

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 December

Safe Toys and Gifts Month

National Tie Month

Computer Science Education
Week

December 8-14

Eat a Red Apple Day

December 1

Sachertorte Day

December 5

Pearl Harbor
Remembrance Day

December 7

Weary Willie Day

December 9

Cocoa Day

December 13

Cat Herders Day

December 15

Egg Nog Day

December 24

Christmas Day

December 25

Keeping Healthy for the Holidays

By the first of December, the holiday season is already well underway. It's a season of feasts and parties, tempting desserts, and freely flowing drinks. Combine this steady eating with harsh and discouraging weather, and it is not uncommon to suddenly pack on a few extra pounds. Fortunately, there are ways to both enjoy the holidays and stay fit well into the new year.

Despite our best intentions to eat light, it is near impossible to resist a full holiday table with all the trimmings. The trick is not to "save" your appetite before the big meal. Don't skip breakfast and lunch. Instead, have four to six mini-meals throughout the day to sustain your metabolism and keep burning calories. Then you will be less likely to overeat.



To increase a feeling of fullness and reduce your appetite, eat water-based foods that are low in calories, such as brothy soups, fruits, and vegetables. Also, when dinner arrives, eat slowly. It takes at least 20 minutes for your stomach to signal to your brain that it is full.

Invited to a holiday potluck? Volunteer to bring a healthy dish. Do you enjoy preparing the same traditional family recipes year after year? You can modify the recipes with new ingredients. Substitute applesauce for cooking oil or make stuffing with whole wheat bread rather than white.

Maintaining an exercise routine may be the most important factor in staying fit. Make a point of exercising before the big meal or holiday party. Often you can even find holiday-themed community events like Turkey Trots or Jingle Jogs. Traveling? Include exercising in your travel plans. And if the weather outside is frightful, move your routine indoors, perhaps even trying new workouts such as stationary bikes, yoga, or volleyball.

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:

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:

Director of Activities:

Lynnette Esse



Rehab Success Story

Pauline Wilson

Pauline Wilson, a long-time resident of Falls Church, Virginia, was living in her home independently, still driving, and doing her own shopping. She

Pauline feels that her balance is vastly improved and her hip is completely healed. She commented, "The therapists have all been very nice, very caring, and purpose-driven. They set goals for me, pushed me hard, and helped me to stay focused." Her sister, who is 16 years younger, will be staying with her for a while when she goes home.

While here for therapy Pauline had a very pleasant surprise – she ran into an old friend, one of our residents, Helen Balzer. Helen said, "I have known Pauline since the early 80's. I saw her in the hall and recognized her immediately. She was my Avon lady for over 30 years! We sat in the hall and got caught up for over an hour. It has been great seeing her!"

As the oldest of four children, Pauline was considered the "bossy one." She was born and raised on a farm in Loudoun County without the luxury of running water or electricity. Such humble beginnings helped to mold her into the strong, feisty woman that she is today. She learned to cook, garden, and can fruits and vegetables at a young age.

After high school graduation Pauline began working in a clerical position at the Pentagon, where she met her husband, Virgle. After dating for a year, they were married in 1947. The Army sent him to Hawaii, where they spent four years on an "extended honeymoon." Their daughter, Marilyn, was born there in 1953.

Their son, Dan, was born at Fort Belvoir in Virginia in 1957. Pauline enjoyed being a stay-at-home mom. She began selling Avon when her kids were young, continuing for 37 years.

Playing cards with their neighbors was a favorite pastime of Pauline and Virgle. Pauline also had many other hobbies, such as doing ceramics and cross-stitch with her girlfriends, and bowling in a Tuesday morning ladies league. She was also active in her church.

Sadly, when he was just 51 years old, Virgle died of a heart attack, after having been retired from the Army for only five years. Pauline stated, "I always said I was in shock for five years and then so ornery and independent that nobody would have me after that." Now, life revolves around her grandchildren. (Cont. pg.7)

was sitting at home one evening watching a ball game on television, when she fell asleep. On the way back to the bedroom she lost her balance and fell. She said, "I have had other falls before, but I have never hit the floor that hard! I just knew that I had broken my hip!"

Exercising her stubborn streak, she refused to push her emergency call button around her neck. Somehow she crawled into her bed. At around 3:00 a.m. she managed to call her sister in Woodbridge, who then drove up to her house and called 911. She was taken to Arlington Hospital, where she had surgery on her hip.

