



The Gainesville INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating October

**National Physical
Therapy Month**

**Organize Your Medical
Information Month**

**National Healthcare
Food Service Week**
October 5-11

**World Day of
Architecture**
October 5

**Balloons Around the
World Day**
October 7

Columbus Day
October 12

Alzheimer's Walk
October 17

Halloween
October 31

Why I Love Fall

*By Residents: H. Martin, M. Hawley, R. Perkins, C. Woolwine, B. Greaver,
D. Branham, M. Baker, D. Chevalier, C. Lena, K. Walton, and S. Wadhvani*

I love the changing colors of the leaves
The air so fresh, crisp, and cool
The piles of leaves are so fun
For the kids and dogs to jump in

The new school year marks new beginnings
Learning new things
The start of new adventures
Meeting new people and football games

Fall means bringing in the harvest
A time of abundance
The season for apples and pumpkins
Corn mazes, hayrides, and fall festivals

It means meals change to comfort foods
Like stews, soups, and piping hot bread
It gets dark earlier as we "fall back"
And gain an hour

It is the start of the holiday season
And we get to go shopping!
We take our warm clothes out of storage
And look forward to bundling up

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



Featured Resident of the Month Joseph Burnette



Norma and Joe Burnette

While living in Hampton, VA, Joe attended a young peoples' church retreat. Little did he know, he was about to meet Norma, the woman he would later marry. Norma, Joe's wife of 51 years, remembers being at the retreat at dinner time. She said she was taking a peek in the dining hall to see "what looked good." When she first saw Joe, all she saw was that "ear to ear" grin and nothing else. Later that evening, a movie was on the schedule. She sat down in an open seat next to Joe. The movie projector was not working, so she and Joe talked and talked until it was fixed.

When things really got serious between Norma and Joe, and knowing what his medical diagnosis was, Norma remembers thinking to herself, "What will Joe's condition be like when he gets older, even though his symptoms keep getting better?" And then, she thought, "We will just deal with whatever comes our way." And that is what they have done ever since. "In Joe's mid-60's his limbs started to become very painful and contracted, which is why he currently is at GHRC," Norma said.

Together, Norma and Joe have a beautiful family which includes three children; two daughters, one son, and four grandchildren. Having a love for cars, he enjoyed working on them during his free time. At one point, Joe took classes at Duke University to become a minister and served for a few years. Joe also enjoyed yard work, and Norma remembers her neighbors telling her that he was up on a ladder working on their roof and it was shaking. Joe had them all scared!

All in all, their life together has been wonderful, Norma says. They have enjoyed taking trips together, always had animals, and a strong Christian faith. They have been through thick and thin, and numerous hospital visits, stays, and procedures, but have always been by each other's sides.

Norma visits Joe daily and enjoys spending time reading, talking, and being together. We are so grateful for Norma taking the time to share Joe's story with us. We are so happy to have Joe as part of our GHRC family.

By Christina Horan, Activity Assistant

Joseph "Joe" Burnette, who was known as a "go-getter" during his adulthood, received some life-changing news as a teenager. Born in North Carolina, Joe had two loving parents and one younger sister. When he was 10 years old, his family uprooted and moved to Tennessee.

Shortly after they moved to Tennessee, Joe and his parents started noticing that Joe's right hand was shaky and that his right shoulder had started to droop. This went on from age 10-15. While dealing with these symptoms and an unknown diagnosis, Joe continued going to school despite the noticeable spasms in his hand. One morning, at the age of 15, Joe woke up and found his body all twisted, and he had major pain in his neck. His father took him to the doctor, where they received the rare diagnosis of Dystonia Musculorum Deformans, which is a state of abnormal muscle tone. Later, as an adult, it was determined that it was caused by a birth injury.

Joe was not able to return to high school for two years. When he did finally return, he had a spastic right arm, and had to learn to write left-handed, but he could walk.

Joe attended Carson College where he received a teaching degree in mathematics. He went off to teach at a school in Hampton, VA. During his early teaching career, he went back to school to get his Audio Visual degree. He put this to good use, eventually running the Audio Visual Department at the school.

October Birthdays

In astrology, those born from the 1st to the 20th in October 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.

Resident Birthdays

Margaret Scott	Joyce Ballou
Christina Woolwine	Clara Elliott
Irvin Whetzel	Celeste Mullins
Joseph Burnette	Dolat Izadikalantari
Patricia Love	Cecile Pelletier
Theda Davis	Mary Goodman
Judymae Allen	Sonue Wadhwani

Staff Birthdays

Cheryl Hoar – RN	Maria Aguilar – Laundry
Jill MacNeil - LPN	Wendy Adkins - BOA
Isaac Danquah – LPN	Rajbir Kaur – C.N.A.
Tom Shelton - C.N.A.	Cynthia Cardenas-C.N.A.
Barbara Sever - LPN	

Staff Anniversaries

Maurice Okafor - 6 yrs.	Nancy Dean - 3 yrs.
Grace Kwame - 6 yrs.	Dale Jeffries- 2 yrs.
Melissa Jamison - 5 yrs.	Cynthia Cardenas-1 yr.
Sharan Kaur – 4 yrs.	Melissa McComb - 1 yr.
Kristen Carey - 3 yrs.	

