

**MARCH  
2016**



**STODDARD BAPTIST GLOBAL CARE**

# **STODDARD BAPTIST EAST CALENDAR NEWSLETTER**

# **Spring is Coming!!**



MARCH IS NATIONAL SOCIAL WORKER AND NUTRITION MONTH  
Give your Dietitian and your Social Worker some love!!

# Spring Poem

## In time of silver rain

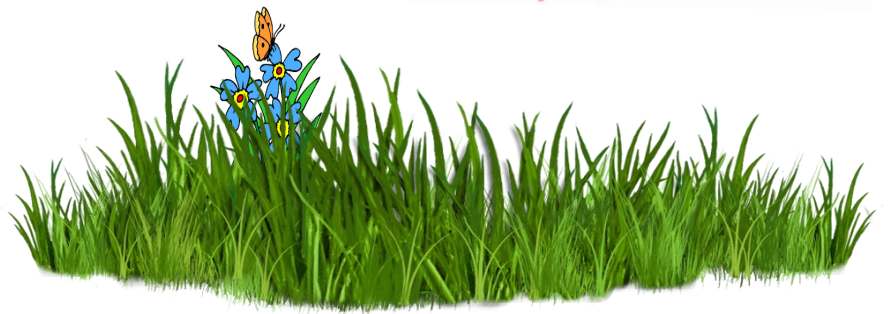
In time of silver rain  
The earth puts forth new life again,  
Green grasses grow  
And flowers lift their heads,  
And over all the plain  
The wonder spreads

Of Life,  
Of Life,  
Of life!

In time of silver rain  
The butterflies lift silken wings  
To catch a rainbow cry,  
And trees put forth new leaves to sing  
In joy beneath the sky  
As down the roadway  
Passing boys and girls  
Go singing, too,

In time of silver rain When spring  
And life  
Are new.

By Langston Hughes



## T.A. ANNOUNCEMENTS

**Therapeutic Activities Offices are moving throughout the building:**  
**Director: Celeste KT Brooks (1gr) room 193 cbrooks@wcasdc.org 202-715-7600**  
**Manager: Scena Plenty (2gr,2bl) room 393 spenty@wcasdc.org 202-541-6095**



**D. Littlejohn, G. Busey, III**  
**T. Davis, T. Alston**  
**C. Heath, B. Fleming,**  
**P. Stark**



### UNIT EVENT SUGGESTIONS:

**Exercise Spelling Bee Current Events Count Your Blessings**  
**Missing Word Dance with Me Sing-a-long Bible Verses**

**JUST IMAGINATION**  
**AND A BIT OF CARE**

### ON UNIT ONE BLUE WE ARE LOOKING FOR:

**Colorful Socks, DVDs, Different Styled Hats (male and female), Dolls,**  
**100 piece or less Puzzles, Baby Clothes, CDs, Jewelry, Checkers, Dominoes, Chinese Checkers,**  
**Decks of Cards, Stuffed Animals, Wooden Baskets**

## REVELATION OF CHRIST BAPTIST CHURCH



**Senior Pastor: Reverend Reginald Tarver**

**Asst. Pastor: Reverend Beverly Burt**

**Services: every Sunday @ 11am in the Chapel**

### BIRTHDAYS:

**W. Stephens 3.1 R. Young 3.2 H. Williams 3.4 A. Prescott 3.5**  
**L. Ray 3.12 A. Richardson 3.15 E. Wilkinson 3.19 L. Hughes S. Bangora 3.20**  
**R. Porter 3.23 E. Harris 3.25 C. Drffin S. Alexander 3.26 M. Kay**  
**T. Jones 3.27 A. Ellis EJ. Thomas 3.28 C. Chien 3.31**



# History of Social Work

## FORGING SOLUTIONS OUT OF CHALLENGES

Even before the rise of modern European states, the church was providing social services. When Constantine I legalized the Christian Church in the 4th century, the newly legitimized church set up burial societies, poorhouses, homes for the aged, shelter for the homeless, hospitals, and orphanages. These were often funded, at least in part, from grants from the Empire.

By 580 AD the church had a system for circulating consumables to the poor: associated with each parish was a *diaconium* or office of the deacon. Monasteries also often served as comprehensive social service agencies, acting as hospitals, homes for the aged, orphanages, travelers' aid stations.

