

Potomac Place

2133 Montgomery Ave, Woodbridge, VA 22191

703-494-3817 • www.potomacplace.com



Top 5 New Year's Resolutions

1. Get in shape: Losing weight is the top resolution for Americans, and combined with “exercise more” and “stay fit and healthy” it is something that over a third of the population wishes to achieve. It’s easy enough to start an exercise and diet program, but the trick is to find a decent one that will give you steady results and will be easy to stick to in the long run.

2. Start eating healthier food, and less food overall: This is usually an extension of the previous resolution. Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits. Learn to control emotional eating, be aware of reasons for diets to fail, make use of these tricks and have a look at these awesome and healthy recipes.

3. Stop procrastinating: The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get used to procrastinating it’s difficult to snap yourself out of it, so you’ll need to put in a lot of work to change this bad habit. There are many useful tips out there to find your way to stop procrastinating.

4. Improve your concentration and mental skills: People have been trying to find ways to improve their focus and cognitive capacities for thousands of years, and most ancient civilizations had some combination of mental exercise and herbal medicine to help them reach this goal. Today we can use anything from apps to ancient meditation techniques to boost concentration and hone our mental skills. If you go through with this, you will be able to control your mood, learn faster and have an easier time solving problems.

5. Meet new people: When we get stuck in a rut, we usually end up staying at home most of the time, missing out on a lot of interesting opportunities for networking and having fun. Meeting new people can be beneficial to your mental well-being and help your career, so don’t be afraid to get out there and make some friends. Overcome your shyness, get some knowledge and go and get to know new and interesting people.

New Year’s Day
January 1

Law Enforcement Appreciation Day
January 9

Snowflake Day
January 17

Gourmet Coffee Day
January 18

Activity Professionals Week
January 20-26

Martin Luther King Jr. Day
January 21

Australia Day
January 28

Puzzle Day
January 29

Meet the Team

Executive Director

Nicholas Rawlings
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Director of Nursing

Kadiatu Sesay
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Assistant Director of Nursing

Vandy Juana-Kamanda
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Director of Marketing & Admissions

Charlene Barefield
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Director of Marketing & Community Relations

Elizabeth Mako
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Director of Activities

Christine Swann
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Director of Dining Services

Robert Osborne
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Business Office Manager

Wendy Dempsey
officemanager@potomacplace.com

Director of Maintenance

Magnus Ellerts
maintenance@potomacplace.com

Rent box located outside of the business office.

Meet the New Director of Nursing



Hello Potomac Place residents! My name is Kadiatu Sesay, but you can call me Kadi. I am a registered nurse of 20 years. I started my career off as a Certified Nursing Assistant and worked my way through becoming a licensed practical nurse, registered nurse, then a BSN (Bachelor of Science in Nursing). I am married with a 14-year-old son. In my spare time I enjoy going to parks, spending time with family, reading, and watching TV. I am so excited to be a part of the Potomac Place team and look forward to getting to know each and every one of you! Please stop by my office any time to meet me and say hi!

