

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



The Gainesville INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating September

Grandparents Day
September 13

**World Alzheimer's
Month**

**National Healthcare
Environment Services
and Housekeeping
Week**
September 13-19

**International Day of
Charity**
September 5

**Balance Awareness
Week**
September 14-20

Centenarian's Day
September 22

Good Neighbor Day
September 28

**National Rehabilitation
Awareness Week**
September 20-26

Grandparents are Wonderful Because...

They are very nice and loveable
They are easy to get along with
They are eager to give the parents a break
Grandparents get to spoil their grandchildren...
And then send them home

My grandmother delivered me into this world
My grandparents took me ice skating
My grandparents took me to the beach
My grandparents let us stay up late and watch movies
Grandparents are two of the best things in the world

Some of our grandparents came from other countries
Some of our grandparents lived in other states
Others lived right around the block
But no matter where they lived
Their favorite place was wherever their grandkids were

Grandmothers like to cook for their grandchildren
And teach vegetable gardening and canning
They like to take the grandkids shopping and buy them gifts

Grandparents like to have fun and host parties
And have lots of grandkids to spoil
But the best thing my grandparents taught me
Was how to be a wonderful grandparent myself!
God bless grandparents!

Department Heads

Administrator
Donna Epps (Interim)
Medical Director
Dr. Amr Behiri
Director of Nursing
Kelly Davis
Assistant Director of Nursing

Clairmont Unit Manager
Kristen Carey
Fairview Unit Manager
Dale Jefferies
Wound Care Nurse
Janine Plott
Admissions Director
Tiffany Davis
Assistant Director of Admissions
Emily Smith
Business Office Manager
Crystal Sarmiento
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
Director of Dietary Services
Robin Ackerson
Dietitian
Jane Schwartz
MDS Coordinator
Rosemary Addow
MDS Coordinator
Kim Haywood
Medical Records & Supplies
Nancy Atencio
Staffing Coordinator
Shannon Porsch



Gainesville Health and Rehab Center
www.facebook.com/GainesvilleHealthRehabCenter

Featured Resident of the Month



Mary Baker

Mary Baker, a resident of our Clairmont unit, has been with us for three years now at GHRC. Mary was born and raised in Loudoun County. After graduating from Loudoun County High School, Mary decided

she needed a change from her normal day-to-day routine and moved to York, PA. During her 30 years in York, PA, Mary worked in a sewing factory and for various retail stores, and met her husband, Charles. Even though Mary did not have children of her own, she had a wonderful step-son, Charles, Jr. Five years after the passing of Charles, Mary moved back to Loudoun County to be near her family.

Back in Virginia, Mary worked a couple of different jobs before she went to work at a greenhouse. Mary absolutely loved working at the greenhouse, stating, “I loved being outside and working with all the different types of plants”. She worked at the greenhouse for approximately four years before she retired.

Something not everyone knows about Mary, is that she has a love for animals. Over the course of many years, Mary had cats, dogs, and rabbits. Casey, a black and brown Miniature Dachshund, was very special to Mary. She had Casey for eight wonderful years. One funny thing that Mary recalls about Casey is that “if Casey didn’t like you, he would bite your REAR!” On many occasions Mary found pieces of fabric from the backseat of someone’s pants and knew that Casey “got ’em.” “I really loved that dog with my whole heart, and when he died, it broke my heart,” Mary stated. After Casey was gone, Mary had 15 cats over the course of nine years.

When Mary started to realize it was getting hard to take care of her cats and herself, she made a tough decision to give her last two cats to her friend. A year and a half after giving her

cats to her friend, Mary’s doctor recommended that she shouldn’t live alone. So after looking around, Mary decided to come to GHRC.

“It was a big adjustment at first, moving into a place that wasn’t my home, but I’ve come to accept it,” Mary stated. Her sister, Beth, lives nearby and visits as often as she can. Mary enjoys coming to almost all of the daily activities, and when she has some free time, she enjoys reading books, enjoying the nice weather outside, and listening to her radio.

We are happy to include Mary as part of our GHRC family and appreciate the opportunity to get to know her better!

