



The Winter's Tale

Howard County Center - Columbia/Montgomery County Center - Olney

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*Friends, Fun and Fashion
Show on Valentine's Day
see page 3*

Center Update



**From the Desk of Becky Donahue, Winter Growth -
Montgomery Center Director**

It has been a good and busy first quarter for us. Even though the winter weather was exceptionally cold at times, we have been honored to serve an average of 50 plus people each day in our Adult Medical Day Program while continuing to offer exceptional care to our 14 to 16 Assisted Living residents. We do have space in both programs at this time, so please spread the word to friends and family who may be in need. We have been extremely blessed to have a social work intern, Wira Dwijati, here this school year. Wira is in his last year at UMBC and chose Winter Growth as his field location. He began his internship on September 6, 2017 and I cannot believe that his last day is just around the corner. The Social Service Department will be sad to see him go and wishes nothing but the best for him as he takes the next step on his career path. Anna Onishi also joined Winter Growth for a mini internship from February 12, 2018 to March 8, 2018 through a Japanese exchange program. Winter Growth has been a field location for the exchange program for over 20 years and has always been beyond impressed with the young ladies who have spent time with us. Anna, on behalf of everyone, thank you for sharing your culture and compassion with our participants and residents. As we say goodbye to the interns and cold weather everyone at the center looks forward to getting out and about to take advantage of the lovely spring weather. We have plans to visit some great local attractions from Blue Genes Alpaca Farm in Gaithersburg to the Audubon Naturalist Society in Chevy Chase. Assistant Center Director Deborah Bissell's sister has also invited us to visit her farm, where several goats were recently born. Finally, we're hoping that many of you will join us in celebrating spring and honoring our mothers by participating in our *Courtyard Gardening Week*. All are invited to come up during the week of May 14th through May 18th to plant flowers; please simply email me at becky.donahue@wintergrowthinc.org if you plan to participate so I can make sure you will have a flower or two to plant.

Thank you for being a member of the Winter Growth family.

Client Spotlight: Dolores Farr

Around Winter Growth we value the role of our nurses and when we have retired nurses join as participants, we recognize how important their careers were. As we approached Nurses' Week (May 6th through May 12th) we couldn't help thinking about our vibrant participant, Dolores Farr. Not only does she come in and share her big beautiful smile, but she also shares her compassion and great personality. In many ways we can see the truth behind the saying 'once a nurse always nurse' when we see Dolores, an 85 year old lady, caring for everyone with whom she comes in contact.

Dolores was raised by parents who valued education, not only for themselves, but for each of their children who would go on to benefit from higher educations. Her mother had a BA in Early Childhood Education and her father had a PhD and was a practicing physician. Almost taking a page out of each of her parents' career paths and combining the two, Dolores chose to become a pediatric nurse. She received her Bachelor of Science in Nursing (BSN) from Indiana University (IU) School of Nursing in 1955. While working for the American Nurses Association (ANA) as a lobbyist,

she decided she wanted to return to school to get a Master's in Public Health Administration (MPH). Seeing that she was quite the go getter, the ANA agreed to pay for her education in exchange for a two year commitment with them. So, while raising her three children, Dolores earned her MPH

from Johns Hopkins University in 1974. She went on to work with the Better Babies Project, which was funded by the DC government because the city had the highest infant mortality rates and lowest birth weights in the country. Once the study ended, Dolores knew she had found her calling and started the Healthy Babies Project (HBP) in 1990. The focus of the Project was low income, high-risk pregnant women with an emphasis on substance abusers.

Dolores retired in 2002 and now enjoys spending time with her children, grandchildren, and friends. Next time you are in Olney, be sure to stop by and meet this progressive woman.



Contact: Pat Wilkerson, Activity Coordinator, WG HoCo (pat.wilkerson@wintergrowthinc.org)

SPOTLIGHT ON STAFF Gloria Pumphrey and Gabi Trest



In search of a job that was fun and meaningful, **Gloria Pumphrey** joined Winter Growth's team as an Activity Leader in January 1995. For her, Winter Growth has always been a family oriented place, with shared good times and laughter a consistent part of each and every day. Over the years, both of Gloria's grandmothers spent time in our Assisted Living program, with her Grandma Beulah being one of the first residents at our Olney location. Her granddaughter, Amber, also occasionally accompanied Gloria on workdays, with staff and clients alike reveling in watching the little one grow into the beautiful young woman she is today.