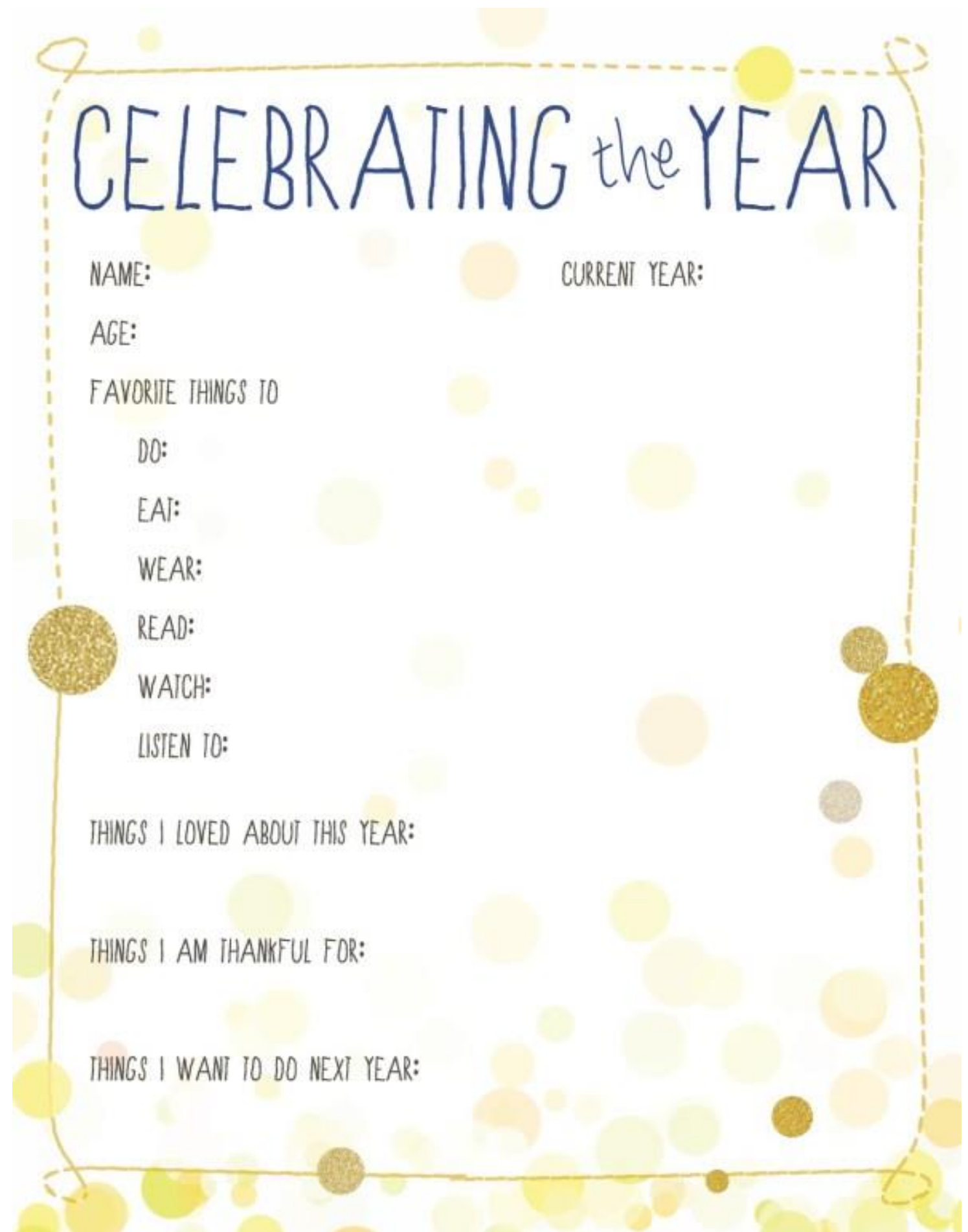


Resident Spotlight



Meet Arlene Rothman. She was born in Norwich, Connecticut. She has lived in many different locations, but her favorite was in New Jersey, when they lived above the restaurant her father owned. Arlene had two siblings, an older brother named Michael and a little sister named Leslie. She was very close with her little sister. Her family was very fortunate as they did lots of different things as a family. What she loved most was going skiing and playing golf. Once she became old enough, she helped run the restaurant which she liked to do and learned a lot.

Eventually, Arlene started a family of her own. She got married and had 2 children, a boy and a girl. Years later after her kids grew up and after she became a grandparent, Arlene moved here to Potomac Place. She has lived with us for the past few years and loves to participate in activities and go on outings. She enjoys participating in arts & crafts, cooking club, games, trivia, exercise and trying new things. Arlene can also be seen doing some mean dance moves on the dance floor. If you haven't seen her around come visit the activities and I'm sure you will see her. She always helps in whatever way she can and has a great smile!



CELEBRATING *the* YEAR

NAME: _____ CURRENT YEAR: _____

AGE: _____

FAVORITE THINGS TO

- DO: _____
- EAT: _____
- WEAR: _____
- READ: _____
- WATCH: _____
- LISTEN TO: _____

THINGS I LOVED ABOUT THIS YEAR: _____

THINGS I AM THANKFUL FOR: _____

THINGS I WANT TO DO NEXT YEAR: _____

2019

New Year full of new beginnings, no matter the age!

We asked Potomac Place staff and residents what they have planned for the year 2019, and here's what they said.

