

Gainesville Health and Rehab  
7501 Heritage Village Plaza  
Gainesville, VA 20155

### Guess Which One is Bigger?



Noah Nason and his Mastiff pet therapy dog, Jethro Tull, visit with residents Carol Lena and Pat Holley.



Bettyann Senf and her pet therapy miniature horse, Wish, visit with residents Helen Balzer and Doris Bywaters.

If you guessed Jethro, you are right! He weighs in at 175 pounds and 4-month old Wish weighs 85 pounds. Both special visitors are very popular with our residents. We wish to extend a big thank you to our pet therapy volunteers!

October 2014

# Gainesville Insider

An inside look at the people who live, work, and volunteer at GHRC

7501 Heritage Village Plaza, Gainesville, VA 20155

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## Celebrating October

Halloween Safety Month

Talk About Prescriptions Month

National Healthcare Food Service Week  
October 6-10

Spinning and Weaving Week  
October 6-10

Freedom of Speech Week  
October 19-25

Balloons Around the World Day  
October 1

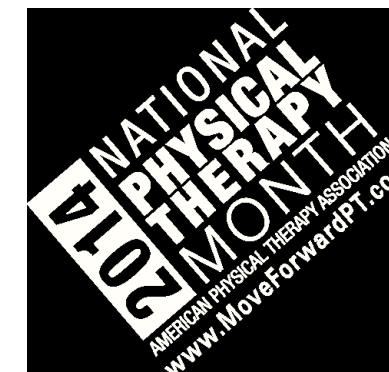
Blessings of the Fishing Fleet Day  
October 5

Handbag Day  
October 10

World Origami Days  
October 24-November 11

Physical Therapy Month

## October is Physical Therapy Month



Movement and exercise are fundamental to leading a healthy, happy life. PTs and PTAs identify factors that prevent our residents/patients from being as active as possible, and find ways to help them overcome those obstacles. We would like to thank our PTs and PTAs for their dedicated services and for playing an integral role in helping our residents/patients be well, mobile, and independent.

Gainesville Health and Rehabilitation welcomes Heritage Healthcare, our new Rehabilitation Services partner! We look forward to a continuation of rehab success stories!

Thank you to our Physical Therapists, Deepti Bhatia and Catalina Lemcke for all that you do for our residents!

And thank you to our Physical Therapy Assistants, Marie Clont, Kevin Metzger, and Kevin Rabago for your hard work and dedication to our residents!

Falls among Older Adults

Each year, millions of older adults experience a fall. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

How big is the problem?

- One out of three older adults (those aged 65 or older) falls each year but less than half talk to their healthcare providers about it.
- Among older adults, falls are the leading cause of both fatal and nonfatal injuries.
- In 2012, 2.4 million nonfatal falls among older adults were treated in emergency departments and more than 722,000 of these patients were hospitalized.
- In 2012, the direct medical costs of falls, adjusted for inflation, were \$30 billion.

What outcomes are linked to falls?

- Twenty to thirty percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, and head traumas. These injuries can make it hard to get around or live independently, and increase the risk of early death.
- Falls are the most common cause of traumatic brain injuries (TBI).
- In 2000, 46% of fatal falls among older adults were due to TBI.
- Most fractures among older adults are caused by falls. The most common are fractures of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
- Many people who fall, even if they are not injured, develop a fear of falling.
- This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.

Who is at risk?

Fall-related Deaths

- The death rates from falls among older men and women have risen sharply over the past decade.
- In 2011, about 22,900 older adults died from unintentional fall injuries.
- Men are more likely than women to die from a fall. After taking age into account, the fall death rate in 2011 was 41% higher for men than for women.
- Older whites are 2.7 times more likely to die from falls as their black counterparts.
- Rates also differ by ethnicity. Older non-Hispanics have higher fatal fall rates than Hispanics.

Fall Injuries

- People age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.
- Rates of fall-related fractures among older women are more than twice those for men.
- Over 95% of hip fractures are caused by falls. In 2010, there were 258,000 hip fractures and the rate for women was almost twice the rate for men.
- White women have significantly higher hip fracture rates than black women.

How can older adults prevent falls?