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

**Margaret Williams
Erich Dittrich
Bill Jaynes
Zartar Canter
Loren Williams
Ronald Meyer**

They are gone but not forgotten!



Come and Sign up to compete in the
Gainesville Health and Rehab Chili
Cook Off!

To be held in the Main Dining Room
from 4 pm to 6 pm on Friday,
October 16th

Three Categories to choose from:
**White, Traditional
and Red Hot!**

We will also have a side competition
with Corn Bread for those bakers
out there!

For those not competing we welcome
you to come and try all of the entries
for \$5. All proceeds go to benefit
the Alzheimer's Association!



Blood Sugar and Dementia: A New Clue to Preventing Cognitive Decline



By Jane
Schwartz, R.D.

Nine percent of
American adults
are diabetic,
and the same
prevalence
stands for the
total world
population
according to the

World Health Organization's 2014 Media Centre
Fact Sheet.

Those with diabetes know the drill: there's a delicate balance of consuming sugar and other carbohydrates and utilizing adequate insulin to process that sugar properly in the body. Uncontrolled blood sugar levels cause symptoms ranging from shakiness, increased thirst and urination, heat flashes, fainting, nausea, and blurred vision. At its most severe hyperglycemia sends individuals into diabetic coma, which can be deadly. Overweight and obesity are such common conditions that their link to diabetes is often taken for granted. And the ubiquity of sugar in our foods today (even non-sweet foods) makes all these conditions seem unavoidable. It takes a plan, diligence, and discipline to avoid becoming one of the statistics. Besides avoiding these health disparities, a recent study brings to light yet another reason to control blood sugar: preserving cognitive function.

A new study from Stockholm, Sweden shows that diabetes and poor blood glucose control may be precursors to Alzheimer's disease and other forms of dementia. The suggestion has been made in several former studies linking

diabetes to cognitive decline. However, this was the first large-scale research effort – studying 350,000 people with Type 2 diabetes - showing the impact managing one's blood sugar has on developing dementia down the road. Patients with HbA1c levels* of 10.5% or higher had a 50% higher chance of developing dementia than patients with HbA1c levels of 6.5% or lower.

One of the researchers at Sahlgrenska Academy says, "Our findings suggest that preventing dementia by means of improved blood glucose control among type 2 diabetes patients has a promising future." (Hillgren).

While a singular study is not enough to prove a cause and effect relationship, this Stockholm study has big implications to guide further research. Knowing the possible risk relationship between blood sugar and dementia may be key to preventing dementia. We know the effect diet choices has on our weight, which in turn impacts a myriad of other areas of health. Equipped with this breaking new insight on blood sugar, we can have hope that we can play a pivotal role in steering the course of our own cognitive health. So keep your blood sugars well-managed by checking them regularly, maintaining an appropriate insulin regimen, communicating with your healthcare professionals, and maintaining a healthy weight. You just might be saving yourself from later years of dementia.

*HbA1c is the standard measure of an individual's average blood glucose level over approximately 3-6 months.

Citation:

Hillgren, Johanna. Better Levels of Blood Glucose Control May Prevent Dementia. 15 September 2015. University of Gothenburg, Sahlgrenska Academy, Research. Stockholm.

Father Brian McAllister Finds His Garden of Spiritual Treasures at GHRC



Father Brian, of Holy Trinity Catholic Church in Gainesville, considers Gainesville Health and Rehab to be a "garden of spiritual treasures." He says, "Coming here is therapeutic for me – therapy for my own selfishness. I come in here as a priest, offering

Mass and the Eucharist, with these unworthy hands, and yet I am receiving right along with the residents and being loved by God in the process."

Feeling that it is also his job to help with "spiritual rehab," Father Brian visits those who are unable to attend church in person. "The prayers are rich in this place," Father Brian adds, "God hears those who are suffering."

Father Brian tells that God has a plan for everyone. He says, "If you allow Him to, He will show you that plan. For me, I have been surprised by God's plan for my life."

Originally from the Richmond area, Brian was raised in the Lutheran church. Later, when Brian was 16, his mother became a Catholic, but Brian attended church only sporadically. He majored in literature at Centre College in Danville, Kentucky, where he participated in Army ROTC and joined a fraternity. He said that he "probably enjoyed fraternity life a little too much!"

After graduating in 2000 Brian served as a Captain in the Army, where he worked as a paratrooper and signal officer. He was deployed to both Afghanistan and Iraq after 9-11, remaining at each location for about six months. He said, "I didn't see direct-fire combat, but it was a difficult transition to civilian life after all that high testosterone stuff." He chose to leave the Army after four years of service in 2004.

Once released, Brian spent the next two years on an intense mission to find his purpose. He had a short-lived fantasy of becoming a spy. He went back to school to study teaching and was not fulfilled. He tried commercial real estate and defense contracting and was totally disappointed. He dated and even bought a house, but he was not happy.

