

Everyone Deserves  
a Great Life

April 2017



# CHEVY CHASE HOUSE

5420 CONNECTICUT AVENUE NW • WASHINGTON, DC 20015 • (202) 686-5504  
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## Director's Corner

I would like to thank everyone for the warm welcome to the Chevy Chase House. It is hard to believe I have been here a month already since starting on February 27th. The time is flying by so quickly. It has been my pleasure getting to know all of you thus far. I look forward to meeting more and more of you over time. I am enjoying learning about the history of the Chevy Chase House and what makes it so special. I have asked many of you what you like most about the Chevy Chase House and the vast majority stated that it is the staff that you appreciate the most.  
(continued pg. 2)

### 5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent and covered with thousands of tiny scales. Light reflecting off the scales creates the colors and patterns we see.



**CHEVY CHASE HOUSE**  
5420 Connecticut Avenue, N.W.  
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### STAFF DIRECTORY

Melissa Stewart ..... Exec. Dir.  
 Stacy McCanless ..... Operations  
 Carroll Richie ..... Nursing Dir.  
 Xavier Miles ..... Dir. Dng. Ser.  
 JoAnna Woodard ..... Bus. Off. Mgr  
 Viki Cain ..... Act. Director  
 Malcolm Price ..... Facility Mgr.  
 Karin Bundy ..... Dir. Hskp  
 Digna Soriano ..... Hskp Sup.  
 Julia Wilshaw ..... Dng. Rm. Mgr  
 Karen Hunter ..... Admin. Asst



Congratulations to Julia Wilshaw, Dining Room Manager, who is the Employee of the Month for February 2017!

### Honoring Churchill

On April 9, 1963, President John F. Kennedy issued a proclamation declaring Sir Winston Churchill an honorary citizen of the United States, recognizing the former British prime minister as "a firm and steadfast friend of the American people."

### Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

## RESIDENT SPOTLIGHT



Mr. David Franklin Jackson

If you see David Franklin Jackson in the building, or on the street, you may ask yourself exactly what is going on

### Director's Corner - Continued

The staff of the Chevy Chase House is caring, dedicated and loyal. I am grateful to have the opportunity to lead such a fine team.

At our recent Town Hall Meeting in March, Tom Pavel, Construction Manager, updated everyone on the renovations and we had the opportunity to ask him questions. Tom is planning to attend our monthly Town Hall Meetings. I understand everyone's concerns, which is why I will be sending out Construction Updates twice monthly. By providing you with the most up-to-date information about the renovations, I hope you will feel more comfortable about the work going on around the building. As soon as we receive the design boards and renderings, we will display them in the



with this man? He with the broad smile and welcoming demeanor. David has a twinkle in his eye and it's this feature that has made him successful in so many ways.

David was born in Sedalia, Missouri, and came with his mother, during the Great Depression, to Washington, DC, in 1929. He was raised in the Catholic Church and attended Mass with his mother every day. He remembers a cold Missouri morning, beginning at 5AM, kneeling with his mother and saying the rosary...thinking to himself that when he grew up... "When I get to be a man, I would never say the rosary as long as I live." As a lay minister of the Episcopal Church, Mr. Jackson says the rosary regularly and it is an abiding part of his faith. (continued on pg. 3)

lobby for everyone to see.

In the month of April, our first block of rooms will be delivered to us fully renovated. At that time, I will set up times and dates for an official unveiling of the new rooms for residents and families. I think it will be easier to visualize the changes once we can all see them for ourselves.

I'm very excited to be here. My door is always open if you would like to speak to me about any concerns.

Warmest regards,  
Melissa Stewart



## Trivia Whiz

### Busy Beavers

Known for their unique ability to adapt their environment to suit them, beavers are fascinating animals.

With powerful jaws and strong teeth, beavers fell trees and use them to build log and mud structures that block streams. These dams turn fields and forests into ponds.

Beaver dams are an important part of the ecosystem, helping slow floodwaters and control erosion.

These semi-aquatic rodents move easily through the water thanks to their stiff, flat tails and webbed feet. Their thick fur is waterproof, and they can hold their breath underwater for up to 15 minutes.

Beavers have orange teeth that never stop growing. They eat bark, roots and leaves from trees, as well as aquatic plants.

## Jackson, Continued From Pg. 2

David went to high school in DC, then off to Okinawa for 2 years in the Army, and back to Washington. He had a brief marriage and the birth of his son, who later went off to war in Vietnam. David's son is being cared for at the VA, and David calls him every night at 7PM, and visits him often...still driving a manual transmission Honda.

Shortly after his marriage to his son's mother dissolved, David went out on a blind date because there were visitors to a local dance "without escorts" and David met Estelle, from Philadelphia. They hit it off and their 50-year marriage was one of the blessings that sustains David to this day. Estelle died in 2010 and after living alone for several years, David began to think about the next steps in his life, which brought him to the Chevy Chase House.

Along the way, David has worked as a clerk for the DC government, rising to do community outreach and helping to establish a Healthcare recreational vehicle program that goes into the community and provides healthcare checkups and wellness programs throughout the city. This David did for 35 years while simultaneously getting a degree in Sociology from Howard University, driving a cab for 17 years, raising his son and becoming more active in his church.

After retiring with the DC government in 1979, David was

asked by a friend with whom he played tennis if he'd consider volunteering at Georgetown Hospital at the Heart Station assisting with their health programs. This David did, for another 35 years, retiring again in 2014. Mr. Jackson isn't finished with Georgetown, as he volunteers ministering 3 days a week to those in need and is very active in his church, The Church of Our Saviour, in Brookland, as a Eucharistic Coordinator. David continues offering the Eucharist at the hospital and would be happy to offer it here as well to those who are interested.

You could say that community outreach is in David's blood. You may pass David in the hallways of the Chevy Chase House on Saturdays where he helps the Activity Department by putting together and placing on every apartment door the weekly schedule of activities, menus and the monthly calendar. As you now know David is busy, active and helpful to those in need. This he has been doing for nearly all of his days and he's not stopping anytime soon!

## Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent large-scale study by the University of Michigan reported reduced stress levels in people who walked outside with a group. Researchers believe that the combination of exercise, nature and social interaction serves as a powerful mood enhancer. People facing stressful life events, such as an illness, experienced the biggest boost; however, going on regular outdoor walks may contribute to an improved sense of well-being, even when you're feeling fine.

## Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."  
—Babe Ruth

"There are only two seasons—winter and baseball."  
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."  
—Yogi Berra





"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."  
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."  
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."  
—George Will



# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <span style="font-size: 4em; font-family: cursive;">April</span> 				1
2	3	4	5	6	7	8
9	 10	11	12	13	14	15
16	17	18	19	20	 21	22
23/30	24	25	26	27	28	29

## "This Month In History"

### APRIL

**1789:** George Washington is inaugurated as the first president of the United States.

**1792:** Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

**1805:** Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

**1817:** Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

**1822:** Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

**1925:** "The Great Gatsby" by F. Scott Fitzgerald is published.

**1949:** The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

**1970:** Earth Day is observed for the first time.

**1974:** Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

**1976:** Steve Jobs and Steve Wozniak form Apple Computer Inc.

**1981:** The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

**1990:** The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.