

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 March

**National Professional Social
Work Month**

Women's History Month

National Nutrition Month

**Women in
Construction Week**

March 1-7

Employee Appreciation Day

March 6th

World Plumbing Day

March 11

St. Patrick's Day

March 17

Quilting Day

March 21

National Doctors' Day

March 30th

National Pig Day

March 1

Meet our new Business Office Manager

Crystal Sarmento



Crystal Sarmento, previously our part time receptionist, has been the new business office manager since December 2014. When our former BOM transferred to another one of our centers closer to her home, Crystal saw an opportunity and went for it. The work she does here is perfectly suited to her experience and personality.

She says, "I LOVE coming to work very day! I love interacting with the residents and patients!"

Living in Bristow, Virginia, with her husband, Carlos, and their sons, Manuel and John, Crystal appreciates our convenient Gainesville location and her short commute to and from work. Manuel attends preschool three mornings a week. She and Carlos met and fell in love in the summer of 2007 at the Virginia Oaks Golf Club, where they were both working.

Originally from Manassas, Virginia, Crystal graduated from Osborn Park High School in 2004. While attending Bridgewater College in Bridgewater, Virginia, Crystal went through a period of "self-discovery." She started out thinking she wanted to teach special education. When that didn't work for her, she switched to occupational therapy. Again, she discovered that it wasn't a good fit. Although she was "awful" at Spanish in high school, she found that she now excelled in the subject and was really enjoying it – so she switched her major once again – to Spanish!

(Continued on page 7)

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 Davis

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

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

We Just Call her a Miracle!

Merlyn Maloy, A Rehab Success Story



“I don’t sweat the small stuff anymore,” Merlyn remarks. She smiles all the time and looks forward to getting up each day. She knows that God has a purpose for her and she spends each day encouraging others. “I am proof that God lives!” she adds. She wants to thank Reverend Dr. Keith Savage from First Baptist Church of Manassas, and all of her church family, for their prayers and support during this time. And she especially appreciates the way Mrs. Brenda Lewis, Whitney’s godmother, has been there for Whitney throughout this time.

All of the therapists here at Gainesville have really impressed Merlyn. She says, “The therapists here are outstanding! At first I thought they were expecting too much of me, but they hung in there with me, encouraging me, and motivating me tirelessly. I thank God for each one of them! I have made such progress. I learned that if you want to get better, you have to learn to listen to them!” Every day she sees improvements.

LPTA, Marie Clonts, comments, “Ms. Maloy is in the process of making a strong recovery, while battling the occasional setback. She is now able to stand up, sit in a wheelchair, take steps, and eat and drink. She attributes her recovery to her faith and her strong desire to get well. She is always ready with a smile and two-thumbs up. She is a pleasure to work with.”

Merlyn adds, “I have met some very nice people here. Some of the girls call me ‘Mama.’ The entire staff has been great! I have enjoyed going to some of the activities. I always learn something new. This has been a very positive experience!”

Whitney is very excited to see how much progress her grandmother has made each day. She says, “I am so thankful that we were able to get Grandma into Gainesville Health and Rehab. I want to send a special thank you to

(Continued on page 6)

Merlyn Maloy had spinal fusion surgery on December 12th. On December 27th, while at another rehab facility, she was sent out to the ER twice, only to be sent back after being told that she was having an anxiety attack. She suddenly became lethargic and was rushed to CCU at Reston Hospital with pneumonia in her left lung. While in CCU she also suffered multiple strokes, and then, she says, “I lost twelve days of my life!” She has no memory of being put on a ventilator or receiving numerous blood transfusions. Her family was called in to say their final good-byes.

But Merlyn is a fighter and has something to live for. She was, and still is, determined to attend her granddaughter, Whitney’s, wedding on July 11th. “My granddaughter told me she was not going to push me down the aisle, and that was just the motivation I needed to work that much harder so I can walk again.” She and her husband, Gene, raised Whitney since she was 18 months old and, as she states on page 6, “She is my pot of gold!”

Upon arrival at GHRC Merlyn was in bad shape. She couldn’t talk, sit up, stand, walk, and had no comprehension when spoken to. Now she can have an intelligent conversation, ride an exercise bike, walk with the parallel bars, and needs minimal help with transfers. Her left side is weak, but is not paralyzed.

