

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

January 2015

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 January

**National Activity
Professionals Week**
January 18-23

**International Creativity
Month**

**Universal Letter Writing
Week**
January 8-14

Vocation Awareness Week
January 13-19

Buffet Day
January 2

Twelfth Night
January 5

Midwife's Day
January 8

Cut Your Energy Costs Day
January 10

Belly Laugh Day
January 24

**Bubble Wrap
Appreciation Day**
January 26

Happy New Year!



Lillian Randolph, Joyce Ballou, Helen Balzer, and Kathy Tenney all show off their 2015 fancy eye glasses on New Year's Eve! (Glenn Sartori in background)



Bill Greaver and Debbie Branham enjoy fun AND romance on New Year's Eve

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
Director of Admissions:
Tiffany Hottle
Assistant Director of Admissions:
Crystal Yates
Business Office Manager:
Crystal Sarmento
Dietary Manager:
Robin Ackerson

Dir. of Environmental Services:
Maurice Okafor
Director of Maintenance:
Michael Barrett
Human Resources:
Mary Anne Varela-Spooner
Materials Management:

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
Director of Activities:
Lynnette Esse

Featured Resident of the Month



Doris Bywaters

Although she loves to be pampered, Doris Bywaters has had a hard time accepting being cared for. Her entire life has revolved around caring for others.

Born in the family home, Doris spent her entire life in Amissville, in Rappahannock County, Virginia, where she grew up as a middle child with four brothers and a younger sister. She enjoyed a typical country childhood, with fond memories of sleigh riding, bonfires, and church socials.

After high school Doris worked at the local Tasty Freeze and Quick Shake, but quit working in her early 20's to take care of her sick mom. For the next twenty years she kept house, cooking, cleaning, baking, and being a caregiver for her mom. Life revolved around family. Every Sunday after church they had dinner at Grandmother's house.

Through a friend Doris was introduced to a young country musician named Roger. Their first date took place on January 4th, they became engaged on August 4th, and were married on October 4th, when Doris was 24. Though the marriage lasted only three short years, Doris looks back on the many good times and is glad she had that experience.

After her mother died in 1990, Doris began taking care of her father. The next year was consumed with caring for him until his death in 1992. With caregiving in her blood, she began taking care of many of her nieces and nephews until they were old enough to care for themselves. She also took care of an elderly lady. She even helped her sister-in-law, Mary Lou, with her animal rescue business, Heart Rescue, at her home in Rixeyville. She helped take care of the animals and did mountains of laundry every day.

As long as Doris could bake, she was happy. Her specialties were pecan pies, pumpkin rolls, apple pies, and much more. She and Mary Lou held bake sales to raise money to care for the dogs and cats. Nowadays she enjoys spending her time crocheting, listening to gospel music on her CD player, and working on word puzzles. She always has a project going, usually a gift for a staff member, such as a hat or an afghan.

When Doris first came here in January 2013 she wasn't happy about being here. She commented about her family life as, "always feeling like an outsider, looking in the window from outside on the front porch." Now, she feels loved, cared for, and part of a family.

Former resident, next-door neighbor, and friend, Bodie Raines, brought Doris out of her shell. He made her feel accepted for who she is on the inside. He encouraged her to get out of her room and attend group activities. Since his death last year, she has made many new friends and enjoys attending bingo, bunko, discussion groups, crossword puzzles, musical entertainment, food socials, and church services. She especially loves volunteer visits!

Next door neighbor, Helen Balzer, said, "Doris always wears a smile on her face! She is a good friend!"

Doris would like to say, "Thank you!" to all the staff for their kindness. We would like to thank her for allowing us to get to know her and giving us the opportunity to love her and include her as part of our GHRC family!

By Lynnette Esse, Activity Director

ATTENTION ALL FAMILIES!

Keep an eye out for your MyInnerview survey coming soon in your mailbox. Please bring your sealed, completed survey to the receptionist to be entered into a drawing for a \$100 VISA gift card.

