

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

Department Heads

Administrator:
Donna Epps
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:
Jill MacNeil
Admissions Director:
Michael Formando
Assistant Director of Admissions:
Emily Smith
Business Office Manager:
Crystal Sarmento
Dietary Manager:
Russell Adams

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:

Staffing Coordinator:
Shannon Porsch



Gainesville Health and Rehab Center
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The Gainesville
INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES

**Celebrating
December**

Bingo Month

**Spiritual Literacy
Month**

**Safe Toys and Gifts
Month**

Antarctica Day
December 1

Special Kids Day
December 2

Hanukkah
December 6–14

Lost and Found Day
December 11

World Choral Day
December 13

Christmas
December 25

Boxing Day
December 26

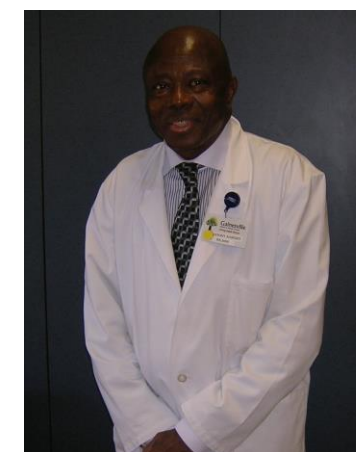
Kwanzaa
December 26–January 1

New Year's Eve
December 31



**Congratulations
to our November
Employee of the Month!**

Nancy Dean, LPN



GHRC says “goodbye and good luck” to retiring RN, Tony Kargbo. We appreciate his two years of dedication to our residents and patients!

Tony moved to Kansas to spend time with his grandchildren.

Featured Resident of the Month



Elizabeth
“Lizzie” Cobb

Elizabeth Cobb, aka “Lizzie,” a nickname that was given to her by one of her sisters, is one of our residents living on the Fairview unit. Lizzie was born in Webster Groves, Missouri, and has one older

and one younger sister, Janet and Anna. Lizzie was 8 years old when her family moved to Leesburg, Virginia. Her father, a pastor, had suffered a recent stroke and needed a smaller parish to run.

Lizzie attended the Stuart Hall Boarding School in Staunton, Virginia, for her junior and senior years of high school. During this time, Lizzie worked in the meat department of a local grocery store. She says, “That gave me great understanding of responsibility.”

While Lizzie was away at boarding school, her parents moved to Roanoke, Virginia. Lizzie decided to stay in Roanoke for three more years, attending classes at local Hollins College. She absolutely loved it there and met her closest and dearest friend, Louise. After finishing her third year at Hollins, Lizzie decided to go away to Williams Smith College in Upstate, New York, for her final year. While there, Lizzie lived in a house with 19 other girls. It was not a sorority, but a way of easing the financial burden of the cost of college. She graduated with a degree in Spanish.

After graduation, Lizzie had no idea what she was going to do to earn a living. Fortunately Lizzie got a job teaching elementary school. She taught in Roanoke, Virginia, for two years, and then was offered a position teaching for the Navy in Newfoundland, Canada. After one year in Newfoundland, Lizzie decided to move back to the states.

Upon her arrival back home, Lizzie and her family moved to Haymarket, Virginia. Lizzie applied for a teaching job with Fairfax County Schools, which ended up being a 19 year long career teaching at the elementary grade levels.

Lizzie bought a home in Haymarket. It was one of the houses that was not burnt in the famous burning of 1862 during the Civil War. Lizzie says “I think the reason it was not burnt down was supposedly because, one night the Commander was playing cards and drinking, and was annoyed at his men for telling him about all the snipers in Haymarket. So the Commander told his men to go out and burn the town. But when the Commander realized that his men actually listened to him, he countermanded his order.” Lizzie spent years redecorating and upgrading her home, enjoying every minute of it.

This past summer, while Lizzie was hanging clothes in her closet, she had a fall and no one was there to help her get up, except for her cat, Rye. Of course Rye wasn’t going to be much help to get her up off the floor, so Lizzie unfortunately laid there for a whole day. Rye kept meowing and meowing at her, because all he wanted was to be fed! Lizzie and her nephew had a regular Sunday morning phone call with each other, and when he couldn’t reach Lizzie, he called his mother, who immediately had a rescue squad sent to Lizzie’s house. After a short hospital stay, Lizzie came directly to GHRC for some rehabilitation to get stronger. But while Lizzie was here for rehab, she realized that she did not want to go back to living alone in case something like that would ever happen again.

Lizzie has since sold her house to a nice family with a little girl. She said that they absolutely love the house and all of the history that goes along with it. Lizzie’s sister, Janet, has brought her cat, Rye, in to visit since she has been here. Lizzie says “Janet has this awesome carrier that she can just wheel Rye around in and makes it easy for her!” We are so happy to have Lizzie as part of our GHRC family, and are delighted to get to know her!

