

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

July 2015

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



Celebrating July

Grilling Month

Family Reunion Month

Canada Day

July 1

Tom Sawyer Days

July 2-5

Independence Day

July 4

Collector Car
Appreciation Day

July 10

Cheer Up the Lonely Day

July 11

Everybody Deserves a
Massage Week

July 19-25

Moon Day

July 20

Paperback Book Day

July 30

Congratulations to our May and June Employees of the Month!



May Employee of the Month

Anthony Kargbo, RN, BSN

“Anthony comes in to help the center whenever he is asked. He always has a smile on his face and a positive word to share.”

June Employee of the Month

Judy Jones, LPN

“Judy has a wonderful manner with Mr. Valentini. When Ginny is not able to come visit Judy calls and updates her, which allows Ginny to focus on her own health.”



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:

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*

Rehab Success Story



Harold "Smitty" Smith

Harold Smith, or Smitty, as he has been called most of his life, lost his balance and fell in his bathroom at home, hitting his back on the bathtub. His granddaughter, Jackie, and her husband, Bill, heard the crash and came running.

Bill recalled, "He seemed OK, so we helped him get into bed. When he didn't get up at all the next day due to excruciating pain, we took him to the emergency room. X-rays confirmed that nothing was broken, but he was medicated for the pain. The pain meds made him a little crazy. He developed AFIB and had fluid in his lungs. The doctors recommended that he go to rehab to gain stability before returning home."

Smitty was admitted to GHRC on May 14th for rehab, primarily to rebuild his overall strength and balance, and get his pain under control. He started out using a wheelchair for transportation, then rapidly progressed to the use of a walker, and is now ambulating independently again.

"The therapists are all wonderful! They are #1 as far as I am concerned! Marie, my primary physical therapist, made therapy fun and motivated me to work harder. Of course the nurses are good also, the food is good, the activities are good, and everything about this place is good," Smitty reported.

Granddaughter, Jackie said, "He has been thrilled with the therapists here, and has loved working with Marie. He has been very driven to push himself hard. I am so proud of him."

Marie Clonts, PTA, commented, "Mr. Smith has made great progress in therapy. His strength and balance has improved significantly. He was having some back pain and has responded well to our treatment interventions. He is very motivated and participates enthusiastically in therapy. He is friendly to all the other patients and residents and delightful to work with."

Not one to sit around doing nothing, Smitty participates in numerous activities, eats his meals in the dining room, and socializes with many of the other patients and residents. He has performed miracles in cajoling his roommate into accompanying him to the dining room for meals.

He has witnessed the unadulterated joy on another man's face when he presented him with a simple, but very special gift that only he would appreciate. His thoughtfulness is inspiring. He has made the best of his situation and contributed to making this center a better place just by being here.

Originally from Great Falls, Virginia, Smitty began his early life on his grandfather's farm. When he was around five years old, his parents split up and his mom moved him and his older brother to Georgetown. She was able to walk to her job at Georgetown Hospital as they lived close by on the canal. Around the age of 16 the boys went to Richmond to live with their dad. Smitty attended high school in Richmond and was drafted by the U.S. Army in April 1945, at the age of 18.

For the next two and a half years Smitty served in Europe, primarily Italy, in a very unusual capacity. He and his team of three others lived in a hotel and went around the countryside with an interpreter looking for the bodies of American pilots who had been shot down. They paid the locals \$1 to dig up the American bodies and then took them back to one of the American cemeteries. His small squad was known as AGRMTZQM, which stood for American Grave Registration Mediterranean Zone Quarter Master.

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July Birthdays

In astrology, those born between July 1 and July 22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born between July 23 and July 31 are the Lion star sign Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious—reaching for the stars, working hard, and accomplishing their goals.

Resident Birthdays

Marie Jordan	Mae Rose
Peter Cosier	Shelley Murrah
Deborah Branham	Gloria Chevalier
James Daniel	Angeles Gueits

Staff Birthdays

Constanza Pierre- ADON
 Mary Cross-Sidky- Activity Assistant
 Tina Jackson- RN
 Margaret Martucci- RN
 Charlotte Royal- C.N.A.
 Janine Plott- Wound Nurse-RN
 Tamara Cooper- Nursing Supervisor-RN
 Francisca Ochieng- LPN
 Alena Farren- LPN
 Hasnaa Arrad- C.N.A.
 Nickiala Brown- LPN
 Coral Turijan- Housekeeping Aide

Staff Anniversaries

Melba Rodriguez- 9 yrs.	Karin Brice- 1 year
Carolyn Moore- 9 yrs.	Ramon Frias- 1 year
Sarah Garner- 9 yrs.	Eun Lee- 1 year

WELCOME TO OUR NEW HIRES- June!

