

Citizens Care

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Citizens  Care

The Chit Chat Staff

***Editor, Jocelyn Silver,
Director of Activities***

***Additional Support,
Janet McDonald and
Nancy Bennett***

Chit Chat

Volume 76— Issue May 2025

Mothers

*Mothers are a precious gift
Sent to us from above.*

*They nurture us, take care of us
and give us all their love.*

*The feed us and teach us
Every day of our lives.*

*They sing us to sleep
and tuck us in at night.*

*They support us in all we do
and pray for us each day.*

*They always put us first
and help us find our way.*

*No matter how much I mess up,
She will always be there*

*Because she loves unconditionally
and, for me, she will always care.*

By: Patricia Adderley





EDITORS NOTE

Hello Residents, Families and Friends! The Warm Weather is upon us and it's time to clean out closets of any Winter clothing. As everyone is aware the space in the residents rooms is limited. So keeping their rooms free from clutter as possible is very important. **DID YOU KNOW???** A cluttered living area can create feelings of stress, anxiety, and potentially, depression, as research suggests there is a link between environmental clutter and elevated cortisol levels, which are associated with stress. So you ask, what can you do to help?

Declutter: Start by taking a few minutes of your visit to sort through your loved ones belongings and dispose of what no longer fits them or what they don't use. Making an effort to help keep your loved ones living area tidy and organized on a regular basis will really help.

We Need Help From Family To Take Your Loved Ones on Outings

How would you like to go "Rolling and Strolling" with your family member. There are many lovely parks that are within walking distance. Or, maybe you and your resident would like to have lunch at a local restaurant with us. You ***do not*** need to be a registered volunteer to push your own resident. So if you are interested in joining us please Call Jocelyn Silver for more details at 410-942-2126. See the calendar for planned outings. The more help we have the more residents we can take.

This is just a friendly reminder that the next family dinner is on Friday June 27th at 5:30 pm. Come for the fun of a Senior Field day as well as a cook out. If it is too hot to eat outside we will have a cook-out, eat-in party. Look for more details in the June newsletter. We are looking for some family members to help us man the games tables. They are very easy. If you can help please call Jocelyn Silver at 410-942-2126

Mother's Day Raffle sponsored by Resident Council



Don't miss out on the chance of winning your Mom, wife or yourself this beautiful basket of goodies. The price of the tickets are: 1 for \$2.00, 3 for \$5.00 or 6 for \$8.00. Doesn't Mom deserve this beautiful basket?

Thank you Janet McDonald for the very nice gifts of Mary Kay Cosmetics and the beautiful tennis bracelet. Tickets can be purchased at the Security Desk.

Happy Birthday, May Residents



The Month of Twins

May 21 to June 23

Gemini's are known for their intellectual curiosity, adaptability and social nature. Often described as versatile, communicative and quick witted. Though they can also struggle with indecisiveness.



CANCER

The Month of the Crab

June 24 to July 22

Ruled by the Moon, They are known for their nurturing, emotional, and intuitive nature, often described as sensitive and loyal, with a strong connection to home and family.



- | | |
|-----------------|------|
| 1. Ellen B. | 5/3 |
| 2. Lois S. | 5/3 |
| 3. Louis R. | 5/4 |
| 4. Cheryl N | 5/13 |
| 5. Jane K. | 5/15 |
| 6. Donnerick W. | 5/17 |
| 7. Lisa Atkins | 5/19 |
| 8. Eleanor P. | 5/24 |
| 9. Barbara C. | 5/26 |

Staff May Birthdays

- | | | |
|-----------------|----------------|------|
| 1. Laura M. | Nursing | 5/15 |
| 2. Charlotte J. | Security | 5/15 |
| 3. Dondrea M. | Nursing | 5/17 |
| 4. Robert W. | Maintenance | 5/18 |
| 5. Gina O. | EVS | 5/19 |
| 6. Siny B. | Nursing | 5/28 |
| 7. Paul H. | Maintenance | 5/28 |
| 8. Keith S. | Administration | 5/29 |
| 9. Emily T. | Nursing | 5/31 |

Thought to Think

About

As we work to create light for others, we naturally light our own way!

“Loyal Employees are worth much more than their weight in gold!”

Citizens
Thanks you
for all you do!

