



The Gainesville INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating November

National Hospice Month

**National Diabetes
Month**

**National Alzheimer's
Disease Awareness
Month**

**Nurse Practitioner's
Week**
November 8-14

**National Patient
Transport Week**
November 1-7

World Kindness Day
November 13

Homemade Bread Day
November 17

**International Men's
Day**
November 19

Thanksgiving Day (U.S.)
November 26

HealthTalks

Your health. Expert advice.

Medicare health plans and prescription drug coverage can be confusing. Every year, plans can change! Medicare Open Enrollment is October 15 – December 7. Do you have questions about what options you or your loved ones may have when it comes to Medicare coverage? We have answers!

Join Gainesville Health & Rehab and the Prince William County Area Agency on Aging for a presentation on **Medicare Open Enrollment**. Rosemary Walker, the VICAP Representative for the area, will be presenting and answering questions.

Seating is limited, so please RSVP to Tiffany Davis at tdavis@gainesville-rehab.com or 571-248-6100.

Wednesday, November 18, 2015 at 3:00 pm.

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
Director of 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
Russell Adams
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



Maxine Guillory

Maxine Guillory, who is a resident of our Clairmont unit here at GHRC, has been with us since May of this year. You can easily recognize Maxine by her infectious

smile and warm personality. She was born in Jennings, Louisiana. At the age of two months, she moved to Lake Charles, where she resided until she went to college. After college, Maxine returned to Lake Charles, met her husband, Joseph Johnson, and shortly thereafter they were married.

Since Joseph was serving in the Air Force, they moved to different places in the United States and to different countries. After five of their seven children were born, the Johnsons headed to South Dakota, where they brought their sixth child into the world. They spent about three years in South Dakota, and Maxine stated, "I loved it there!" After South Dakota, their next stop was Germany where their last child was born. They spent four years in Germany, then moved back to the United States to spend another four years in Myrtle Beach, South Carolina, then finally, their last stop, Florida.

While spending all those years on different military bases, Maxine wanted to keep herself busy, so she worked at the Base Exchange, in the laundry and dry cleaning areas. "It wasn't just a job to keep myself busy," Maxine stated, "but also something that I really wanted to learn to do."

After being in Florida for a while, Maxine and Joseph unfortunately went their separate ways and Maxine made her way back to Louisiana.

While living there, Maxine started randomly passing out. After passing out three times in one day, she went down the hall to see her neighbor. While they were talking, Maxine passed out again, prompting a call to 911.

Maxine said, "I had a brain tumor and didn't even know it!" Thankfully her doctor said that it was not life-threatening. When Maxine was released from the hospital after surgery, her doctor thought it was best she spend some time in a rehabilitation center.

While Maxine was in rehab in Louisiana, she and her family decided that it would be a good idea for her to move to Virginia, to live close to one of her daughters who would have the time to take Maxine out of the building on outings throughout the week. Maxine does not regret moving from Louisiana to Virginia. The only thing that concerns her is the COLD weather! She's a little nervous as to what the winter will be like. Maxine has met wonderful people here at GHRC, and we have to say, we have enjoyed getting to know her!

By Christina Horan, Activities Assistant



Connie Smoot, Carol Lena, and Mary Baker enjoy a special pet therapy visit from "Chipper," an award-winning Persian cat

November Birthdays

If you are born between November 1st and 21st, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success. Those born between November 22nd and 30th are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great senses of humor, and kind hearts make them excellent friends. But get ready for an earful—Archers often also speak their minds.

Resident Birthdays

Jackie Sexton	Pat Holley
Sue Penrod	Charles Becker
Meredith McCord	Lizzie Cobb
Grace Grammo	Mary Basiliko
Alice Prosha	Elwood Bennett

Staff Birthdays

Carolyn Moore – Restorative C.N.A.
Pat Patterson - LPN
Karen Barrett – Social Services
Sharon Kaur - C.N.A.
Melba Rodriguez - Housekeeping
Audrey Jones - C.N.A.
Leslie Yates – C.N.A.

