

**Rev. Patricia A. McCullum**  
Assistant Pastor

**John Mills**  
Chairman, Board of  
Deacons

**Mary A. Smith**  
Chairman, Board of  
Trustees

**Kimberly C. Smith**  
Church Clerk



*"A loving, caring, warm-hearted church, supplying God's prescription for living a victorious life"*

July 10, 2023

Mrs. Remy Johnson, Administrator  
Stoddard Baptist Nursing Home  
1818 Newton Street, NW  
Washington, DC 20010

Dear Mrs. Remy Johnson,

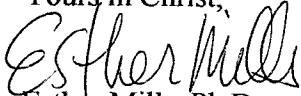
On behalf of Rev. Dr. Patricia McCullum, Asst. Pastor of Mt. Gilead Baptist Church, Dr. Esther Mills, Chairperson of the Healthcare Ministry, and members of the congregation, it gives me extraordinary pleasure to share with you what an outstanding presentation Chaplain Annie Smith made to the Mt. Gilead Baptist Church congregation on Thursday evening, June 22, 2023. The title of the presentation was, "Care For The Care Giver." Members of the congregation were able to relate to the information at all levels since many of them were care givers or had been care givers in the past. The atmosphere in the setting was relaxed, light-hearted at times and interactive.

While I am very thankful and was impressed with the entire presentation, I am most grateful for the manner in which Chaplain Smith allowed the Holy Spirit to use her to bless God's people. Chaplain Smith's demeanor throughout the session communicated that as a care giver, it's OK to feel overwhelmed at times, angry, unappreciated or even a desire to give up. The presentation also included helpful ways to "decompress e.g., taking a walk, breathing techniques, and focusing on positive thoughts, etc... The idea was to avoid harboring negative feelings so that they did not become a disability to the caregiver.

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[www.mtgileaddc.org](http://www.mtgileaddc.org)

In closing, Chaplain Smith thank you again for an outstanding presentation and for sharing God's love with the Mt. Gilead Baptist Church family. I believe the following quotation is most appropriate for this thank you letter. "Many people will walk in and out of your life, but only true friends will leave footprints in your heart" Eleanor Roosevelt.

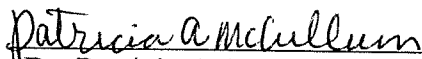
Yours in Christ,

  
Esther Mills, Ph.D.

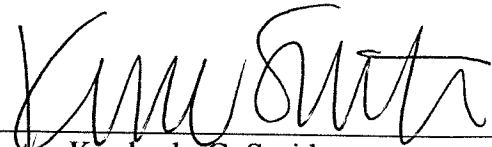
Healthcare Chairperson

cc: Dr. Steven Nash, CEO

Rev. Chaplain Annie Smith



Dr. Patricia A. McCullum, D.Min.  
Assistant Pastor



Trustee Kimberly C. Smith  
Church Clerk