



**Gainesville**  
Health & Rehab Center

# The Gainesville INSIDER

A PUBLICATION FOR  
PATIENTS, RESIDENTS,  
AND FAMILIES

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## Message from our Leadership

Happy August! It's an exciting time of year as we embrace the last weeks of summer and gear up for back to school and Labor Day. It's also an exciting time at GHRC as we embrace some temporary changes. Our Administrator, Robin Brockwell, has had to take some time away from work as she gets some rest and awaits the arrival of baby Harrison. In the interim, I have had the privilege of working with the team until the arrival of Donna Epps on August 10.

We were excited to receive the results from our recent satisfaction surveys conducted by MyInnerview/National Research Corporation. Thank you to each resident, family, and staff who took time out of your day to provide us with valuable feedback about what we do well and where we have opportunities to serve you better. The Service Excellence Council is in the process of reviewing the results and will soon share with you the areas that you told us we need to improve upon. Keep the feedback coming and take every opportunity to participate in our satisfaction survey process so we can serve you better.

You may have noticed that prep work has begun on our parking lot expansion project on the side of our building. As we move further in this project it will be necessary to block off some spaces. We apologize in advance for any inconvenience this may cause and assure you that we will work as quickly as possible to minimize this. We have additional parking on top of the hill just in front of the center should spaces around the center not be available. We look forward to the additional spaces the expansion will provide.

Enjoy the remaining days of summer and I hope that I have the opportunity to personally meet each of you. Until then thank you for the opportunity to serve you and share in our mission to provide peace of mind to those we care for.

Wendy M. Walter  
Regional Director of Operations, CCR

# Rehab Success Story



**Claudia Coon**

After a recent back surgery, Claudia Coon was admitted to GHRC for rehabilitation therapy. Her legs were very weak and she could not lift them to get in and out of bed by herself. Her primary objectives have been strengthening her legs and core, and stabilizing her gait. She has made amazing progress in just a few short weeks!

Claudia remarked, "The work I have done here has been great! It has all been useful. The therapists have all been wonderful! They really care about all of their patients. They push you to do your best and to not give up, but they give you breaks when you are tired. I am seeing the light at the end of the tunnel!"

Deepti Gupta, our Rehab Director, commented, "Claudia is a very pleasant and motivated patient. She is also a good listener – she follows all of the instructions for her back precautions, is faithfully wearing her back brace, and is using her correct ergonomic training. At first she had a waddling gait, but she has made excellent gains and is now walking up to 500 feet with a rollator walker and short distances with a single point cane. She is independent with transfers and all activities of daily living."

"I am glad to be here," Claudia added. "I appreciate it. I have received very good care. I was lucky to have had a great roommate in the beginning. We watched TV and ate our meals together and talked all the time."

Claudia is looking forward to going home, where she lives with her son, Billy, daughter-in-law, Deanna, and grandchildren, 9 month old Kayleigh and 2 ½ year old Connor, in Haymarket. Claudia is very happy to be here in Virginia with her family. She ADORES being a grandma and taking care of her grandchildren!

Having moved here in 2014 from Clovis, New Mexico, Claudia is adjusting to life in Virginia. Growing up as an Air Force brat, she was used to moving all the time and making new friends. She liked the lifestyle, living in some exotic places like Germany, Morocco, and England, not to mention all over the United States. Her dad retired in Clovis and Claudia considers it her home.

After graduating from high school in Clovis in 1967, Claudia attended Eastern New Mexico University for two years. She and her high school sweetheart, Robert, were married in 1969. He joined the Navy and they spent the next 13 years moving from one base to another, a familiar lifestyle for Claudia. They lived in Portsmouth, Virginia, Kingsville, Texas, and San Diego, California, where Claudia decided to go back to school. She earned her Bachelor of Arts in Elementary Education in 1982.

Now, with a degree in hand, a beautiful new baby boy, Billy, and a marriage in shambles, Claudia returned to Clovis and the comfort of mom and dad. At first she worked at a Catholic school, later transitioning to teaching first grade for the Clovis school system.