March Birthdays

In astrology, those born between the 1st and 20th in March are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They’re emotional, compassionate people, always willing to help others. Those born from the 21st to the 31st in March are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Resident Birthdays

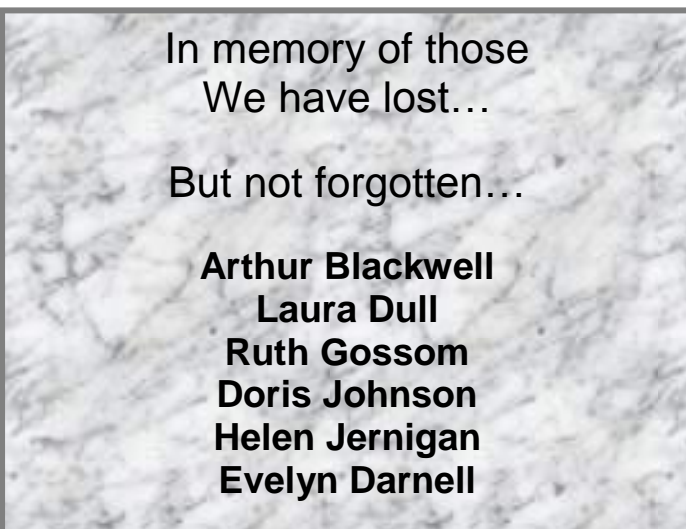
Pat Parsons	Peggy Geyer
Merlyn Maloy	Kizzie Lane
Orelious Walker	Lillian Randolph
“Chico” Velazquez	Frank Davidson

Staff Birthdays

Mohammad Al Halabi	Lilia Turijan
Debra Garcia	Kelly Davis
Tyra Hicks	Eun Lee
Andrew Hendrick	Sylvia Owusu
Alma Martinez	Vida Darko
Crystal Yates	

Staff Anniversaries

Pius Nrenzah-Armoh – 6 years
 Janine Plott – 3 years
 Vida Jackson-Darko – 3 years
 Tom Shelton – 2 years



(Crystal Sarmiento – continued from page 1)

Part of Crystal’s educational experience included travel, which she thoroughly enjoyed. She studied in Costa Rica, did a semester in Spain, and even an interim in South Africa, where she studied political science. After her graduation in 2008, not really knowing how she was going to utilize her language skills, she attended career fairs, and considered opportunities with the government, but ultimately decided to find a job through a temp agency.

In her first job, working as a receptionist for a construction company, Crystal had her first exposure to accounts payables. The company hired her, but unfortunately had to lay her off after just one year. The temp agency then sent her to work in the accounts payables department at a government contracting company, where she was once again hired. She maintained this full time position for two years. When her first child was born, she cut back to part time for the next four years.

Crystal looks forward to the birth of her third child in May. She knows that she will enjoy her time off with her children, but will be anxious to return to her new team, including Tammy Simmons and Wendy Atkins, and her development plans for the business office.

GHRC welcomes Crystal and is excited about the new business office team!

By Lynnette Esse, Activity Director

February Shining Stars

Debra Garcia, Activity Assistant
 Candace Washington, C.N.A.
 Gabbie Leiva, C.N.A.
 Dena Gualtieri, C.N.A.
 Dale Jeffries, Fairview Unit Manager
 Karinah Gonzalez, C.N.A.
 Karin Brice, C.N.A.

Pot of Gold at the End of the Rainbow



Musings by residents –

Carol Lena

My pot of gold is good health, happiness, and good fortune for myself, my friends, and my eight cats.

Richard Derby

My pot of gold is my three children. They fight my battles for me and they provide me with company when they visit. I have great pride in their success. My grandchildren are very special also; they excel at school and sports. I am very pleased that all of them care about other people. They are absolutely the loves of my life!

Connie Smoot

My pot of gold is being able to read a roadmap. You can see some beautiful places that way. I especially like the national parks. I feel blessed to have been able to travel the U.S. and Canada. You can drive some roads and just “see the music” – it is so picturesque!

Anna Riley

My pot of gold is my son, Bob. I thank God for him every day. Anything that I need he helps me with. He comes to visit me. I am so proud of him and I don't know what I would do without him.

Mary Baker

My pot of gold was owning my own home, all the animals that I could take care of, and food enough for all of us. I liked being my own boss without anyone telling me what to do. “Me and my critters” lived in peace.