January Birthdays

Those born between January 1–19 are Capricorns, the Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Resident Birthdays

Florence Burns	Doris Bywaters
Juan Salmeron	Vincent Eugenio
Josephine Kingsley	Jerry Alchus
Karen Walton	Allen Whitfield

Staff Birthdays

Evelyn Ansah	Kimberlin Ivery
Karin Brice	Colette Leudeu
Adijatu Buari	Sherry Morris
Kristen Carey	Sarah Mullins
Sara Criser	Kimberly Pennix
Tiffany Davis	Christopher Sese-Khalid
Lynnette Esse	Olympia Veney
Lorri Gilbert	Candace Washington

Staff Anniversaries

Atrina Smith – 2 years
 Kent Alford – 1 year
 Ogonna Okafor – 2 years
 Adwoa Boakye – 1 year
 Eugenia Martinez – 8 years
 Margie Teodoro – 1 year

Shining Star - Shanon Porsch, C.N.A.

In Memory of Those Who Have Gone Before Us....

Jacqueline Hehr
 Frances Jackson
 Jean Hatcher

Knowing each of them enriched our lives.

ATTENTION ALL RESIDENTS AND FAMILIES

The resident council has voted in favor of the new in-house banking hours of:

10 a.m. to 12 noon daily

Please see the front desk receptionist during these hours to make your withdrawals.



Kathy Tenney and Joyce Ballou visit with Santa

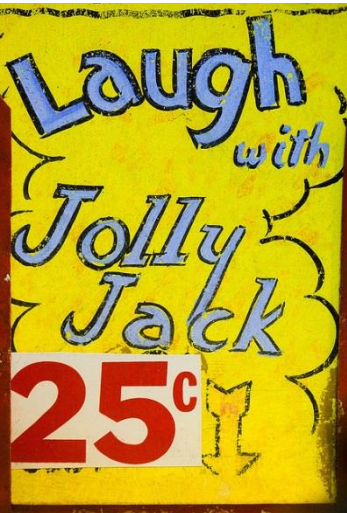
Our many thanks to Pastor Steve Keeler of Grace Bible Chapel for "playing Santa" at our resident Christmas party!

Below:
 Helen Balzer and Carol Lena pose with Santa



Why We Like Activities

By: Carol Lena, Sonny Wadhwani, Mary Shal, Mary Baker, Sue Penrod, Millie Hawley, Anna Riley, Debbie Branham, and Bill Greaver; Facilitated by Kathy Healy, Volunteer.



Activities are Fun
Activities Make us Laugh
Activities are Relaxing
Activities are a Choice

Some Activities Make You Think, Such as Trivia and “You Be the Judge”

Food Activities are Tasty
Activities Get Us Out of Bed
Activities are All Good!

Activities are Social – It is Fun to Get Together With our Friends
Activities are a Good Way to Get to Know Other Residents
Activities Let Us Be Creative
Activities are a Fun Afternoon Break!

Some Activities Help Us Learn More about Each Other
Craft Activities Exercise Fine Motor Skills
Holiday Activities Teach Us More about Our Country
Saturday Morning Bingo is Just Fun!

There Are Lots of Different Activities.
Our Favorite Activities are Trivia, Bingo, Music, Wine & Cheese, Birthday Parties, Sweetheart Day
Come and Join Us!

BINGO				
SSRS	Agile	PID	LDAP	GUID
SAN	SCRUM	LAN	XML	VM
SOA	AJAX	FREE SPACE	UML	.NET
SQL	SDLC	CSS	LINQ	WAN
WIKI	BLOG	WEB 2.0	WIFI	NAS

Brain Work

January bodes to be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik’s cubes keep our minds sharp.



Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

- 1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
- 2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
- 3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutia to solve January’s brainteasers? Never fear. Another little known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- On Good Friday in 1930, the BBC reported, “There is no news.” Piano music followed.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Duffel bags originated in the town of Duffel, Belgium, where the thick cloth used to make the bag was manufactured.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mt. Everest; It was still the highest mountain before it was discovered.

