

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



Department Heads

Administrator:
Robin Brockwell
Medical Director:
Dr. Amr 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:
Crystal Sarmento
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

Celebrating May

National Nurses Week
May 6-12

National Nursing Home Week
May 10-16

May Day/Lei Day
May 1

Kentucky Derby
May 2

International Firefighters Day
May 4

Mother's Day
May 10

Receptionist's Day
May 13

Biographer's Day
May 16

**National Senior Health &
Fitness Day**
May 27

World No-Tobacco Day
May 31

Military Appreciation Month

**National High Blood Pressure
Education Month**



Meet Our New Medical Director **Amr Behiri, MD, DO**

Dr. Amr Behiri joined the medical staff of Gainesville Health and Rehabilitation Center as an Attending Physician in 2013 and became our Medical Director in March 2015. He has been a practicing physician of internal medicine since 1995.

After receiving his Doctor of Osteopathic Medicine degree from the New York Institute of Technology, Dr. Behiri completed his residency at New York Hospital in Queens, N.Y. He is a Board-certified Doctor of Osteopathic Medicine, and Diplomate of the American Board of Internal Medicine. He has served as a faculty member at Ohio State University, and as Assistant Medical Director of Reston Hospital Center in Reston, Virginia. He is an active member of the American Medical Association, American College of Physicians, and American Osteopathic Association.

With more than 15 years of experience in acute and long-term care, Dr. Behiri utilizes his expert knowledge of osteopathic medicine to support patients in reaching their highest level of function. With a special interest in geriatrics, Dr. Behiri provides focused and comprehensive care for the older-adult patient. He says, "Those who are too young or too old need special care when they can't speak for themselves. Figuring out how best to help them is very challenging and rewarding."

Dr. Behiri has many goals for this center, including the continued improvement of the quality of care given our residents, decreasing re-hospitalizations, and building our relationships with the area hospitals.

GHRC welcomes Dr. Behiri as our Medical Director and looks forward to many years of high quality care and service excellence for our residents and patients!

Rehab Success Story Barbara Jenkins



Barbara Jenkins says her former roommate, Merlyn Maloy, who was featured in our March newsletter, was a source of inspiration and motivation for her. When she arrived here a month ago, after being hospitalized for a blood clot in her

lung, she was weak and everything was a blur for the first few days. She was unable to transfer in and out of bed by herself or walk unassisted.

Director of Therapy, Deepti Gupta, said, "In the beginning Barbara could only walk 35 feet using the rolling walker with assistance. She was recovering from a bout of pneumonia, was experiencing shortness of breath, and her balance was poor. Now she is walking 150 to 200 feet with a rollator. Her balance is much improved. She is a very nice person to work with. She is very positive, always listens to the therapists, and follows their instructions. She wants very much to be independent around the house and not have to wake her daughter, who works at night and sleeps during the day."

Barbara comments, "The therapists are very dedicated to their job. They don't let you give up. If you feel bad one day, they ask you to try just a little bit. They know best. I just want to get well."

As an avid people watcher, Barbara has observed how the therapists help others. "They are very patient. I have yet to see one of them get upset about anything. I recommend the therapy department to anybody. They do everything they can to help you improve. I haven't seen one that didn't have your best interest at heart. They do care."

Occupational therapists, Gina Middleton and Andrea Espinoza have enjoyed working with Barbara. They both chimed in with their comments, "Barbara has made amazing progress due to her positive attitude and determination. She is now independent with all self-care tasks, including showering and getting dressed. She is a delight to work with because she is so cheerful all the time. We will miss her!"

Originally from the Northern Virginia area, Barbara grew up with both parents working for the federal government, a somewhat unusual occurrence for that time. She married her brother's friend, Jack, and the two were married for 17 years. They raised their four children in Chantilly, Virginia in a home that her husband built. Barbara is very happy to have all four of her children, 7 grandchildren, and one great-granddaughter living close by.