When it became evident that Pauline had a need for therapy prior to going home, her daughter, Marilyn, selected GHRC because it was conveniently located between her home in Markham and her job in Manassas. She is able to stop in to see her mom each day on the way home from work.

Physical therapist, Kevin Metzger, describes Pauline's condition when she arrived in early October. "When Pauline first came in she was barely weight-bearing, needing the assistance of two people for transfers, and could only walk five feet. Now she is walking over 300 feet with the use of a walker and going up and down 12 steps. She has her washer and dryer in her basement, so mastering the stairs is very important. She has gotten much stronger and can transfer herself independently. She has been a pleasure to work with – she's very witty and sharp – and very motivated to work hard. She is always ready to go in the morning, as long as therapy doesn't interfere with bingo! We will really miss her!"

December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

Resident Birthdays

Mo Darbo	Oceil Blevins
Bill Jaynes	Peggy Herritt
Darlene Nielson	Kanta Devi
Homer Martin	George Hill
Connie Smoot	Jackie Hehr
Fred Kuta	George Hayward
Richard Derby	

Staff Birthdays

Daljit Jassal, RN
 Mary Beard, RN, Nursing Supervisor
 Stella Annan, LPN
 Judy Jones, LPN
 Ogonna Okafor, CNA
 Dale Jeffries, RN, Fairview Unit Manager
 Elvin Brown, CNA
 Ashley Turner, Registered Dietician
 Gabriela Arrate, CNA
 Angie Clebert, CNA

Staff Anniversaries

Brenda McGarry, Medical Records - 6 years
 Kim Haywood, MDS Coordinator – 6 years
 Tiffany Hottle, Director of Admissions - 3 years
 Michael Barrett, Director of Maintenance – 1 year

Shining Stars

Those Who Have Gone Above & Beyond....



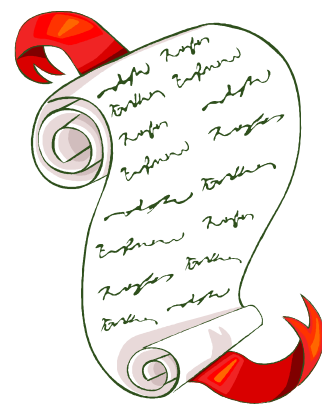
Eugenia Martinez, Housekeeping
 Aurelio Cardona, Housekeeping (3)
 Derika Brown, CNA
 Karimah Gonzalez, CNA
 Gabbie Leiva, CNA
 Constanza Pierre, ADON
 Lynnette Esse, Activity Director
 Sharon Kaur, CNA
 Lilian Turijan, Housekeeping
 Anthony Kargbo, RN
 Brenda Adams, Receptionist
 Mary Ratley, CNA

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At first, when Pauline arrived here at GHRC, she was very upset with herself and didn't want to be here, but it was impossible for her to go home and be independent. She said, "Thank goodness my kids built me up and gave me the confidence that, with therapy, I would be able to go back home eventually. The therapy has made all the difference for me and I would highly recommend this center for rehab."

The staff here at Gainesville are all very proud of Pauline and what she has accomplished. We wish her the best of luck and will miss her very much!

By: Lynnette Esse, Activity Director



My Christmas Shopping List

By Residents: Sue Penrod, Millie Hawley, Pauline Wilson, Karen Walton, Carol Lena, Mary Shal, Alice Prosha, Josephine Zingle, Bill Greaver, Debbie Branham,

Lillian Gonzalez, and Sonny and Vanita Wadhvani

If money were no object,

I would buy ...
 Presents for everyone
 A new coat for my mom
 A Christmas tree for my children
 Clothing for my kids
 A new car for each of my kids
 And gas money to last ten years
 A new house for my children
 Or pay off their mortgage
 An education for my grandchildren
 A decent burial for my friends
 A dog for my family
 And a farm to keep everyone together
 New cell phones for everyone to keep in touch
 Cash to pay the bills and pay off debt

I would give...
 Money to charities,
 Such as Humane Society, MS Society,
 And Spina Bifida Association
 Money for scholarships
 Money to help unwed mothers
 And build them a place to stay
 Support for military families

I would improve GHRC...
 By doubling the space and
 Making all the rooms private rooms
 With large flat screen TVs,
 All new furniture,
 And a state-of-the-art call bell system
 By tripling the staff

With a gourmet chef, security officers,
 And private aids for those who need one
 Adding a heated indoor swimming pool,
 Movie theater, and full time beauty salon
 Doctors, Dentists, Podiatrists, and Psychiatrist
 would be on site
 Buying a bigger van for more people to go on
 outings

Wouldn't it be fun to spend your days giving
 your millions away?

