

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



Evidence of Spring



By resident, Celeste Mullins

Tender shoots, we see your green
break through the cold, hard ground.
You've labored oh, so valiantly
...though snow and rains still pound.
You stretch your necks up cautiously
to see if winter's hand has ceased
her endless painting only gray upon the land.

Tender green reminders,
you tell us spring is near.
Yet thoughts of unexpected frosts
fill us with dread and fear.
So, look both ways before you greet us
rainbows of the earth.
We've waited long for you in all your splendor
to break forth.

Wait patiently to shed
those new-green jackets that you wear
... until it's time for us to see
the color under there.
And when you do unveil your glory...
oh, what joy it brings
... How can we ever thank you,
sweet evidence of spring!

Celebrating April

Stress Awareness Month

**National Occupational
Therapy Month**

**Administrative Professionals
Week April 19th - 25th**

**National Volunteer Week
April 12th - 18th**

**Golden Rule Week
April 1-7**

**Passover
April 4**

**Easter
April 5**

**Metric System Day
April 7**

**International Moment
of Laughter Day
April 14**

**Karaoke Week
April 19-25**

**Earth Day
April 22**

Department Heads

Administrator:
Robin Brockwell
Medical Director:
Dr. Behiri
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:
Jennifer Hale
Dietary Manager:
Robin Ackerson

Dir. of Environmental Services:
Maurice Okafor
Director of Maintenance:
Michael Barrett
Human Resources:
Aster Tekle
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

GHRC Celebrates their Occupational Therapists during **NATIONAL OCCUPATIONAL THERAPY MONTH**



**Samar Shalash, Gina Middleton, Jessica Hsu,
and Andrea Espinoza**

Andrea Espinoza, OTR-L

A 2011 graduate of Virginia Commonwealth University, with a Master of Science in Occupational Therapy, Andrea has been with GHRC since December 2014. She comes to us with three years of prior experience. She comments, "It's rewarding to see how people surprise themselves with what they can accomplish!"

Their leader, Deepti Gupta, Director of Therapy, comments, "My OT team is awesome! It is really great to see what OT does with the patients." GHRC is proud of our OT team and wishes to thank them for their service and dedication to our patients!

What is Occupational Therapy?

Occupational therapy (OT) is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). OT practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common OT interventions include helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes. Services typically include:

- an individualized evaluation, during which the client/family and OT determine the person's goals,
- customized intervention to improve the person's ability to perform daily activities and reach the goals, and
- an outcomes evaluation to ensure that the goals are being met

OT practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team.

Samar Shalash, OTR-L

Samar graduated from Ohio State University in 2010 with a Master's Degree in Occupational Therapy. She has been with GHRC since 2012. She says, "I love watching people succeed and restore their independence with self-care!"

Gina Middleton, COTA-L

Gina graduated from the Medical College of Georgia in 1991 with an Associate's Degree in Occupational Therapy and a Bachelor's Degree in Human Services Management. She has over 20 years of experience and has worked at GHRC off and on for three and a half years. She comments, "Helping people is very rewarding. I love to see the patients get back to their prior level of functioning!"

Jessica Hsu, OTR-L

Jessica is a 2013 graduate of Shenandoah University, where she earned her Master of Science Degree in Occupational Therapy. She worked in her field for six months in Taiwan and has been here since May 2014. She says, "I like working here with such a supportive team. I enjoy working with the patients. It makes me feel good that I can help people return home independently and safely!"

April Birthdays

In astronomy, those born between the 1st and the 20th of April are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from the 20th to the 31st in April have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Resident Birthdays

Wayne Neill	Mercedes Gelpi
Nancy Lewis	Odessa Taylor
Keri Bandy	Mary Jamison
Kenneth Steger	

Staff Birthdays

Brittany Kohler	April Willett
Rosemary Addow	Ma Antonia Bittner
Xyl Barruel	Griselda Canales
Asumani Bahati	Florence Aliagha
Adwoa Boakye	Esther Kusi
Yvonne Febre	Eugenia Martinez
Susanna Kang	

Staff Anniversaries

Maria Aguilar—7 yrs.	Adela Canales—1 yr.
Karimah Gonzalez—4 yrs.	Frank KariKari-1 yr.
Kimberly Pennix—2 yrs.	Patricia Patterson-1 yr.
Victoria Quanin—2 yrs.	Crystal Sarmento—1 yr.