Staff May Anniversaries

- | | | | |
|-----------------|-----------|------|---------|
| 1. Thomas B. | Med. Dir. | 5/2 | 14 yrs. |
| 2. Hi-Sup S. | Med. Dir | 5/2 | 14 yrs. |
| 3. Frances F. | Nursing | 5/9 | 12 yrs. |
| 4. Ann J. | Nursing | 5/27 | 10 yrs. |
| 5. Kriska B. | Nursing | 5/4 | 9 yrs. |
| 6. Doris N. | Nursing | 5/3 | 2 yrs. |
| 7. Kylie G. | Security | 5/23 | 2 yrs. |
| 8. Traceyann N. | Nursing | 5/7 | 1 yr. |





Look Back on April Activities

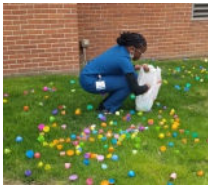
Cup Rolling

A new game has hit the CCRC calendar. It's called Cup Rolling and it's all the Rage. There are two ways to play for points or Tic Tac Toe. Come on down and see what all the Buzz is about.

All it takes is a Red Solo Cup and a Tennis Ball!



The first part of this game is hard.

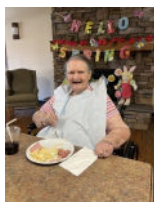


Once again this year we had our annual Easter Egg Pick Up and Hunt. Our kind Staff goes out into the courtyard and picks up all the eggs brings them back inside and then Residents and staff see how many eggs can be put together in proper color. The unit with the most eggs put together wins a pizza party. This years winner was RW with 134 eggs. Congratulations RW. Thank you staff for your continued help with this activity. Thank you Brian Kerr for being this years Easter Bunny.



THE LADIES FROM THE SALEM UNITED METHODIST CHURCH CAME TO CELEBRATE EASTER BY PLAYING THE HANDBELLS FOR OUR RESIDENTS. THANK YOU FOR GIVING YOUR TIME AND TALENTS TO OUR RESIDENTS.

GOURMET GALLEY EASTER MEAL



HARCO, DELIVERS BASKETS



Thank you to our friends at Harco for delivering 25-30 Easter Baskets for some of our residents.

THIS BEAUTIFUL LADY ENJOYED A DELICIOUS DRINK DURING HAPPY HOUR.



Resident Council celebrated this past years accomplishments with a special meal.



The residents had a wonderful time with a Shrimp Cocktail for an appetizer, Prime Rib for their entrée and Hummingbird Cake

Thank you Resident Council for all you do to make our Center a better place to live.

Know Your Rights!

You have the Right to participate in your own care. Participate in care plans, treatment etc. Also to be informed of all changes being made to your care.



WORD
SEARCH
PRINTABLE

A	T	R	A	G	R	E	S	K	C	I	H	C	L	A
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B	R	E	E	Z	E	S	N	D	E	G	R	A	O	F
U	T	L	A	D	S	M	O	S	S	O	L	B	R	E

BLOSSOMS
BREEZE
BUTTERFLIES
CHICKS
CHIRPING

DAFFODIL
FLOWERS
GARDEN
GRASS
GREEN

LADYBUGS
PASTEL
PICNIC
RABBIT
RAINBOW

RAINY
SEEDS
SUNSHINE
TULIPS
WARM



Our Trip to La Cucina and Rock n' Roll



Our residents had a blast getting out of the building and having a meal at La Cucina. Everything was just lovely. We had good company, good food and a beautiful day to enjoy it. Thank you to all out volunteers who pushed everybody down and back.



Thank you Brian K. for bringing your music and your record player in for the residents to enjoy. Brian went to each unit this month and shared his love of music. Our residents really enjoyed it.

Celebrate National Nursing Home Week

*May 12 — 16
Check out the fun
events in store for
you on the calendar*

“Momisms She Used to say to Us...”

1. If your friends jumped off a bridge would you jump too?
2. Because I said so, that's why!
3. I'm going to count to three. Ooone... Toooww... Toooww and a half...
4. Don't play with your food.
5. If it had been a snake it would have bitten you!
6. Shut the door, we don't live in a barn.
7. If I've told you once I've told you a thousand times.
8. Don't come crying to me if you get hurt.
9. Go ask your Dad!!!

