



# On the Avenue

**DISTINCTIVE RETIREMENT LIVING IN CHEVY CHASE**

Winter 2012

Chevy Chase House, 5420 Connecticut Avenue, NW

202-686-5504

[www.chevychasehouse.com](http://www.chevychasehouse.com)

## Our Wingless Angel

It's dark when she comes to work. It's dark when she goes home. The daylight in between is even brighter when the lady in the all-white, head-to-toe uniform strides across the lobby at Chevy Chase House on an errand of help and compassion.

The lady is Shelia Daniels, RN, our new Director of Health Services, the most cherished post among the hundred and more of us who need assisted living.

Shelia's life and education began down in Charles County in southern Maryland. Her interest in nursing began even before she held her high school diploma and it charted the course she pursued when she enrolled in Prince Georges County's Community College.

Daniels and her husband, Roy, make their home now, in Clinton, Maryland. That makes her a Beltway commuter, starting early enough to outrun the heaviest traffic and arriving here in time to catch the night nursing staff in an updating meeting.

No conventional eight-hour day lies ahead. Except for a private consultation, the door to her tiny office off the lobby remains open as a welcoming gesture to residents, staff, families and friends. When a visitor enters, she'll turn away from her computer with a smile and beckon her guest to a seat.



All kinds of experience, including dealing with the frailties of older folks at another extended care facility in Maryland, qualify her quite well in her newer assignment. At

its outset she availed herself of some helpful orientation in conversations with her predecessor, Robin Ingram.

Not all Shelia's postings have been in indoor facilities. At the behest of a physician friend, she volunteered with a medical team called United Hands to administer aid to needy persons in such places as the Grenadine Islands,



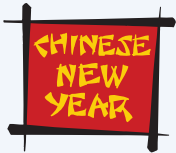
Jamaica and Haiti. She proudly displays a scrapbook of photos of that troop, recalling the sea voyages and mountain hikes that involved her, laden with medical supplies and equipment.

Roy is a retired gentleman, and Shelia tried that once herself, but it didn't last long. "Nursing," she says, "is in my blood." It's more than an occupation or a profession; it's a calling. Her ten- or twelve-hour days on the job

here leave little time for other activities, but a primary one is enjoying the company of her son, Rory, his wife, Tala, and their two youngsters. Rory's a physical therapist and his brother, Alex is a pre-law student.

Her objectives here at Chevy Chase House? "To make everybody feel that this is their home," she says earnestly, "and to make sure our staff is always respectful." Obviously, we're in very good hands.

## In Other News...



...there was no shortage of fine events here this month: Martin Luther King's birthday holiday; Chinese New Year's day; a "food committee" meeting; a session on glaucoma, "the silent thief" of good vision, along with free glaucoma screenings for those who desired it.



And a standing-room-only Town Meeting after the holiday hiatus, where we learned that John Richardson will shred small batches of documents for us and is arranging for another bulk shredding. Snapshots taken at the holiday banquet are available for the asking at the lobby desk. D.C. health inspectors will be coming aboard as we look toward our annual license renewal and we're encouraged to respond if they ask any questions of us.



There was a comforting reminder that our staff sleeps over when snow obstructs commuting, keeping things running smoothly for us. John mentioned the collection of misplaced spectacles in his office behind the lobby desk, inviting our inspection if we've lost a pair.

## And Finally —

*HAIL to our new residents, Sandy Cohen and Rhoda Zucker, and a FOND FAREWELL to Robin Ingram, who we sent off to her new pursuits with a festive Cozy Corner party!*

*Come join us for lunch and a tour.*

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