October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpions, considered the most intense sign in the zodiac. While on the outside Scorpions are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Resident Birthdays

Sandra Cerritos	Celeste Mullins
Margaret Scott	Jean Hatcher
Christina Woolwine	Dolat Izadikalantari
Jean Malatesta	Cecile Pelletier
Patricia Love	Jermaine Simmons
Edna Byrne	Mary Goodman
Theda Davis	Sonue Wadhwani
Clara Elliott	Glenn Sartori

Staff Birthdays

Issac Danquah, LPN	Maria Aguilar, Laundry
Thomas Shelton, CAN	Lisa Scott, MDS

Staff Anniversaries

Dale Jeffries, RN, Fairview Unit Manager  
Janaii Hyman, Staffing Coordinator  
Nancy Dean, LPN  
Kristen Carey, RN, Clairmont Unit Manager  
Marivic Torculas, LPN  
Sharan Kaur, CNA  
Brenda Simmons, CNA  
Melissa Jamison, CNA  
Grace Kwame, CNA  
Maurice Okafor, Dir. Environmental Services

Shining Stars

Deborah Anderson, LPN	Angie Clebert, CNA
Charlotte Royal, CNA	Savilla Grayson, CNA
Nicole Berkowitz, CNA	Alicia Vayer, CNA
Anabelle Ong-Hay, RN	Ale Samayoa, CNA
Anthony DeNardis, CNA	Andrew Hendrick, CNA
Sharan Kaur, CNA	Shannon Porsch, CNA
Susanna Kang, LPN	Karen Brice, CNA
Claire Behrmann, RN Supr.	Lisa Jamison, CNA
Janine Plott, RN, Wound Nurse	
Dale Jeffries, Fairview Unit Manager	

Dear Pumpkin,

We love your plump, round shape,  
And all of your fall colors, especially orange.  
Sometimes we compete to see  
How big we can grow you.

We love to carve you into different designs,  
Both scary and cute,  
Or paint a face on you  
With any look, personality, or mood.

The curly tail of your stem  
Makes for a convenient handle  
To aid in lifting your lid.  
We enjoy putting candles inside you  
And watching your face glow.

We are glad that you can join us  
During the holidays with our families.  
You look lovely in our centerpieces,  
Adorning the front porch, and in our home décor.

We like your flavor in our soups, nut breads,  
and muffins,  
As well as pancakes, cupcakes, and cookies.  
Most of all we love making pies  
Out of your sweet, sweet flesh.

For a tasty snack we like to eat  
Your seeds, toasted and salty.  
Sometimes we plant them in the ground  
So that we can enjoy you again next year.

When all is said and done,  
We even enjoy pumpkin throwing contests,  
Punkin' chunkin', and feeding you to the pigs.  
We don't let anything go to waste!

Love,  
GHRC Residents: Sue Penrod, Barbara Grandstaff, Cat Lena, Mary Shal, Helen Balzer, Sandra Cerritos, Florence Burns, Karen Walton, Charles Becker, Debbie Branham, Vanita Wadhwani, Peggy Herritt, Bill Greaver, and Mary Baker



Featured Resident of the Month



Reverend  
Willie Mae  
Vincent

Willie Mae Vincent, who recently turned 90, transferred to Gainesville Health and Rehabilitation Center five years ago from Hanover Health Care Center in Mechanicsville, Virginia. The family wanted her to be closer to her daughter, Valerie.

Valerie says, “Whenever I got sick, Mom would help me by watching my kids, Brandy and Dale, Jr. Now it is time for me to be there for her.”

Born and raised in Richmond, Virginia, Willie Mae was one of eight children. Her mother, Fletie, who was of Indian descent, provided domestic services from her home. Her father, Edgar Hunter, was a chef at the Executive Hotel in Richmond. Willie Mae attended technical school after high school graduation, with a focus on cosmetology, later becoming a beautician.

At the age of 24, Willie Mae married the love of her life, an electrician named James. The couple had three children, a son, Freddie, and two daughters, Antonia and Valerie.

“Mom has always had a close relationship with her children,” Valerie commented.

Answering a “calling from God,” Willie Mae attended Union Theological Seminary, where she received an Associate’s Degree. In 1967 Willie Mae became the Associate Pastor at Hood Temple AME Zion Church in Richmond. Her dual careers as a beautician and a pastor expanded over a number of years until she decided to devote her time fully to serving God.

