

Department Heads

Administrator:

Donna Epps

Medical Director:

Dr. Behiri

Director of Nursing:

Kelly Davis

Assistant Director of Nursing:

Eunice Acheampong

Clairmont Unit Manager:

Kristen Carey

Fairview Unit Manager:

Dale Jefferies

Wound Care Nurse:

Jill MacNeil

Director of Admissions:

Michael Formando

Admissions Coordinator:

Emily Smith

Business Office Manager:

Crystal Sarmiento

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:

April Willett

Staffing Coordinator:

Shannon Porsch

Celebrating January

**National Activity
Professionals Week**
January 17-23

Book Blitz Month

**International Brain
Teaser Month**

New Year's Day
January 1

**Someday We'll Laugh
About
This Week**
January 2-8

Bobblehead Day
January 7

**Make Your Dream
Come True Day**
January 13

**Fresh Squeezed Juice
Week**
January 17-23

Disc Jockey Day
January 20

Belly Laugh Day
January 24

Curmudgeons Day
January 29



Meet Our New ADON Eunice Acheampong

By Lynnette Esse

Eunice Acheampong came to us at the beginning of January 2016 from our sister center, Commonwealth Health and Rehabilitation in Fairfax, Virginia. She had worked at Commonwealth for a little over a year as the Long Term Unit Manager. The Assistant Director of Nursing position here at Gainesville is a big promotion for her and is closer to her home.

She is happy to be here, commenting, "I feel so welcome here! The staff and the residents alike have asked my name and offered assistance with anything and everything!"

Ever since Eunice was a young girl growing up in Ghana, she has wanted to be a nurse. While helping to care for her beloved grandmother at the age of 14, Eunice discovered a love of caring for the elderly, playing a part in making them feel better, and making a difference. Her grandmother had suffered from a severe stroke and required around-the-clock care. Whether it was bathing her, singing to her, or just holding her hand, the time that Eunice spent with her made a lasting impression and prompted her to go into nursing. Now, twenty years later, her grandmother is alive and living independently, thanks to the loving commitment of her family.

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Rehab Success Story Carroll Lamb



By Christina Horan,
Activity Assistant

Carroll Lamb's journey at GHRC started about two and a half months ago. If you would have asked Carroll when he first arrived at GHRC if he thought he would be

up and walking, he would have said "NO" without any hesitation. It has been a long road with some tough days, but Carroll is amazed at the incredible strides he has made.

It all started in the fall of 2015, when Carroll had gone in to the hospital for his first surgery for colon cancer. At this point in his life, Carroll had never been admitted to any hospital, so grasping the idea of surgery was a little mind-boggling. He really did not know what to expect or what the outcome would be.

After his first surgery, Carroll's doctor recommended a second surgery to try and get the rest of the cancer. Unfortunately, complications arose from the second surgery and Carroll stated that "I was in a coma for about a week. Once I woke up, I really did not know what was going on." Come to find out, due to the complications from the surgery, Carroll would now need a feeding tube for nourishment purposes. For some reason the doctors felt that Carroll was unable to swallow properly, resulting in the need for the feeding tube.

After roughly a two month hospitalization, Carroll was cleared to continue his rehabilitation here with us at GHRC. Like many, Carroll was unsure what rehabilitation was going to be like, since this would be his first time. "Honestly, I didn't know how I was going to even get up out of bed, let alone participate in my therapy sessions," Carroll stated.

A little over two months later Carroll is tremendously stronger than when he first came to GHRC. He has made wonderful progress in therapy and can confidently walk with a walker with some assistance. His motivation to take this "therapy thing" and run with it was "Ash's positivity and push to help me achieve my goals. Whenever I was having a bad day, or didn't think that I was going to be able to do certain therapy exercises, Ash gave me the push to really try. Ash told me there is no such word as can't and that really gave me the motivation to try and to do what I could."

Recently, Carroll has been able to eat regular meals and enjoys being able to have some of his favorite foods. From the Front Royal area, Carroll is happy to be going home in the next couple of days. He has had a very strong support system through this whole process and has received daily visits from his children; Dennis, Tony, Debbie, and his brother, Randy. "My plans are to hopefully get back to what I was doing before all of this, working with my son."