By Christina Horan, Activity Assistant

Music to Our Ears



Music is not just an enjoyable distraction. Research shows that music has the ability to alter the chemical processes of the brain in healthy ways. It may come as no surprise that music can reduce amounts of the stress hormone cortisol. But did you know that listening to pleasurable music actually strengthens our immune systems? Participants showed improvements in motor and cognitive functions.

Research also shows that when we listen to music, several areas of our brains—those governing movement, attention, planning, and memory—are simultaneously activated.

Is there no end to music’s benefits? Music also helps the listener eat more when needed.

At GHRC we are going to introduce music therapy to a small group of our residents several times each month. We are excited to see how these residents will respond!

Of course, we will continue to offer professional and amateur musical entertainment throughout the month for everyone.

Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they’d rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

Resident Birthdays

Willie Mae Vincent	Mary Baker
Mabel Brown	Lillian Gonzalez
Betty Luther	Hwa Kim
Mary Shal	

Staff Birthdays

Phillis Schultze	Massa Pasewe
Michael Barrett	George Onaiwu
Ashley Morrow	Karimah Gonzalez
Carlene Gonzalez	Aster Tekle
Barbara Sever	Claudia Diaz
Melissa Jamison	Elizabeth Ford
Sheila McBride	Jessica Booterbaugh
Kat Mork	

Staff Anniversaries

Griselda Canales - 9 years
Melissa Scally - 6 years
Candace Washington - 5 years
Florence Aliagha – 3 years
Charles Kato- 2 years

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

Barbara Courtland
Angeles Gueits
Theresa Keller
Leah Feddern
George Hayward

They are gone but not forgotten!

Shining Stars

Those Who Have Gone Above
and Beyond...



Congratulation to Shining Star of the
month Ramon Frias, LPN!



Nominees:

Nancy Dean	Ale Samayoa Garcia
Shannon Porsch	Barbara Sever
Pius Nrenzah-Armoh	Kelly Davis
Jozae Lewis	Candace Washington
Nancy Atencio	Audrey Jones
Kim Haywood	April Willett
Atrina Smith	

WELCOME TO OUR AUGUST NEW HIRES!

Ana Berger - Activity Assistant
Whitney Wilson - C.N.A.
Claudia Diaz - C.N.A.
Irene Katarbarwa - C.N.A.
Komal Othi - C.N.A.
Amber Lansdowne - C.N.A.
Shannon North-Giles – RN Supervisor

Am I Awake or Still Dreaming?



By Ava M. Stinnett

Dreams have been a subject of interest and fascination for hundreds of years. Perhaps you've been puzzled about what a particular dream meant or you've wondered why you dream at all. Why do some people have no difficulty remembering their dreams, while others recall dreams only occasionally or not at all? A dream can include many thoughts and emotions including joy, sadness, confusion, or great fear. When a dream becomes very intense, you might wake up laughing, crying, or feeling disoriented. It may take several minutes to shake it off, but once you've started your morning routine, the feelings often dissipate as you start your day. For people with Alzheimer's disease and other forms of dementia, a similar loss of sense in their time and place isn't something that they can easily shake off.

Perhaps that explains why agitation seems to be more common in the morning, although it can occur at any time during the day. For some seniors, this comes from not really grasping the nature and purpose of their surroundings. They may wonder, "Who is this person? Why am I here?" Consequently, they feel alone and frightened or even abandoned by family. They may become difficult or refuse care. It's important to calm and reassure them about their surroundings and routines, just as you would with any family member waking up from a troubling dream.

The Hebrew Home at Riverdale has developed a creative and thoughtful pilot program to help residents with Alzheimer's disease and other forms of dementia break through "the morning fog of forgetfulness that can often cause them agitation and fear." Prerecorded messages from family members are played on a laptop or tablet. Relatives who take part are asked to say good morning, use short memory-triggering personal anecdotes, and remind the residents that staff will be helping them get ready for the day.

The idea for this "video therapy" came from the 2004 movie *50 First Dates*, in which a brain-injured woman played by Drew Barrymore loses her memory every day and a suitor played by Adam Sandler uses videos to remind her about him.