**In Honor of Those
Who Have Gone Before Us...**

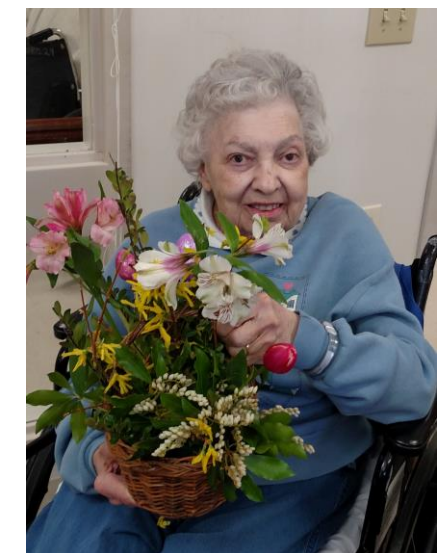
**James McGee
William Smith
Robert Koukerjinian
Beverly Moran
Dorothy Holmes**

They are gone but not forgotten!

Shining Stars



Cynthia Cardenas, C.N.A.
April Willett, C.N.A.
Savilla Grayson, Restorative Aide
Xyl Barryel, C.N.A.
Carolyn Moore, Restorative Aide
Margie Teodoro, C.N.A.
Nancy Dean, LPN
Melissa Jamison,
Fairview Unit Coordinator
Maria Aguilar, Laundry
Lorri Gilbert, C.N.A.



**Peggy Herritt proudly shows off the
flower arrangement she made with the
help of the Haymarket Garden Club**

January Employee of the Month **Robin Spencer,** Dietary Aide



Robin Spencer, a part time dietary aide, received three shining star nominations in January and was voted Employee of the Month by her peers.

As a 4:00 to 8:00 p.m. dietary aide at GHRC, Robin helps get

things ready for dinner, making coffee, sandwiches, and the evening snacks. She serves the evening meal in the dining room.

Since beginning here last fall, she has made it her business to get to know the residents and their preferences. She does not wait for them to ask her for something. She anticipates their needs and has everything ready for them before they ask. It is an amazing sight to watch how organized and prepared she is prior to the meal!

She comments, "I really like working here! I like the residents and have established a real friendship with several of them." She is not much of a morning person, so the hours are perfect for her.

Retired after 35 years working as a secretary at Fairfax Hospital's Heart Center, Robin is very comfortable working in a health care setting. She got bored sitting at home, so she called on her teenage experience as a dietary aide at Fairfax Hospital, when she applied for a job with HSG.

Robin took care of her mother, grandmother, and sister prior to their passing. Her natural caregiver tendencies, caring and compassionate nature, and patience and understanding make her a perfect GHRC employee.

We applaud Robin for her initiative and wonderful attitude toward her job and our residents! WELL DONE!

February Employee of the Month

Candace Washington, Certified Nursing Assistant



With almost 14 years of experience, Candace Washington is driven to excellence. She was recognized as a Shining Star recently after working "miracles" on her hall, bringing several of her residents, who previously stayed in their rooms, out to musical entertainment activities and meals in the dining room. Her residents form a special bond with her and look forward to spending time with her each day.

After seeing an ad in the paper for a nursing assistant position, which included an in-house training program, at Fauquier Rehabilitation and Nursing Center in Warrenton, Candace participated in the class and worked there for almost a year.

After that she spent eight years at Oak Springs of Warrenton before spending a year doing private duty work. Feeling a little bored, Candace sought another position in long-term care and came to work here at GHRC.

Candace says, "Being a C.N.A. is something I am called to do and I am grateful for the opportunity to do it! This is very rewarding work. I spend more time with the residents than I do with my own family."

Clairmont Unit Manager, Kristen Carey, comments, "Candace is very well in-tune with her residents and encourages them to do things that other C.N.A.s can't get them to do."

Coworker, April Willett, uses the words, "team player, dedicated, caring, and inspirational" to describe Candace.

Gainesville Health and Rehab is very proud of Candace and the work she does here!