Keep Playing My Song



By Lynne Grip, R.N.

When legendary country-pop singer Glen Campbell received the diagnosis of Alzheimer’s disease at the age of 75 in 2011, there were a number of things he did not do: He did not retire from the spotlight, he did not lose his sense of humor, and he did not stop singing. Instead, he went public with his diagnosis and, along with his wife and band (which included three of his children), embarked on a farewell tour in the U.S., Australia, and Europe. For 151 shows and filmed over 425 days, Glen did what he loved best one last time. And when he forgot the words to his songs, his fans were there to sing them for him. The result is a powerful documentary titled *I’ll Be Me* in theaters beginning October 24, 2014, and available on DVD in early 2015.

The documentary reminds us how special Glen Campbell is and how much his music has been a part of our lives. More importantly, the film also reminds us that even though Alzheimer’s is a disease that robs people of their memories, it need not take away their dignity or humanity. We learn how focusing on talents, interests, and strengths rather than focusing on what is being lost helps Alzheimer’s sufferers be healthier, happier, and more engaged for as long as possible.

Here are some approaches to consider:

- Keep the person doing what they know best. If they like to sing, keep them singing; if they like to dance, keep them dancing; if they like to watch sports, keep the ballgames playing, and so on. For Glen Campbell, performing for an audience brought joy not only to him but also to his family and friends.
- Music speaks to many of us. It engages our hearts and souls. People from each generation are partly defined by the music they grew up listening to. Play favorite songs, have sing-a-longs, and let the music take the person back to a special time.
- The power of touch is an amazing thing. It can comfort and soothe in ways that words cannot. Hugs, back rubs, holding hands—all of these things help create a connection and give comfort.
- Pets have the power to reach that special place inside many of us, a place that responds to their presence despite the presence of dementia. If people enjoy and are comforted by animals, make them available on a regular basis.
- Maintain personal appearance. A key component to maintaining dignity is staying clean and fresh—bathing, mouth care, hair care, shaving, and even a touch of makeup for the ladies.
- Keep talking. Just because someone doesn’t respond to what you are saying doesn’t mean that they are not hearing you on some level. Continue to talk about current events or family matters, and read excerpts from books or poems.
- If possible, go outdoors in good weather and let the sunshine, fresh air, and scenery be a source of enjoyment. Keep walking for as long as possible.
- Be patient and stay in the moment. Even though someone has repeated himself or herself continuously, pretend it is the first time. Don’t overcorrect and answer the questions no matter how many times they have been asked.

Activity Professionals Week

JANUARY 18-23, 2015

MAKING MOMENTS COUNT

January 18-23 is National Activity Professionals Week and across the nation. This week was created to give honor and recognition to those dedicated individuals who contribute so significantly to our resident's quality of life.

Although many might think playing bingo, cards or chasing balloons all day seems more like play than work, any activity professional would quickly disagree and explain that their "real job" is making the work seem like a game.

Our Activity department offers activities that include physical exercise, mental stimulation and more than a few smiles, grins and belly laughs. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence.

Meet our Activity Director



**Lynnette Esse,
ADPC**

Five years ago Lynnette Esse would not have believed that she would become an activity director at a nursing center, but God knew better than she did where she belonged.

While working as a Design Center Manager for a national home builder, Lynnette became involved in feeding the wife of a friend at a nursing center in Warrenton. "The experience of feeding Betty every Sunday for over five years was life-changing," Lynnette recalls.

Never did she think that it would lead to a change in careers. But spending time with the elderly tugged at her heart. Lynnette wanted

to "feel that good every day, all day, not just for an hour a week." And so she left her successful career of eleven years to pursue something more meaningful.

She was offered a part time position in activities here at GHRC. Lynnette was hired and trained to transition into the Activity Director position. The company sent her to Richmond on two occasions for a total of 90 hours of education.