Merlyn Malloy

My pot of gold is my granddaughter, Whitney. She is the love of my life. She takes care of me and provides me with all of my necessities. Most of all she loves me. We have a very special bond. I know that I can count on her. I am also glad to know that she is exercising the spiritual training she has received from home. She is helping other people every day.

Sonny Wadhvani

My pot of gold includes all the people around here – my mom, the staff, and all the other residents. I love everyone and I love helping people!

Mary Shal

My pot of gold is my daughter, Audra. She takes care of my needs and supplies me with goodies.

Millie Hawley

My pot of gold was my husband, Gene. He wanted a big family and he gave me four beautiful children – Janis, Genie, Lynn, and Gil.

Marie Jordan

My pot of gold is my children, Cyndi and Joseph. They take good care of me. I also thank God for my three grandchildren, Tate, Reese, and Noah, who went to Heaven recently. I miss him terribly.

(Merlyn Maloy - continued from page 2)

Tiffany Davis, who has gone above and beyond to ensure that my grandma has been comfortable here. My grandma is always excited to show my fiancé and myself ‘what she can do’ since the last time we saw her. I enjoy going to therapy with her, and I love how all of the nurses that have worked with her call her ‘mama’. I know that they truly love her, take care of her while I am working, and call me to let me know how she is doing almost every week.”

By Lynnette Esse, Activity Director

Traveling with Dementia

From Activity Connection



For people with Alzheimer's and other forms of dementia, travel can be stressful. Being away from a familiar environment and established routines may result in an increase in disorientation and agitation. However, with careful planning, it is quite possible to travel safely and well with someone in the early stages of the disease. Someone in the middle stage would present more of a challenge, and travel for someone in the late stage would not be recommended under normal circumstances.

To Travel or Not to Travel?

If the answer is yes to any of the following questions, travel would most likely not be tolerated well and further consideration would be indicated:

- Are there periods of agitation, aggressive behavior, and significant disorientation even when in the home environment? Being in unfamiliar surroundings will only make this worse.
- Is wandering a concern? If so, wandering may increase in unfamiliar surroundings.
- Is there fear of new places and experiences? If so, the new sights, sounds, and people could prove overwhelming.

Once the decision has been made to proceed with the travel plan, there are a number of considerations and preparations to think about in order to ensure a successful outcome.

- If traveling by plane, try to schedule the flight on a low travel day (generally Tuesday–Thursday). As much as possible, avoid traveling during peak travel periods, such as holiday and summer vacation times.
- Inquire about and arrange for airport escort services to assist in getting you to and from the gate.
- When booking the flight, inform the airline of any special needs you might have and let the security and flight attendants know you are traveling with someone with dementia.
- Make sure the person is wearing full I.D. that is not easily removed and is complete with name, address, destination, and contact numbers. Travel companions should carry a current photograph of the person.
- Accompany the person to and from the restroom. Do not leave them alone.
- If traveling by car, set up a comfortable place in the vehicle conducive to napping and be prepared to stop as often as needed for comfort and stress reduction.
- If staying in a hotel, inform the staff ahead of time of any special needs. Be prepared to share the room and secure the door to prevent wandering at night.
- Be sure to take an adequate supply of medications, up-to-date medical information, a list of emergency contacts, photocopies of important medical and legal documents (such as a living will and a power of attorney).
- Make sure you have enough people to assist you every step of the way.

Well-planned trips can be fun, exciting, and worth every bit of time and effort put into making them happen.



Featured Resident of the Month

Jermaine Simmons

Jermaine Simmons continues to do all his favorite things since his admission almost a year ago. He continues to read, write, listen to music, watch TV and movies, and play computer games. Although always busy, he is ready with a welcoming smile when visitors come along. As a self-proclaimed “night-owl” he has made many friends on the night shift. He wakes up each night at 3:00 a.m. in order to make contact with his mother, who is a missionary in England.

When Jermaine was eight-years-old growing up in Chicago, his mother became an OBGYN Army nurse, and a lifetime of moving began. He and his younger brother, Keith, got used to a continuous stream of new friends and new schools every few years, beginning in Ft. Campbell, Kentucky.

From there they went to Ft. Bragg, North Carolina and then on to Ft. Sill, Oklahoma, where Jermaine attended 5th, 6th, and 7th grades. Before long they discovered that the military is a small world and they would cross paths with many of the same people over and over at different bases. His first article was published in the 5th grade.