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Gabi Trest first came to Winter Growth in 1990, volunteering twice a week through Pets on Wheels. In short order, she was asked if she would be willing to be a substitute for other staff members. She happily did so - putting in hours as an Activity Leader, Cook, and Personal Care Provider in the Howard Center. In 2001, Gabi was hired as Clinical Coordinator for Ruth Keeton House and also led activities once a week on Thursdays. Today, she serves as Winter Growth's Ruth Keeton House Assisted Living Manager.

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Community Connection



Pfc. Andre Lingham, Howard County Police Department's Senior Citizen Liaison, offered an informative presentation about scams and the tools we need to protect ourselves.



Kindergarten students from Old Cedar Lane Head Start Program joined our Friends, Fun and Fashion Show on Valentine's Day.



With support from the Jewish Council for the Aging (JCA), Winter Growth has partnered with Cashell Elementary to start a wonderful inter-generational program called SHARE. Through the program, our residents and day participants enjoy joining Ms. Crickey's second grade students once a month for a very special hour of sharing and learning together.



Derek Smith joined clients for a lively discussion about 20th Century "Firsts" – the innovations, medical breakthroughs, movements and more that defined the 1900's.

Volunteers Count



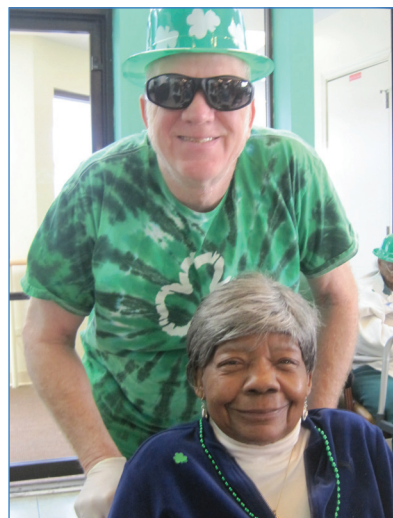
Volunteer Mike O'Hare

“...simply brings joy to all he meets.”

Volunteer, Mike O'Hare has been with Winter Growth's Howard County Center for approximately two years. He is retired from the Army after 20 years of service to his country; and has lived in the Elkridge area for over 30 years. He is a father of three and has two beautiful grandchildren.

Now that he has some free time, Mike wanted to serve his community and luckily for us, he chose to come to Winter Growth. He volunteers three times a week and is hugely helpful in so many ways. A patient and gentle soul, Mike is particularly good with clients who need extra care and attention.

Mike enjoys doing many different things at Winter Growth. For example, he loves dancing with our clients and is often spotted bopping around while he is getting our clients ready for lunch. He encourages them to join in with a shimmy here and a shoulder shake there. Mike also loves spending one on one time with people – engaging staff



and participants in animated conversations. Other favorites include helping with bingo and parties and seeing participants off at the end of the day.

We are so lucky to have Mike as a volunteer as he is an enormous help, has a great sense of humor, and simply brings joy to all he meets. We give thanks to Mike for his service both to our country and at Winter Growth.



Volunteer support makes such a difference. In addition to the variety of opportunities found on our website, www.wintergrowthinc.org, we are looking for dining service volunteers (weekdays 12:30pm-2pm or 4pm-6:30pm).

Interested? We'd love to hear from you.

Olney – ieasha.nicholson@wintergrowthinc.org or call Alina 301-774-7501

Columbia – viviangolden@wintergrowthinc.org or call Vivian 410-964-9616



Chubbs and Ginger

“Chubbs and Ginger are important members of the Winter Growth family in Columbia, bringing smiles to our cat lovers’ days!”



Chubbs joined the Winter Growth family after being rescued by a staff member; and has become a beloved pet in the Howard Center. Over the years, Chubbs has shown a surprising awareness of when a resident is not feeling well - gravitating towards those who need a little extra love and attention and snuggling cozily with them.