When her daughter was 17 years old, Barbara went back to work. For ten years she worked as a server at International Country Club in Fairfax. Then after having back surgery, and she could no longer carry trays, she went to work at Best Buy for a year. Ultimately she found her niche at First Virginia Bank, where she thrived for the next 25 years. She did not really want to retire at the age of 72, because she loved the people she worked with, but she found the commute to the main branch office in Falls Church a challenge.

After having a pacemaker inserted six years ago, Barbara moved in with her daughter, Connie and son-in-law, Gary, in Opal.

She looks forward to visiting her friend Jenny at Ashby Ponds in Ashburn and walking the boardwalk in Ocean City this summer. She values her independence, her friends, and her family. She comments, "I feel bad about leaving because I have made so many friends, but I want to go home, back to my own room."

Everyone at GHRC is proud of Barbara for her fierce determination to regain her former strength and independence. We have enjoyed getting to know her and will miss her enthusiastic smile.

By Lynnette Esse, Activity Director

May Birthdays

In astrology, those born from the 1st to the 20th in May have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between the 21st and 31st are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Residents

Paciencia Manalo	Mamie Moore
Maurice Schenk	Lake Lee
Mildred Hawley	Josephine Zingle
Rose Bilat	Hunter Hyde
Betty Schroth	Mary Williams
Kathryn Tenney	William Mackay
Wayland Doggett	Anna Riley
Barbara Courtland	

Staff

HUAN MWANA (C.N.A)
SEYRAM HIAMABEY (C.N.A)
MICHELLE WILLAMS (C.N.A)
TASHARA IVERY (C.N.A)
PIUS NRENZAH-ARMOH (L.P.N.)
BRENDA MCGARRY (MEDICAL RECORDS)
ALEJANDRA SAMAYOA GARCIA (C.N.A)
KARI GARMAN (L.P.N.)
ROSE JACKSON (C.N.A)
KHADIJAH EASON (C.N.A)
ADA WASHINGTON (C.N.A)
MARIA ALVAREZ-SANTOS (C.N.A)

Anniversaries

Barbara Watson- 5 years
Gabriela Arrate- 4 years
Charles Kato- 4 years
Rose Jackson- 4 years
Hope Flomo- 2 years
Kelly Davis- 2 years
Huan Meana- 1 year
Sylvia Owusu- 1 year

Shining Stars

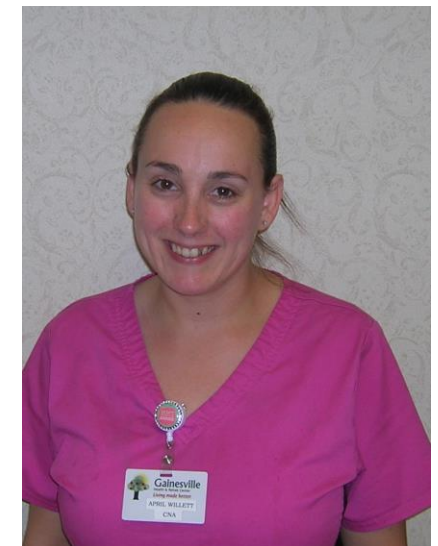


- Ada Washington- C.N.A
- Gabriela Arrate -C.N.A
- Elizabeth Ford- C.N.A
- Frank Karikari- C.N.A
- Oganna Okafor- C.N.A
- Adwoa Boakye- C.N.A
- Margie Trodore- C.N.A
- Dena Gualtieri- C.N.A
- Gia Melville- C.N.A
- Kari Garman- LPN
- Karin Brice- C.N.A
- Aurelio Cardona- Housekeeping
- April Willett - C.N.A.
- Lorri Gilbert - C.N.A.
- Karimah Gonzalez - C.N.A.

WELCOME TO OUR APRIL NEW HIRES!

Richard Dossel- C.N.A
Stephanie Brooks- C.N.A

April Employee of the Month



April Willett, C.N.A.

