlotte Hall Veterans Home.

## Director's Corner



The State Office has been busy promoting relationships among Governor Hogan's Cabinet Secretaries and newly elected politicians who took

office this past January. On August 19th Charlotte Hall Veterans Home hosted its first "Meet and Greet". Secretary George Owings, Maryland Dept. of Veterans Affairs, joined me in welcoming several new Department Secretaries to include Secretary Van Mitchell, Dept. of Health and Mental Hygiene; Secretary Gail Bassette, Dept. of General Services; Secretary David Garcia, Dept. of Information Technology; and David Igoe, Chief of Staff, Dept. of Budget & Management. Also in attendance were Senator Mike Miller and Delegates Anthony O'Donnell, Steven Waugh, Edith Patterson, Deb Rey and Matthew Morgan. The event started with an introduction of key staff, a program briefing, followed by a tour of the facility and lunch. Everyone in attendance stated they were very impressed with how happy the residents seemed and the appearance, cleanliness and size of the facility. The attendees left with a better understanding of what we do, and who we serve, at Maryland's only State Veterans Home.

Over the summer the State Office began working with the Charles County Arts Alliance to bring a collection of visual art to the Veterans Home. Through this partnership Charlotte Hall Veterans Home will host a new art exhibit every four months. A "Call for Artists", via the Charles County Arts Alliance, ([www.charlescountyarts.org](http://www.charlescountyarts.org)) was announced in August with a theme "Maryland Landscapes". Artists submitted their work and the Arts Alliance Committee selected

the pieces to be displayed at the exhibit. "The Veterans Gallery" Art Exhibit will run from October 22, 2015 – February 17, 2016. Please look for this brand new art gallery on the Assisted Living Dining Hallway and stay tuned for our next "call for artists." In addition, the main lobby hallway is also part of our local artist outreach effort. Several local artists have donated their work to be displayed along the main corridor, as well as other hallways throughout the building. These displays include work by well-known artist Martin J. Kotler and local photographers Bill Hutchins, Anik Salas and Sharon Shifflett.

In addition to these exciting events, the State Office also works hard to ensure the entire infrastructure of Charlotte Hall Veterans Home is maintained. Mike Farr, Deputy Director, does an excellent job identifying problems and concerns that need to be addressed in the annual Facility Maintenance Report. The metal roof replacement project currently underway, was identified several years ago and has now been funded by the State through this process. The roofing project is overseen by the Dept. of General Services and will take 4-6 months to complete. This project and the hundreds of projects, completed and in process, could not be accomplished without the outstanding support and coordination of our very own Plant Maintenance and Operations Department at Charlotte Hall. Thank you to Bernie Owens, Chuck Young and Mike Huseman for your outstanding work and leadership! Also, thank you to all the staff who work in Plant Maintenance and Operations – great job!

Sincerely,  
*Sharon Mattia*  
Director

## Services Offered

- Skilled Nursing
- Assisted Living
- Rehabilitation
- Memory Care
- On-Site Optometry
- On-Site Dental
- On-Site Podiatry
- On-Site Beauty/Barber Shop
- On-Site Massage Therapy/  
Pain Management
- **On-Site Veterans Service Officer**
- On-Site American Legion Post 298

\* If you are interested in having a representative from Charlotte Hall Veterans Home present information at one of your upcoming events, please contact Carole Lewis, Director of Marketing at 301-884-8171, Ext. 483 or [clewis@hmrmd.com](mailto:clewis@hmrmd.com)

## Employee Appreciation Week



At Charlotte Hall Veterans Home, we have many different career fields that make up our facility. We have nurses, GNA/CNA's, Pharmacists, Maintenance Technicians, Dietary employees, Housekeeping and, and....well, you get my drift! This facility runs because of all of these people in their different specialties. In the perfect world, all of these specialties deserve their own 'week' to celebrate how hard they work. And that's the way it should be! But, with a facility as large as ours and with as many different specialties, we would be celebrating every week of the year. So with that in mind, what we decided was to put together an 'Employee Appreciation Week' and celebrate everyone during that week.

We held this celebration from 28 September through 2 October. Not only did we want the staff to participate and enjoy the week, but we wanted our Veterans and



family members to join in the fun also. We had a little bit of everything, to include; Family Feud games, Bruster's Ice cream delivered, Nursing Olympics and BBQ, Carnival Day and

myself sitting in the dunk tank, to a great day of Tailgating on the units! We ended the week with our Employee Appreciation Banquet and a night of great fun!

For this being our first year of doing this, we had a tremendous amount of participation from the staff and residents! Sunshine and fresh air always does a body good and I'm sure that our staff and veterans were feeling good at the end of every day! It's always nice to do fun things,

but the way our staff include our veterans here at Charlotte Hall is unbelievable!