As a former stray cat, Chubbs loves spending time outdoors. He can sometimes be spotted climbing a tree or crouching under a bush so that he can slyly watch the birds and squirrels. When he wants to come or go, he patiently waits by the door he wants to pass through until someone comes by to let him in or out.

In May 2016 Chubbs returned to the building with some serious scrapes from an unknown attacker. He had to stay in a veterinary hospital for several days so he could have the supervision needed to heal properly. Staff, residents, and residents’ families all rallied for Chubbs’ recovery and helped raise the funds to pay for his care. Blessedly, Chubbs made a full recovery and has been

warming everyone’s hearts and laps at the Center ever since.

Ginger was rescued by Winter Growth, and has been the pet of Ruth Keeton House since 2013. She came with a nick in her ear and very ready to be in a loving home.

Ginger is a bit more reserved than her counterpart, Chubbs in the Howard Center; although she does like to share the couch with residents when the mood strikes her. In Ruth Keeton House we joke about her knowing all the sunny spots in the building. She changes position based on where the sun travels. This means she enjoys napping in several residents’ windows throughout the day.

Ginger also likes to visit staff in their offices (especially if they happen to have a bag of treats). She can be found in the courtyard on warmer days, lounging on the warm pavement, and watching birds flying to and from the feeders.

Chubbs and Ginger are important members of the Winter Growth family in Columbia, bringing smiles to our cat lovers’ days!

Interested in being a pet visitor volunteer? Are your pet’s vet papers up to date? We’d love to hear from you.

Olney - karen.smith@wintergrowthinc.org or call Alina 301-774-7501

Columbia – vivian.golden@wintergrowthinc.org or call Vivian 410-964-9616

Wellness Tips

Spring is Finally Here!

So long for now winter because spring has finally arrived! Not only are the seasons transitioning, but our bodies will be transitioning as well. Here are a couple of tips to help as you transition from winter to spring.

Outside is where you want to be.

1. Going for a walk/bike ride can boost your energy, strengthen your heart, and increase your immune system.
2. Make a garden! Become more self-sufficient by growing your own fruits/vegetables.
3. Being in natural environments has a way of relaxing and de-stressing the body and mind.
4. A breath of fresh air cleans out your lungs and brings more oxygen to your muscles and cells.

Remember to stay hydrated.

1. If you can't stand water, sparkling water and herbal teas are good substitutes.
2. Go green by getting a water bottle. It'll help you keep track of how much water you're drinking and help the environment by reducing plastic waste.
3. Fruits and veggies like watermelons and cucumbers have high water content.
4. Have a glass of water before meals. The water signals the stomach to get working, increasing the body's metabolism.

The sun is both your best friend and worst enemy.

With the sun coming out, there is plenty of Vitamin D to be had. Vitamin D is important for the human body because it helps the body absorb calcium and promote bone growth, meaning that bones will become stronger and not too fragile. Transitioning from winter to spring will provide the opportunity for our bodies to be more exposed to the sun as daylight hours get longer.

1. Use sunscreen every day, even if it's cloudy.
2. Make sure the sunscreen is water resistant and has an SPF of 30 or higher.
3. Reapply every two hours. Reapply every hour if you are swimming and sweating.
4. The sun is at its most intense between 10:00 AM to 4:00 PM. TIP: to judge how strong the sun is follow the shadow rule; if your shadow is shorter than you then the sun is at its strongest.
5. Be cautious with medications as some may leave you more sensitive to the sun.

Did You Know?



Rehabilitation Services, Inc.

Physical, Speech-Language & Occupational Therapy
14409 Greenview Dr. #102 • Laurel, Maryland 20708

Winter Growth offers on-site Physical Therapy, Speech Therapy and Occupational Therapy services. We have partnered with RSI-Rehabilitation Services, Inc., a local therapy provider with a reputation for excellence in therapy for over 35 years. Winter Growth offers comprehensive rehabilitation programs for its participants. Coverage for therapy is through Medicare/Medicaid, private insurance, or RSI offers private-pay discounts. Our

new programs now allow our residents to achieve maximum physical, social and emotional independence. Treatments are offered throughout the week by licensed professional therapists.

