

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

November 2014

Gainesville Insider

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



7501 Heritage Village Plaza, Gainesville, VA 20155

571-248-6100

Celebrating November

Historic Bridge Awareness
Month

World Sponge Month

Novel Writing Month

World Communication
Week

November 1-7

Family Week

November 24-30

Extra Mile Day

November 1

Traffic Directors Day

November 3

Origami Day

November 11

World Architecture Day

November 12

Doctor Who Day

November 23

Thanksgiving Day

November 27

Gainesville Health & Rehab Celebrates Halloween in Style!



Debi Garcia, Activity Assistant, wins "Scariest Costume" dressed as a witch
Diane Clark, Activity Assistant, wins "Cutest Costume" dressed as a zebra
Sonny Wadhvani, Resident, wins "Most Original Costume" dressed as a soldier



Debi Garcia, Tyra Hicks, Tiffany Hottle, Constanza Pierre, Kelly Davis, Lynnette Esse, Diane Clark, Robin Ackerson, Lillian Randolph, Lillian Gonzalez, Cat Lena, and Sonny Wadhvani all dressed up on Halloween!

Department Heads

Administrator:

Robin Brockwell

Medical Director:

Dr. Peter Francis

Director of Nursing:

Kelly Davis

Assistant Director of Nursing:

Constanza Pierre

Clairmont Unit Manager:

Kristen Carey

Fairview Unit Manager:

Dale Jefferies

Wound Care Nurse:

Janine Plott

Admissions Director:

Tiffany Hottle

Assistant Director of Admissions:

Crystal Yates

Business Office Manager:

Jennifer Hale

Dietary Manager:

Robin Ackerson

Dir. of Environmental Services:

Maurice Okafor

Director of Maintenance:

Michael Barrett

Human Resources:

Mary Anne Varela-Spooner

Materials Management:

Janai Hyman

MDS Coordinator:

Lisa Scott

MDS Coordinator:

Kim Haywood

Medical Records:

Brenda McGarry

Director of Social Services:

Sara Criser

Social Worker:

Karen Barrett

Director of Rehab:

Deepti Bhatia (Acting Director)

Director of Activities:

Lynnette Esse

Rehab Success Story



Fred Kuta

In spite of the loss of all of his toes due to complications from diabetes, Fred Kuta remains positive and motivated. He arrived at Gainesville Health and Rehabilitation in early September for intensive therapy to regain his upper body strength and to heal the wounds from his amputation. He feels that he has made great progress and looks forward to the day when he can go home.

Physical therapy assistant, Kevin Metzger, commented, "Mr. Kuta could easily be the star of an instructional video on the use of a sliding board for transfers, both in and out of bed and to and from the wheelchair. He has become very independent with his sliding board proficiency. He has come a long way since he first got here."

Kevin added, "He is always very pleasant, respectful, and delightful to work with. He is up early in the morning and willing to do some work. He has been very motivated to work hard. This is not new to him – he has had some life challenges and has learned to overcome adversities."

As a former drill Sergeant, Fred is familiar with all the tricks to get people to work harder. When they say, "Let's just try it and see how you do..." he knows what they are up to.

Fred's wife of 68 years, Jean, said, "This has been so hard for someone as active as Fred has always been. He played football and golf, and was into gardening, square dancing, and round dancing. Even when he could no longer play golf, he had the grandchildren out at the driving ranges, helping to pass on the love of golf to the younger generation."

Fred shared, "I learned to love gardening at the early age of five or six when my mother taught me how to propagate roses."

Born and raised in Cleveland, Ohio, Fred graduated from Glenville High School. While a student there, he was a Golden Gloves participant, taught boxing as a student instructor, and was a Student Teacher for preparing students for military service.

Fred entered the U.S. Army on March 20, 1943 and fought in the European Theatre during WWII. He was gravely wounded as a Sherman Tank Commander during a ferocious battle – the Battle of Rheinburg, known in the annals of military history as "Bloody Rheinburg." The American tank assault on Rheinburg was fatally flawed because of a lack of accurate intelligence analysis and information regarding the superior strength of the German forces located there. Numerous Sherman Tanks of Fred's Company B were destroyed with heavy losses of life during the horrendous battle. Fred, subsequent to the shelling of his tank, was carried to the Nazi Stalag until the Allies liberated the prisoners.