"This job is truly where I belong. Everything I have ever loved to do – playing games, reading, doing crafts, shopping, cooking, writing, talking – it is all part of this job!" Lynnette states. "I wish I had figured this out earlier in my career!" Her favorite parts of the job are spending time with the residents, especially in discussion groups, and working on stories for the newsletter.

In addition to working with GHRC residents, Lynnette has taken on the role of guardian for her aunt, Helen, who moved here from South Carolina last year. Needing 24-hour a day care, she moved into The Villa at Suffield Meadows. Lynnette's parents also moved to the Suffield Meadows community last year from North Carolina. Both Helen and Lynnette's dad, who are brother and sister, have dementia and require full time care, with Lynnette's mom providing the care for her dad at this time. Lynnette sees them all each week and does her best to provide support, encouragement, love, and attention.

Lynnette and her husband, Jon, met on Match.com ten years ago. They share a passion for landscaping, spending most of their free time working in their yard. Jon, who is retired Navy, also turned his hobby into a new career, working at Merrifield Garden Center in Gainesville for the past five years. The two carpool together most days and both look forward to coming to work. Between them they have five children and four grandchildren.

Lynnette says, "I have the best life I could ever imagine! I get to share my life with a wonderful man and do all of my favorite things all day long! What more could you ask for? I am truly blessed!"

Meet our Activity Assistants

Debra Garcia

Debra Garcia, our full-time activity assistant since April 2014, loves to help people! The best part of her day, she says, is "seeing the residents smile and knowing they are having fun!" She especially enjoys witnessing the resident's feelings of satisfaction and accomplishment as they complete a task, such as a craft or food decorating.

As a Certified Nursing Assistant, Debi comes by her nurturing skills naturally. After watching the nursing assistants take care of her father until he passed away in 2008, she was inspired to take a year off from work to step in and do the same for her mother during the last year of her life. It was such a satisfying experience that she opted to attend the nine-week nursing assistant program at NVCC to become certified.

Debi's first four years working as a C.N.A. took place at The Gardens at Fair Oaks, an assisted living community in Fairfax. She felt very fortunate to have had the opportunity to help out part time in activities on many occasions in both the assisted living and the memory care units.

After eight months of working as a C.N.A. here at GHRC, Debi heard about an opportunity in Activities and jumped at the chance to continue to help people while finding an outlet for her creative side. It has been a marriage made in heaven!

Daily life is very different now from Debi's former, stressful 30-year career in contracts management, purchasing, and facilities management. Debi and her husband, John, married since 1995, live in Gainesville with their two dogs. Together they have three grown children and two granddaughters, Kassidy and Dakota. She comments, "Coming to work daily is a joy! It's a bonus to have the satisfaction of knowing that I make at least one resident happy each day."



Mary Cross-Sidky

Mary Cross-Sidky is the newest member of the Activity team. Although she is just beginning on January 20th, she is not new here. Mary has been a part of our volunteer crew since early last summer.

Since she already knows many of our residents, Mary begins her new role with an advantage.

Mary says, "I like knowing that I can make somebody's day better, and enjoy myself at the same time!"

Her favorite activities are those that involve discussion, because as she puts it, "I really enjoy getting to know everyone."

Originally from Gates, North Carolina, Mary comes from a very large family. She attended a now defunct Business College in Washington, DC. While there the school was visited by State Department representatives, peaking her interest in the Foreign Service. She was hired upon graduation, jointly by USAID, the Agency for International Development, and State Department.

During the next 33 years she worked for both as a Foreign Service Office Manager Specialist and Personal Assistant to the Ambassador.

Her husband, Hassan, whom she met in Egypt, traveled with her. She loved the traveling lifestyle, seeing it as an adventure, and said, "It was a perfect fit for me!"

Married now for 27 years, Mary and Hassan have one daughter, Courtney. In her spare time, Mary enjoys reading old English romances and biographies, working on jigsaw puzzles, and cooking.

More than anything during her lifetime of travel, Mary has learned, "I am more appreciative of being an American and so thankful for what I have." She is looking forward to adjusting to her new life in "retirement!" GHRC could not be more thankful to have her!

