

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

June 2015

# 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 June

**National Nursing Assistants  
Week**  
*June 11<sup>th</sup> – 18<sup>th</sup>*

**Men's Health Month**

**National Safety Month**

**Say Something Nice Day**  
*June 1*

**International Firefighters Day**  
*June 4*

**Sun Safety Week**  
*June 7–13*

**International Sushi Day**  
*June 18*

**Flip-Flop Day**  
*June 19*

**Father's Day**  
*June 21<sup>st</sup>*

**Lightning Safety  
Awareness Week**  
*June 21–27*

### 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 & Supplies:** Nancy Atencio  
**Staffing Coordinator:** Shannon Porsch



Administrator, Robin Brockwell, visits with Miniature Horse, Silver, and Bettyann Senf from *A Little Magic*

### **GHRC Celebrated National Nurses Week May 6-12**



Kelly Davis, DON; Isaac Danquah, LPN; Constanza Pierre, ADON; Kristen Carey, Clairmont Unit Manager; and Susanna Kang, LPN

### **Ethical practice. Quality care.**

During National Nurses Week and throughout the year, GHRC is proud to celebrate the role nurses play in delivering the highest level of quality care to their patients. The National Nurses Week 2015 theme "Ethical Practice. Quality Care." recognizes the importance of ethics in nursing and acknowledges the strong commitment, compassion and care nurses display in their practice and profession.



Ruth Kessinger, RN; Tamara Cooper, RN Supervisor; Ramon Frias, LPN; Grace Lee, RN Supervisor; Melissa Scally, LPN

## Rehab Success Story Alfred Cabaniss



Last December, when Al Cabaniss and his wife, Marge, came to Virginia to spend the holidays with Marge's niece and her husband, they never dreamed that the visit would be extended by over five months due to illness. They are most anxious to return to their

retirement home in Hobe Sound, Florida, where they have lived since 1993.

What began as a cold for Al rapidly progressed into shortness of breath. A trip to the emergency room at Fauquier Hospital in mid-January confirmed a diagnosis of pneumonia. While hospitalized Al developed Afib, short for Atrial Fibrillation, an irregular heartbeat that can lead to blood clots, stroke, heart failure, and other complications.

Al spent time in several different rehab centers, and endured several additional hospital visits, prior to coming to GHRC for therapy. When he arrived at Gainesville he was very weak, disoriented, and could not speak or do anything for himself. Unable to swallow, he had been put on a feeding tube. He laughs now as he says "it was a time when my voice got stuck!"

"The progress he has made at Gainesville has been nothing short of miraculous," Marge, remarked. "He relates so well to the staff here. The therapists are very nice and have done a fantastic job of motivating him to work hard in therapy. He is now able to walk with a walker, his arms are much stronger, and he can talk."

Physical therapist assistant, Marie Clonts, LPTA, comments, "Mr. Cabaniss has been making very good progress. His legs used to be quite wobbly and he would need to sit right away when he was walking. Now his legs are much stronger. He reminds me of Ernest Hemingway!"

Occupational therapist, Amy Waibel, OT, said, "Mr. Cabaniss is progressing very well with occupational therapy. He is now able to dress himself from head to toe! His arms are much stronger now, which makes transferring much easier. He and his family have been a pleasure to work with!"

Speech therapist, Allanna Harrison, echoes the sentiment that Mr. Cabaniss and his family have been delightful to work with. She said, "Mr. Cabaniss is cooperative and understanding in therapy activities to improve his swallow functions. The goal is to get him off the feeding tube. He is working hard to do that in his therapy sessions with swallow exercises. He is continuing to make progress."

The couple is anxious for him to reach his goals so that he can safely return home. They plan to return the same way they arrived – in a sleeper car of a train bound from Alexandria to West Palm Beach, a 24-hour luxury ride. Marge said that it is a great way to travel!

Prior to their retirement the couple spent 34 years building a life in San Bernardino, California. After getting out of the Navy Al worked as a furniture buyer and decorator for Barker Brothers Furniture, an upscale furniture chain, and Harris Company, a chain of department stores, both operating in Southern California. Marge worked for UCLA for 34 years in medical records.