Friends since around age 10, Jean, who was dating someone else at the time, began writing to Fred while he was in the Army. After he was flown to Crile Army Medical Center in Cleveland, Ohio for rehabilitation, Jean rode a series of buses into the city to visit him and the romance bloomed. They were engaged in June 1945 and married a year later.

After his rehabilitation, Fred completed college and began a career with the Veteran's Administration. He became the Director of Field Operations for Claims Services, overseeing 56 Regional offices. The couple moved to the suburbs and had two daughters, Paula and Connie. Their daughters gave them eight grandchildren and 23 great grandchildren, making their lives complete.

Jean said, "Fred has had the best care here! All the staff are just great people, many of them going out of their way to make you comfortable." We know that with Jean's constant attention and support as Fred's advocate while he is here at Gainesville, that Fred will rapidly gain his strength back and rejoin his family at home.

By: John Paganoni and Lynnette Esse, AD

November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep open minds during new encounters.

Resident Birthdays

Jackie Sexton	Alice Prosha
Sue Penrod	Pat Holley
Bertha Hartman	Charles Becker
Robert Valentini	Elwood Bennett

Staff Birthdays

Carolyn Moore	Sharan Kaur
Patricia Patterson	Melba Rodriguez
Cynthia Boykins	Mary Ratley
Karen Barrett	Derika Brown
Duah Ballay	

Staff Anniversaries

Massa Pasewe, LPN – 5 years
Kimberlin Ivery, CNA – 8 years
Kari Garman, LPN – 2 years

In Memory of Those We Lost in October...

Harold Goldman
Mary Still
Mary Gatewood
Anna Polacek
Robin Wesnofske

Knowing each of them enriched our lives. We miss them very much!

October Shining Stars

Those Who Have Gone above and Beyond....



Charlotte Royal, CNA
Christopher Sese-Khalid, CNA
Derika Brown
Elvin Brown
Tom Shelton, CNA
Aurelio Cordona, Housekeeping
Ogonna Okafor, CNA
Debra Anderson, LPN
Gabriela Leiva,
Alicia Vayer
Melissa Scally, LPN
Andrew Hendrick, CNA

September Employee of the Month



Anthony DeNardis, CNA

Things That Make Us Smile



By: Mary Baker, Helen Balzer, Debbie Branham, Doris Bywaters, Bill Greaver, Pat Holley, Marie Jordan, Carol Lena, Sue Penrod, Lillian Randolph, Mary Shal, Karen Walton, Vanita Wadhvani. Group led by Kathy Healy.

Singing
Rock-n-Roll
Peace
Money...especially if you don't have any

A child playing in the yard
Seeing my significant other in the morning
A child dancing
A person with toilet paper stuck to their shoe

My cats playing
Kittens and puppies and all kinds of baby animals, even wild ones
Lambs and baby bunnies
When a fox gets away from hunters

A newborn baby
Walking down a corridor and someone says hello or smiles at me
When a relative comes to see you and you are so excited to see them
When you get a gift that was unexpected and that you really like

A warm meal with tea
A warm cup of cider with a cinnamon stick
Being inside with a cup of coffee when it is storming outside
Sitting in a ski resort in front of a fire with a cup of hot chocolate

Getting out your fall coat, and finding a \$20 bill inside the pocket
Riding a roller coaster at an amusement park
Snuggling, especially on a cold day in front of a fireplace
My two favorite holidays – Thanksgiving and Christmas

A tree
Seeing the fall leaves changing color
Christmas lights and Christmas decorations
Gourmet chocolate

When you get an invitation to go out to dinner
Going out to PF Chang's
Eating a big meal and not gaining any weight
Being spoiled

Swinging at the top of a Ferris wheel ride
A job well done
When someone does something good and it makes the news
When I got out of the wheelchair for the first time after my accident

A good perm that is not frizzy
Traveling
Pretty clothes
Reading a good book
Watching a good movie

When my youngest grandson played the saxophone for me over the phone
Good friends
Good memories
All of us here at GHRC



Don't Stress About It

By Dr. Rob Winningham, Psychology and Gerontology Professor at Western Oregon University

There are many factors that affect our memory, and stress is certainly one of them. It might be surprising, but a small amount of stress can actually make us pay attention, motivate us to take care of things, and maybe even help us make new memories. However, a lot of stress can really have a negative impact on memory and maybe even our health.



