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# Chit Chat

Volume 44 — Issue June 2022

## Read about Citizens new Branding and Logo on Page 2

## Citizens celebrated National Nursing Home and Staff Appreciation Week in May

Citizens celebrated National Nursing Home Week last month in grand style. Each staff member received our newly branded logo t-shirt. The week long events included Healing Touch with Carol Vann, a smoothie bar, cookout, treasure hunt, Name That Tune TV Show Theme game, daily Bingo and Sub day. Thank you to our Nursing Home Week Committee for making the week a fun-filled time! Check out page 11 for pictures.



Here are our winners from the Basket drawing, From left to right, Shantell Cromwell (Nursing), Katina Copeland (EVS), Pam Richardson, (Activities), Nancy Anetinga (Nursing) and not pictured Laura McCarthy (Nursing)

### *Points of interest in this issue:*

- Sharing the good news pages 2&5
- Birthdays and Other Special Dates page 3
- How well do you know your City? page 4
- A new game to try. "Who's in Jail Now page 6
- Why is Classical Music good for us? Page 8
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- Back Cover News page 10



# Citizens Receives a Facelift On all Social Media Forums



The organization is ranked sixth out of 207 long-term care centers in the state of Maryland, based on a Maryland Health Department survey, and number one for care in Harford County. In its new awareness campaign, Citizens Care will highlight these positive attributes as it showcases its buildings and grounds. According to consultant Heather Lamont, local people will see more of Citizens Care through advertising, publicity and promotions. “Our intention is to make it easier for local families to learn about long-term care options by raising awareness of this hidden jewel,” Lamont says. A new logo, along with a new, easy-navigation website, will showcase the values of Citizens Care.

Check out the article that was in the April 2022 I95 Business magazine about Citizens Care



## More, Resident Good News...

Lilly was surprised by a visit from her Great Grandson, Noah in his cap and gown after he had graduated from John Carroll High School in Bel Air. This young man will be attending Texas Community College to begin his training to become a nurse. We wish you all the best Noah.



*The Chit Chat Staff*  
Jocelyn Silver,  
Editor

*Additional Support*

Janet McDonald



# Happy Birthday to our Residents and Guests...

- 06 Mary M.
- 15 Lakiesha B.
- 17 Diane P.
- 20 Ronald K.
- 24 Patrick O'.
- 26 Louise Z.

- 28 Janice W.
- 29 Eleanor E.
- 30 Audrey B.



## Employees Birthdays and Anniversaries

### Birthdays

- 5 Katina C. (EVS)
- 8 Casandra E. (NUR)
- 8 Rebecca M(LAUN)
- 10 Rosemary A.(NUR)
- 13 Joann C. (EVS)
- 13 Orzic H. (NUR)
- 25 Katelin B. (NUR)
- 25 Candace B. (NUR)
- 30 Nohelia B. (EVS)

### Anniversaries

- 16 Frank L. (DIET) 41yrs.
- 17 David H. (ADMIN) 29 yrs.
- 18 Anna H. (NUR) 25 yrs.
- 21 Tina W. (NUR) 21 yrs.
- 02 Mary S. (DIET) 19yrs.
- 23 Angela G. (NUR) 16 yrs.
- 12 Sheree J. (ACCT) 16 yrs.
- 11 Dora A. (NUR) 15yrs.
- 12 Dondrea M. (NUR) 15yrs.
- 15 Rebecca M. (LAUN) 11yrs.
- 20 Ashy P. (NUR) 6yrs.
- 20 Leslie S. (DIET) 4yrs.



### At Your Service

#### Board of Directors

*Chairperson*

*T. Joyce Jordan*

#### Members

*Wendell G. Baxter*

*Curtis Beulah*

*John P. Correr, Jr.*

*Bob Greene*

*Anna Mae Roberts*

*Patricia Scott-Badeker*

*James Welch*

*Kimberly Zavrotny*

#### Administrator

*Peter A. Panos*

#### Department Directors

##### Activities

*Jocelyn Silver, ADC*

##### Business Operations

*Cindy Quimby*

##### Dietary

*Darrick DeBoard Sr.*

*CDM, CFPP*

##### Environmental Services

##### And Laundry

*Theresa Gebhardt*

##### Facility Operations

*Joseph Jones*

##### Human Resources

*Diana George*

##### Medical Director

*H.S. Sim*

##### Nursing

*Cassie Evering, RN*

##### Risk Management

*B J Magness, RN*

##### Social Work

*Diane Bruso*

##### Volunteer / Public

##### Relations

*Janet McDonald*

## Easter was celebrated on April 17th with a visit from the Easter Bunny.



The Easter Rabbit arrived bringing Easter eggs galore filled with candy for each resident. Residents and staff alike enjoyed the bunny visit. Thank you Dwight Johnson from Activities for being the Easter Bunny.

## How Well do you know Your City?



1. Before Havre de Grace was named Havre de Grace what was it called?

Susquehanna Flats or Susquehanna Lower Ferry?

2. Duck hunting was a big sport back in the day and local artisans became well known for making duck statues which are honored where? The Decoy Museum or The Maritime Museum.

3. What were the three major early industries in Havre de Grace?

Oysters, Fruit and Crabs or Corn, Crabs and Beer?

4. The river froze hard enough to lay railroad tracks over the ice and then run the trains across the ice? True or False

5. President Lincoln's funeral train stopped in Havre de Grace for his body to be viewed here? True or False

### Answers

1. Susquehanna Lower Ferry, 2. The Decoy Museum, 3. Oysters, Fruit and Crabs, 4. True, 5. False

## Residents Sharing Good News

**Katelyn Michele Airey:** Hello residents and staff at CCRC. I would like to tell you about my talented granddaughter that graduated with very high honors from Bel Air high School. She plays both the piano and trumpet and excels at both. She was accepted into the marching band at Bel Air and marched there for football games until COVID 19 started and then basically all extracurricular activities were stopped.