- Anne Cruz- LPN
- Jeffrey Bowen- LPN
- Munah Norman- LPN
- Tasong Metangpa- C.N.A.
- Rajbir Kaur- C.N.A.
- Jozae Lewis- C.N.A.

Shining Stars



Tracy Anokye
 Pat Patterson
 Michelle Linton
 Hindrina Appelt
 Sharon Kaur
 Sylvia Owusu
 April Willett
 Ruth Kessinger
 Piodan Teyiri
 Barbara Sever
 Sheila McBride

Resident Poetry Continued

Recurrent Dreams

I am coming in the back door at work
 I notice things are different
 Things are cleaner in the back than normal
 I am lifting things that are too heavy for me
 My boss is mean to me
 Did the dream help me deal with the reality
 Of being hurt on the job?



By Shelley Murrah

Meet our new Medical Records and Supplies Coordinator



Nancy Atencio

Nancy Atencio began working at Gainesville Health and Rehab on May 15, 2015 after working at our sister center, Commonwealth Health and Rehab in Fairfax, for 27 years. Living in Manassas, her daily commute is now drastically reduced. Having helped out at Gainesville on numerous occasions, she knew before arriving to work that she was comfortable here. She said, "Everyone has been so nice, so welcoming!"

At Commonwealth Nancy wore many hats. She worked as a CNA, Med Tech, Unit Secretary, and Medical Supplies, so the transition to Medical Records and Supplies Coordinator here is a natural. The two tasks were recently combined after the building went entirely paperless on June 5th.

The role of the Medical Records Coordinator is now primarily scanning and uploading each day for the Clairmont Unit, and providing printed copies of medical records as requested.

The role of the Supplies Coordinator takes much more time. It includes billing for medical supplies, invoices and accruing, ordering medical supplies each week, and a physical inventory every three months. Charles Cato helps with receiving and delivering supplies to the units two days a week.

As a child Nancy often accompanied her mother when she went to work as a CNA at a nursing home. Her mother just retired three years ago as a CNA trainer at the age of 74. So Nancy can't remember a time that she wasn't comfortable in a healthcare environment. Her daughter is a medical assistant at Fair Oaks Hospital. Nancy says, "The most fun I have is interacting with the residents and patients!"

Nancy is excited about the challenge of learning about the medical records responsibilities. Her goals for this new job include getting the files more organized, and getting the Orbitz medical supplies kiosks and the PDT scanners up and running. Training for the staff will be a big priority. She also has plans to label the shelves in the supply rooms to make scanning easier.

Nancy's daughter, Theresia, and her grandson, Jonathan, age 11, live with her in Manassas. Her son, Jason, who works for Reinhart Foodservice in Manassas, has a 5-year old son named Kyle, who lives in Culpeper.

Swimming, walking, shopping, and cooking are a few of Nancy's hobbies. She also adores spending time with her grandsons.

Everyone at Gainesville Health and Rehab welcomes Nancy into our family! We are lucky to have her!

By Lynnette Esse



Resident, Anna Riley, celebrates 90 wonderful years with family and friends!

("Smitty" continued)

When Smitty came home to Richmond, his father got him a job as a carpenter's helper and he was a natural! He went on to become a carpenter, carpenter foreman, and a superintendent, working construction all his life. He married a young woman named Lily and the couple moved to Alexandria in 1947. Together they raised her three children and added two more to the mix. Sadly, Lily died of cancer in 1968. His son, Danny, lives in Fredericksburg and his daughter, Nancy, lives in Stafford.

One of Smitty's favorite past times was camping with a group of friends, initially sleeping in a tent and later in a camper. He and a fellow camper, a widow named Roxie, eventually got married in 1971 and moved to Grasonville, Maryland. They lived one block from the Chester River where he kept his fishing boat, "Borrowed Angel." They both loved fishing and crabbing. "Everyone loved Roxie – she was so personable," he said.

After he retired Smitty and Roxie worked together creating hand-crafted oak works of art. They sold their unique step stools, rocking chairs, cabinets, shelves, and hundreds of other items at area craft shows. They worked out of a shop in the garage, with him doing the woodworking and her doing the painting on some of the items. They had a great business going for 10-12 years. Their one-of-a-kind pieces were in great demand and continue to be treasured items that will be handed down to future generations. Unfortunately, Roxie also passed away after a long battle with cancer in 2002 at the age of 82. He misses his soulmate and knows that he will see her again one day.