Andrea Espinoza, OTR/L, his Occupational Therapist, commented, "Mr. Lamb made considerable gains with therapy and was a joy to work with!"

We are so happy to have gotten to know Carroll and so proud of what he has accomplished during his time at GHRC!

WELCOME TO OUR DECEMBER NEW HIRES



Evelyn Sillex – LPN
Afewerk Hailu - RN
Roselyne Mogunde - LPN

January Birthdays

In astrology, if you were born between January 1 and 19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Economical, practical, organized, and reliable, they make good multi-taskers and politicians. Those born between January 20 and 31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Resident Birthdays

Kamal Sheikh	Karen Walton
Florence Burns	Doris Bywaters
Juan Salmeron	Roland Ewell
Kathryn Karney	Jerry Alchus

Staff Birthdays

Lynnette Esse – Director of Activities
Colette Leudeu – LPN
Christopher Sese-Khalid – C.N.A.
Evelyn Ansah – LPN
Karin Brice – C.N.A.
Kristen Carey - Unit Manager
Tina Clements – C.N.A.
Kennedy Kithinji – LPN
Sara Criser – Director of Social Services
Ana Berger – Activities Assistant
Anna Scrivner – C.N.A.

Staff Anniversaries

Eugenia Martinez-9 yrs. Asumani Bahati-1 yr.
Margie Theodore-2 yrs. Charlotte Dogo-1 yr.
Adwoa Boakye-2yrs.

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

Bac Chi
Douglas Pauli
Betty Luther
Louise Tutt
Viola McBride

They are gone but not forgotten!

Shining Stars



Congratulations to the
Shining Star of the
month!



Jasmine Gonzales

Shining Star Nominees:

Candace Washington – C.N.A.
Nancy Dean- C.N.A.

(Eunice - Continued from page 1)

The first nursing job that Eunice held in the U.S. was in private practice. She worked as a Charge Nurse at Fairfax Family Practice for over six years, from 2006 to 2013, with a few breaks in between when her two boys were born. She spent several years staying home with them and working PRN (as needed) for the Family Practice office.

Her next job and first taste of long-term care was a supervisory position at Manor Care in Alexandria, where she worked from 2013 to 2015. With a love for the geriatric environment, she then moved up to the Unit Manager position at Commonwealth in 2014.

Gainesville Health and Rehab extends a warm welcome to Eunice! We are so happy that you feel blessed to be working in this environment and you chose us!

Featured Resident of the Month Mamie Moore



By Lynnette Esse,
Activity Director

Mamie Moore arrived at Gainesville Health and Rehab on her 90th birthday in May 2013. Her family came from all over to surprise her with a birthday party in the conference room. She was surrounded by her children, grandchildren, and

great-grandchildren on this special day, barely noticing her new surroundings. She had come from the hospital for therapy after an illness.

Her daughter, Vernadette, has been very happy with her mother's care over the past three years. She commented, "Whenever I take her out, after several hours she is anxious to 'go home,' back to her room at GHRC where she is so comfortable. She obviously feels very safe and secure here."

Originally from Portsmouth, Virginia, which is home to a huge Navy base, Mamie naturally married a sailor at the age of 19. She had 10 children and worked very hard to raise them.

Vernadette recalls, "I remember when Mom worked at Caffè's Bakery, going down there after school and getting scraps from the wedding cakes and other goodies. Mom worked there for many years packaging cakes and doing whatever else needed to be done." At the same time she worked as a cook in a Chinese restaurant. "She earned a reputation around the neighborhood for her delicious chop suey," Vernadette said.

Of course Mamie had to 'run a tight ship' to make it all work. All of the kids had a list of

chores they were responsible for, with an extensive schedule posted for all to follow. Following the lead of the neighborhood kids, the children attended the Third Baptist Church in Portsmouth, although Mamie did not have the time to be actively involved.

After all the kids were grown up and gone, Mamie worked full time in the kitchen of a nursing home until she was no longer able to keep working. As a non-driver, Mamie always walked everywhere and she still has beautiful legs to show for it!