Meet our New Senior HR Generalist



Aster Tekle

Looking for new challenges, Aster Tekle (pronounced Teck-lay), transferred to GHRC in April 2015 from our sister center, Commonwealth Health and Rehab in Fairfax, to fill the role of Senior HR Generalist. With

over four years of experience at Commonwealth, from February 2011 through March 2015, Aster brings to us a wealth of knowledge about our company policies and procedures.

Her responsibilities are vast. She coordinates the recruitment, interview process, and selection of job applicants. She develops and implements new employee orientation, development, and training to foster a positive attitude toward organization objectives and service excellence. She monitors performance evaluation and retention programs to provide quality resident care and services. She provides guidance to management and employees on a daily basis, facilitating the process of communication, and serving as a link between management and employees by handling questions, interpreting and administering policies, and helping to resolve work-related problems.

Originally from Ethiopia, Aster Tekle moved to the U.S. at the age of twelve to live with two of her older siblings and to attend school. After graduating from T.C. Williams High School in Alexandria, she went on to earn a Bachelor's Degree in Business Administration from the University of Virginia in 2007, and a Master's Degree in Human Resources from Strayer University in 2009.

While in college Aster worked part time as a barista for Starbucks, staying on after graduation as an assistant manager for almost

a year. Prior to going to work for Commonwealth she worked part time as a front desk receptionist at an extended stay hotel in Arlington.

Aster describes her love of HR. "I love how engaged I am with the employees. I love helping them! I love policies and procedures!" She thrives in the nursing environment because, as she says, "I have my hands into everything. I love the interaction with the residents. There is such a variety of things to do, so much to learn about each other. We are like a small family!"

Several weeks ago Aster and her boyfriend, Wonda, got engaged! What started out six years ago as a friendship, gradually grew into a love affair. They have not set a date yet, but she thinks it likely they will be going back to Ethiopia for the festivities so that more of their family members will be able to celebrate with them.

In her spare time Aster enjoys shopping, reading fiction, watching movies, socializing, and travelling. Someday she hopes to see Greece and Italy, and God willing, have the opportunity to be a stay-at-home mom.

We are so happy that Aster decided to make the move to GHRC! We welcome her and look forward to working with someone with her experience and knowledge.

By Lynnette Esse, Activity Director

Attention all Families!

Please don't forget to label all of your loved one's clothing as you bring it in for them. We will be happy to provide a permanent marker for your use. Even if you opt to do all laundry yourself, it is a good idea to label everything in case it gets mixed in with the bedding. "Family Does Laundry" signs are available for use on the closet doors.

Cheers to Our Nurses!



By Residents: Karen Walton, Mary Shal, Barbara Grandstaff, Peggy Herritt, Carol Lena, Sue Penrod, Richard Derby, Alice Prosha, Sonue and Vanita Wadhvani, Celeste Mullins, Shelley Murrah, Mary Baker, and Millie Hawley

First, we thank God for inspiring our nurses to choose their profession
You knew which ones would have the caring and compassion to be good nurses
You knew which ones would be smart and tireless
You knew which ones would succeed

We thank our nurses for being here
And for all of their many long hours of hard work
We know your feet hurt
From standing behind your cart all day

We appreciate how much you help us with our health -
Giving us our medications; checking our temperature,
Blood sugar, blood pressure, and pulse;
And helping us with our oxygen and breathing treatments

We respect your ability to follow the doctor's orders
And not allow your feathers to be ruffled
Taking care of us is a huge responsibility
And your patience is endless

Your ability to multi-task is amazing!
You remain focused in spite of the many interruptions
We are impressed with how well you function
In high pressure life-and-death situations

We appreciate the way you extend
A personal feel to your care-giving
You show tenderness and concern
It helps me through my daily stress and tribulations

Thank you for the one-on-one attention,
Listening to my stories and providing support
It is nice to know that somebody cares
It makes me feel uplifted

We are glad you made the decision
To take the time out of your life
To get the education you needed to become a nurse
We wouldn't survive without you

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

Michael Shekmer

Pauline Wilson

Patsy Parsons

Arcelia Gates

Theresa Sciarillo

We appreciate the time we were able to spend with each of them. We will miss them all!