Claudia met a wonderful man named Bill and the two were married in 1984. After retiring from the Air Force, he taught junior high school American History and Geography, and coached the girls' basketball team. In 1986 their son, Tommy, was born. They had a beautiful life together for almost twenty years until his untimely death from a heart attack at the age of 52. Although devastated, Claudia continued teaching for four more years, retiring in 2008.

At this point Claudia's life became centered on volunteer activities at her Methodist church, such as cooking big dinners for various fundraisers and singing in the choir. She and three other single women friends began to socialize more, often enjoying dinners out or going to concerts. Then after a prolonged illness, her friend, Marsha, called her son, Billy.

Billy said, "I'm just happy to be able to provide for my mother the way she provided for me all these years."

Our staff at GHRC has thoroughly enjoyed getting to know this happy and positive woman. Her willingness to do whatever it takes to get back home is an inspiration to us all. We wish her all the best as she returns home to the best role of all – Grandma!

*By Lynnette Esse, Activity Director*



## Congratulations to the Shining Star of the Month - Evelyn Ansah!



**Evelyn Ansah, LPN**

### We are proud of all of our nominees!

Arlene Sesay  
Tom Shelton  
Charlotte Royal  
Ramon Frias  
Sheila McBride  
Cynthia Cardenas  
Karimah Gonzalez  
Jeff Bowen  
Allanna Harrison - ST  
Andrea Espinoza - PT  
Francisca Ochieng  
Pat Patterson  
Kim Ivery  
Candace Washington  
Audrey Jones  
Carolyn Moore  
Savilla Grayson  
Rose Jackson  
Tracy Anokye  
Gia Melville  
April Willett

## Featured Resident of the Month



**Keri Bandy**

Keri Bandy came into our center on January 7, 2013 for a four-month rehab stay, leaving us in April of 2013. She returned in June of 2013 and has been with us ever since. She was voted the most popular female resident on the Fairview unit and was crowned "Princess of Fairview" on Mother's Day 2015.

When Keri was age one, she and her family moved to Manassas Park. Since she grew up in the area, Keri feels right at home here at GHRC. Keri's family still lives in Manassas Park and it makes her happy knowing that they are close by.

While reminiscing about her childhood, Keri recalled one particular Mother's Day. Keri said, "I've always had a love for animals, whether it be dogs, cats, or goldfish. So, I figured that my mother needed a 'buddy' while she was home alone all day. So, I got her a parakeet!" Needless to say, her mother was not expecting a parakeet as a Mother's Day gift, but gladly accepted the new member of the family. Little did Keri know that the parakeet, now known as Jerry, was going to have a permanent home in her room!

After high school Keri went straight to work and considered herself a true "workaholic," even working two full-time jobs at once at one point in her life. Keri had a few different jobs before falling into her position at the Red Roof Inn, where she served as a Guest Services Representative for 23 years. When asked if she liked her position as a GSR, without any hesitation she said, "ABSOLUTELY!"

Recalling back to an unforgettable work experience, she said, "My co-worker and I were actually robbed one night!" Keri remembers being on the phone with a guest of the hotel and her co-worker seemed upset, asking her multiple times to

get off the phone. She said, "I looked up and there was the robber! He had his arm wrapped up, looking as though he might have a gun, and his tank top was pulled over his head." They were unsure if he really had a gun, so she and her co-worker let him take whatever he wanted. Keri said, "Thankfully, he did not get away with much cash. We had just taken the cash for the deposit out of the register moments before and it was sitting on the counter in an envelope that he didn't see!" Keri and her co-worker never did find out if the police caught the person.

Nine years ago, Keri said that she received the best gift of her life, her daughter, Yvonnalyn. "She is the light of my life and I am blessed to have her as my daughter," Keri states. Yvonnalyn, who is partially named after Keri's sister, lives with her sister in Manassas Park and they come to visit as often as they can.

