

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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Meet Our New Rehab Director



Deepti Bhatia Gupta

When Deepti Gupta, who had been working at GHRC since early 2011 as a physical therapist, was approached by the Regional VP of Heritage Healthcare about the therapy department's director position, she was surprised and thrilled!

As a former business owner, Deepti likes management and is comfortable with "running the show."

Deepti comments, "I enjoy working here! I have a great team! I enjoy working with the staff also – all of the nurses and the people are very friendly."

As the daughter of a government-employed civil engineer, Deepti enjoyed growing up in an upper-middle class family in India. Education was always a priority and the kids did not work until after graduation from college. With a strong desire to help her family with their orthopedic issues, such as arthritis and the after-effects of strokes, Deepti chose to pursue a career in physical therapy.

After earning her bachelor's degree in India in 2005, Deepti went looking for a job. She met an orthopedic doctor who offered to rent space to her for a PT clinic. He provided her with a steady stream of patients, and Deepti was an instant success!

About a year later Deepti decided to move her business into her parent's finished basement, where she could run her business rent-free. For the next year and a half, she was VERY busy – seeing a dozen patients in the morning, spending afternoons visiting home-health patients, and working with more patients in the clinic until 10:00 p.m. at night. Exhausted, she decided to go back to school.

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Celebrating

February

Canned Food Month

Time Management Month

**African American
History Month**

Groundhog Day
February 2

Thank a Mailman Day
February 4

Valentine's Day
February 14

Pancake Week
February 15–22

Mardi Gras
February 17

Chinese New Year
February 19

Single-Tasking Day
February 24

**International Sword
Swallowers Day**
February 28

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:

Crystal Sarmento

Dietary Manager:

Robin Ackerson

Dir. of Environmental Services:

Maurice Okafor

Director of Maintenance:

Michael Barrett

Human Resources:

Mary Anne Varela-Spooner

Director of Social Services:

Sara Criser

Social Worker:

Karen Barrett

Director of Rehab:

Deepti Gupta

Director of Activities:

Lynnette Esse

MDS Coordinator:

Rosemary Addow

MDS Coordinator:

Kim Haywood

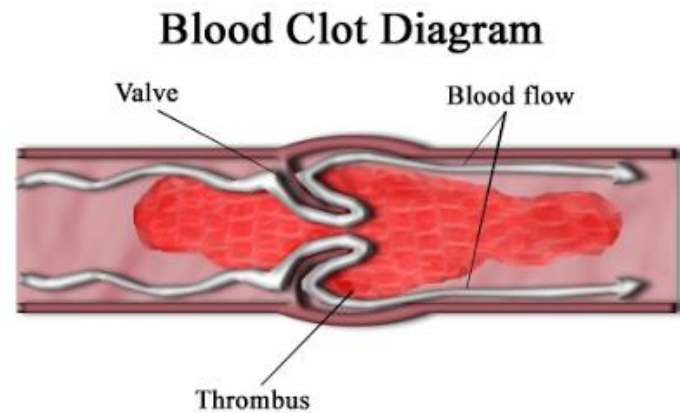
Medical Records:

Brenda McGarry

Staffing Coordinator

Shannon Porsch

Anticoagulation Review



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

Our blood flows through a complex network of blood vessels called arteries, veins, and capillaries countless times per day in order to fuel our major organs with nutrients and oxygen. Over the course of a lifetime, these blood vessels can become narrowed as a result of many different types of diseases. Moreover, the blood clotting proteins, which normally serve the function of stanching the bleeding, from cuts, scrapes, and lacerations of all sizes, are activated all of the time as if in a heightened sense of readiness. Combine these two factors, aging and the inherent tendency for the blood to clot, and it is no surprise that blood clots may occur just about anywhere as we get older. This likelihood can be compounded by a variety of circumstances such as major surgery, hip fracture, sedentary lifestyle, cancer, and a whole host of others.

Blood clots, when they become clinically manifest or significant, require treatment with drug therapies called anticoagulants or blood thinners. Some examples of these include time-honored medicines called heparin and warfarin, also known as Coumadin. These drugs must be balanced along a fine line – benefit in terms of clot resolution on the one hand, while not thinning the blood excessively on the other. While these medicines are effective, widely available, and are well known to all physicians

and health care providers, monitoring of blood thinners is not easy and there is a great deal of variability from one patient to another. Bleeding episodes are unfortunately seen with some frequency with both of these medicines, which may require specific antidotes.