Charlotte Dell, director of social services at Hebrew Home, says that the video becomes part of the morning routine. "We're looking to see if we can set a positive tone for the day without using drugs." The program is currently limited to residents in the early and moderate stages of dementia who are likely to recognize the people in the video and understand what they say. But because of the varying degree of memory loss, this technique may work beautifully for one resident, but another may find it confusing or feel wary of new things.

Alternatives to prerecorded video messages include: a CD player at bedside with morning and nighttime music of the resident's choice, or a Build-a-Bear with a prerecorded message from the loved one. Loading a tablet with familiar pictures, music, or even videos are effective ways of redirecting someone's attention. It may take some trial and error to find the best tool, but your efforts, combined with person-centered care will pay off in the long run.

Environmental Services and Housekeeping Week September 13-19



Back row: Katya Mork, Adela Canales, Aurelio Cardona,
Center row: Alma Martinez, Melba Martinez, Gladys Santos
Front row: Maria Aguilar

Thank You to the Housekeeping Staff!

Thank you for washing our clothes and bringing them back to us. Thank you for folding them, hanging them up, and putting them in drawers. Thank you for caring for our things as if they were your own.

No matter how busy you are, you always take the time to talk with us. Your care in cleaning our rooms, in cleaning up our accidents and spills, and in taking out our trash, is much appreciated! Thank you for doing your very best on our behalf.

Thank you for mopping our floors, cleaning our bathrooms, and stocking our supplies. Thank you for washing all of our linens and towels...all through the day and night. Thank you for buffing and polishing the floors and washing the windows inside and out...they shine almost as much as your smiles!

Thank you for all the little extras you do, like bringing us ice water when we ask. Thank you for spending extra time visiting, talking with, and caring about our Spanish-speaking residents.

Thank you for cleaning up the dining room after our meals and helping to bring us to activities. Thank you for pitching in wherever you can. You go above and beyond, and we are truly grateful. You are all shining stars to us!



Saturday, October 17, 2015
8:30 a.m. registration
Manassas, Virginia

We need your help! Sign up to join our team or make a donation!

Unite in a movement to reclaim the future for millions. Join our team for the Alzheimer's Association Walk to End Alzheimer's®, the nation's largest event to raise awareness and funds to fight Alzheimer's disease.

In order to raise more awareness and money for the GHRC team, we are sponsoring additional activities.

Football Fridays – All staff are invited to pay \$1 to wear dress jeans and their favorite team jersey. The Activity staff will collect your donation and give you a special sticker to wear for the day. All proceeds will go toward the Alzheimer's Walk.

Specialty Basket Raffle - tickets will also be sold for four gift baskets – Redskins, Dallas Cowboys, Coffee & Tea, and Gourmet Food that will be on display in the front lobby. Tickets will be available from every department manager through October 16th at a cost of \$1 each or 6 for \$5. All proceeds will go toward the Alzheimer's Walk.

Coins for the Cure - an additional fundraising activity that will be conducted on the units. This friendly competition will take place from now until October 16th. Please contribute your spare change to support the Walk at each nurse's station.

<http://act.alz.org/goto/GHRC>

Meet our New Admissions Assistant



Emily Smith

Emily Smith began her new position as Admissions Assistant at GHRC on July 13, 2015. She raves about her new job, saying, "I love how dynamic this business is! I love interacting with

the residents and their families, listening to their stories, and helping them with their concerns."

In her new role, Emily's responsibilities are vast. She is in constant contact with the local hospital case workers, discussing patients who will be ready for discharge soon. She looks over referrals for potential new admissions, ensuring that they are appropriate for the services we provide, and that we can provide the best possible care for them.

This energetic young woman is determined to make a good first impression, as she is often the first person from our company that new families meet. She handles the admissions contracts and answers all of the initial questions and concerns. She is involved in the new team-based assessments, along with the social worker, business office manager, nursing supervisor, and therapy director.

While a student at James Madison University in Harrisonburg, Virginia, Emily was inspired by one of her professors, who had previously worked as a nursing home administrator in Florida. She told interesting stories of the residents and families she had dealt with, and of the huge demand for long-term care. Already interested in health care and business, Emily said, "I looked at how successful she had been, how young she still was, and I was hooked!" She earned her Bachelor's Degree in Health Administration in 2014.