MERRY CHRISTMAS!



American Heritage Girls entertain the residents with Christmas carols and holiday cards on Saturday December 6th

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Jon, now 16, is looking forward to attending military school and following in his grandfather's footsteps in the Air Force. Kathy is very proud of him.

We love having Kathy around! She is always helping someone – either in the dining room or the hallways. She is a beautiful person both inside and out! We are happy to include her as part of our GHRC family!

By Lynnette Esse, Activity Director

Conjunctivitis in Senior Citizens



By Dr. Peter Francis, M.D., M.B.A.

Pink eye, also called conjunctivitis, is an inflammation of the inner lining of the eyelids and the outer surface of the eyes usually caused by bacteria and viruses in older patients. As we get older, our body produces fewer tears which protect the surface of the eye from particles, pollutants and germs. The enzymes and antibiotics in tears also help protect the eye from infection. Fewer tears mean more chance of infection. In addition, many patients wear contact lenses and this can be a secondary cause. Patients with reduced awareness also have a tendency to rub their eyes repetitively, often without any inciting event.

Common bacteria that cause conjunctivitis in seniors are staphylococci and streptococci which are different from what is seen in younger patients.

Signs and symptoms of bacterial conjunctivitis include the following:

1. Eyelid swelling
2. Redness of the inner lining of the eyelid and the external surface of the eyeball, known as "pink eye."
3. Drainage from the eye which can be very thin and watery or more green in color and purulent
4. Matting or sticking of the eyes together, especially noticeable in the morning when waking up from sleep.

The diagnosis is usually made clinically, at the bedside, without the need for special tests. However, in severe cases or if there are several cases in the facility, testing and culturing of the responsible bacteria may be warranted. It is important to check visual acuity and ensure that there is no pain when looking at light (photophobia) because those symptoms could require a consultation with an eye doctor.

The treatment of conjunctivitis involves:

1. Gently removing any crust or discharge with a warm, moist, soft cloth
2. Isolating the patient for several days to prevent spread of the infection to others
3. Temporary discontinuation of any contact lenses
4. Application of antibiotic drops or ointment such as :
 - Trimethoprim with polymixin B
 - Aminoglycosides like Gentamicin, Tobramycin, Neomycin
 - Quinolones like Ciprofloxacin, Ofloxacin, Gatifloxacin
 - Erythromycin

The prognosis for complete recovery is excellent in uncomplicated bacterial conjunctivitis as long as the cornea and deeper structures in the eye are not involved.



Gertrude Ainsworth's Christmas paintings adorn the walls this holiday season.



Featured Resident of the Month

Kathy Tenney

Kathy Tenney, a 52 year old resident at GHRC, has a positive attitude that is nothing short of amazing!

She appreciates all of her blessings, choosing not to dwell on her burdens and losses. Life has been throwing this courageous young woman curveballs since the age of 12, when she was diagnosed with epilepsy.

If growing up an Air Force brat, and always being the “new kid on the block” wasn’t enough, she now had the distinction of “being different” in another way. She had seizures that scared her new friends. Many of them couldn’t handle it, but she always had a best friend. The plethora of drugs she was taking affected her mind and ultimately affected her grades. After living in ten different states, Kathy attended high school in Alaska, where she played the bass clarinet in the band.

After graduation the family moved to Georgia and then to Nebraska, where Kathy stayed for many years. When her father retired from the military, her parents returned to Georgia, but Kathy did not care for the heat.

When it came time to look for a job, Kathy faced discrimination everywhere she turned. Eventually she was hired for a secretarial position with a bank, a job she held for two years. A law firm took a chance on her after that, although she lacked experience, and trained her to be a legal secretary. Two years later she began work as a secretary for a food broker, where she stayed for the next 11 years.

One evening, at the age of 22, when Kathy was at a bar with her friends, she noticed an attractive man with a beard. Being the bold and adventurous type, she went up to him and told him how much she admired the beard. They began dating after that and Allen, or Al, as she called him, proposed to her on her 26th birthday. They married a year later.

Kathy desperately wanted to become a mother, but it didn’t happen until nine years later. When she found out that she was pregnant, at the age of 36, she was so happy! She said, “I screamed out loud at work when they called me with the good news!” Al, a computer analyst, did the same thing when she told him. Their son, Jon, was born healthy, with no ill effects from her drug regimen, and she became a stay-at-home mom.