In recent years, a whole spate of newer blood thinners that don't require ongoing blood test monitoring have become available. First among these was enoxaparin, or Lovenox, an injection given under the skin once or twice per day. More recently, oral drugs like Pradaxa, Xarelto, and Eliquis are starting to be used by clinicians to treat blood clots but also to prevent them from forming in patients with atrial fibrillation or who have undergone major hip and knee surgery. These newer treatment options do not require blood tests like the PT/INR test used for Coumadin or the PTT for heparin because the doses are standardized by diagnosis, not by body size or build.

These newer medications share in common the same risk of unwanted bleeding as their predecessors and the severity can vary from minor bruises to severe internal bleeding. Please consult your health care provider here at the facility or externally to determine which of these blood thinners is the best option for patients with blood clots and especially if you sustain a fall or injury of any kind while taking one. This is especially important for seniors as the symptoms of bleeding within the extremities, abdomen or brain may often be subtle and delayed compared to younger patients.

All in all, though, these medicines do serve a valuable role of helping to prevent against or treat established blood clots. They vary in how they work and the newer ones are quite pricey but appear to be more effective and convenient than heparin and Coumadin. You and your loved ones should always mention to your health care provider that you are taking blood thinners. Also, wearing a Medic Alert bracelet reminding all of this reality is a wise decision.

February Birthdays

If you were born between February 1–18, you 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. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

Resident Birthdays

Ruth Perkins	Cemal Elibuyuk
Vanita Wadhvani	Dorothy Holmes
James McGee	Carol Lena
Nana Adams	Beverly Moran
Barbara Grandstaff	

Staff Birthdays

Adela Canales	Clara Odum
Nancy Dean	Gladys Santos
Sarah Garner	Melissa Scally
Minerva Gomez de Luna	Marivic Torculas
Grace Kwame	Meerim Zhumasheva
Roselyne Mogunde	

Staff Anniversaries

Cynthia Boykins 2 yrs.	Lynnette Esse 5 yrs.
Aurelio Cardona 4 yrs.	Ma Bittner 2 yrs.
Carlene Gonzalez 4 yrs.	Michelle Williams 1 yr.
Alejandra Garcia 1 yr.	Elizabeth Ford 1 yr.
Clara Odum 7 yrs.	Charlotte Royal 6 yrs.
Karen Barrett 2 yrs.	Sara Criser 5 yrs.
Crystal Yates 8 yrs.	

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

Mary Brennan
Dorothy Stroops
Margaret Lilley
Helen Balzer
Arthur Stamler
Fred Kuta

They will truly be missed by all of us here at GHRC!

I Cannot Tell a Lie

On February 23, 1940, Walt Disney released *Pinocchio*. In honor of the little wooden boy who could not tell a lie without his nose growing, enjoy the quiz below. Can you determine whether the statements below are true or false?

1. Sugar makes children hyperactive.
2. Diamonds form in coal.
3. Bulls hate the color red.
4. You can see the Great Wall of China from outer space.
5. Napoleon was very short.



ANSWERS: 1. False: Medical tests show no difference between children given sugar-full and sugar-free diets. 2. False: Diamonds do form deep underground under extreme pressure and intense heat. 3. False: Bulls can see red, but they charge because they feel threatened by the matador. 4. False: Many astronauts have debunked this myth, though other man-made structures can be seen from space. 5. False: Napoleon was actually five feet, seven inches tall, which was considered tall for his time.

Shining Stars Those Who Go Above & Beyond...



Debra Garcia, Activities
Robin Spencer, Kitchen Aide (3)
Eugenia Martinez, Housekeeping
Sarah Gardner, Restorative Aide
Savilla Grayson, Restorative Aide
Carolyn Moore, Restorative Aide
Karin Brice, C.N.A.

All About Love



By Residents:
Carol Lena,
Sonny
Wadhvani, Mary
Shall, Mary
Baker, Sue
Penrod, Millie
Hawley, Anna
Riley, Debbie
Branham, and Bill
Greaver

Love is peaceful
Love is relaxing
Love is magical
Love is everything

When someone is sick, love brings people
closer together
Love is my parents' 30-year marriage
Love is glorious
Love makes the world go around

Love makes you want to do nice things for the
one you love...
...such as candlelight dinners
When I am away, I take along pictures of my
loved ones, so they are always with me
Love changes people...for the better
We all need love

I love animals
I love having fun
I love amusements parks
I love the Caribbean

I love children
I love nature
I love Valentine's chocolate
We love each other

I love my family
I love my friends
I love me
I love you!

One of a Kind

Song by Resident: Celeste Mullins

The tiny snowflake
Falling from the sky
Doesn't look like
Any other floating by.