I am One of a Kind

Can You Guess Which Resident I Am?

Clues provided by the residents.

1. I wear a hat every day.
I am left handed.



I get around the building in my w/c by myself.
I studied art history in college.
I like to be an echo.

2. I like to tell creative stories about animals.
I like to read aloud and act in skits.
I drive my new scooter all over the building.
You can often find me with my nose in a book.
I don't like vulgarity.



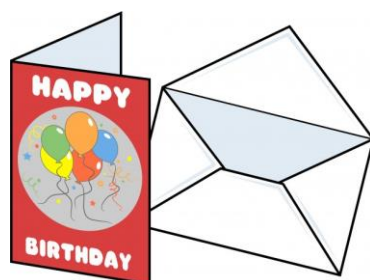
3. I am tiny and have red hair.
I have tiny sparkly shoes.
I love to read and have stacks of books in my room.

I have lots of blankets on my bed because I am always cold.
I was known as the crazy cat lady when I lived at home.

4. I like helping people.
I work in the activity room every day.
I wear flip flops even in the winter.
I do puzzle books and read to exercise my mind.
I like to do things with my hands, like crochet, paint, and crafts.

5. I am in love and very protective.
I am a huge music lover and often go to concerts.
I drive around the building in a power chair and wear shorts every day.
I have a side job as a security guard in the building and wear whistles.
I like my room VERY cold and VERY neat.

6. I am always losing my shoes.
Spanish is my native language.
I never sit still for long, even at the table.
I am a social butterfly and generous to a fault.



I love to send cards for every occasion.

7. I am always offering to help people.
I like to ask people questions and tell them about myself.
I am crazy about rock and roll.
I used to type 100 WPM and was once a bartender.
I wear a helmet to keep me safe.

8. I love to travel more than anything.
I loved my pets, both cats and dogs.
I love the old classic songs and movies.
I need help playing bingo due to my poor vision.
My favorite activities involve special treats.



My favorite activities involve special treats.

9. I am soft-spoken and shy, but very friendly and helpful to all.
I don't like to ask for help unless I really have to.



I have been a voracious reader since the age of 5.
I have to be careful about what I eat, so some people think I am a picky eater.
I am old-fashioned and like to put on lipstick before I go out.

10. I am easy-going and like everything, especially black coffee.
The nurse keeps my glasses in the med cart to keep them safe.
I was a Girl Scout leader.
My daughters visit every Saturday.
I can speak and sing in Polish.

11. I excel at trivia and word puzzles.
I love cats and dogs, but I also love animals like snakes.
I like to wear unique t-shirts and animal print pants.
I keep my iPad



with me at all times to fill in quiet moments.
Three out of nine of my cats come for a visit once in a while with my friends.

12. I don't say much, but I can say "bingo!"
I am a strawberry blonde with blue eyes.
I love my diet Coke and snacks.
I appreciate a helping hand when traversing the halls.
I feel good when I get my hair done.

13. I look at the world through child-like eyes.
I decorate my wheelchair with pinwheels and flags.
I enjoy the respect I get when I wear my yellow vest.
It gives me purpose to feel helpful.
I enjoy living here with my mom and watching over her.

14. I look forward to visits from my brother every day.



I like a large variety of things to drink.
I have blonde hair.
I like to sing.
I enjoy going on shopping trips with my brother.

15. I have a special romantic interest in the building.
My two brothers are very devoted, visiting often and taking me outside.
I love to laugh.
I am usually in a great mood and never complain.
I enjoy discussion groups.

16. I love to dance.
I am a vegetarian.
I tap my shoes when I walk around the building.
I am a good hugger.
I am so quiet that some people think I don't speak English.

If you can guess who each of these residents are, please bring your list of names to the Activity Room to win your prize. (Participating residents excluded)