At the age of 26 Brian became Catholic. Two weeks later, in the spring of 2006, he met with a Catholic priest in the Catholic Diocese of Arlington's Office of Vocations. In this first encounter he expressed his love for God and his desire to be married to the Church.

Two years later Brian entered seminary, completing his education in 2014. He spent an interim year as a Deacon, seeking internal peace before his final commitment. At last, this past June, he was ordained a priest.

As he has been involved at GHRC for the past year and a half, both Brian's prayers and those of the staff and residents have been answered by his continued assignment at Holy Trinity. Everyone has enjoyed his musical talent during "Brian's Acoustical Favorites," where he has entertained all who would listen. GHRC appreciates Father Brian's time and devotion to our residents and wishes to say "Thank you!"

By Lynnette Esse, Activity Director

October is National Physical Therapy Month



Catalina Lemcke, Marie Clonts, Ash Sefain, Michelle Grgurovich, Deepti Gupta

Tribute to our Physical Therapists

Thank you for keeping our muscles strong and flexible; for motivating us to stretch a little further and to try new things.

Thank you for helping us to improve our endurance, talking to us, and going out of your way to do things for us.

Thank you for encouraging us to keep working hard, even when we are down, and making sure we don't give up.

By Residents: H. Martin, M. Hawley, R. Perkins, C. Woolwine, B. Greaver, D. Branham, M. Baker, D. Chevalier, C. Lena, K. Walton, and S. Wadhvani

National Physical Therapy Month is hosted by APTA each October to recognize how physical therapists and physical therapist assistants help transform society by restoring and improving motion in people's lives.

This October, the focus is on healthy aging: informing consumers that they can receive an evaluation directly from a physical therapist, who can help people overcome pain, maintain vital mobility, and preserve their independence as they age.



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

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

http://act.alz.org/site/TR/Walk2015/DC-NationalCapitalArea?team_id=263014&pg=team&fr_id=7378

The Alzheimer's Association is the leading voice for Alzheimer's disease advocacy, fighting for critical Alzheimer's research, prevention and care initiatives at the state and federal level. The organization works to make Alzheimer's a national priority.

Join Gainesville Health & Rehab and the Alzheimer's Association for a presentation on *The Basics of Alzheimer's*. Jane Priest, the Regional Manager for Programs and services at the Alzheimer's Association, will be presenting.

Please RSVP to Tiffany Davis at tdavis@Gainesville-rehab.com or 571-248-6100.

HealthTalks
 Your health. Expert advice.



October 5-11



Sidney Ash, Liza Ferguson, Antionette Yates, and Anabele Menjivar

(Not Pictured) Ruben Buah, Gregory Fameye, Thomas Short, Timothy Turner, Robyn Spencer, Milagro Reyes, Patricia Quieneche, Abdul Kamara, Angela Bernal, Kenneth Assiako, Mary Yates, Melba Ramirez, Denise Hill

Tribute to our dietary staff

Thank you for slaving over a hot stove all day so that we have something good to eat.

Thank you for having a variety of healthy meals for us to choose from.

Thank you for having alternates available for us when we are being picky eaters.

Thank you for setting the tables so nicely and stocking the little packets.

Thank you for preparing our trays and personalizing our dining experiences.

Thank you for being so prompt in delivering the trays to the hallways.

Thank you for remembering our allergies.

Thank you for taking the time to talk to us when you are on your break.

Thank you for the special meal on our birthdays.

We appreciate everything you do for us!

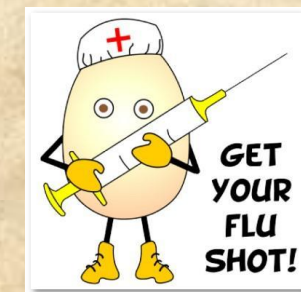
Thank you for all that you do!

By Residents: H. Martin, M. Hawley, R. Perkins, C. Woolwine, B. Greaver, D. Branham, M. Baker, D. Chevalier, C. Lena, K. Walton, and S. Wadhvani

The Healthcare Foodservice Workers Week™ tradition was started in 1985 by a legacy association that is now part of the Association for Healthcare Foodservice (AHF). Through their efforts the U.S. Congress declared that the first week of each October would be a national time to recognize the integral role that foodservice staff have in helping the employees and patients of healthcare facilities stay well-nourished and healthy. Today the importance of excellent nutrition has been established and documented, but it is even more critical to those individuals in healthcare facilities. This week is an excellent opportunity to recognize and thank those dedicated individuals who provide food and nutrition services in healthcare.

"Foodservice and nutrition professionals in healthcare play a vital role in maintaining the well-being of our patients," said Randy Sparrow, President of AHF. "We rely on our foodservice professionals to create and deliver meals that are flavorful and nutritious. Healthcare Foodservice Workers Week is our way to say thank you to the many dedicated individuals who work tirelessly to provide comfort to our patients."

Flu Shot Time Again!



Flu shot declination forms have been sent out to families and need to be filled out and brought back to the facility if you do **not** wish for your loved one to receive the flu shot. All residents will receive a flu vaccine in October unless we receive paperwork from the responsible party declining the shot. Thank you.