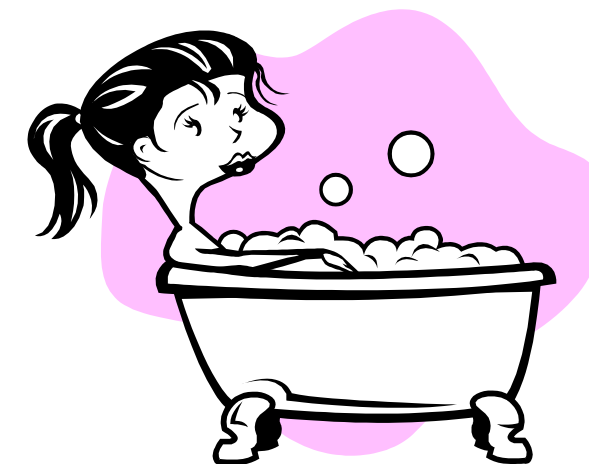
In the short term, being too stressed about something can cause us to not pay attention to what we are supposed to be doing. For example, if you are late for an engagement and are rushing to try to get out of the house, you might become overly stressed thinking about the repercussions of being late. You might not pay attention to whether you have your wallet or purse. The act of thinking about the stressful situation leaves less mental room to think about other things and can kind of "dumb us down" in the short run.

In the long run, there is evidence that people who are chronically stressed out or have what we call a "neurotic personality" are more likely to develop dementia. There is also evidence that high levels of chronic stress can also damage neurons in our brains, particularly neurons in the hippocampus, where new memories are made. If that isn't reason enough to try to reduce stress levels, there is also evidence that stress increases the chance of developing depression, which in turn can also impair memory performance.

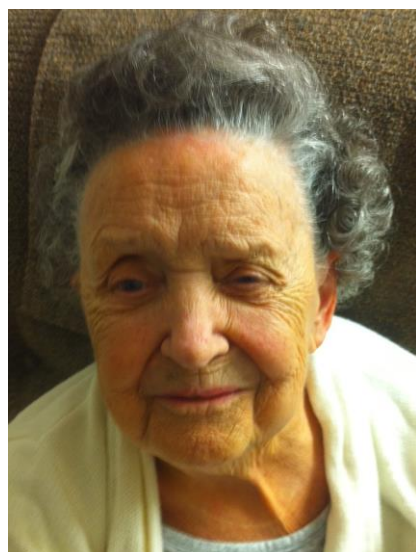
So what should someone do if they want to reduce their stress level? First, they should try to get more physical exercise, which can alleviate anxiety and give a sense of well-being. Second, they can try to reduce the stressors. For example, if getting stuck in traffic and being late is a constant stressor for someone, then that person should simply leave earlier.

Here are some other ways to reduce stress:

- Stretch.
- Take a warm bath.
- Stand up and smile. (Refer to page 6)
- Take a nap.
- Learn to say "no."
- Switch to decaffeinated beverages. (Do so gradually if you consume a lot of caffeine.)
- Eat healthier food.
- Listen to your favorite music.
- Look at photos of family and friends.
- Talk to a friend.
- Read a book.
- Make a list of things that need to be done and organize your time.
- If things are out of your control, admit that and accept it. Recognize that life is a work in progress and not everything will be done exactly as you had hoped or planned.



Featured Resident of the Month



Lake Lee

Lake Lee's life has always centered around family and education. The "teaching bug" bit two of her three sons, and at one point in the early '80s, Lake and her sons, Roger and Art, were all

teachers at Fauquier High School, and her husband, Edwin, was the school Treasurer.