Even though Keri doesn't physically see her daughter every day, she can thank modern technology for FaceTime with Yvonnalyn on her iPad. "We FaceTime every day and she even texts me during the day," Keri says. "I really think she knows when I'm having a bad day, because I hear my text message alert go off and when I look at my phone, it's Yvonnalyn with yet another funny thing she has to tell me. She instantly brings a smile to my face and makes me forget about whatever is bothering me," Keri states.

Keri really appreciates all that her sister and family do to take care of Yvonnalyn while she is living here at GHRC. She is happy to know that she can sleep peacefully at night knowing that Yvonnalyn is in good hands with her family.

When asked about how her stay here at GHRC has been, Keri states, "Well, all of the nursing staff calls me Princess, so what more could I want? But, in all seriousness the staff here is very nice to me and treats me wonderfully, especially Tom, who is one of my aides multiple times a week."

Keri is such a wonderful person to be around and has a great sense of humor and spirit. She loves spending time on her iPad, working on crossword puzzles, and texting while she has free time. We are so happy to have Keri as a part of our GHRC family!

*By Christina Horan, Activity Assistant*

## Meet our new Staffing Coordinator



**Shannon Porsch**

Since February 2015 Shannon Porsch has her hands full, juggling the schedules of over 90 full time and part time nursing employees working three shifts, seven days a week, but she loves the challenge! She works hard to fill in the empty time slots when someone goes on vacation, goes on light duty, or is out sick. She gets creative with the use of PRN staff, who work as needed with a minimum of 16 hours each month, or cajoling people to work extra hours. She spends a lot of time on the telephone, finding that a text message is often the best way to reach people.

One of Shannon's favorite duties is interviewing prospective certified nursing assistants. As a former C.N.A. herself, Shannon knows what to look for. She says, "I pay close attention to the applicant's personalities and how they present themselves. We are looking for people who will be service-oriented and passionate about taking care of the elderly."

As a young girl Shannon was inspired by her grandmother who was an RN. Upon graduation from Oakton High School in 1997, Shannon went to work as a C.N.A. at Cameron Glen Health and Rehab in Reston, which later became part of the CCR family. She was very young and not prepared for the challenges of the job at that time.

Shannon spent the next ten plus years working as a secretary/receptionist for a doctor's office and later for a law firm before moving to North Carolina with her husband and young daughter, Courtney. For the next few years she enjoyed being a stay-at-home mom, doing medical transcriptions from home. Daughter, Kathleen, was born in North Carolina in 2006. Later, Shannon went back to work in various nursing homes as a C.N.A. and medication aide.

Sadly, the marriage ended and Shannon returned to Virginia in June 2014 to be near the love and support of her family. Seeking a position as a C.N.A. Shannon landed at GHRC several months later.

For the next six months Shannon raised the bar for Service Excellence, establishing a reputation for always going "above and beyond" in the care of her patients. She said, "I love my relationship with the residents and patients. I love getting to know them, talking to them, and hearing their stories!"

Even though she is in a different role now, Shannon is still working in health care, still surrounded by the people she loves!

Shannon and her significant other, Billy, live in Bealeton with Kathleen (9) and Billy's son, Aligah (18). Shannon is very much an outdoors lover, enjoying hiking, tubing, and anything else that comes her way.

GHRC is proud to include Shannon as part of their committed team of professionals!

*By Lynnette Esse, Activity Director*

## Resident Musings

### **“Raindrops on Roses and Whiskers on Kittens...These are a Few of My Favorite Things...”**

By Sonny Wadhvani, Vanita Wadhvani, Karen Walton, Connie Smoot, Paciencia Manalo, Marie Jordan, Debbie Branham, Bill Greaver, Vivian Holmes, Peggy Lanham, Mary Shal, Anna Riley, Florence Burns, and Carol Lena

Driving on a beautiful country road  
Traveling in the national parks  
Flags, pinwheels, stuffed animals and badges  
Christmas!