During this time Jermaine started playing musical instruments, beginning with the cornet, trumpet, and then the baritone. Finding it easy to learn to read music, he began playing with the school band, which he continued throughout his school years. He said, “Music was very important to me, and I practiced a lot, but I never thought of it as a potential career.”

Eighth grade found Jermaine back in Chicago, then he was fortunate to spend all of his high school years in one place - in Killeen, Texas,

just outside Ft. Hood. He continued to participate in band, studied journalism, and served as a reporter for the high school newspaper, writing both feature stories and investigative reports. He also participated in ROTC.

After graduation, and with an interest in becoming a stockbroker, Jermaine studied economics and business administration at Central Texas College. He said, “I had an affinity for the stock market and I enjoyed researching companies.” A transfer to Georgia afforded Jermaine a year at Augusta State University, where he continued to study business. During this time he added the violin to his mastery of musical instruments.

A year later, in 1991, a transfer to Ft. Belvoir brought the family to Virginia. Jermaine attended the Alexandria campus of Strayer University. After changing his major a few times, from business to political science to journalism, he finally earned a Bachelor’s degree in Economics. With a love of learning, researching, and studying, Jermaine went on to earn a Master’s degree in Information Systems Management, an MBA in Finance, and a Master’s in Communication Technology.

At that point, in his early 30’s, Jermaine began his freelance writing career, which continues today. He recalls, “My first contract was writing on-line reviews about business people. I researched everything there was to know about a person, such as a venture capitalist, for example, and wrote a summary about them. I began writing about a variety of topics for people all over the world.” When working full-time, he wrote up to ten hours a day. Now his work, although much more limited, has become more commercial in nature, from writing product specifications, to answering consumer questions, to writing “how to” instruction manuals.

Although Jermaine has always had a vivid imagination, he claims that it has been fueled by his “gaming” hobby. Through playing video

games he has learned to “think outside the box,” be more creative, think strategically, and stay focused, which helps with his writing abilities. His gaming hobby goes back to the very beginning of video games, where he played war games on his home Atari. Along the way he taught himself computer programming for games and began to help with story-building, creating parts of various games, and working on 3-D animation.

Jermaine’s mom retired in 1998. After a short mission trip with her church group, she felt called to become a full-time missionary. She began working in an outreach program for non-believers in the Philippines, and is now working in England. She and Jermaine remain close.

Jermaine has agreed to start writing feature stories for our *Gainesville Insider* newsletter. You can look for his bi-line beginning next month! We have enjoyed getting to know him better and look forward to seeing some examples of his writing talents in the near future!

By *Lynnette Esse*, Activity Director

March is National Professional Social Work Month

“*Social Work Paves the Way for Change*”



Sara Criser



Karen Barrett

Thank you to Sara Criser, Director of Social Services, and Karen Barrett, Social Worker, for their many hours of dedication to the welfare of our residents and patients.

Our social workers play a key role in the well-being of our rehab patients and our long-term residents. First, they complete an initial assessment pertaining to the social history of the individual. They assess their psycho-social well-being in order to help them maintain a high quality of life during their stay here. They meet with the resident and their family members to determine an individual plan of care. They monitor the resident’s mood and meet their individual needs. They serve as a liaison with the community to help coordinate resources for a safe return home. And they are involved in discharge planning or transitioning to long-term care.

The theme “Social Work Paves the Way for Change” was selected to convey what NASW and the social work profession have done over the past six decades to bring about positive changes in society and for individuals.

Social workers have pushed to strengthen the social safety net through programs such as Medicaid, Medicare, and the Affordable Care Act, and advocated for social justice initiatives such as the Voting Rights Act and the Community Mental Health Act.

Social workers also make a difference in the day-to-day lives of millions of Americans by helping to build, support and empower positive family and community relationships. For example, they work in hospitals and nursing homes helping patients navigate their paths to recovery; and they work in agencies and organizations helping protect vulnerable children and adults from abuse and neglect.

Social workers—more than any other profession—recognize that more must be done to address persistent social problems such as poverty, lack of education and health care access, and discrimination based on gender, race, sexuality, or income. And they know that all people, no matter their circumstance, at some time in their lives may need the expertise of a skilled social worker.