During the Middle Ages, the Christian church had vast influence on European society and charity was considered to be a responsibility and a sign of one's piety. This charity was in the form of direct relief (for example, giving money, food, or other material goods to alleviate a particular need), as opposed to trying to change the root causes of poverty. As there was no effective bureaucracy below city government that was capable of large scale charitable activities, the clergy carried out this role until the Early Modern Period.

As a profession, social work officially originated in the 19th century as a movement primarily experienced within the United States and United Kingdom. After the demise of feudalism, those in poverty were seen as a direct threat to the social order, so the government formed the Poor Law and created an organized system to provide care to them. While the Industrial Revolution sparked great leaps in technological and scientific advancements, the great migrations to urban areas throughout the Western world led to increased social problems and in turn social activism. During this time, rescue societies were initiated to provide support to resolve the problems of poverty, disease, prostitution, mental illness, and other afflictions.

Since 1965 the federal government requires all nursing homes with more than 120 beds to employ a full-time qualified social worker who may or may not have a degree in social work [1]. The federal regulations do not clarify if facilities with 120 or fewer beds need to hire a social worker but can do so on a part-time basis.

Social work roles and functions in nursing homes have varied vastly. At the one extreme, nursing home social workers may deal mainly with admission-related financial arrangements and coordination of services, organization of recreational activities for residents, and attendance to a resident's obvious social needs. At the other extreme, social workers' professional skills may significantly affect most dimensions of the nursing home's functioning. They may provide services to (a) residents, (b) families of residents, (c) nursing home staff, (d) nursing home policymakers, and (e) the community in relationship to the nursing home.

At Stoddard Baptist Global Care, our Department of Social Services consists of 4 Social Workers. Each one has the awesome task of being assigned to a case load of residents, for whom they provide a myriad of services for: ensuring they are properly dressed, groomed, treated, advocated for, funded, documented on, receiving care upon discharge into the community, and when life has ended, buried.

When asked why he became a Social Worker, Mr. J. Galzerano, Director of SBGC Social Services Department stated, "I was always very close with my grandparents. They were such wonderful people. I decided that I wanted to spend my career helping the elderly."

# Famous Social Workers



Octavia Hill 1838-1912

connected cultural philanthropy to social reform



Mary E. Richmond 1861-1928

Envisioned professionally trained social workers



Jane Addams 1860-1935

Became the first American female awarded the Nobel Peace price and founder of the Social Worker profession in the United States



**Dorothy Irene Height (1912-2010)** an American administrator and educator, was a civil rights and women's rights activist specifically focused on the issues of African-American women, including unemployment, illiteracy, and voter awareness. She completed post graduate studies at the New York School of Social Work.



**Ronald Vernie "Ron" Dellums (1935-)** served as Oakland's forty-eighth mayor. From 1971 to 1998, he was elected to thirteen terms as a Member of the U.S. House of Representatives from Northern California's 9th ... Has a Masters in Social Work from the University of California, Berkley.



**Alice Walker**, known for her Pulitzer Prize winning novel, *The Color Purple*, critically acclaimed author began her journey as a women's rights and civil rights activist. She worked as a social worker, teacher, and lecturer and became recognized for her work with the Civil Rights Movement, fighting for equality for African Americans. Her third novel, *The Color Purple*, was made into a Steven Spielberg directed film. The movie received numerous awards, including eleven Academy Award nominations. In 2005, the movie became a Broadway musical.

# History of Nutrition

## SAVOR THE FLAVOR OF EATING RIGHT!!

In 400 B.C. the Greek physician Hippocrates, the “Father of Medicine” said, “Let thy food be thy medicine and thy medicine be thy food.” Hippocrates realized that food impacts a person’s health, body and mind to help prevent illness as well as maintain wellness. In Hippocrates’ Greece, as well as across pre-modern Europe and Asia since ancient times, foods were used to affect health. For instance, the juice of liver was squeezed on the eye to treat eye diseases, connected to Vitamin A deficiency. Garlic was used to cure athlete’s foot, and eating ginger was thought to stimulate the metabolism.

In 1747, a British Navy physician, Dr. James Lind, saw that sailors were developing scurvy, a deadly bleeding disorder, on long voyages. He observed that they ate only nonperishable foods such as bread and meat. Lind’s experiment fed one group of sailors salt water, one group vinegar, and one group limes. Those given limes didn’t develop scurvy. And although Vitamin C wasn’t discovered until the 1930s, this experiment changed the way physicians thought about food, creating a market for nutrition careers.