When Jon was three years old Kathy began assisting at his preschool, loving every minute of it. For a brief time she was even inspired to become a teacher. Then, when Jon was five, Kathy’s life took a dramatic turn. As she was outside feeding her dog she slipped on snow-covered ice and broke her leg. Life for Kathy would never be the same. After having surgery on her leg, and unable to walk, Kathy went into rehab.

Al took care of Jon while Kathy was staying in the nursing home. Sadly, at the age of 48, he was diagnosed with colon cancer. It eventually spread to his lungs and he died at the age of 50. At that point Kathy’s sister, Amy, who never had children of her own, stepped in and offered to raise Jon. Kathy transferred to Virginia in December 2012, where she would be closer to her son, and she has been here ever since.

In the beginning, the loss of her family and the loss of her motherhood was very painful for Kathy. She missed her husband so much that it hurt! But she is used to it now, and is profoundly grateful for all that her sister is doing for her son. The two of them visit often, take her on outings, and make her feel included in their lives.

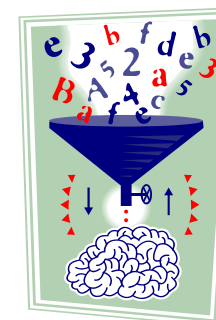
Kathy is happy with her life here. She accepts her situation for what it is and makes the best of each day. She always looks on the bright side, appreciating what she has rather than dwelling on what she has lost. She enjoys spending time with her friends each day, going on shopping trips, playing all the games, attending food socials, church services, crafts, and musical entertainment.

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Exploring Alzheimer’s and Dementia with Dr. Rob

By Dr. Rob Winningham

This month we bring you a summary of eight topics and tips related to Alzheimer’s disease and dementia presented by Dr. Rob Winningham, Professor and Chair of the Behavioral Sciences Division of Western Oregon University.



1. Maximizing Memory Ability in Older Adulthood

Research has indicated about 50% of our memory ability and chance of developing dementia is determined by genetics. That means the other 50% we can help control by getting adequate physical and cognitive exercise; watching our weight, diet, and glucose levels; staying socially engaged; and sleeping well.

2. Enhancing Brain Health—Sleep and Memory

Approximately 50% of older adults experience sleep problems or insomnia. Lack of sleep can affect memory, mood, and quality of life. Fortunately there are a number of non-pharmacological interventions that can help:

- Exercise daily but not in the evening.
- Get more exposure to daytime sunlight.
- Take a nap and do things to help you unwind and relax at night.
- Don’t eat, drink, or watch TV in bed.
- Make your sleeping environment comfortable.

3. An Excellent Brain Workout on an iPad

Technology can be a wonderful thing, especially when it comes to exercising our brain and staying connected with friends and family. There are many free applications available, such as Fit Brains, Luminosity, Brain Lab, and Word Jigsaw, that not only provide high-quality cognitive stimulation activities but also are fun to do.

4. The Difference Between Dementia and Alzheimer’s Disease

Alzheimer’s disease is a form of dementia. Dementia is a general term used to describe memory and cognitive impairment severe enough to negatively impact quality of life. Alzheimer’s disease is the primary type of dementia followed by vascular dementia, which is caused by a stroke. Delirium is a reversible condition that looks like dementia but is caused by such things as infection, dehydration, and adverse side effects to medication.

5. Alcohol: Good or Bad for Our Brains and Memory?

The answer to this question is that it depends on a number of things—your genetics, how much you drink, and possibly your gender. There is evidence one or two drinks a day can help protect the brain from the likelihood of developing dementia or having a stroke. Conversely, the risk of dementia increases for those who drink heavily.

6. Keep the Doctor Away by Talking to a Friend

Being social is good for our health. People without established social support networks are more prone to such conditions as depression, strokes, heart attacks, and immune system deficiencies. The mental stimulation of social engagement helps reduce the risk of developing memory problems.

7. Why Do We Forget Names?

If you have trouble remembering names, you are not alone. Try asking the person to spell their name and then repeat their name back to them. It also helps to say the name in your mind several times and, if possible, write it down.

8. Don’t Stress About It

Stress is a significant factor in memory loss and can adversely affect our daily activities. People who are chronically depressed are more likely to develop dementia. Some ways to reduce stress include getting physical exercise, identifying and addressing stressors, and smiling and laughing as much as possible.