Physical Therapy, Occupational Therapy and Speech Therapy can help in many ways. All three therapies can help

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Upcoming Events:

Thursday, April 26th (noon) - Zumba Gold

(Winter Growth – Howard County Center)

Join Dawn Lewis from The Alzheimer's Association - Greater Maryland Chapter for a modified Zumba class that will leave you energized and feeling strong.

Tuesday, August 7th (6 PM-9 PM) - National Night Out

(Winter Growth – Howard County)

Join us for an evening of old fashioned family fun on Winter Growth's "front porch".

4th Thursdays of the Month (4:30 PM-6 PM) – Caregiver Support Group

(Winter Growth – Montgomery County)

All are welcome. Please call the main office at 301-774-7501 if you will be attending.

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if you or your loved one has had a stroke, Parkinson's Disease, or a recent fall or fracture. They all help if there is a decrease in ability to do the things you used to be able to do and/or if you have pain or difficulty in moving. The following are just a few ways that these professionals can help you to feel better and maintain your dignity and independence.

Physical Therapy (PT):

PT addresses gross motor function. PTs can help you walk in a more stable or safe way. PTs might be able to help you learn to use a walker or cane more easily. Physical Therapy can help you regain strength or reduce pain. Physical Therapists will work with you after you have had an injury or surgery to safely get you back to your prior ways. PT can help you establish a safe and fun exercise routine based on your individual needs.

Occupational Therapy (OT):

OT addresses fine motor problems or upper extremity problems. OTs can help you if you are having trouble doing things you used to be able to do for yourself, such as dressing, getting ready for your day, preparing your meals or taking care of your household chores. OTs can help if your hands are becoming stiff or painful. Occupational Therapy can suggest ways that you can do things on your own again. OT can help you move more safely through your home or daycare setting.

Speech-Language Pathology (SLP):

SLP can help with swallowing, speech, and language needs. Speech Therapists can help you if you have trouble



Mary and Liza from RSI pause for a photo with Helen D.

speaking clearly or remembering words. SLP can help if you have difficulty swallowing or chewing. Speech Therapy can help if you find yourself forgetting things easily or if you have difficulty expressing yourself or understanding others.

RSI welcomes your comments, questions and concerns. We have experienced clinicians that are best able to help with your unique healthcare needs. Please feel free to contact us at Winter Growth: 301-944-4370 – just ask for the Rehab Department. Our caring staff will assist however possible. We work with you and your other healthcare professionals to determine the best plan of care to suit your needs. We look forward to working with you. Thank you for trusting us to treat you like family!

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When Gloria isn't at Winter Growth, she enjoys many of the same activities that she shares with program participants. These favorite pastimes include cooking, playing the piano, and being in her garden.

Gloria recalls hearing the quote, "If you want to be free, love is the key;" and it always reminds her of Winter Growth because the care and attention we provide creates a place where participants and residents can have purpose and be free to be themselves. From giggling as she spotted her Grandmother Jeannette's underwear drying in her bedroom window to the Talent, Broadway, and Talk shows she has done over the years, she's had so much fun at Winter Growth that she can't imagine working anywhere else.

Gabi continued from page 2

Outside of Winter Growth, Gabi enjoys watching movies, spending time with family, and traveling. Her favorite trips are the ones she takes to the beach or to Germany, where she was born and raised.

Gabi deeply appreciates the family atmosphere and sense of teamwork at Winter Growth. In her words, "We work hard together; and all, from upper management to part-time staff, share a common respect for the contributions that each of us makes."

Photo Gallery



Alphas for Life: Gene, a member of Winter Growth Montgomery County's maintenance team, discovered that he and Don, a day program participant, were both Alpha Phi Alpha members; and that two other clients, Jerry and Dolores, were members of its sister sorority, Alpha Kappa Alpha. Since connecting, they can be spotted in the hallways proudly wearing their letters and joining in spirited renditions of the Alpha chants.

Sending Love & Gratitude: Theda Jackson, the granddaughter of Howard County Activities staff member, Ethel Jackson, is serving our country as a member of the Army National Guard. She has been a bit lonely during her basic training and has especially been missing the family's little dog, Skittles. Winter Growth's wonderful Howard Center artists created cards for her, sending their thanks and well-wishes as she serves our county.