We have gone through a lot this past year together, and to be able to recognize and reward the hard work that goes on at Charlotte Hall Veterans Home is truly gratifying. As hard as Team Charlotte Hall works, they deserve every 'thank you' they can get! As I always say, I've never been a part of a better team than what we have here at Charlotte Hall Veterans Home and I'm so proud of all of you!!! Charlotte Hall!!! We Go Hard!!

is certainly glad that Russell and his wife Chris have chosen us and the Southern Maryland area to make their home and we are proud to have them not only at our facility, but being a part of the community. We look forward to our future at Charlotte Hall Veterans Home with Russell playing a huge role on our team! Let's all give them a warm Southern Maryland/Charlotte Hall welcome!!! Now...get to work!!!



## Welcome Russell!



And in this corner....All the way from Long Island State Veterans Home in Stony Brook New York, is our

new Administrator-In-Training/Assistant Administrator, Russell Keogler! Russell comes to us with a wealth of knowledge and experience in the health care arena which he has garnered at different facilities throughout his career. His latest foray was in the Admissions Department at LISVH and he has already been able to make an impact at Charlotte Hall in his short time here! The Team here at Charlotte Hall Veterans Home

is certainly glad that Russell and his wife Chris have chosen us and the Southern Maryland area to make their home and we are proud to have them not only at our facility, but being a part of the community. We look forward to our future at Charlotte Hall Veterans Home with Russell playing a huge role on our team! Let's all give them a warm Southern Maryland/Charlotte Hall welcome!!! Now...get to work!!!

## Resident Events & Outings



Song and dance team "Letters From Home"



Santa and Mrs. Claus at the Winter Ball



Fishing Trip to Point Lookout



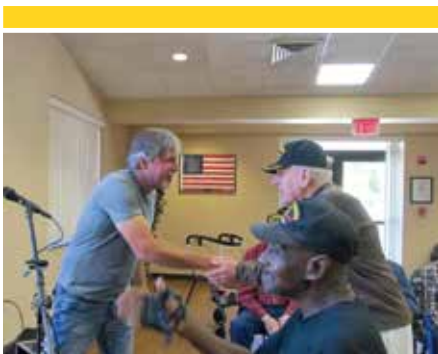
Mr. and Mrs. Novak attending "Diamonds Are Forever" Prom



Happy residents loved seeing all the trick-or-treaters



A collection of gifted residents' artwork



All the way from Nashville "The O'Donnell's Band



U.S. Navy Band Country Current Bluegrass

## Upcoming Events

### January

- 12 Hero Dogs (MPR)
- 13 Stuffed Ham Social (EMPR)
- 22 Casino Night (MPR)

### February

- 9 Mardi Gras (MPR)
- 13 Ice Cream Social to celebrate Valentine's Day (MPR)
- 26 Black History Celebration (MPR)

### March

- 13 Star Gazing (EMPR)
- 17 St. Patrick Armchair Travel to Ireland (MPR)
- 19 Easter Egg Hunt (MPR)

### April

- 8 Sock Hop (MPR)
- 15 Ice Cream Social with Linda (MPR)

### May

- 6 Opening of Tiki Hut
- 13 70s Party (MPR)
- 20 Ice Cream Social at Tiki Hut
- 21 Vacation for Vets
- 28 Cruisin' Southern Maryland Car Show

### June

- 3 Resident's Annual Picnic (Pavilion)
- 17 Crab Feast (Pavilion)

Full monthly calendars are available online

## Veterans Day at CHVH



Mission BBQ treated our veterans to a hero's welcome



Veteran's Day ceremony at CHVH



A full house for Veterans Day Ceremony



The crowds were cheering as our residents went by

Veterans Day at CHVH is a whirl of activity. Our morning starts before 7am preparing residents and staff to board the buses that will take them to Maryland's largest Veterans Day Parade in Leonardtown. Every year both residents and staff look forward to this event. In their honor they are one of the first groups to enter the parade route. Right away they can hear the crowds cheering, see the hands waving and feel the appreciation. Our staff is so proud to be there handing out 1,000 flags to children and adults. Lt. Governor Boyd Rutherford stopped and acknowledge each of them and thanked them for their service. After they exited the parade, they made their way to Mission BBQ. The founders and staff strive every day to remind everyone what makes Our Country great-its' heroes. And that is exactly how our residents were treated, like the heroes they are!

Back at CHVH everyone was busy preparing for the big day ahead. Volunteers begin arriving at 9:30 to visit with residents, assist with transporting and serving lunch. Our Ceremony began at 11:00. Honored guests in attendance included Secretary George Owings and Keynote Speaker Delegate Anthony O'Donnell. A letter from Senator Barbara Mikulski was read by Rachel Jones. Secretary Owings presented the Governor's Proclamation.