A Momma Bunny's Story



By Residents: Connie Smoot, Sonny Wadhvani, Carol Lena, Joyce Ballou, Sue Penrod, Debbie Branham, Gertrude Ainsworth, Mary Baker, Bill Greaver, Celeste Mullins, Kathy Tenney, and Pat Holley

My babies are nestled together
In a hollow in the grass
I love my little munchkins,
Three lads and a lass

Once pink and smooth,
They are now soft and furry
In shades of brown and white
They are becoming playful and curious

At dawn I take them on an outing
To show them the tastiest plants –
They eat spring bulbs and tender clover,
Careful not to sit on the pile of ants!

We sneak under the fence
To the vegetable garden next door
I let them nibble on spring greens,
Onions, strawberries, and carrots galore!

I teach them to follow the scent
Of fresh water in the creek
And to catch the drops coming down
Where the faucet sprung a leak

I tell them to watch out for cats and dogs
And also watch the skies
For hawks, crows, and falcons
And to listen for their cries

I show them droppings of our enemies
To keep them on alert
Watch out for foxes, coons, and weasels
Who might be hiding in the dirt

I herd them away from the road
To avoid the cars and trucks
I tell them about little boys and their dads
Who hunt for rabbits and ducks

I take them to a safe, sunny spot
Where they can relax and not be seen
I watch them play with field mice,
Small birds, butterflies, and bees

At the end of the day
We dream about tomorrow;
Doing it all again
In a world with no sorrow!

**GHRC Celebrates
Administrative Professionals Week
April 19th – 25th**

Administrative Professionals Week celebrates and sheds light on administrative professionals' devoted, valued work. GHRC wishes to recognize their own Administrative Professionals and thank them for their hard work, skills and dedication.

Business Office:
**Crystal Sarmento
Wendy Adkins
Tammy Simmons
Essence Smith
Ashley Morrow**

Admissions:
**Tiffany Davis
Crystal Yates**

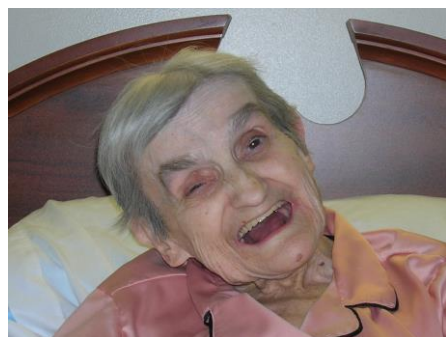
HR:
Aster Tekle

Medical Records:
Brenda McGarry

Scheduling Coordinator:
Shannon Porsch

Fairview Unit Coordinator
Lisa Jamison

Barbara Courtland Living Life One Day at a Time A Hospice Story



Barbara smiles
for all visitors!

By Lynnette
Esse, Activity
Director

The first thing you learn about Barbara Courtland when you enter her room is that she is a HUGE Redskins fan. Her room is filled with Redskins paraphernalia, including some handmade items from friends. She is surrounded by photos of her family, her pride and joy.

As a child, born and raised in NE Washington, D.C., Barbara and her family attended all the Redskins games. She can't remember a time when the team wasn't a big part of her life. She remained married to her high school sweetheart, Charles, for 52 years until he died after a long battle with cancer.

The couple was blessed with six wonderful children, Charlie, Georgie, Joyce, Sharon, Michael, and Bonnie. Barbara enjoyed being a stay-at-home mom while Charles served as a medic in the military. Later, after he got out of the Air Force, she worked at the Prince William Hospital Coffee Shop and in the hospital kitchen. Barbara's daughter, Joyce, fondly recalls, "She was always there when we came home from school. She always had a snack ready as she helped us with our homework."

After she had been a rehab patient at GHRC last fall, Barbara and her family were comfortable with having her come back to Gainesville for long-term care when the need became apparent. She says, "I like the food, the staff is very nice, and I really like my roommate!" She is content in her private cocoon, surrounded by her memories.

The family's decision to enlist additional support from hospice for their mom was, in part, a reflection of the wonderful care their dad received from hospice at home during his last few months of life. An aide came in several times each week to bathe him and a nurse came by daily to give him his medications. The chaplain visited several times each week, having long talks with Charles and Barbara. Volunteers would visit, providing support to all family members in need. Joyce comments, "They were all very caring, not just with my dad, but with my mom as well."