Staff Anniversaries

Massa Pasewe - 6 years
Tammy Simmons - 1 year
Yvonne Febre- 1 year

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

Robert Valentini
Larry Ball
Cemal Elibuyuk
Joseph Burnette
Odessa Taylor
Evelyn Lambert
Neil Ainslie
Cecile Pelletier

They are gone but not forgotten!

Shining Stars

Congratulations to the Shining Star of the month!

Ash Sefain, PTA



Nominees:

Nancy Dean- LPN
Hendrina Appelt- C.N.A.
Tony Kargbo- RN
April Willett- C.N.A.

WELCOME TO OUR OCTOBER NEW HIRES!

Marjorie Finn- C.N.A.
Anna Scrivner - C.N.A.
Teri Taylor - C.N.A.
Leslie Yates - C.N.A.
Lisa Lindsey – C.N.A.



Kathy Bunch, a talented entertainer from Tennessee, shares her beautiful voice and high energy with our residents, compliments of The Fenwick Foundation

A Pinch of Humor Goes a Long Way



Russell Adams

New GHRC Dietary Manager

Russell Adams, our new Dietary Manager, began working at GHRC on October 6,

2015. Feeling instantly at home, he said, "I love it here! The residents are so happy and so engaged!" He met with a small group of "Food Council" residents right away, who gave him many suggestions, requests, and ideas for improvements.

Diving right in, Russell has teamed up with some other staff members to come up with a plan for a better "Dining Experience" for our residents. He is full of ideas and very excited to get started implementing some of them.

It was immediately apparent that Russell enjoys his work. He is guided by the philosophy that "Having a sense of humor makes your day go so much better." He says, "Why go to work if you can't have fun?" His biggest challenge is becoming a "personal chef" to each resident and providing food that everyone likes.

Graduating from the Baltimore International College Culinary Arts Institute in 1986, Russell began his culinary career working as a cook and banquet sous chef at Stouffer's Hotel in Crystal City, Virginia, where he worked for five years. He spent the next six years working as a sous chef at several area golf and country clubs.

From 1999-2006 Russell worked for Aramark Corporation, a company that subcontracts kitchen services and staff to large office buildings. Russell was assigned to work at Nextel in Reston, working his way up from cook, to Kitchen Manager, to Executive Chef over a period of seven years.

Russell's first taste of working in a long-term care setting came with a year-long stint working as a Chef Supervisor at Fairfax Nursing Center. After that he spent two years working as a Chef at Aarondale Retirement and Assisted Living Community in Springfield. Having had a positive experience working in both environments, Russell was open to working in this setting again at some point in the future.

Prior to coming to work here, Russell served in an entirely different capacity at Restaurant Depot, a members-only chain selling wholesale food, beverages, equipment and supplies for restaurants and bars. He worked as the Assistant Meat Manager, Assistant Deli Manager, and Assistant Seafood Manager for over three years.

When an opportunity to work in Dietary at GHRC presented itself, Russell said that it was "the answer to a prayer." He and his wife of 13 years, Elizabeth, live in Springfield and homeschool their three children, Ruth (11), Katelyn (9), and Noah (7). Elizabeth is also a part time substitute teacher with Fairfax County. In addition to attending church services, their family is very involved with an ecumenical, charismatic Christian Community called "The People of Praise," which meets for a weekly fellowship on Sunday afternoons.

Everyone here at Gainesville wishes to welcome Russell to our humble home! We are happy to include him as part of our GHRC family!

By Lynnette Esse, Activity Director



Stone House Quilters Guild donates 6 quilts for our residents

My Date with Michael Pollan



By Jane Schwartz, RD

If you could have dinner with anyone famous, who would it be?

My go-to response is Michael Pollan, a journalist well-known in the nutrition world. You may not have heard of Pollan or wanted to date him unless you're plugged into that food and nutrition circuit. A nutrition aficionado myself, recently I had just that chance. Okay, it was not a date or dinner. But his interview with National Public Radio's Renee Montagne, which I attended in October live at George Washington University seemed just as intimate. I learned from his effortless ease in communicating about a rather convoluted topic: health and food. As a dietitian with a passion for writing and educating, meeting Pollan was akin to a kindergartener meeting Big Bird. Talk about cooking and eating a balanced diet packed with plentiful produce and I swoon.