God had the thought,
Then drew it in His mind
Each snowflake
Is one of a kind.

Listen and you'll hear
The message hidden there...
If God makes each flake of snow
With so much care...

How much more
He treasures your design:
Cause He made you
One of a kind!

I'm so glad that
He made you
One of a kind
One of a kind.

I'm so glad that
He made you
One of a ...
One of a kind.

I'm so glad that
He made me
One of a ...
One of a kind.

We are one of a kind!
Yea!

Alzheimer's Myths and Truths

By Lynne Grip
ActivityConnection.com



Alzheimer's
disease or a
related
dementia is
expected to
affect some 36

million people worldwide, according to 2014
estimates from the World Health Organization.
As a population ages, the risk of developing
Alzheimer's disease rises—doubling every five
years after the age of 65. With these statistics,
it's no wonder so much attention has gone
toward finding a cure. But along with that
attention comes a proliferation of myths and
misunderstandings.

**If you have memory loss, you have
Alzheimer's disease.**

The Reality: As people age, it is normal to have
occasional memory issues (forgetting where
items were left, forgetting the name of someone
just introduced, etc.). Alzheimer's disease is
characterized by more than occasional memory
lapses. It adversely affects day-to-day function,
is combined with a lack of judgment and
reasoning, and alters the ability to
communicate.

**Cooking in aluminum pots and pans or
drinking out of aluminum cans will cause
Alzheimer's disease.**

The Reality: At one time, it was felt exposure to
aluminum was a possible cause of dementia.
However, researchers have found no truth to
this belief, and this falls into the myth category.

**How about aspartame (artificial sweeteners)
or flu shots?**

The Reality: Again, research has found no
scientific evidence to support any of these
claims. In fact, annual flu shots result in a
reduced risk of death for older adults from all
causes.

**Taking vitamins, dietary supplements, and
memory boosters prevents Alzheimer's
disease.**

The Reality: Despite the promotion of vitamins
E, B, and C, folate, selenium, and ginkgo
biloba as being helpful in the prevention of
Alzheimer's disease, ongoing research
findings have been both mixed and
inconclusive.

**There are things you can do to lower the
risk of developing Alzheimer's disease.**

The Reality: Research findings are not
conclusive, but it is generally believed healthy
lifestyle choices may help in supporting a
healthy brain. Maintaining good nutrition and
staying active mentally, physically, and socially
are essential to overall health and prevention
of disease, especially when it comes to heart
disease and diabetes. Both of those diseases
have been linked to dementia and Alzheimer's.
Preventing head trauma is also an important
safeguard. There appears to be a strong link
between head injuries, particularly when there
is a loss of consciousness, and a future risk of
Alzheimer's. So be sure to wear a helmet
when playing sports, wear a seat belt when in
a car, and take measures to prevent falls.

There is a cure for Alzheimer's disease.

The Reality: Currently there is no treatment or
cure to prevent the occurrence of Alzheimer's
disease. There are [several FDA-approved
drugs](#) that appear to be helpful in managing
symptoms for a period of time for some
individuals who take them. However, they
cannot cure the disease or stop its
progression. Research continues in the
development of more effective drugs.

*Lynne Grip is creative director and a senior
staff writer for ActivityConnection.com. She
brings experience in program development for
the former Marriott Senior Living Services
national chain, and spent 40-plus years as a
registered nurse—focusing on quality
improvement in settings that included
oncology, pharmaceuticals and long-term care.*

Featured Resident of the Month Gloria “Don” Chevalier



Gloria Chevalier has gone by her middle name of Don, the Celtic Mother goddess, since she was a young girl. Growing up in Chesapeake, Virginia, her mother wanted to differentiate her from a neighbor girl named Gloria, and the name stuck.

The summer after high school graduation, Don married a young marine from Louisiana named Jay, whom she met at church. They moved to Norfolk, Virginia, and then on to Louisiana when he got out of the service two years later. While Don was working to support them, Jay attended Bible College during the day and played country music at night. Don says, “I always wanted to be a pastor’s wife,” but unfortunately, that was not meant to be. He chose country music over his family. Instead, she became the mother and grandmother of ministers, as her son, Jay, and grandson, Joshua, had the true calling.

Don’s career path included working as a secretary, stenographer, management analyst, tech editor, and copy editor. She worked for the Federal Government for 24 years. Later she worked for the Mitre Corporation for 14 years, first as a temporary and then a permanent employee, where she wrote and maintained a correspondence manual.