Following a diagnosis of Alzheimer's disease, the decision was made to move Mamie in with Vernadette here in Gainesville. She stayed with her daughter for over a year until she became ill and had to be hospitalized. After a few months of rehab, it was determined that this would be the best place for her to live.

Vernadette said, "Mom used to love to do word find puzzles. She still loves listening to music, especially upbeat songs. And she likes to watch television if someone else turns it on for her." Vernadette visits almost daily since she has a flexible work schedule and lives nearby. She bathes her mom and often takes her out of the building. Mamie's daughter, Devon, visits with her monthly. And granddaughter, Tracey, visits with her family about once a month.

"Mamie is happy here and doing well in her familiar surroundings. I am grateful to GHRC for her wonderful care. I have such peace of mind when I leave the building each day."

GHRC is happy to include Mamie as part of our family! We are so glad we have been able to get to know her better.



Compassionate Communication: Tips for Dementia Caregivers

by Ava M. Stinnett

Communication mix-ups. They happen all the time, don't they? Some of the more humorous mix-ups involve misheard song lyrics. Remember "Dancing Queen" by the group ABBA? The lyric "Feel the beat of the tambourine" has often been misheard as "Feel the beat of the tangerine." Who isn't amused when a toddler refers to strawberries as *straw babies* or pronounces *grilled cheese* as *girl cheese*? More recently, the autocorrect feature on cell phones has provided some noteworthy examples of miscommunication, as has the misuse of Internet acronyms. One woman, for example, texted various friends and family members to let them know about the passing of a beloved family member. She included the acronym LOL at the end of the text, thinking it meant "lots of love." She was mortified when her son told her it actually stands for "laughing out loud."

In dementia-related diseases such as Alzheimer's, communication mix-ups may start slowly with difficulty finding the right word—a person's name, for example—or incorrectly substituting one word for another. Persons living with Alzheimer's may invent entirely new words to describe familiar objects or repeat a question over and over. As the disease progresses, communication becomes more difficult. They may struggle to organize words logically or may rely on gestures. They may not be able to understand what you are saying or only be able to grasp part of it. Writing and reading skills may also deteriorate.

Losing the ability to communicate can be one of the most frustrating and challenging problems faced by people with dementia-related diseases, their family members, and caregivers. It's important to keep in mind that each person is unique and that difficulties in communication are

very individual. Although they may not understand what is being said, feelings such as joy, anger, sadness, fear, and love remain. Communicating with compassion will allow them to maintain their dignity and self-esteem.

Consider these communication tips:

- Keep it simple. Use short sentences and plain words, asking only one question at a time. Yes-no questions may work best.
- Be patient and allow plenty of time for what you have said to be understood.
- It may take longer for your loved one to process and respond. Don't interrupt or finish their sentences. Just listen and avoid rushing and correcting.
- Maintain eye contact and stay nearby so that they will know that you're listening and trying to understand. Where appropriate, use touch to keep the person's attention and to communicate feelings of warmth and affection.
- Try to avoid distractions and a background of competing noises such as TV or radio.
- Remain calm and talk in a gentle, straightforward manner. The tone of your voice can send a clearer message than what you actually say.
- Don't argue. Be aware that one's reasoning and judgment will decline over time. If necessary, leave the room to avoid confrontation.

Communication may be challenging, especially as the disease progresses. Whether a family member or a caregiver, it's critical to remember not to take it personally if the person with dementia becomes paranoid or accusatory. Patience, understanding, and 100 percent forgiveness are at the heart of compassionate communication.

Dear Lynnette, Christina, and Ana,

Thank you for coming up with interesting activities for us to do. We love the games, discussions, trivia, exercise, stories, shopping trips, lunch outings, bingo, food socials, cooking activities, church services, memorial services, Bible studies, crafts, and Wii games. The variety of different things keeps us interested and keeps our minds and bodies active.

The activities help us relate better to each other and make new friends. We look forward to each new day and all the fun we are going to have. We check our activity calendars multiple times each day and listen for announcements. We like how you invite and encourage us to attend each activity and offer to give us a ride.