Never having children, the couple was free to re-locate after they retired, seeking a lower cost of living. They decided to move to a golf course community in Hobe Sound, a village on the Atlantic side of Florida, near her one Of Al's brothers. Al is anxious to get back to his golf game and Marge to her Chamber of Commerce involvement.

Marge says, "This has been a very positive experience for us! I recommend this facility for rehab. You can't do better than the staff here." The staff at Gainesville is very proud of Al for his many accomplishments and they wish him all the best on his journey back home.

*By Lynnette Esse, Activity Director*

## June Birthdays

In astrology, those born between the 1st and the 21st of June are Gemini's Twins. Geminis love conversation, and they're good at it too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party. If you were born in June between the 22nd and 30th, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Celebrities born in June include:

### Resident Birthdays

Gertrude Ainsworth	Evelyn Lambert
Alexander Bigler	Margaret Williams
Alfred Cabaniss	Peggy Lanham

### Staff Birthdays

Maurice Okafor	Victoria Quanin
Kimberly Haywood	Charlotte Dogo
Melissa McComb	Frank Karikari
Meseret Hailegiorigis	Jasmine Gonzalez
Atrina Smith	Pioudan Teyiri

### Staff Anniversaries

Alma Martinez-9 yrs.	Lilia Turijan-7 yrs.
Ada Washington-9yrs.	Coral Turijan-2 yrs.
Savilla Grayson-9 yrs.	Daljit Jassal-1 year
Phyllis Schultze-9 yrs.	Sylvia Owusu-1 year

### Welcome to our May New Hires!

Alena Sysuyeva, LPN	Sheila McBride, C.N.A.
Arlene Sesay, C.N.A.	Annjuliet Lyons, LPN
Jasmine Gonzalez, C.N.A.	

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

**Josephine Zingle**  
**Richard Derby**

They are gone but not forgotten.

## Shining Stars



**Susanna Kang, LPN**

**Alma Martinez,  
Housekeeping Aide**

## What the Residents have Given to Me

*By Debra Garcia*



I look into your eyes  
and see memories not  
forgotten, but hiding  
inside.

Look into my eyes for a  
way to communicate and arise.  
I see the little kid in you that is trying to escape.  
Be that kid with me again, come on, let's relate.  
I see the comfort when you gain control of your  
surroundings.

Have comfort that I am in your surroundings.  
I see the happiness in your face when you  
laugh and smile.

Know that I am happy to see your face each  
day for a while.  
I see fear of what the day may bring.  
Fear not and know that you brighten my every  
day into spring.

I see sadness and tears that flow through your  
face.  
Let me wash them from your eyes if that is the  
case.

I see a light of hope that you are the way you  
once were.  
That light will never go out until God has His  
last word.  
For it is you, not me, that gives me strength  
each day.

For it is our daily journey together that will show  
us the way.

To Laughter, Love, Faith, Smiles, Happiness,  
Hope and even Tears  
I love you more and more every day of the  
year.

### The Staff and Residents Celebrate National Nursing Home Week May 10-16

#### Duck Dynasty Day



Kari Garmen, LPN; Mike Barrett, Maintenance Director; Lynnette Esse, Activity Director; Carol Lena, Resident

#### Hawaiian Day



(Top) Kari Garmen, LPN; Rose Jackson, C.N.A.; Maurice Okafor, Dir. of Environmental Services; Kelly Davis, DON; Mike Barrett, Maintenance Director; Karen Barrett, Social Worker; Lynnette Esse, Activity Director; Tyra Hicks, C.N.A.; Melissa Scally, LPN; (Bottom) Debi Garcia, Activity Assistant; Kristen Carey, Clairmont Unit Manager; Sara Criser, Dir. Social Services

#### Animal Day



Sarah Gardner, C.N.A.; Barbara Sever, LPN; Kristen Viands, C.N.A.; Debi Garcia, Activity Assistant; Brittany Kohler, C.N.A.; Tiffany Davis, Admissions Director; Constanza Pierre, ADON

#### Patriotic Day



Lynnette Esse, Activity Director; Kristen Carey, RN, Clairmont Unit Manager; Debi Garcia, Activity Assistant; Carol Lena, Resident; Bill Greaver, Resident; Kathy Tenney, Resident; and Pat Holley, Resident

#### Sports Day



Resident Anna Riley playing T-ball

### What Makes a Good Father?



By Residents: Shelley Murrah, Peggy Geyer, Marie Jordan, Carol Lena, Mary Baker, Anna Riley, Millie Hawley, Sue Penrod, Pat Love, Lillian Randolph, Karen Walton, and Lillian Gonzalez

A father is someone who...

