

CHARLOTTE HALL VETERAN'S HOME

MONTHLY NEWSLETTER

A HOLIDAY SPOTLIGHT:

Allow us to close the year 2022 by sharing some images from our December events. The residents of Charlotte Hall Veteran's Home have been able to enjoy their Winter Ball, the holiday gift shop, card writing, visits from carolers, and so much more throughout the month! Cheers to all the memories we have made this past year and cheers to the new year of opportunities ahead!



THE WINNERS CIRCLE

Our staff went above and beyond this holiday season! A little friendly competition may have aided in the tenacity, but the holiday spirit was undoubtedly present at CHVH. Congratulations to the winners of the Assisted Living Bake Off and the facility-wide Unit Decorating Competition!



Theresa's, our 3D Certified Nursing Assistant's, first prize cheesecake.

3B's "The Grinch Who Stole Christmas"

A LETTER FROM: OUR INTERIM-ADMINISTRATOR

It is an exciting time for Charlotte Hall Veterans Home with a new year bringing new beginnings for our home's administration. On December 29th, CHVH will welcome Maria Allen as our new Administrator. Ms. Allen is joining us after completing her assignment of opening the HSC Pediatric Center, a long-term care facility supported with comprehensive medical and nursing care for medically complex children, adolescents, and young adults. Ms. Allen's leadership and experiences will complement the current talents of our administration and will bring new ideas and energy as we continue to work to restore normalcy for our residents and staff. When visiting the facility in 2023 we encourage everyone to meet our new team member. It has been a pleasure serving our residents as the Interim-Administrator. I look forward to continuing to serve Charlotte Hall in the future.



- Russell Keogler

SELF-CARE SPOTLIGHT: A NEW YEAR OF HEALTHY HABITS

THE BEAUTY & BARBER SHOP



Cindy Johnson is our in-house Beautician at our Beauty Shop and Barber Shop. While looking for work opportunities close to home, she saw that the contract for a cosmetologist at Charlotte Hall Veteran's Home was up for bid, so she called for the opportunity. Cindy has worked 24 years as a beautician and almost 17 years as a contractor at CHVH. "I've been

here so long and I know the residents well. I have a few residents that stop by to talk and watch TV!" Her favorite part of this job is visiting the residents and hearing their stories. "I Love visiting the residents. It's Fun!" She also emphasized the need for this service. "Can you imagine how would it be if we didn't have one? It's a necessity!" To the residents of Charlotte Hall Veteran's Home, make sure to care of yourself and feel free to stop by the Beauty Shop and the Barbershop on Tuesdays and Wednesdays for all your hair care needs! It is located on the third floor.

MASSAGE THERAPY



Ruth Eaddy is our licensed Massage Therapist who offers therapeutic messages to both our residents and staff members. Therapeutic massages began on the Assisted Living side as an activity in 2008. As interests grew, the service was offered to the Skilled Nursing side as well. Ruth stated, "human touch is a way to connect with someone emotionally. It is essential, stimulating, and rewarding, and it helps with their mobility and

flexibility." She has seen residents interact more and become more alert and energetic after receiving a message. Ruth enjoys serving the geriatric population the most because of their heartfelt appreciation for it. "They are so grateful!" To our residents, if you are interested in receiving a therapeutic massage, please let your nurse know and they will send the order over to Ruth. She is here on Tuesdays and Thursdays in room E115. To our staff, you are able to receive a massage at the very affordable rate of a dollar a minute. Please email Pam Gryzb and leave your phone number to set an appointment outside of work hours, that works best for you! "Your health is your wealth! It is never too late to begin a self-care regimen. It is important to place your health and wellness as a top priority."

A SPECIAL THANK YOU



We want to give our warmest regards to all of our volunteers, resident sponsors, outdoor zone decorators, and donors over this holiday season! Without you, the facility would not be as bright and our events would not be as grand as they were! Thank you for giving your time, talents, and resources to serve those who've served.

EVENTS CALENDAR

- New Years Resolution Writing on the 1st**
 - New Year's 2023 Party with Chyp Davis on the 2nd**
 - BINGO Mania on the 3rd**
 - AL January Birthday Celebration on the 6th**
 - Military Order of the Purple Heart Meet & Greet on the 7th**
 - Cooking Class: Quesadillas on the 10th**
 - Charlotte Hall Auction on the 10th**
 - Red Hat Society, Ruby Diamonds Visit on the 13th**
 - Girl Scout Ladies Tea Party on the 14th**
 - MLK Birthday Celebration on the 16th**
 - Sons of American Legion BINGO on the 16th**
 - SMECO BINGO on the 17th**
 - Casino Night on the 20th**
 - Flute Choir Concert on the 21st**
 - Cooking Class: Personalized Mini Meatloaf on the 24th**
 - SNF Monthly Birthday Party w/ Joe Norris on the 25th**
 - Coffee & Donuts Cart on the 27th**
 - CHVH Auction on the 31st**
- And a variety of musical entertainment, activities, and outings held throughout the month!**