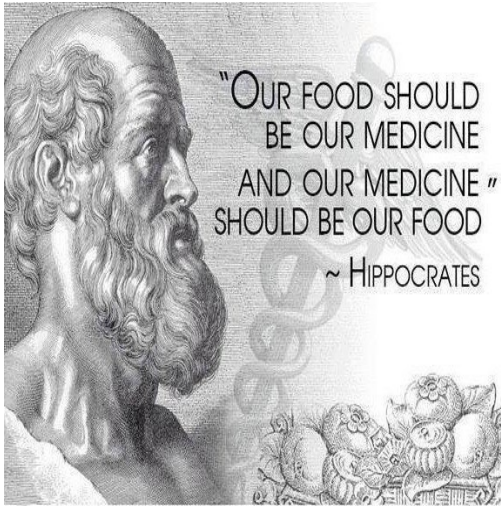
Dietitians and nutritionists first worked in hospitals in the late 19th century as the role of good nutrition in health began to be accepted. In the United States, the Public Health Service began including dietitians in PHS Hospital staffs in 1919 after World War I, to help monitor and improve the health of World War I veterans, and became increasingly involved in the nation’s health care system and beyond, into the private sector. As nutrition and dietitian programs started to become more prevalent, nutrition careers and dietitian jobs became more popular. Dietitians are registered with the American Dietetic Association and are only able to use the title “dietitian” when they have met strict, specific educational and experiential prerequisites and passed a national registration examination. The title “nutritionist” is protected and designated by many but not all states in the United States.

Nursing homes are required to provide nutritious, well-balanced meals and snacks that taste good and meet the specific dietary needs of each resident. Nursing homes are required to serve at least three meals per day and a snack at bedtime, spaced appropriately apart and served in accordance with community standard timing. Special accommodations should be made for residents who choose to eat at different times. Food must be palatable, thoroughly cooked, not burned, bland or too spicy, attractive, colorful -- or at least not all the same color. It also must be presented in a manner that is appealing and served at the appropriate temperature, hot foods served hot and cold foods served cold.

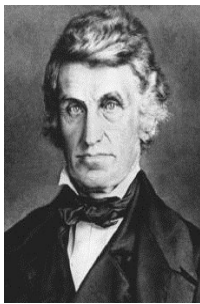
The Centers for Medicare and Medicaid Services, CMS, publishes specific regulatory Requirements for Long-Term Care Facilities. These requirements are established to promote quality of life, prevent malnutrition and weight loss, and ensure safe food handling.

At SBGC, our Food and Nutrition Services Department consists of 4 Dietitians; 1 runs the Administrative issues (the Director) and the other 3 interview, document and attend IDT meetings. They all work together to ensure the satisfaction of each and every resident.

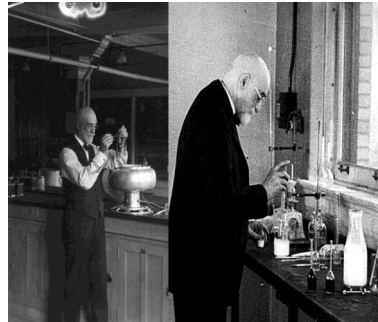
# Famous Nutritionists



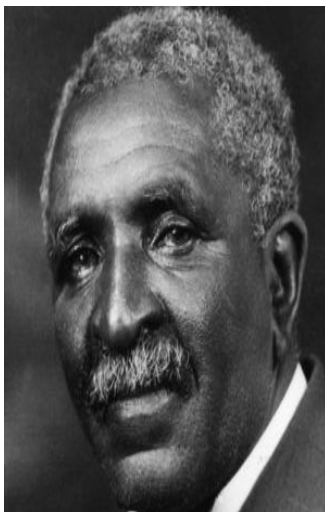
**James Lind** FRSE FRCPE (4 October 1716 – 13 July 1794) was a Scottish physician. He was a pioneer of naval hygiene in the Royal Navy. By conducting the first ever clinical trial,<sup>[1]</sup> he developed the theory that citrus fruits cured scurvy. He argued for the health benefits of better ventilation aboard naval ships, the improved cleanliness of sailors' bodies, clothing and bedding, and below-deck fumigation with sulphur and arsenic. He also proposed that fresh water could be obtained by distilling sea water. His work advanced the practice of preventive medicine and improved nutrition.



**William Beaumont** (1785-1853) was a surgeon in the U.S. Army who became known as the "Father of Gastric Physiology" following his research on human digestion.



**Stephen Moulton Babcock** (1843–1931) was a U.S. agricultural chemist. He is best known for his Babcock test in determining dairy butterfat in milk processing, for cheese processing, and for the "single-grain experiment" that led to the development of nutritional science as a recognized discipline.