Willie Mae and James were happily married for over 41 years until he died of a heart attack in 1988 at the age of 69. After the passing of her husband, Willie Mae moved in with her

daughter, Antonia, who at the time resided in Virginia. She now lives in Charlotte, North Carolina. Freddie lives in Surprise, Arizona. The children frequently visit their mother.

While serving Communion to her large congregation on New Year’s Day in 1995, Willie Mae suffered a stroke. After her hospitalization, she was allowed to go home, but it was soon determined that her illness was too severe for home health care. Broken hearted, the family had no choice but to transition her to a long-term care center.



Anyone who knows Willie Mae knows that she loves her coffee, anything chocolate, and gospel music. Even today, Willie Mae still has members from her church in Richmond traveling to Gainesville to visit her! She is a much-loved resident! Her infectious grin lights up the room and brightens everyone’s day!

By Lynnette Esse, Activity Director

**A free educational series designed specifically for caregivers**

Join us on the **second Tuesday of every month.**

**Hospice Medicare benefit**  
**Tuesday, November 11, 2014** Learn about the extra medical support and coverage the Hospice Medicare benefit allows to assist persons dealing with serious illness.

**Seminars are held at:** Novant Health Haymarket Medical Center Comm. rooms A and B | **3 to 5 p.m.**

15225 Heathcote Blvd., Haymarket, Virginia  
Novant Health Prince William Medical Center  
Conference room A | **7 to 9 p.m.**  
8700 Sudley Road, Manassas, Virginia

Older adults can stay independent and reduce their chances of falling. They can:

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.
- Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways, and improving the lighting in their homes.

To lower their hip fracture risk, older adults can:

- Get adequate calcium and vitamin D—from food and/or from supplements.
- Do weight bearing exercise.
- Get screened and, if needed, treated for osteoporosis



Courtesy of  
[www.cdc.gov](http://www.cdc.gov)



Virgil and Gloria Bandy, both GHRC rehab patients, celebrate their anniversary

Virgil and Gloria and their five children, along with a host of grandchildren, and over 50 other relatives and friends, spent Sunday evening, September 28<sup>th</sup>, celebrating their 56 years of Wedded Bliss, here at GHRC!



Entire Bandy clan

After Virgil’s seven weeks of therapy, and Gloria’s three, both able to walk up the four steps leading into their home when they arrived back home last week! Previously, the family used wheelchairs to pull them up the steps. Both increased their upper body strength with the exercises they did in rehab. Virgil’s appetite is even back! Teri Bandy, their eldest daughter and caregiver said, “I believe that their quality of life has been enhanced because of the weeks they spent there! Thank you so, so much for helping my parents!”



## GHRC Celebrates

### National Healthcare Food Service Week October 6-12

#### August Employee of the Month



**Abdul Kamara,**  
Dietary Aide

No one was more surprised than Abdul Kamara when he was presented with the August Employee of the Month award. He had not seen or heard about his four

Shining Star nominations earlier in the month. A collection of nominations came independently from residents, front-line staff, and department heads. Abdul Kamara's professionalism in the dining room exemplifies the "above and beyond" criteria for a Shining Star nomination.

Watching him single-handedly serve the entire dining room, anticipating each resident's tastes and desires before they ask, is like watching a choreographed dance. Abdul has everything under control. After working here as a dietary aide part time for three years, he has memorized everyone's likes and dislikes. He has learned all of this because he cares to learn it. He says he likes to "stay ahead of everything and be prepared. It makes the job so much easier."

Lillian Gonzalez, one of our residents, helps him set up the tables for breakfast each morning. Together they have fun with it and it doesn't seem like a chore at all. He feels that his sense of humor is one of his best attributes. He is also very competitive, even when competing with himself to be the best at what he does.

Although Abdul began working here with no experience, he has been inspired to go to Culinary Arts School at Stratford University. He is working two jobs and saving money for tuition. His ultimate goal is to have his own restaurant one day.