Smitty looks forward to going home and getting back to his cherished woodworking. He is planning to come back and visit his roommate as they have established a special bond. He will look back on this experience with a smile on his face and fond memories in his heart.

The staff here at Gainesville is proud of Smitty for his positive attitude and accomplishments in therapy. Everyone will miss his kind-hearted smile and warmth!

By Lynnette Esse, Activity Director

Attention all Families!



Please be on the lookout for a survey in your mailbox from My Innerview.

Please bring your completed survey, in the sealed envelope provided, to the front desk receptionist at Gainesville Health and Rehabilitation Center by July 16. Your name will be entered in a drawing for a \$100 VISA gift card.

We are anxiously awaiting your feedback so that we know what we are doing well and what things we need to work on to improve our center.

Thank you very much!



Resident, Gertrude Ainsworth blows out her birthday candle.

GHRC Celebrates Father's Day with Music, Food, and Awards!



Frank Davidson and Family – King of GHRC

- Frank is a nice person. He always greets people with a smile. He is cooperative and respectful. (LPN)
- Frank is a very kind person from the inside and outside. (C.N.A.)
- Frank is the most respectful, kind, and appreciative person. (C.N.A.)
- Frank is very pleasant and sweet! (C.N.A.)
- Frank is very loving, calm, and quiet. He has no problems with staff and very appreciative. He always says thanks to staff whenever something is done for him. (LPN)
- Frank is very nice and appreciative of the care we provide. He is very easy going and handsome! (C.N.A.)
- Because he is the cutest ever! (C.N.A.)
- He is a very nice father to all! (C.N.A.)
- Frank is always so pleasant! He has a beautiful smile and appreciates everything. He is also a wonderful father with two very dedicated sons. (Staff)



Mo Darbo – Prince of Fairview With wife Fatima

- I love Mo's humor, smile, and laugh! (Staff)
- Mo loves to keep in contact with his family and kids. I can tell he stays strong for his family. (C.N.A.)
- Mo is a very friendly and approachable resident. He loves a good laugh! (Staff)
- Everyone likes Mo! He's very nice to everyone. (C.N.A.)
- I love to see how Mo interacts with his kids and grandkids when they visit him. (Staff)
- Mo is fun to joke around with. (Staff)
- Mo is always smiling and pleasant. He is eternally upbeat and positive. He is also a great father and role model for his kids. (Staff)
- He is a kind-hearted individual who has been a great father to the staff. (Staff)

Please note: there were two Princes of Fairview this year due to a tie vote. Everyone had a great time listening to music by Braeded Chord and eating subs from Subway. Thank you to all the family and volunteers who helped out!

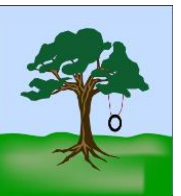
Recurrent Dreams Resident Poetry

I am wondering around a building
Usually a school
Looking for a classroom or something else
I go down hallways
I go up and down stairs
It's almost like a maze
Is something missing in my life?
By Carol Lena

My house is on fire
Sometimes I am inside
Sometimes I am outside
I am trying to get my animals
And my prized possessions out
Many years later when it really happened
I was ready and prepared
I saved my three cats and a lady I cared for
Did my recurrent dream save our lives?
By Mary Baker



I am swinging in the backyard
On a tree swing
I am going higher and higher
Faster and faster
I loved it!
It makes me feel confident and carefree
And then I start to fall
And I wake up
Did the dream teach me to be more cautious
Or more adventurous?
By Connie Smoot



I am sleeping and I hear music
I recognize the music as a precursor
To the arrival of the wicked witch of the West
Sometimes I can hear her evil cackle
And sometimes I see her out the window
I know she is coming to get me
I try to wake myself up to get away from her
Even today I can't stand the sight of a witch
What was I really afraid of?
By Pat Holley



Bill Jaynes – Prince of Clairmont with Jim & Mary Ann Reynolds

- Bill is kind and he deserves to be honored. (Resident)
- Bill is pleasant, sweet, and caring (Nurse)
- Bill always has a kind word and a smile when you go to see him. (Staff)



Homer Martin – Prince of Fairview With Family

- Homer is funny and humble (C.N.A.)
- Homer is a sweet and kind man. He laughs and jokes and can also tell stories with his long-term memory. (C.N.A.)
- Homer is the nicest person to deal with. He never complains. (C.N.A.)
- He has a good heart and expresses concern for those around him. (RN)
- He is awesome!