Movie Line Up for May



May

2nd-6:30 pm-*Working Miracles*, Buddy's life changes after he falls he is left with the amazing ability to heal others.

3rd-4:00 pm-*One Life*, On the Eve of WWII one man did the impossible.

4th-4:00 pm-*Disney's OZ, the Great and Powerful*, When Oscar is hurled away to the land of OZ, he thinks he has hit the jackpot...until he meets the witches.

5th-6:30 pm-*Perfect Pitch*, Undeniably cool, irresistibly charming and unflinchingly funny!

6th-6:30 pm-*ZOO*, Based on a true story, Tom and his friends fight to save a baby elephant.

7th-6:30 pm-*Fried Green Tomatoes*, a movie classic, Comedy and Sentimental, in the CR

9th-6:30 pm-*Operative*, A tangled web of deception and espionage. Every secret has a price!

10th 4:00 pm-*Orphan Horse*, A young orphan runaway finds her self on a ranch with an orphaned filly that needs her special help.

11th 4:00 pm-*The Hidden Staircase*, Nancy Drew mystery. A retelling of a favorite mystery.

12th 6:30 pm-*What If*, Refreshingly funny and romantic. Being friends has its benefits.

13th 6:30 pm-*Where Hope Grows*, A great story of redemption and understanding.

14th 6:30 pm-*Mufasa*, The second movie in the Lion King Series. In the CR

16th 6:30 pm-*Touching Home*, Based on a true story, An emotionally charged drama.

17th 4:00 pm-*The New Mutants*, Five young people who have special powers are forced to undergo treatment to supposedly cure them of their powers.

18th 4:00 pm-*Tremors*, Sci-Fi, Graboids: Giant Worms with teeth that must be destroyed.

19th 6:30 pm-*The Secret of Skeleton Island*, Epic, fun filled family adventure.

20th 6:30 pm- *Clam Bake*, Flashy showmanship, pretty girls and Elvis.

21st 6:30 pm- *Inkheart*, When Mo reads a story, the characters literally leap off the page.

23rd 6:30 pm-*Jurassic World*, The Dinosaurs are back. This is the 2nd movie in the series.

24th 4:00 pm-*Ocean's 8*, This Heist will be the greatest heist in these criminals lives.

25th 4:00pm-*Steel Magnolias*, This is a remake of the beloved stage play and classic film.

26th 6:30 pm-*Lucky's Treasure*, Emily moves from the city to her Grandpa's country home She learns to care for Lucky her Grandpa's horse while helping his Grandpa cope with the loss of his wife.

27th 6:30 pm-*Madame Web*, A visually stunning thrill ride. Another Marvel Thriller.

28th 6:30 pm-*Bruce Almighty*, Come watch the hilarity as a regular Joe is given God's power. CR

30th 6:30 pm-65-*Sci-Fi*, After crash landing on an unknown planet, 2 survivors discover they have travelled back in time 65 million years ago on earth.

31st 4:00 pm-*The 33*, An inspirational story of human survival. In 2010 33 Chilean minors were buried alive after the mine collapsed tension runs high as the men wait for rescue.



First in
the
Seventh in
the



Staff News, Achievements & Recognitions

This Months Shining Stars of Citizens...



Welcome Gary to our Central Supply Staff. We are glad you are here!



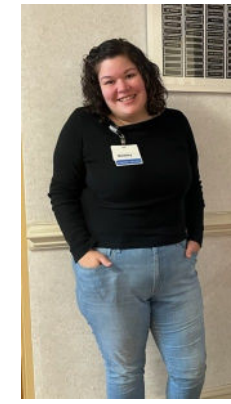
Welcome aboard Ashley to the day shift nursing staff. Glad to have you!



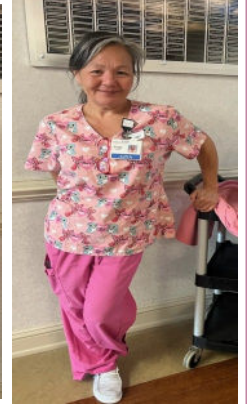
Welcome back Tammie H. She is helping to teach the class.



Welcome Logan to Nursing as a Hospitality Aide. Glad to have you!



Welcome to Destiny as she joins our Laundry Dept.



Welcome to Linda as she joins our Nursing Dept. As a GNA.