Zoie – “I plan to start completing things on my bucket list, like visit all 50 states, travel to the other side of the world and go sky diving!” (Staff)

Khatira – “I really want to go back to Dental School and get fit.” (Volunteer)

Bernie – “I hope to live and praise God.” (Resident)

Richard – “I’m going home in 5 weeks! Do You know where that is? It’s across the street!” (Resident)

Ike – “Aspire for new heights.” (Staff)

Wendy D.– “To take my family on a vacation out of the country.” (Staff)

Lilliam – “Better my job at Potomac Place.” (Staff)

Joan K. – “I would like to travel.” (Resident)

Mary P.- “Things to stay the same.” (Resident)

Patti F. – “Go to Denny’s.” (Resident)

Felicitas C.- “Find a man, find my sweetheart!” (Resident)

Dycie P.- “To lose weight!” (Resident)

Claudette B.- “Try to go out on more activities.” (Resident)

Kadi- “Get settled in to my new position and get to know the staff.” (Staff)



Hester Leverstein



Hester Leverstein was born on October 28 in the Netherlands/ (Holland). Hester met, fell in love and married her husband, Hein in Holland in 1956. The Leverstein’s moved to the United States in 1958. They originally moved to Silver Springs Maryland and lived with friends for a few years. In 1960 the Leverstein’s moved to Woodbridge, VA.

Hein and Hester are the proud parents of four sons and one daughter. Hester was a homemaker while her children were young. She took pride in making sure her home was neat, tidy and welcoming to visitors. She still takes great pride in keeping her home clean and inviting. She can be seen washing dishes and putting things in order in her apartment. Hester also was a bus aide for special needs school age children.

Hester enjoys walking, and spending time with her children, grandchildren and great grandchildren. Hester has two sisters still living in the Netherlands. She stays in constant contact with them via telephone, cards and letters.

JANUARY Happenings

Attention All Veterans

In honor of your service, we invite you and 2 veteran friends to join us Wednesday, 2nd and Wednesday 16th for our Veterans Luncheon at noon in the Dining Room. Please RSVP with Sherry the receptionist.



Please welcome Banchi Tesfaye, our new stylist for the Salon.



Classic Movie Friday



Chitty Chitty Bang Bang

Join us every second Friday for Classic Movie Friday at 2:00 in the Library! Popcorn and punch will be served!

Monthly Calendar Review

Join us each month to review & to answer any questions you may have about the monthly calendar. We will be discussing outings, events, and big activities at the meeting. Please bring any questions you may have.

this year, i will...

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January Birthdays

Happy Birthday to the Following Residents:

Mary Pat Arpin – 01/15
Margaret Elder-1/22
Katherine Graves – 01/26
Jeanette Barton – 01/27
Sigrid Benson – 01/30



Happy Birthday to the Following Staff Members:

Gladys Laushine-1/1
Millicent Quaye-1/2
Sally Watts- 1/4
Abigail Amankwaa-1/11
Kenny Molina-1/15
Emily Wolford-1/19
Richel Gaisie Williams-1/23
Kadijatu Buckle-1/29

RESIDENT INFORMATION HUB

Please see Activity Staff about any questions you may have.

1/3- Activities Meeting

Please join us in the Library at 1:15 for our monthly Activities Meeting. During this meeting you provide our staff with activities you would like to see on our monthly calendar and let your voice be heard! We hope to see you there!

1/8 - Volunteer Opportunity Meeting

Please join us in the Library at 3:00 for our new monthly Volunteer Opportunities Meeting. During this meeting we will discuss various volunteer opportunities for each upcoming month. There are volunteer opportunities for all types of people! Help give back to your community! We hope to see you there!

1/18 - Resident Council Meeting (Now Meets Every 3rd Friday)

Please join residents at 1:15p.m. in the Library for their monthly Resident Council Meeting. Resident's speak about any concerns they may have with different departments and an open forum to bring up any issues you may have. Please come and let your voices be heard!

1/24 - Food Committee Meeting

Please join residents at 3:15p.m. in the Library for their monthly Food Committee Meeting. Resident's speak about any concerns or service issues with the Dining Services Department. You also can share any suggestions you may have. Please come and share your thoughts with Chef Rob!

Happy New Year To You

Happy New Year to you!
May every great new day
Bring you sweet surprises--
A happiness buffet. Happy New Year to you,
And when the new year's done,
May the next year be even better,
Full of pleasure, joy and fun.



Red Shirt
Friday

Red Shirt Friday's

Attention Residents! To honor the men and women who have served our country past and present, we ask that all residents wear red every Friday! We will make sure to put reminders on daily schedules as well. Thank You for your service!