Joyce says, "Mom needs the extra attention that she receives from the hospice people. We have such peace of mind from the extra set of eyes on our mom. They are so patient and compassionate with her, explaining everything to her. The hospice nurse makes sure she is taking her medications. The nurse's aide bathes her, changes her, turns her, and generally checks her over each day. The chaplain brings a spiritual piece into the relationship, and the volunteers visit with her. I was coming here five times a week, driving over an hour each way, until I had a heart attack recently and had to slow down. It is good to know she is in such good hands!"

Judith Poinvil, RN, is Barbara's hospice nurse case manager. She assesses all of her medical needs, making referrals as required. She is there to help manage her patient's symptoms, such as shortness of breath, pain, or any other manageable discomfort. She maintains close contact with the doctors and collaborates with the center nurses and staff, hospice nursing assistants, hospice social worker, and the family.

With three years of experience, Capital Caring's Certified Nursing Assistant, Mpula Ayao, has been seeing Barbara on Tuesday and Thursday mornings for about two months now. They affectionately call each other "Doobie," a pet name. She says, "Barbara is such a positive person. She does not complain about anything!" During her visit she gives her a bed bath, helps her get dressed, gets her

adds, "I like to be with people, help them, talk to them, and get to know them. It teaches me how to live my life."

Capital Caring's Chaplain, Bob Dickey, MDIV, BCC, who is frequently seen walking around the building with his guitar, provides spiritual and emotional care to his hospice patients and their families. He explains, "I accompany people on a journey – on a boat – the patient directs the boat, I just support and guide them down the passage of the sea of life."

He practices empathetic listening, letting the patients tell their story – it's all about them! He seeks to find out what gives them purpose and joy, and what they live for. He adds, "As they look back over their lives, I affirm their achievements. Pictures help so much. Sometimes they have worries, although most people are believers, and wonder if they are going to go to Heaven."

Regarding Barbara he comments, "She is such a friendly and sociable person! She greets you with a smile and welcomes you to sit down and visit. She sure loves her family and her Redskins!"

Bob is often found playing his guitar and singing in one of the living rooms where the residents hang out and watch television. He feels very much at home in a nursing center because his first job after graduating from college was in a long-term care facility. He participated in an Administrator-in-Training program, and earned his Administrator license, prior to changing course and attending seminary. After pastoring for eight years, he switched to being a chaplain. He worked in hospital settings for 18 years prior to becoming a hospice chaplain, which he has been doing now for the past five years.

Another key partner in this collaboration is the Capital Caring social worker, Lorraine Krause, LCSW. She describes her role as the liaison between the family and the facility, helping the family members understand their roles and the facility roles. She says, "My focus is on the patient and also the family systems. I provide emotional support and provide validation of their feelings of guilt about placing their loved one into a facility. I offer a neutral

territory where they can talk and provide help in maintaining peace between the family members. I assist with planning ahead, filling out DNR forms, and making funeral plans." Lorraine sees Barbara twice a month. She says, "We don't talk about hospice during my weekly visits – we just focus on her quality of life! Barbara loves her children, her Cokes, and her snacks!"

Karen Barrett, one of the GHRC social workers, explains the initial process. "When a doctor makes a referral for a patient to go hospice, generally the patient has a poor prognosis. We give the family members all of the brochures from the various hospice agencies that we partner with so that they can make the best decision for their loved one. Then we set up a meeting between the family, their chosen hospice company, and the center staff to coordinate decisions about nursing care and medication changes. It is a positive experience for everyone!"

Barbara is kept busy with frequent visits from her children, their spouses, her 14 grandchildren, the GHRC staff, and the numerous Capital Caring hospice representatives. Everyone enjoys their time with her and looks forward to the next visit!

Joyce concludes, "Hospice is such a wonderful organization. We are so grateful for the loving care they give. We appreciate every member of the team, with their professionalism in both care and attitude toward their charges. We highly recommend this team for others in need."

There is freedom of choice in the selection of a hospice provider. These are some of the providers who partner with our building:

Capital Caring
Vitas
Gentiva
Optum
Heartland

Please contact them for additional information.