Going to the movies  
*The Avengers*, Science Fiction and Action Adventure movies  
J.R.R. Tolkien's *The Lord of the Rings* and *The Hobbit*  
Charleton Heston and Harrison Ford

Being with my music and my favorite girl  
Different people and different colors  
All people

Reading a good book  
*The Scarlett Letter*  
*The Hunger Games* books  
History

Cats and dogs (especially pugs)  
All animals  
Baby fawns with big white spots

A fine meal with people I like  
Chocolate  
Tiramisu

Playing an interesting game like Mahjong  
Tennis  
Playing ball  
Western TV programs

Dreaming...of a big house for all my friends and everyone I have ever met  
Money, money, money...but it can't buy happiness and it can't buy love!  
Playing my instruments...tambourine, flute, spoons, harmonica, kazoo, and recorder  
Singing Waltzing Matilda!

...these are a few of my favorite things!

## August Birthdays and Anniversaries



### Resident Birthdays

Carmela Sternecker  
James Aker  
Doris Stanley  
Beulah Randall  
William Dunn  
William Greaver  
Viola McBride  
Curtis Dittbrenner  
Jack Warf  
Carroll Maxwell, Jr.

### Staff Birthdays

Kristin Viands - C.N.A.  
Crystal Sarmiento - Business Office Manager  
Ashley Morrow - Business Office Assistant  
Tracy Anokye - RN Supervisor  
Shannon Porsch - Staffing Coordinator  
Traci Cooke - LPN  
Margie Teodoro - C.N.A.  
Tammy Simmons - Business Office Assistant  
Aurelio Cardona - Housekeeping Aide  
Charles Kato - C.N.A.  
Ramon Frias - LPN  
Savilla Grayson - Restorative C.N.A.  
Antony Kargbo - RN

### August Anniversaries

Evelyn Anseh - 9 years  
Judy Jones - 6 years  
Colette Leudeu - 3 years  
Rosemary Addow – 3 years  
Issac Danquah - 3 years  
Tashara Ivery - 2 years  
Barbara Sever - 2 years  
Hasnaa Arrad – 1 year  
John Papp - 1 year  
Shannon Porch – 1 year  
April Willet - 1 year  
Meerim Zhumasheva - 1 year

### Welcome to our July New Hires!

Christina Horan - Activities Assistant  
Jessica Booterbaugh - C.N.A.  
Kathya Mork - Housekeeping Aide  
Jane Schwartz - Registered Dietician  
Deborah Okine - RN Supervisor  
Emily Smith - Admissions Assistant  
Robin Brown - C.N.A.  
Dawn Etko - C.N.A. Applicant  
Brenda Zetino - C.N.A. Applicant  
Jill MacNeil - LPN  
Cheryl Hoar - RN

### July Memorials

William Williamson  
Holly Sloper

# Gainesville Health & Rehab Center

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71-248-6100 Phone

## Administration

Administrator, Donna Epps (Interim)  
Human Resources Manager, Aster Tekle

## Business Office

Business Office Manager, Crystal Sarmento

## Facilities

Environmental Services Director, Maurice Okafor  
Maintenance Director, Michael Barrett

## Nursing

Director of Nursing, Kelly Davis  
Assistant Director of Nursing, VACANT  
Clairmont Unit Manager, Kristen Carey  
Fairview Unit Manager, Dale Jeffries  
Wound Care Nurse, Janine Plott  
Staffing Coordinator, Shannon Porsch  
Medical Records/Supplies, Nancy Atencio

## Admissions

Director of Admissions, Tiffany Davis  
Admissions Assistant, Emily Smith

## Dining Services

Dietitian, Jane Schwartz  
Director of Dietary Services, Robin Ackerson  
Dietary Supervisor, Netta Yates

## Medical Services

Medical Director, Dr. Amr Behiri  
Physicians, Dr. Arun Gupta and  
Dr. Nadeem Qazi

## Social Services

Director of Social Services, Sara Criser  
Social Worker, Karen Barrett

## Recreation, Activities & Volunteers

Director of Activities, Lynnette Esse



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