We appreciate the assistance with crafts and cooking activities when we need an extra hand or an extra set of eyes. Thank you for your friendly, helpful, and enthusiastic attitude. Thank you for the hugs when we need it. Thank you for making us feel loved and welcome. Thank you for being patient with us and treating us like a friend instead of a patient.

Love,
(Residents) Ana Riley, Ruth Perkins, Carol Lena, Sue Penrod, Homer Martin, Mary Baker, Debbie Branham, Peggy Lanham, Connie Smoot, Millie Hawley, Maxine Guillory, Lillian Randolph, Lillian Gonzalez, and Bill Greaver



4 R's Preschool Entertains the Residents

National Activity Professionals Week

January 17-23, 2016



The Activity Professional is a vital part of long term care service for the elderly and individuals with disabilities and champions choice, dignity, and independence; Activity Professionals are committed to excellence, innovation and the advancement of person-centered care.

The National Association of Activity Professionals created National Activity Professional Week to demonstrate our nation's appreciation of the unique individuals that work to deliver care every day. The theme of 2016 National Activity Professional Week is "Activities, Big Things to Accomplish," which celebrates the countless ways Activity Professionals Accomplish Big Things for their residents, their team members and volunteers by sharing their inspiring lives and talents.



Get to Know Our Activity Assistant

Christina Horan

Christina Horan, our full time activity assistant, began working at GHRC in July 2015. She just loves working in this environment, saying, "I love everything we do here – exercise class, word games, pretty nails, shopping, games, eating, talking – we do fun stuff all day! I also enjoy meeting the rehab patients and hearing their stories. I love the way the residents appreciate every little thing you do for them."



Activity Director, Lynnette Esse, commented, "I love working with Christina! She takes so much initiative and ownership of her job responsibilities. She is very creative, full of ideas, and her energy is infectious. We work so well together! She doesn't need much supervision because she just gets it."

She "gets it" because she came to us with plenty of experience. Prior to coming here she worked at Brookdale Assisted Living in Manassas, Virginia, where she had been the Activity Director for six months. Prior to that she was the Acting Recreation Director at an assisted living facility in New Jersey.

Originally from Greensburg, Pennsylvania, Christina was born and raised as an only child and only grandchild in a Catholic family. She attended Catholic schools all her life, graduating from high school in 2004. She loved dancing, taking dance classes from the age of 5 until she was 20. From her senior year in high school until the dance school closed, Christina taught dance classes for the younger children. (This might have something to do with why she loves leading the current exercise class!)

After high school graduation, Christina started working in retail. She began as a sales associate with Express at the local mall and worked her way up to Assistant Manager. Later, she transitioned to Assistant Manager for Old Navy.

While working at Old Navy Christina re-connected with her husband, Jared, through Match.com. As it turned out, they went to the same elementary school and their families knew each other. They were married in 2013 on the fifth anniversary of their first date.

Eventually, she got sick of the monotony of folding clothes and went back to school. At the suggestion of her father, she began working part time in the dietary department of a local nursing home while she was attending school. She absolutely loved the nursing home environment!

After she had completing just two semesters, Jared received a job offer with the Department of Justice, in New Jersey. Of course she decided to accompany him! She found an assisted living facility just a half mile from their home. She worked part time in dietary for two years, and a full day every Friday in activities, filling in for the Activity Director on her day off. Two years later she was promoted to Head Concierge, a full time position. Then, in 2014 she had the opportunity to be the Acting Recreation Director while the Director was out on maternity leave.

A promotion for Jared with the Department of Justice brought the couple to Virginia in November 2014. Christina again sought out a job in the world of senior living, where she was so comfortable, going to work at Brookdale in Manassas.

She and Jared love to work on their home and yard, making trips back to Pennsylvania as often as possible. They live in Bristow with their dog, Brutus, a shepherd/chow mix.

We are so happy that Christina decided to make the move to a long term care/rehab center. Everyone is impressed with her professionalism and "can do" attitude. Welcome, Christina! We are glad to have you on our team!