Following the ceremony, our Veterans were served a wonderful lunch. This year Frank and Trish provided live music and entertainment during lunch. One resident said, "I better get right in there. Sounds like a night club." Many visitors and volunteers stayed long after lunch was over just enjoying spending time getting to know our Veterans.

The day was a true tribute to the men and women at Charlotte Hall Veterans Home. Several residents were also invited to attend Lettie Dent Elementary School's annual ceremony.

## Quarterly Family Luncheon

WOW! Our first quarterly Family Luncheon was a grand success, thanks to the huge turnout from family members and friends who attended on September 16 2015, for the Meet and Greet! We had over 60 people join together to enjoy lunch, meet staff, and listen to our guest speaker, an oral historian, Mrs. Heidi St. George. It was a welcoming sight to see so many familiar family faces in the crowd and to be able to welcome our new families. The Administrator, Mr. Greg Osborne, spoke briefly about how honored we are at Charlotte Hall to be able to care for our Veterans and their spouses and that families entrust us with their loved ones care. He then did a wonderful job in introducing the staff that included upper management, nurses, case managers, and other key players that are involved in residents' daily care. Mrs. St. George spoke about her past and present experiences with the military and how she would like to assist residents and family members with being able to memorialize their own experiences through documenting and archiving their own stories.

The next Family Luncheon is scheduled for Wednesday, January 20, 2016, from 12:00pm – 1:00pm. Mr. Osborne will once again introduce staff but the topic/guest speaker is yet to be determined. If you have an idea(s) that you would like learn about please email Maura Pieper at [mpieper@hmmmd.com](mailto:mpieper@hmmmd.com). All ideas and topics are welcome and appreciated! It is our goal at Charlotte Hall to continuously strengthen our community and bring our family closer together.

*Maura Pieper, LCSW*  
Residents Services

Save the date  
Jan 20, 2016

## Rehabilitation

The Rehabilitation Department has undergone some wonderful changes and improvements thanks to the generosity of Crusin' Southern Maryland and DAV Chapter 36. Renovations began in early summer by relocating offices out of the gym to increase treatment space. Before being replaced, the floors appeared wet and shiny and created a fear of falling in many residents. The walls were painted a warm and welcoming color and a privacy curtain was updated to match the decor, decreasing the institutionalized feel of the room.

We replaced our parallel bars with a new hydraulic set, allowing the bars to be repositioned according to the resident's needs and includes accessories to prevent residents from crossing their feet. Most exciting was the installation of the Solo Step track harness system to assist with balance and ambulation; a feature not many rehabilitation gyms include. The harness eliminates the risk of falling during balance activities or ambulation training. By providing the sense of safety, a resident is better able to challenge themselves and progress towards their goals.

If you have not had the opportunity to stop by and see these changes, please do. They have made a very positive impact on the recovery of our residents and the atmosphere in which they improve.

*Kelly Knobe*

Director of Rehabilitation

## Massage Therapy Program

Massage Therapy was initially introduced at Charlotte Hall Veterans Home in 2008 as a basic Touch Therapy and Relaxation program offered to Assisted Living residents. It was created as a means to provide veterans with 15-20 minute massage sessions which would assist them in reducing stress, releasing anxiety and increasing a sense of well-being and harmony.

Beyond relaxation and simply pampering, Therapeutic Massage has been medically proven to improve blood circulation, increase joint mobility in addition to reducing pain associated with arthritic conditions, sciatic and herniated discs, just to name a few. Many of these conditions are experienced by our veterans daily on both chronic and acute levels.

Over the past several years, the benefits of Therapeutic massage experienced by veterans at Charlotte Hall have proven to be an effective tool in improving the quality of life for many participants. The improvements range from reducing frequent pain medication, increased agility and mobility, more energy, enjoying longer hours of sleep, and decreased periods of arthritic pain.

*"I recently developed arthritis in my neck, shoulders and head. My massage sessions make me feel better. It gives me relieve for several hours up to a full day without intense pain"*  
Comprehensive Resident, Daniel Harrod.

*"My sessions relax me and take some of the soreness out."* Assisted Living Resident, Willie Bellamy.

*"The sessions more relaxed and calm."*  
Assisted Living Resident, Leonard Nowicki.

*"The massage sessions loosen my neck and shoulder muscles which can be really tight depending on the weather. It just makes me feel better all the way around."* Assisted Living Resident, Willard Simpson.

*"I received massages on my lower back and they help me tremendously."* Assisted Living Resident, Harvey Greene.

The Massage Therapy program has expanded over the past several years to include Comprehensive and Assisted Living residents for pain and behavior management in addition to all Charlotte Hall employees. In an effort to encourage and make it accessible for staff to invest in their health goals, a wellness program was developed making it both affordable and convenient for staff and contractors to take advantage of receiving a massage on the campus. Many employees participate on a regular basis and have adopted Therapeutic Massage as a part of their health regimen.