Over the past several years Pollan has risen to fame with that type of an audience. The botanist-journalist-public health advocate and UC Berkley professor draws actionable conclusions about the way - and the *what* - that we eat. More importantly he teaches those profound kinds of truths one realizes are actually quite simple regarding the relationship between people and diet.

"I've always been interested in the relationship between people and the natural world, how we interact with each other," he explained during the GWU interview. That's what steered his interest in botany toward nutrition.

Pollan's best-seller *In Defense of Food* illuminates a refreshingly rustic philosophy on diet and the definition of healthy food. His magnetic style sorts through the confusion surrounding conventional diet and nutrition advice. Despite our cultural obsession with the complicated side of health - pills, detoxes, 21-day programs, and calorie counts - who can argue with his motto: "Eat food. Mostly plants. Not too much?" He's published an utterly basic, yet necessary, set of eating standards called "Food Rules" (e.g., *Don't eat anything your grandmother wouldn't recognize as food.*) He's coined terms like "edible food-like substances" to describe what we as a nation are actually eating. Brilliant.

We spend fortunes on organic foods, specialty grocers, supplements, and gym memberships. It's this American Paradox, as Pollan names it, which calls for a refreshed, cut-and-dried take on diet. Pollan's tip? Just eat real food. And this RD couldn't "AMEN!" more.

Eat food. Mostly plants. Not too much. Perhaps being sure that what we put into our cakeholes is, indeed, cake - and not a diabolical substance that looks, smells, and acts like cake - can free us from devouring desserts formed from hydrogenated vegetable shortening, Yellow No. 5, and - one of my favorites - sodium acid pyrophosphate. These are, by the way, actual ingredients in a Twinkie. Delicious?

Perhaps eating more vegetables can fill our stomachs, nourish our bodies, and satisfy our brain-signals that we've eaten well and are done. And *just maybe* being less gluttonous will return our diet to healthy territory, freeing us from the grasp of cravings, so we can enjoy dinner dates for conversation, company, and atmosphere, without harboring guilt - or a spare tire. We could have our cake and eat it, too.

I guess I'm just drawn to charm, humor, and the ability to tell it like it is, not to mention the fortitude to do so on such a controversial, personal subject as diet. If you are interested in food and nutrition, I encourage you to read Pollan, and join me in feeling butterflies at each new article, book, or interview. And most importantly, learn what you are eating, be honest with yourself, and eat *food*.

Learn more at <http://michaelpollan.com>

New Music Therapy Program Being Offered at GHRC



Kelsi Yingling

NeuroSound Music Therapy began implementing group music therapy services at Gainesville Health and Rehabilitation in September. The sessions focus on memory recall, which contributes to reminiscing and satisfaction of life, awareness of self and environment, enhancement of social and emotional skills, and sensory enrichment. The sessions include a variety of activities, including therapeutic singing, instrument playing, movement activities, and musical games.

The most recent music therapy session focused on the theme of Halloween. Residents at GHRC worked on attention and communication skills while singing a song about the “one-eyed, one-horned, flying, purple, people-eater!” They also worked on fine motor skills while snapping their fingers and tapping rhythm sticks to the Addams Family theme song. After snapping and tapping, the residents worked on memory and recall by singing “Dem (Skeleton) Bones” in which they identified which bones were connected to each other. Finally, everyone finished the session by moving and grooving to the “Monster Mash,” which incorporates movements, such as “the mashed potato”. During the dancing, many residents reminisced on dances they used to do in their younger days, like the jitterbug, and even showed the group some of their moves!

Sessions were led by Kelsi Yingling, a board-certified music therapist living in Warrenton, VA.

Born and raised in Johnstown, Pennsylvania, Kelsi moved to Virginia to attend the Conservatory at Shenandoah University, where she earned her bachelor’s degree in Music Therapy with a concentration in voice and a minor in psychology. Recognizing her passion for working with children with exceptionalities, Kelsi went on to pursue a Master’s degree in Special Education at Shenandoah University, which she completed in May 2015. Outside of her work with NeuroSound Music Therapy, Kelsi works as a teacher for the autism program at John Champe High School in Aldie, VA, where she works in the self-contained setting teaching functional subject classes.