By Christina Horan, Activity Assistant

December Birthdays

In astrology, those born between December 1st and 21st are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart makes them excellent friends. But get ready for an earful. Archers often also speak their mind. Those born between December 22nd and 31st are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multi-taskers and politicians.

Resident Birthdays

Mo Darbo	Tuana Palomino
Homer Martin	Oceil Blevins
Dale Reistad	Madeline Bos
Maxine Guillory	Peggy Herritt
Connie Smoot	Wendell Grant
Beverly McGiffin	

Staff Birthdays

Dale Jeffries	Lisa Bennett
Caren Mwangi	Ogonna Okafor
Daljit Jassal	Gabriela Arrate
Deborah Okine	Anne Cruz
Gia Melville	Jane Schwartz

Staff Anniversaries

Brenda McGarry 7 yrs. Francisca Ochieng 1 yr.
Kimberly Haywood 7 yrs. Mike Barrett 2 yrs.

Shining Stars



Cynthia Cardenas – C.N.A.
Ash Sefain– PT
Whitney Meyers – C.N.A.
Elizabeth Ford - C.N.A.
Yvonne Febre - C.N.A.
Audrey Jones – C.N.A.
Arlene Sesay - C.N.A.
Savilla - Restorative C.N.A.
Caroline – Restorative C.N.A.
Randi Mosley - C.N.A.
Candace Washington - C.N.A.
Massa Pasewe – LPN
Ada Washington - C.N.A.
Amber Lansdowne - C.N.A.
Amy Waibel- OT
Tom Shelton - C.N.A.
Gia Melville - C.N.A.
Anna Berger - Activity Assistant

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

Vicki Williams
Henry Lewis
Elara Elliott
Margaret Scott
Charles Alexis
Josephine Kingsley
Alex Bigler

They are gone but not forgotten!

WELCOME TO OUR NOVEMBER

NEW HIRES!

Douglas Okyere - C.N.A.
Melissa Smith - C.N.A.
Bebahy Hernandez De Buruca – Housekeeping Aide
Jasmine Bailey - C.N.A.
Ashley Walker – C.N.A.
Tina Clements - C.N.A.
Crystal Rigsbee - LPN

**Legion of Mary Members from
Holy Trinity Catholic Church
LOVE Helping with Bingo**



Madison Gardner says, “I like helping the residents. It’s fun! I like to see the smiles on their faces!”

Kya Gardner comments, “I like to hear the residents laugh and I like to talk with them.”

Jasmine Teal states, “I like coming to bingo because I get to know the residents, especially when I help the same ones each week.”

Gabby Gardner says, “I learn something new about the residents each week when I come.”

John Paul Teal shares, “It makes me feel good to help people with disabilities.”

Angel Teal says, “I like helping the residents and hearing them say thank you!”

Janet Dean (leader) explains, “This is something I would have been doing for a family member if they had lived closer in the state. It’s my opportunity to give back because I have the time and I live nearby.”

Lisa Gardner (mom) adds, “Helping with bingo gives me an opportunity to provide a distraction for the residents. It is something I look forward to each week. It does more for me than it does for them.”

Thank you from GHRC for being such faithful helpers each Saturday morning!

Honoring our Veterans



Laura Javad, RN, Brad Heath, Veteran Coordinator, and Meg Lawless, MSW, from Heartland Hospice, honor our Veterans in November



Veteran Frank Davidson receives his certificate, flag, and pin



Veterans Jerry Alchus and Frank Davidson enjoy the festivities

The Holidays and Dementia

By Ava M. Stinnett



For some, the holidays are a favorite time of the year. The days are about experiences and people, family traditions, recalling old memories and creating new ones, and tuning into whatever you feel like doing at the moment. For caregivers and people living with dementia-related conditions, however, there will come a time when it’s just not feasible or practical to do everything you once did.

Writer Denis Norden is quoted as saying, “[When you hear your] children talking about holidays, you find they have a quite different memory of it from you. Perhaps *everything is not how it is, but how it’s remembered.*” This seems to be an appropriate analogy for individuals living with dementia, Alzheimer’s, or similar conditions. How do we celebrate special occasions when one or more of the people involved doesn’t remember or even understand what the celebration is about?

First, adjust your expectations. It’s common for people with dementia to lack enthusiasm and interest in the holidays. They may not remember past traditions, but that doesn’t mean you can’t continue to honor those traditions. You may need to reduce the number of activities an individual is involved in. Consider how your loved one could safely participate—whether it’s decorating their residence, baking holiday foods, or creating homemade greeting cards. Many individuals with dementia enjoy handling paper, so wrapping gifts together is another way of connecting to a special day.