A Heartfelt Note from a Family

To the staff of Citizens Care,

Thank you isn't a big enough word to let you know how incredibly thankful we are to each of you. You didn't just give her the best care, you also sat with her, you talked to her, you fed her, you danced with her, you sang to her...you loved her. For that we can never thank you enough. You may say you are only doing your job, but you touched our Mother's heart and you left lasting impressions on all of our hearts! Thank you. From the Family of Catherine W.

Welcome To Our Newest GNA Class

You have been selected from a very large group because we saw something in you and realized you would all be great GNA's.



Attention All Staff...

We need these done ASAP. This directly impacts all of us. Thank you to those that have already made this a priority and completed the assignments.

Remember, simply washing your hands is the best defense from spreading germs. Hand sanitizer is good but not as good as good ole soap and water.



Volunteer News



Thank You...

Thank you to our volunteers: Ellen Sterrett, Hope White, Don Osman and Mike Fleming for strolling our residents to La Cucina's for lunch in downtown Havre de Grace. Without all of you this activity/event could not take place.

Thank you Salem United Methodist Bell Choir Roin I. Carla F., Angela S., and Director Daren F. for a beautiful performance for our residents.

Thank you for gift shop donations: Dawn I., Theresa G. and Sharon E.

Welcome to Volunteer Services: Cheyenne W. This young lady is a senior at Perryville High School. She is currently serving on Sunday and Mondays assisting with resident activities. Welcome Cheyenne and thank you for choosing Citizens.

Thank you to Nikki G. and the members of Harford Serves Together for the Easter Baskets of goodies for our residents. The residents were surprised and very grateful for the gifts in the baskets.

Attention all Family Members: Mother's Day is just around the corner. Give Mom the gift of a beauty shop appointment. All girls like a little pampering. Gift cards can be purchased for birthday, holidays or just because. These are purchased from the business office.

Volunteer Opportunities

Become a CCRC volunteer with one of these helpful volunteer duties.

1. We are seeking a volunteer for several days during the week to make calls from the volunteer office. You will be checking on the individuals in the program. Training is provided. The hours are one hour per day starting at 9am on chosen days.
2. Bingo assistant needed Thursday night to help the activities staff with resident bingo.
3. Other volunteer opportunities are available: You can pick up a volunteer application packet at the security desk. Hours and Days are flexible. COVID vaccination card and background check is required to become a volunteer at Citizens Care and Rehabilitation Center.

Celebrating Mothers Day on May 9th with a Glam Day and Tea at 2:30 pm

Won't you join us in having a special day just for you ladies. We will be painting nails, and giving facials. Also you may enjoy the delicious Tea that is being prepared just for you.

Derek's Dart Game

Come join us for a rousing game of Darts. Derek from therapy is starting up a dart game on Friday May 23rd at 2:30 pm. We may even have an Ax throwing game. Refreshments will be served.



Citizens and Harford County Helpful People

Citizens is Governed by a Volunteer Board of Directors

Board Members Are:

*Patricia Scott-Badeker
Wendell G. Baxter
Jacob Bennett
John P. Corrieri, Jr.
Shobita DuBois
Carol Lienhard
Rodney Swam
Cathy Vincenti
Andrew Young
Kimberly Zavrotny*

Managers Ready to Help You , Are:

Administrator

Ed Walter

Department

Directors

Activities

Jocelyn Silver, ADC

Director o Admissions

Nancy Bennett

Dietary

Darrick DeBoard Sr.

CDM, CFPP

Environmental Services And Laundry

Theresa Gebhardt

Facility Operations

Robert Watson

Human Resources

Diana George

Medical Director

H.S. Sim

Nursing

*Cassie Evering,
RN, DON*

Director of Business

Operations

Keith Streett

Risk Management

Renata Truant, RN

Social Work

Diane Brusio,

Volunteers / Public

Relations

Janet McDonald

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**

Who is your Ombudsman???

The Harford County Ombudsman comes to Citizens when help is needed. She helps work out any problems that you may have that you have told some one about, but the problem is on going. If you need to get in touch with her, her name is Sharon Miller and she can be reached at the

**Office on Aging at
410-638-3025.**

Citizens Care and Rehabilitation Center

**is on
Facebook
Follow Us!**



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.