NeuroSound Music Therapy, LLC was founded in 2015 by board-certified music therapists, Kelsi Yingling and Kate Potrykus. Based on the principle that everyone should have access to quality services in order to reach their full potential, NeuroSound was created to offer music therapy services to the Northern Virginia region. As an evidence-based service, music therapy has enhanced the quality of life of individuals of all ages and functioning levels.

Music can be used to improve development, increase rehabilitation, decrease behaviors, and motivate and increase participation. NeuroSound Music Therapy was founded on the idea that music can reach people on many different levels. Therefore, they find the abilities in each individual and use music to achieve social, emotional, physical, communication, and cognitive goals.

For more information about NeuroSound Music Therapy and the services they offer, please visit their website.

www.neurosoundmusictherapy.com



The “Big Guy” Duo, Noah and Jethro



Noah and his seven-year-old English Mastiff, Jethro Tull, just can’t help being the center of attention when they visit Gainesville Health and Rehab Center. Everyone stops what they are doing to look at Jethro, in awe of his massive size and gentle demeanor. Noah patiently answers everyone’s questions as the residents and staff pet his big head, scratch his ears, and get a big slobbery kiss thrown in for good measure. Noah says, “Jethro never met a person he didn’t like!”

Jethro is described by Noah as “180 pounds of unflappable calm,” which is why he makes such a good pet therapy dog. He has enjoyed being petted and fussed over since he began visiting our center in May 2014, after becoming certified by Manassas Pet Therapy Dogs.

Noah and Jethro usually visit on Thursdays, enjoying the freedom of coming in when it fits into their semi-retirement schedule. “Jethro and I love doing this,” Noah says. “It is important for the residents to continue to use their tactile sense of warmth when they touch the dog – it energizes them and they have something to talk about. It keeps them active intellectually.” This is the only building they currently visit, although they have occasionally participated in the Paws for Reading program at a Prince William County library. He plans to continue with his pet therapy visits as long as Jethro is mobile.

When Noah married his wife, Suanne, they made a deal – she got to pick the dog and he got to pick the next vacation. He thought that was a pretty good deal. She chose an English Mastiff. “They make great pets if you can afford to feed them and can tolerate the drool,” Noah commented. “You also never have to worry about burglars!”

Three years ago, through their participation in a Southern States Mastiff Rescue program, they acquired two mastiffs, Apollo Creed, a brindle who weighs in at a thin 250 pounds, and Jethro. Incidentally, they also have a toy poodle, named Topaz, who thinks she’s in charge! Initially they tried to keep the dogs off the couches with mouse traps, but that didn’t last long. Now they sleep on the couches in the winter and on the bare floors in the summer. Prior to taking them on their mile-long daily walks in the summer, Noah has to hose them down to keep the heat stress down.

This past summer Noah and his two brutes took a 7100 mile road trip across the United States to Oregon, while Suanne stayed home to work. Noah drove his new truck and fifth wheel, providing instant dog-approved housing along the way. They saw his two sons, John and Mark in Bend, Oregon, and they spent some quality time with his 13 year old grandson, Noah IV. Noah then attended a Star Trek Convention in Las Vegas before heading home.

In his first career Noah served in the U.S. Army Field Artillery for 21 years. He retired as a Lt. Colonel in 1992. For the next ten years he worked as an IT Consultant Project Leader for various large IT firms. And finally he worked for the Federal Government, spending ten years with NASA and the Department of Justice, retiring in 2012. He has spent the past few years working VERY part time as a consultant to Northrop Grumman.

For their 25th wedding anniversary, Noah and Suanne are planning a trip to Italy this fall, where they will compete in a half-marathon. Both accomplished runners, they met 27 years ago at a race. They continue to share their love of running and talking politics.

While Suanne continues to work full time, Noah entertains himself with building computers, playing complex strategy games on his computer, reading science fiction and history books, and watching the Denver Broncos play football.

Gainesville Health and Rehab wishes to thank Noah and Jethro for their commitment and dedication to improving the quality of life of our residents. We are so glad that they both love what they do!

By Lynnette Esse, Activity Director