During my work at Charlotte Hall over the last several years, I am continually amazed at the transformations and improvements my clients experience after their sessions. It gives me great joy to play a part in any growth or comfort that will allow them to enjoy a better quality of life. I feel strongly that Therapeutic Massage allows the residents and any other participant to become empowered in producing a pathway to a healthier lifestyle. As a Massage Therapist, it is an honor to serve our veterans in providing them with the same dignity and ability to participate in their pursuit of a non-invasive way to relieve stress and pain as any other individual. Each session is designed to fit the specific needs of the participant.

It is my top priority to create and maintain open communication regarding each resident's need in addition to executing a plan of how to reach those goals in a joint effort. Serving the veterans and their families has given me the greatest reward in my career as a Massage Therapist.

*Ruth A. Eaddy, LMT*

## Music & Memory



Studies show that musical memory, stored deep in the brain, is profoundly linked to emotions. While Alzheimer's damages the ability to recall facts and details, it does not destroy the lasting connection between a favorite song and memory of an important life event. When individuals suffering from Alzheimer's or dementia hear a melody connected with a memory, they can re-awaken. As a result, many who have not spoken in years will begin to sing lyrics and may regain their ability to connect with those around them. Someone

who has been sad or depressed may begin to feel happier. Someone who has been less mobile may become more physically active. The key is a personalized playlist!

We are excited to begin this project in January 2016 and would like to thank the organizations who helped make it possible. In the meantime, we are asking for donations of new iPod Shuffles and iTunes gift cards to get us started.

For more information, please visit their website <http://musicandmemory.org/>

## Volunteer Spotlight:

Volunteers are so very important to the residents and staff of Charlotte Hall Veterans Home. The generosity of our faithful volunteers and donors continues to amaze us each and every day! Now that the holiday season behind us, let's keep the volunteer momentum going. Our residents are here year-round so let's be here for them year-round! Let's show our veterans that their sacrifices are always acknowledged and appreciated!

If you would like to volunteer at Charlotte Hall, please contact Katie Richards, Director of Volunteer & Community Outreach, at 301-884-8171 ext. 664 or [krichards@hmrmd.com](mailto:krichards@hmrmd.com).



### Honor Flight:

On October 7th, some of our World War II veterans were taken to Washington, DC to visit the World War II memorial, a trip known as the Honor Flight. With the help of volunteers from the Blue Knights, the Knights of Columbus, and several individual volunteers, many residents were able to tour the memorial dedicated to their honor. We'd like to thank, Allen Clark who so graciously donated his time to drive our residents, the Blue Knights, who not only volunteered their time to help transport our residents around the memorial, but also provided lunch, the Knights of Columbus who also volunteered to help transport our residents around the memorial, as well as our individual volunteers who also came along to help out where needed. It was a great day and a wonderful time was had by all.

## Donation Spotlight:

### American Legion Post 91:



This summer, American Legion Post 91 of Cambridge, MD donated a 2015 seven-passenger Dodge Caravan to

Charlotte Hall Veterans Home. The van, valued at over \$21,000, will be used for resident transport and for State staff to attend various meetings and events. In appreciation of this donation, on September 16, 2015, Secretary George Owings of the Maryland Department of Veterans Affairs, the Maryland Veterans Home Commission and CHVH State Staff extended an in-person thank you to the leadership and members of Post 91. More recently, Post 91 donated over \$10,000 towards memory care calendars and rehab equipment.

### American Legion Post 82:



American Legion Post 82 in La Plata donated \$13,000 to Charlotte Hall Veterans Home. This generous

donations will provide our Veterans with a new communications system. Daily and weekly updates of events, activities, meals and much more will be streamed directly into their room via their television. In addition the donation will enable CHVH to purchase a new Bariatric Bed providing care and comfort to our resident.

**Maryland Patriot Guard donated 38 flat screen TV's for residents**



**Eagle Scout Adam Park and Boy Scout Troop 908 spearheaded the C-Wing Garden project**



**The Masons donated over \$3,500 towards personal care items.**



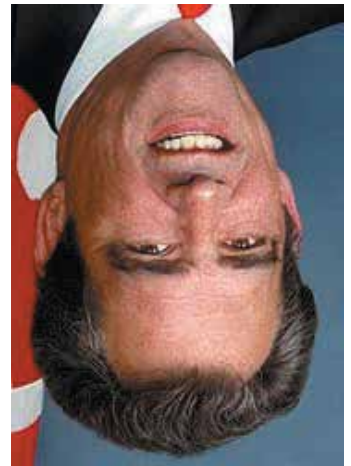
Resident Wish Lists and Sponsorship Opportunities are available on our website.



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Secretary George W. Owings, III  
Maryland Department of  
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