Robin Ackerson, the Dietary Manager, has been a good mentor to him. He appreciates that she teaches him how to "do things right." He often helps to prepare the desserts and helps out with some of the other cooking. She comments, "Abdul is an essential part of what makes our dietary department a success. He always has a smile, is definitely a team player, and goes above and beyond often. During our winter months he volunteers to be on snow duty, allowing our mothers to stay at home with the kids while he trudges through the snow to work. Abdul is the ideal of what every mother would want in a son and what every employer would want in an employee."

In an effort to learn more, Abdul watches his mom's cooking techniques and watches cooking shows on television, trying to memorize everything they do. "I can follow a recipe and just instinctively know how to do everything right," he says.

Cooking is not the only place where Abdul's artistic talents shine – he has been into drawing cartoons and people for many years. As he says, "I like art and I am always drawing on everything."

In addition to cooking and drawing, this 2009 graduate of Battlefield High School plays a lot of basketball with his friends. When he was younger he played AAU basketball, which is very competitive, but now he just plays for fun. He also likes to hang out at the mall with his male and female friends.

We are so happy that Abdul has chosen to "hang out" with our residents. He is a huge asset to this building and very popular with staff and residents. Congratulations, Abdul, for a job well done!

*By Lynnette Esse, Activity Director*

## Meet Our Director of Dietary

### Robin Ackerson

Robin Ackerson, our Director of Dietary since March 2007, has the ideal job, because she LOVES to cook! She says of her job



here, "Gainesville is just family. I enjoy the atmosphere, the staff, the people I work with, and the residents. I feel like I have 25 sets of grandparents. I especially enjoy cooking for special events. Since cooking is my favorite thing, I am always in the middle of everything."

As the youngest daughter of 11 children growing up on a farm in Kansas, Robin was assigned the job of cleaning house and cooking. She recalls, "Cooking has been a passion since those early days, learning that a good meal makes a house a home and a family smile." She still remembers standing on a stool while stirring pots on the stove, and rolling out biscuits while on her knees on a chair at the kitchen table. She loved it so much that she never tried anything else!

After high school graduation, at the age of 18, Robin married a G.I. and they had three children. They lived in Oklahoma until he got out of the service, and then moved to Florida for a time. Later, Robin moved back to Kansas so that her mom could help out with child care.

Robin attended Pittsburg State University in Pittsburg, Kansas, where she earned her Associate's Degree in Business Management. She attended both the Notter School of Baking and Pastry Arts and the Hospitality Institute's Culinary Arts program from 1976 to 1977. From 1979-1980 she attended the Cordon Bleu College of Culinary Arts in Chicago, where she studied Advanced Italian Cuisine, Foods, Nutrition, and Wellness. She became a Certified Dietary Manager in 1982. And she worked toward a Bachelor's Degree in Business/Commerce from Washburn University in Kansas in late 80's.

The most fun job that Robin ever had was working as an event planner in Maryland. She recalls, "I had my own business called 'Personal Touch' for three years. I loved the business, but the hours were bad." She still does weddings and other special occasions for friends and family on the side.

When not busy working, Robin and her 'significant other' enjoy camping and fishing. As a child she learned to make-do with simple vacations – her father built lean-tos for the family to sleep under and her mom made homemade sleeping bags. Her first fishing pole was made out of cane with a piece of string on the end. Now she has a tent that blows itself up with the aid of an air pump.

As a 'back to basics' nature lover, Robin also enjoys gardening and canning the vegetables she grows. And whenever possible she enjoys spending time with her four grandchildren.

*By Lynnette Esse, Activity Director*

### In addition to Robin, the dietary staff consists of 15 people:

Netta Yates - Full time Dietary Supervisor  
Ruban Buah - Full time Chef  
Sidney Ashe – Full time cook  
Thomas Short – Full time cook  
Tim Turner – Part time cook  
Anabele Menjivar – Full time dietary aide  
Patricia Quieneche – Full time dietary aide  
Liza Ferguson – Full time dietary aide  
Gregory Fameye – Full time dietary aide  
Kenneth Assiako – Part time aide  
Angela Bernal – Part time aide  
Abdul Kamara – Part time aide  
Moses Owusu – Part time aide  
Milagro Reyes – Part time aide  
Estefoni Santillan – Part time aide

**Thank you for everything that  
you do for our residents each  
and every day!**