**George Washington Carver** (1860-1943) was an agricultural chemist and botanist whose colorful life story and eccentric personality transformed him into a popular American folk hero to people of all races. His lifelong effort thereafter to better the lives of poor Southern black farmers by finding commercial uses for the region's agricultural products and natural resources—in particular the peanut, sweet potato, cowpea, soybean, and native clays from the soil—brought him international recognition as a humanitarian and chemical wizard. George Washington Carver advised Indian leader Mahatma Gandhi on matters of agriculture and nutrition.

# March 2016

STODDARD BAPTIST GLOBAL CARE @ WCAS FACILITY WIDE EVENTS CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>CALENDAR DAY</b>	2 10am Bible Study 3hl 7pm Bingo CR	3 11am Reflections 1gr	4 3pm MovieTime LR	5 11am The Divas CR
6 Chapel Service 11am, 3:30pm	7 3pm Group MT Session 1or	8 10am Catholic Communion Chapel	9 10am Bible Study 2hl 7pm Bingo CR	10 11am Reflections 1hl 11am Salvation Army All	11	12 11am BINGO CR
13 Chapel Service 11am, 3:30pm	14 11am Learning about your Residents' Rights	15 11am Food Committee CR	16 10am Bible Study CR 7pm Bingo CR	17 11am St Patrick's Day Fashion Walk CR	18 3pm Card Collaboration LR	19 11am Movie Time LR
20 <b>FIRST DAY OF SPRING</b> Chapel Service 11am, 3:30pm	21 3pm Group MT Session 1or solarium	22 3pm Interactive Music 1or Solarium	23 10am Bible Study 2or 12pm Ladies Club Spring Fling CR	24 11am Ladies of Elegance 1gr 11am Reflections 2gr	25 11am Good Friday Service CR 7pm ZPB Bingo CR	26 10am Famil Council BR 11am BINGO CR
27 <b>HAPPY RESSURECTION SUNDAY</b> Chapel Service 11am, 3:30pm	28 11am Spring Roll CR 3pm Group MT Session 1or solarium	29	30 10am Bible Study 1hl 7pm Bingo CR 7pm Bible Study Chapel	31 11am Reflections 2or	CR = Crystal Room LR = Living Room Gr = Green Or = Orange Bl = Blue AR = Activity Room Clstr = Cluster FL = Floor 1 = 1rst floor 2 = 2nd floor 3 = 3rd floor TBA = To Be Announced BB = Building Bridges CHPL = Chapel	



# SBGC@WCAS



## **WE NEED AN ACCOUSTIC PIANO!!**

**Our Crystal Room piano is in very poor condition: because it was old when donated (20+ years ago) and is now it is beyond repair.**

**We would LOVE a Baby Grand for the Crystal Room.**

**This is where we have our concerts, live entertainment, choir presentations, etc.....**



**TO DONATE TO SBNHF CONTACT: [KCLARK@SBHFDC.ORG](mailto:KCLARK@SBHFDC.ORG)**



# Spring Fun Word Search

Can you find the words associated with the coming of Spring?

C U K K M F X S R E W O L F U Q T  
 I A X I K A O R N R Z G N P U D R  
 L T S W T S D E E S E F N G B T A  
 R B A L I E E E H T S T F C T S I  
 P G U V B R R G L S M M S B B D N  
 S X H D G M R I R X A X L A L R S  
 U F Y M S O R E T R R O E B E I D  
 N P W F W P W K B O S Z Y G G B A  
 S C I I A O O L B S I P R A N Z F  
 H W N L H M E I O S Z Y W O I E F  
 I G C S U S N M T C A M P R N H O  
 N U O G H T S N D M E C I H E C D  
 E I X U O Q P U D D L E S Q D R I  
 A G Y V G W A G N I T S E N R A L  
 D U Y N D P F S D N I W N Z A M S  
 Y B A S E B A L L V P I C T G Z A  
 L S J Y X A M G N I T N A L P M J

- APRIL
- BASEBALL
- BIRDS
- BLOSSOMS
- BUDS
- DAFFODILS
- EASTER
- FLOWERS
- GARDENING
- GREEN
- GROWING
- KITE
- MARBLES
- MARCH
- MAY
- NESTING
- PLANTING
- PODDLES
- RAIN
- ROBIN
- SEEDS
- SHOWERS
- SUNSHINE
- TULIP
- WINDS