Do your best to maintain routines and familiar settings. Changes to the daily schedule can increase disorientation and anxiety. New environments and/or the presence of new or many people around can upset people with dementia. Be aware that they may also feel a sense of loss, or holiday blues, because they miss a loved one they lost a long time ago, they don’t recognize the people around them, or they feel that someone is missing.

Music, whether seasonal or not, can cause a positive shift in mood. Try engaging the individual in singing songs together or dancing, but watch the reaction. A particular melody that evokes a soothing memory for one person might be quite upsetting for another. Depending on the setting, it may be more practical to have ambient music playing in the background.

If appropriate, try to spark memories by bringing out family photo albums or heirlooms. Help stimulate memories by gently offering descriptions as you present each object. Keep the frustration level low by not asking your loved one to name people, places, or other facts.

Be aware that memories of better times and what’s been lost may surface for the caregiver as well. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days.

Attention All Families



Letters were mailed to Patients/Resident Agents on 12/1/15 to give notification that effective 1/1/2016 the Private room rate is increasing to \$365.00 per day, the Semi-Private room rate is increasing to \$345.00 per day.

GHRC Version of 'Twas the Night before Christmas...



By Residents: Marie Jordan,
Karen Walton, Carol Lena,
Millie Hawley, Connie Smoot,
Ruth Perkins, Charles Becker,
Florence Burns, Sue Penrod,
Homer Martin, Debbie
Branham, Lillian Randolph, Bill
Greaver, and Mary Baker

'Twas the night before
Christmas, and all through the
home,
Not a resident was stirring, not
even a gnome.
The decorations were hung all
over the building with care,
In hopes that the families soon would be there.



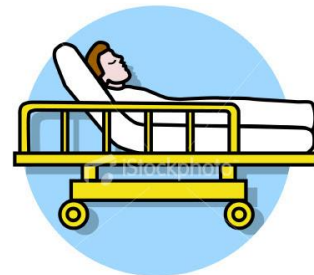
The residents were nestled
all snug in their beds,
While visions of goodies
danced in their heads.
The nurses and aides had
finished their rounds
And they sat at the station
as they listened for sounds.

When down the hall there
arose such a clatter,
They sprang from their
seats to see what was the
matter.
Away down the hall as quick
as can be,
Tore open the door trying to
see.



ambulance parked quite near.

With a muscled young
driver, so lively and
strong,
They knew in a
moment, it must be
Miss Long.
With practiced
precision they came
through the door,
Delivering the new patient to her room on the
floor.



They tucked her in bed,
while the nurses took
charge,
And headed to the lounge
for a coffee, size large.
And the driver exclaimed,
as he drove out of sight,
"Merry Christmas to all and
to all a good night!"



Book Review

My Stroke of Insight

A BRAIN SCIENTIST'S PERSONAL JOURNEY

By Jill Bolte Taylor, Ph.D.

"I now existed in a world between worlds. I could no longer relate to people outside of me, and yet my life had not been extinguished. I was not only an oddity to those around me, but on the inside, I was an oddity to myself."

In *My Stroke of Insight*, Jill Bolte Taylor shares her real-life story before, during, and after a massive stroke. She describes who she was and what she did for a living prior to this eight year long ordeal. She describes how she felt and what she was thinking when she experienced her stroke first thing in the morning at the age of thirty-seven. She takes you on a journey that is both intimate and scientifically objective at the same time. She shares her thoughts, feelings, discovery, and pain from a most unique perspective. You are there as she loses her ability to walk, talk, read, write, or recall any of her life during a four hour window of time.

If you want to learn a little simple science about what is actually happening in the brain during a stroke, you will want to read chapters two and three. If you are curious about what it feels like to have a stroke, you will want to read "The Morning of the Stroke" chapters. If you know of someone who has had a stroke, then the recovery chapters will be of interest. You will be inspired by Jill's mother, Gladys, as she stands by her daughter day after day, helping her regain her former self.

In the back of the book Jill shares her list of over fifty tips about things that she needed (or didn't need) in order to facilitate her recovery. These tips might provide some valuable insight about how to treat your own loved one after a stroke.

As Jill states in her introduction, *"this book is about the beauty and resiliency of our human brain because of its innate ability to constantly adapt to change and recover function."*

I found this book fascinating. I read it in order to understand what had happened to a friend and this book did not disappoint. I highly recommend *My Stroke of Insight* for anyone who knows of someone who has had a stroke or simply wants to be prepared if something similar should happen to you in the future.

By Lynnette Esse