Originally from Morrisville in Fauquier County, Lake grew up on a farm. No one is around anymore who can offer an explanation as how Lake got her name. She says "my daddy just liked the name."

Lake was a business major at Mary Washington College. She worked at the college as a secretary to the President for several years after graduation. Later, she taught typing, shorthand, and bookkeeping at Calverton High School.

While in her early 20's, she met and fell in love with a fellow high school teacher, Edwin Lee, at a church function. The two were married 1945 in Florida while he was serving in the Army.

With many mutual interests, the couple did everything together. They both loved yard work and could often be found outside beautifying their world. They were also big baseball fans, especially the Atlanta Braves.

Lake became a stay-at-home mom for a number of years, raising her three sons, Gilmer, Roger, and Arthur, all of whom were involved in sports. The family lived in Goldvein before moving to Warrenton in 1964. Lake was active at Grove Baptist Church and Warrenton Baptist Church, teaching Sunday school and working in the nursery for many years.

After her kids were in school, Lake went back to teaching at Fauquier High School, eventually becoming the Business Department Chairperson. Her husband was a business teacher and Assistant Principal at Cedar Lee High School in Bealeton, and retired as the Treasurer at Fauquier High School.

Gilmer, a frequent visitor, is single and lives in Warrenton. He works at Kettle Run High School full time and part time at Moser Funeral Home in Warrenton. Roger, also a devoted visitor, recently retired from his position as Principal of Liberty High School. Art, another regular visitor, who lives in Stephen City with his family, is a computer science teacher at Lord Fairfax College and James Madison University. Lake has four grandchildren.

Lake's husband, Ed, passed away nine years ago in 2005, after 59 years of marriage. Lake moved into Gainesville Health and Rehabilitation in 2010. The family has been very pleased with the care and attention she has received. Roger said, "Our family is very happy with the staff at GHRC. Mom has been well-cared for and is treated with love and compassion. We are appreciative of the thoughtfulness and support of everyone."

Lake is very pleasant to have around, always smiling and on the move. She loves her coffee, music, and visits from her boys. We are happy to include her as part of our GHRC family!

By Lynnette Esse, Activity Director



Geographical Know-How



The third week in November is Geography Awareness Week. You may perhaps remember geography as nothing more than a class you slept through in elementary school, but it is integral to our understanding of personal identity—who we are and where we come from. November 16–22 is a good time to learn how we function with the world around us.

You don't need to be a mapmaker to appreciate geography. We are physical beings who inhabit a physical landscape: our homes lie on the earth, our food comes from the earth, the weather affects our daily routines. We constantly manage our relationships with the world around us in order to survive, thrive, and be happy. In all of these ways, we live through geography every day.

The best way to celebrate is to get out and explore your local geography. But before you do, take this short quiz on geographical terms. Match the term to the definition below:

1. Peninsula
 2. Tundra
 3. Antipodes
 4. Estuary
 5. Mesa
- A. Where a river meets the sea or ocean
 - B. A pair of points that are on opposite sides of the planet
 - C. A mountainous land formation that is flat on the top with steep walls
 - D. A body of land surrounded by water on three sides
 - E. A cold, treeless area

Many of our November activities are geography-related. Please join our residents as they learn more.

ANSWERS: 1.D; 2.E; 3.B; 4.A; 5.C

Veteran's Day Tribute



Veteran's Day is a time to remember and give thanks to all of our Veterans for their service and sacrifice in keeping our great country safe and free.

We particularly want to thank and recognize our resident Veterans on this special day. We genuinely appreciate:

Betty Schroth, Air Force
Bill Jaynes, Navy
Orelious Walker, Army
Florence Burns, Army
Frank Davidson, Army
Fred Kuta, Army
Ernest Pratt, Army
Carroll Maxwell, Navy
Donald Huckabee, Army
Jerry Alchus, Army Air Force
Hunter Hyde, Army
James Aker, Army

May God Bless America and all of our esteemed Veterans!