



# CHARLOTTE HALL VETERAN'S HOME

MONTHLY NEWSLETTER



## HOT WEATHER PREPARATION



Hello everyone and happy summer! As we move into the hot months of summertime, we are excited about cookouts, family trips, and fireflies in the night sky. While we are planning so many fun things for this summer we also need to take steps to ensure we are safe while enjoying these events. Remember to stay hydrated. If you are going to be outside, a good rule of thumb is to drink one bottle of water every half hour. Gatorade is a good source to replenish your electrolytes. Also, remember to use sunscreen and re-apply it every hour or so. Wear a well-ventilated hat to cool and protect your head from the sun. Perhaps consider wearing a light, long sleeve shirt to protect your arms from the sun's rays. Be able to recognize the signs of a heat emergency which include: lightheadedness, lack of sweating, confusion, weakness, and loss of consciousness. If you or someone with you starts to experience any of these signs, remove them from the heat as soon as you can and call 911. You can begin to help this individual by cooling them off with a fan or cold towels and giving them liquids to sip on. Stay safe everyone and enjoy your summer!

**- DAN CASEY,**  
Director of Safety & Security



## VETERAN SPOTLIGHT:

David Kumer



I am David John Kumer Senior, born in Canonsburg, Pennsylvania, on October 18, 1941. I joined the Civil Air Patrol and became the cadet commander of my unit. Due to my love of flying, I figured the Air Force would be the best choice for me. I served 21 years in the United States Air Force as a meteorologist and worked as a computer and security consultant from 1980 until 2005. During my time in the service, I flew check flights, air searches, and rescues, advanced to the rank of a Master Sergeant (E7), then retired on July 1st, 1980. I did not stop working until January 1st, 2006 in order to take care of my family. Some of my fondest memories are traveling across the country with my wife in a blue Volkswagen Beetle and a retreat I went on during my service overseas in Thailand.

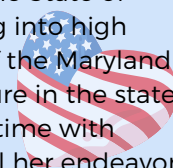
In June 2020, I contracted COVID and went to the hospital. I recovered and was in rehab until January 28, 2021, when I moved to Charlotte Hall Veteran's Home (CHVH). I endured many medical complications, but I am doing physical therapy and strengthening my legs and arms so that I can ultimately return to the Assisted Living section of CHVH. I have served as Vice President of the Resident Council for 4 months and effective on the 14 of June 2022, I became the President. As President of the Council, I want to encourage all residents to become more active in participating in activities during your time here. Don't give up on life for it is precious and we ought to continue living it!

## LET US WELCOME: Elizabeth Smith-Peksa LPMT, MT-BC, NMT,



Liz is our new Assisted Living Activities Director an active music therapist. CBMT certified and graduated from Seton Hill University after a 1040-hour internship at the Salem Veterans Affairs Medical Center in Salem, VA. Liz's focus is providing music therapy with experience in Stroke Rehab & Recovery, Alzheimer's, Dementia, Hospice/Palliative Care, Substance Abuse and more! During her time in her internship, Liz was part of a team providing adaptive guitar lessons through a national nonprofit organization, Guitars4Vets. Liz currently joins us from an adaptive environment having previously worked with adults and children living with intellectual and developmental disabilities.

Neurologically Music Therapy (NMT) and Licensed Professionally in the State of Maryland, Liz enjoys obtaining certifications with the interest of moving into high education. Liz enjoys volunteering locally as well as being a Co-Chair of the Maryland Music Therapy State Task Force, which advocates for needs and licensure in the state. When not working, Liz enjoys being active and physically fit, spending time with family, and exploring new recipes and ways to be crafty. Throughout all her endeavors, she has found a real home in providing care and services to our Veterans."





## FEATURED DEPARTMENT: ASSISTED LIVING



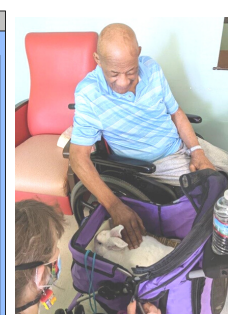
We are the management team: Pamela Grzyb, Assisted Living Manager, Donna Flaherty, Delegating Nurse, and Marian Yanney, Assistant Delegating Nurse. Combined, we have 30 years of experience here at Charlotte Hall Veterans Home! On Assisted Living, we strive to provide care based on personal preference and a seamless transition from home to residing here. We offer 24 hour nursing care and many fun activities! Residents enjoy fishing, parades, exercise programs, religious services, shopping, and, the fan-favorite, Poker, and Bingo.

Residents have each meal in the designated Assisted Living Dining Room. They enjoy made-to-order eggs each morning as well as special selections at lunch prepared by Chef Otis Green. There is an established food committee where residents meet once a month to discuss menu items that they would like to see added or changed. Donna, Marian, and I are honored to work here at Charlotte Hall. We are committed to "Serving Those Who Served."

A GLIMPSE AT LAST MONTH



Pictured here are residents celebrating National Smile Day, enjoying music from the Recycled Bluegrass Band, making omelets, painting, and interacting with animals with our Activity Aides and Volunteers laughing alongside them.



## OUR PARTNERS IN THE COMMUNITY

The International President of the International Association of Machinist and Aerospace Workers, Veteran, Bob Martinez, sponsored a golf tournament and wanted all the proceeds to go to Charlotte Hall Veteran's Home. Mark Duval, the Assistant Directing Business Representative of District Lodge 4, met with Sharon Murphy (now retired) and Rodney Jones, from our MDVA, to see what need this donation could fill. Mark requested the help of the Hurley Landscaping company to restore our courtyard and entrance circle to its bright and natural liveliness. Mark called on The Winpisinger Educational Center to assist him in installing an electronic sign to place at our entrance as well. On behalf of CHVH, we thank you IAMAW, as well as the partners of your community for thinking about us and completing this project for us.



## EVENTS CALENDAR!!!

Ice Cream Social on the 1st (AL)

Independence Day Social on the 4th (SNF)

Backyard Picnic on the 4th (AL)

Jerry's One Man Band on the 5th (MC)

Fishing trip on the 5th (AL)

Purple Heart Bingo on the 7th (SNF)

Blue Crabs Game on the 8th

S&D Entertainment on the 13th (SNF)

Luau on the 15th

Fishing trip on the 18th (AL)

Jerry's One Man Band on the 19th (SNF)

Charter Boat Fishing trip on the 20th (SNF)

Blue Crabs Game on the 21st

Recycled Blue Grass Band on the 23rd (AL)

Chyp Davis Entertainment on the 26th (SNF)

Monthly Birthday Party on the 27th (SNF)

Expedition Orange on the 30th



This newsletter is a joint effort of the MDVA & HMR Maryland for the whole CHVH community! Please like, follow, & share us on Facebook! #ServingThoseWhoServed