A promotion brought Don and her two children to the Washington, D.C. area in 1965. They lived in Alexandria and Fairfax, and then after her first stroke, she lived in Woodbridge. One of her favorite assignments was the year she worked on the President’s Commission on World Hunger under President Jimmy Carter. She also noted her job of preparing contract requests, responses, and awards for the *Federal Register*, the official journal of the federal government that contains government agency rules, proposed rules, and public notices.

For entertainment and self-satisfaction, Don attended NOVA at night for seven years, ultimately earning her Associate’s Degree, with emphasis on philosophy, psychology, Latin, and English. She said, “It is less expensive and more fulfilling to take a college course than to go to the movies for that many hours.”

A stroke that occurred in 2012 did not stop Don from working. After living with lupus since the age of 14, she was accustomed to pain. Two years ago, at the age of 75, she finally had to retire when doctors discovered a blockage in her carotid arteries. After surgery she came to GHRC for rehab. She continues restorative therapy daily after completing intensive rehab. After a lupus flare-up she has to rebuild her skills.

Her daughter, Jan, lives in Louisiana where she and her husband, Anthony, own a restaurant called “Cadillac Café.” She sings and performs live music at the restaurant. Her stepson, Anthony, has a daughter, Zoey.

Her son, Jay, who lives in nearby Woodbridge with his wife, Diana, comes to visit each week. He is involved in both a motorcycle and a prison ministry.

Jay recalls, “Mom was a great provider during a time when women were limited in their income. I remember thinking she was way more intelligent than most of her employers, yet underpaid. I was always proud of her commitment to provide for us even when her lupus became debilitating at times.”

He adds, “I remember in 1968 she bought a brand new Mustang and drove the three of us to Louisiana as much to visit as to show everyone she made it on her own! She is an amazing woman. I have owned 13 Mustangs since 1968...or should say we, as I include her 1968 Mustang as a source of pride because we were proud of our brave mother!”

Jay and Diana have two sons, Joshua and Jeremy. Josh and his wife Kari have two children, Mckensie and Jaydon. Jeremy is a baker at Pastries by Randolph, the top bakery in Arlington, Virginia, and is a primary support, visiting his grandmother weekly. Don enjoys seeing and hearing about the lives of her

children, grandchildren, and three great-grandchildren.

Don comments, “Life here is good. There are good people here and I have made many friends.” She enjoys coming to trivia activities, wine and cheese socials, musical entertainment, the monthly birthday party, discussion groups, and the monthly Memorial service. She also enjoys making a contribution each month as she utilizes her skills in editing the *Gainesville Insider*.

Jay said, “We were told when she was in the hospital it was time to call Hospice....my brave mother fooled them all again. She is a fighter and we are all amazed at her strength, as every time she was told she couldn't do something ... well, I think her actions speak volumes!”

“My mother has been in four facilities since her first stroke four years ago. After having a bad experience at another facility, I was on the hunt for a safe and competent place where I didn't feel mom would be a number. As soon as we entered GHRC I sensed a good feeling of caring, compassion, and cleanliness. People were smiling, especially the staff, and that is always a good sign. Then when mom came for a visit she immediately felt comfortable. I come at different times of the week and I observe staff and patients when they have good days and bad days. Everyone has a bad day, but I always feel mom is being treated the best and that she feels safe. This gives us all peace of mind. Mom and our family want to thank the staff for their care and compassion. We have referred several families to GHRC and feel confident that they will not be disappointed.”

By Lynnette Esse, Activity Director

Deepti Gupta continued from page 1

She earned her Master’s Degree in Kinesiology and went to work for Innovative Placement in Michigan, where she did home-health, out-patient care, and in-patient care at an acute hospital for the next two years. But she did not like the cold!

A transfer to Indiana brought many positive changes to Deepti’s world. She knew people in Indiana, and through them, met her husband, Dhanu, who was visiting from Virginia. They started dating, he visited more often, and eventually prompted her to apply for a license to practice in Virginia. They went home to India to be married in October 2010.

In March 2011 Deepti moved to Virginia. She and Dhanu and their son Aarav, born in May 2012, make their home in Aldie, Virginia. She enjoys working an early day, while her husband, a Principal Software Engineer with AOL, works a later schedule. In between, they have peace of mind knowing that their son is in good hands with their nanny. Someday she may go back to India if her parents need her, but for now, they plan to raise their children here.

Deepti says, “I feel great when people go home and they come back to visit with a higher level of independence. It makes me happy to see people come in using a wheelchair and leave walking.” She adds, “I am still learning every day and open to new challenges. I will give it my best!”

GHRC is proud of our new Rehab Director and we look forward to working with her in the years to come!

By Lynnette Esse, Activity Director