During the time Emily was going to school she completed a 320-hour internship at Falcon's

Landing Military Retirement Community in Potomac Falls, Virginia. Upon her graduation she was hired as a Resident Services Assistant, where she assisted in making calendars and scheduling outings for the residents.

After a while Emily opted to focus on getting her administrator's license. While she studied for the test, she worked for her father's company in Manassas. Of course, she passed the test with flying colors! She knows that she needs to gain much experience before she can move up the ladder. Right now she is happy to be soaking up all that she can in her Admissions Assistant role here at GHRC!

As a lover of all things related to water, such as boating, water skiing, fishing, swimming, and eating seafood, Emily hopes to be running her own building in Florida someday.

Emily and her boyfriend, Nick, met while going to school at JMU. He earned a degree in biology and has plans to go back to school to work on a degree in biodefense. They have been together for two years now and have much in common.

This smart, attractive, 23-year old outdoors woman has a bright future ahead of her. Gainesville Health and Rehab is happy that she choose this center to begin her journey of serving, learning, and growing! Welcome to the family, Emily!

By Lynnette Esse, Activity Director

Attention all Families!

Please remember to sign out your loved ones prior to taking them out of the building. Please speak to their nurse before leaving. The sign-out book can be located at each nurse's station. This is VERY important! We need to know each resident's whereabouts at all times to ensure their safety and well-being. Thank you very much!

Meet Our New Dietitian

Jane Schwartz, RD



Jane Schwartz began working at GHRC as the new Registered Dietitian on July 7, 2015. She divides her time between Gainesville and our sister center, Manassas Health and Rehab, with two days spent in each building as well as every other Friday.

In her new role she is responsible for keeping everyone's nutrition on track. She monitors each resident's intake through the documentation provided by the nursing assistants and she monitors their weight as the information is updated each month. She also keeps tabs on lab results, checking levels of electrolytes, proteins, vitamins, and minerals, and making adjustments to diet orders.

If a patient or resident has active wounds, Jane often adds protein supplements and multi-vitamins with minerals to help with the healing process. Dialysis patients also require the addition of supplements to their diet orders.

If a resident has difficulty swallowing, Jane might make a change to the food texture, transitioning to a mechanical soft or pureed texture diet. She might also adjust the liquid consistency from thin liquids to nectar, honey, or pudding thickened liquids as needed.

On a day-to-day basis Jane is reviewing charts, looking at each resident's BMI (body mass index), determining the proper calories, protein, fluids, and supplements that each resident needs.

Although this is Jane's first job working as a Registered Dietitian, she is already comfortable here. She comments, "I knew I would love this population. It feels like a big family here. I love it! I feel so blessed and content. This job is such a good fit for me!" She says her biggest challenge is remembering everyone's name.

As one of five daughters, Jane grew up with a stay-at-home mom who was always cooking. Jane loved being in the kitchen and going grocery shopping with her mom. With a passion for health, nutrition, food, and a love of writing, she began her college education as an English major with a minor in nutrition. Later she was advised to change to a Bachelor's degree in Nutritional Science for better job opportunities. She graduated from Oklahoma State University in 2011.

After traveling for a while Jane began taking graduate courses through Cedar Crest College in Allentown, Pennsylvania. While taking online classes at night, she participated in a 1200-hour dietetic internship during the day. This full-time rotation included working in food service management for Prince William County Schools, in a clinical setting at Mary Washington Hospital in Fredericksburg, Virginia, and in a long-term care setting at Iliff Nursing and Rehab in Dunn Loring, Virginia. She earned her Registered Dietitian credentials in April and passed her exam in May 2015.

Concurrent with her job offer to work for CCR, Jane was offered an internship with Joy Bauer, nutrition and health expert for NBC's Today show. For now Jane is doing both. She spends some of her evenings and days off researching and writing for Joy. She lives at home in Montclair, Virginia, with her family, enjoying cooking, reading, writing, walking, and spending time outdoors.

Jane comments, "I can see myself doing this for a good long while!"

GHRC is happy to have this energetic young woman looking out for the nutritional health of our residents. She is a pleasure to have around and a wonderful addition to our family!

By Lynnette Esse, Activity Director