She now attends West Virginia University in Morgantown, West Virginia. This year she has already accepted the President's award for outstanding grades. She will be playing for WVU's marching band next semester. I am very proud of her accomplishments and I hope that you enjoyed reading about my granddaughter Katie.

Karen  
Wiley,  
Bay Lane



Thank you to the entire Nursing Home Week Celebration Committee for your hard work in making this years event a lot of fun.

Jocelyn Silver,  
Pete Panos,  
Cassie Evering,  
Diana George,  
Theresa Gebhardt,  
Darrick De Board,  
Janet McDonald and  
Pam Richardson.



During National Nursing Home Week We had a treasure hunt that the staff had to follow to find the "BOOTY" Our staff also had a week long art project. How'd we do?



## **Top Senior Pickup Line**

Do you play Bingo, because I swear I've seen you **B4**.



***Laughter is so much better than taking pills!!!  
Find something to laugh about everyday.***

### **Need Something to Laugh about?**

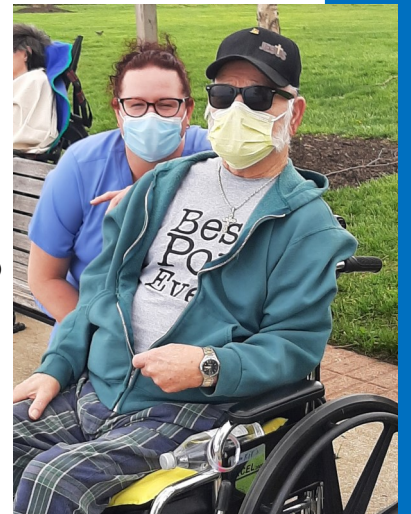
Join the other residents who are playing "Who's in Jail Now". In the up coming month become one of the silly jailbirds trying to get themselves out of jail by answering 3 easy trivia questions. Of course the charges are all fake and meant to make everyone laugh.



Ruby was charged with pilfering ice cream treats for all of the residents on her unit from the kitchen freezer. She was afraid she would get caught and left them in the elevator where they all melted. EVS was not pleased with the melted mess they had to clean up in the morning. She pleaded guilty and was sentenced to answering 3 questions to get out of jail. Poor Ruby the jailbird!

### ***Good Times Getting Outside***

Have you been on one of the walks to the park yet this year? Pictured here is Bob enjoying a rest in the park with one of the HCC students. Thanks to all the staff and students that make these walks possible. We are so fortunate to live and work within walking distance of such a beautiful area.



**Thank  
You**

## Volunteer News

**CCRC Guild Volunteer Auxiliary Memorial Fund**

**Donation received in Memory of Volunteer Ida Davis.**

**Thanks to:**

**Karen Wiley, Kathy Wrubel  
and Erica Steelman  
for Gift shop  
Donations!**

### **Volunteer Opportunities Abound**

**Volunteers are needed to assist the activity department staff with resident bingo. Bingo is being held in the Chesapeake Room on scheduled days at**

**2:30 pm. Volunteers must be registered and must complete a background check and meet all COVID 19 protocols. Orientation is provided.**

**Gift Shop Attendant: Days and Hours are flexible to meet your schedule. For more information or questions about opportunities, volunteer services or COVID 19 protocols contact**

**Janet McDonald at  
410-939-2112.**

### **Sonny Says!!!**

**I am Blessed with the folks in my life. When ever I feel lonely or forgotten I try to make someone else feel better and it always makes me feel better too.**

**In almost all major religions of the world it is stressed that we should help our fellow man. Every time I work with others my little problems fade away. There are many things I do that make others feel good, even if it is a wave or a hello. We need to be kind to one another. What can you do to make someone else feel good today?**





# 10 Surprising Benefits of Listening to Classical Music

Not into Mozart, Beethoven or Bach? If you aren't listening to classical music, you could be missing out on a number of mental and physical benefits. Don't believe me? Check out these 10 surprising benefits of listening to classical tunes.

1. Decreases Blood Pressure
2. Fights depression
3. Boosts memory
4. Relieves pain
5. Sparks creativity
6. Reduces stress levels

7. Makes you happy
8. Supercharges brainpower
9. Improves productivity
10. And... listening for 45 minutes before bed time helps you sleep

I hope you have been enjoying the classical music being played in the morning.

## Citizens New Logo and Branding for brochures



Care begins with compassion.





# National Nursing Home Week... Just a few captured Moments





**Carol Vann brought her Healing Touch program to our CCRC staff during National Nursing Home Week. For those of you who don't know Carol she was the DON here for 11 years. Carol has always had a soft spot for Citizens and she knows that the staff has been through a lot since COVID started. Carol wanted to do what she could to help so she gave of her time willingly to 17 staff members who signed up for her Healing Touch. Thank You Carol!**



## **Harford County Library, is Coming**

**Silver Readers next visit will be June 22, 2022**

### **Telephone Assurance Program**

**(T.A.P.) is a free service provided by Citizens Care and Rehabilitation Center and a volunteer who makes the daily person to person telephone calls to individuals who live alone or have medical problems but wish to remain at home. A volunteer with T.A.P. checks on the well-being of the participant daily. T.A.P. operates seven days a week, 9:00 am-11:00 am. All information received by T.A.P. is kept confidential. If interested in this free service in Harford County contact Janet McDonald at 410-942-2112.**

### **Citizens Care and Rehabilitation Center is on Facebook!**



### **Notice**

We wish to reaffirm our policy that all persons regardless of race, color, religion, sex, national origin, disability, age, genetics, marital status or sexual orientation are considered for employment or admission to Citizens Care and Rehabilitation Center.