Is dependable,  
Providing for his family  
And always there for them  
When they need him

Is loving and affectionate,  
Giving hugs freely  
And encouraging his children  
To try new things

Is patient,  
Teaching his children  
The rules of life  
And setting a good example

Is generous,  
Giving the gift of his time  
Offering help with homework  
Or a ride to practice

Is fun-loving,  
Willing to sit on the floor  
And play with abandon  
Focusing on the moment

Is respectful,  
Of his children's individuality  
Talents and dreams  
Putting their needs first

Is kind,  
Providing discipline through words  
Never acting in anger  
Or using fear as a motivator

### Silver, the Miniature Horse, and Owner Bettyann Senf Bring Smiles to our Center



Resident Barbara Grandstaff smiles for Silver



Resident Carroll Maxwell pets Silver from his bed



Resident Pat Holley is excited to see Silver

## GHRC Celebrates Mother's Day 2015



### Doris Bywaters Queen of GHRC

- Since the day I started here she has always been very sweet to me. Even if she doesn't have kids, she adopted me! I love her so much! (C.N.A.)
- She is always pleasant and encouraging. She never talks down to people. I know she's not a mother, but she has a heart like a mother. (LPN)
- She is a very nice person and does not complain. She appreciates every little thing you do for her. She cares for other residents, especially her roommate. She is very generous. (LPN)
- She is the kindest person I have ever seen. (C.N.A.)

- She is a real nice person and has been like a Mother to me since I moved to Clairmont. (resident)
- I love her so much. She is always there to listen to people, staff and residents alike. She makes knitting projects for everyone, including me. She is wonderful, smiles always, and loves life to the fullest. She is great! (staff)
- Doris is one of the warmest, most generous people I have ever known. I would be proud to call her "Mom" today and every day! (staff)
- She is a very nice person and very generous. She doesn't complain and she is very cooperative. She sympathizes with the other residents. (LPN)
- She has a good personality. (LPN)



**Cecile Pelletier Princess of Clairmont**

- Cecile is the sweetest lady in Clairmont – kind and good sense of humor. She must have been a wonderful mother, because her son takes such good care of her and shows he's been loved by this wonderful woman. (PT)
- She is beautiful, kind, smart, and sweet! (SW from Capital Caring)
- Cecile is very concerned with other patients. (LPN)



### Keri Bandy Princess of Fairview

- She adores her kids and always keeps in touch with them while she is in here at Gainesville. (C.N.A.)
- She is nice to everybody and always speaking. She has a lovely spirit and you don't need to talk to her long to know that. (C.N.A.)
- She is always with a smile and very pleasant. (C.N.A.)

- She is cooperative and supportive. She smiles a lot and she lets you know she appreciates your work. She does not curse. (C.N.A.)
- Even though she is sometimes in pain, she is always a very nice person. She asks for things to be done with kind words. I love her smile. (C.N.A.)
- Keri is the unsung queen of Gainesville. She always has a smile on her face and a kind word in her mouth. (LPN)
- Keri worries about her daughter and calls her daily to make sure she is OK. She is also a concerned daughter for her parents. (staff)

### Runners Up:

#### Shelley Murrah, Clairmont

- She is sweet and always willing to help people. Kindness is her thing. She has bad health but you would never know. She doesn't complain. (fellow resident)

#### Christina Woolwine, Fairview

- Mrs. Woolwine is always warm and friendly. She is engaging and is always appreciative of my help. (C.N.A.)
- So sweet, infectious laugh, positive attitude and outlook. (RN)