

## 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*  
**Admissions Director**  
*Michael Formando*  
**Assistant Director of Admissions**  
*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*



Gainesville Health and Rehab Center  
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**Celebrating  
February**  
**Black History Month**  
**American Heart  
Month**  
**Spunky Old Broads  
Day**  
*February 1*  
**Groundhog Day**  
*February 2*  
**Periodic Table Day**  
*February 7*  
**Chinese New Year  
(Year of the Monkey)**  
*February 8*  
**Random Acts of  
Kindness Week**  
*February 14–20*  
**Valentine's Day**  
*February 14*  
**International Mother  
Language Day**  
*February 21*  
**88th Academy  
Awards**  
*February 28*



**Meet Our New  
Administrator**

**Donna Epps**

***The Dancing Administrator***

By Lynnette Esse, Activity Director

Donna Epps, who began serving as the Interim Administrator here at GHRC in August 2015, accepted the permanent Administrator position in November. Having relocated to South Carolina just the year before, she accepted the temporary position while looking for a permanent role in South Carolina. But, as we have all learned, things do not always work out the way we thought they would.

When the opportunity presented itself, Donna decided to stay with us for a number of reasons. She said, "I took this job because there is a good solid team here that wants to do the right thing for the right reasons. The hearts of the team are in the right place, and that is very important to me. Though I do miss going to the beach in December and the wonderful food!"

(Continued on page 6)

## Rehab Success Story



### Dolores Wood

By Lynnette Esse,  
Activity Director

Dolores Wood came to us the end of December after hip replacement surgery at Fairfax Hospital. She was dreading the holidays because her

beloved husband of 66 years, Paul, had passed away just one year before. She described the day with tears in her eyes.

"I was busy wrapping gifts all day and I was dead tired. I took my Pomeranian, Tiny Tim, out for a walk at 9:30 p.m. He pulled on the leash to chase some squirrels and somehow I wound up on the concrete sidewalk, unable to get back up. I told Tiny to lay down beside me and he did."

Fortunately for her, a neighbor who lived near her home in Springfield, heard Dolores crying and came to her rescue, calling 911. She was rushed to Fairfax Hospital where she underwent surgery for her broken hip. She said, "I don't remember anything from my time at the hospital. My five days there is a total blur!"

The decision was made to come to GHRC for rehab due to our therapy department's stellar reputation and the convenient location for her family members to come and visit her. Her grandson, Richie, lives just seven minutes away in Bristow with his wife, Brenda, daughter, Taylor, and sons, Joey and Marcus. Granddaughter, Tina, a pilot with American Airlines, lives in South Riding with her husband, Dallas, daughter, McKenzie, and son, Cal. Her daughter, Becky, lives in Purcellville, and daughter, Sherry, lives in Stafford with her husband, Wayne. Becky's son, Timmy, lives in Winchester.

When she first arrived here, Dolores couldn't do anything for herself. It was several days before she could even get into a wheelchair.

Now, just five weeks later, she is walking with a walker and transferring by herself. She is very proud of the fact that she can even lift her legs onto the bed all by herself! Of course much of her success has been due to her strong motivation to get back home. She is always pushing herself to do more than is asked of her.

She commented, "The therapy staff is very good. They have made it seem easier for me by counting along with me. I highly recommend the therapy department here. They are all such nice people!"

LPTA, Marie Clonts said, "Mrs. Wood is such a cooperative and upbeat patient. She has terrific stamina and is working very hard to strengthen her hip so she can do things by herself in a safe manner. Not only is she a hard worker – we also have had a lot of laughs. It has been my privilege to work with her."

Amy Waibel, Occupational Therapist, added, "Mrs. Wood has progressed beautifully in rehab. She has been a true joy to work with!"

Originally from Mountain Lake Park in Western Maryland, Dolores grew up across the street from her husband, Paul. He quit school and went into the Navy while she finished school. When he returned home he got a job with the Department of Agriculture, where he stayed until he retired. She stayed home with their daughters until they went to school. At that time she went to work for the next 12 to 13 years as a teletype operator for Sears.

After Paul's retirement the couple sold their home in Alexandria and moved to Florida. Dolores enjoyed Florida when they went down there for six weeks each winter, but hated living there full-time. So they left Florida and moved back to Springfield, Virginia, where Dolores has lived for the past 30 years.

Dolores is most anxious to get back to Tiny Tim, her home, her friends, and her church. She will be spending a few weeks at Sherry and Wayne's home in Stafford. "All in all this has been a very positive experience!" Dolores commented.

We are very proud of Dolores for all that she has accomplished in rehab!

## February Birthdays

In astrology, those born between February 1st and 18th 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. Those born between February 19th and 29th are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who "go with the flow."

### Resident Birthdays

Ruth Perkins	Duong Hoang
Vanita Wadhvani	Barbara Grandstaff
Bruno Salazar	Carol Lena
Emma Richards	Ulises Villalobos

### Staff Birthdays

Adela Canales	Roselyne Mogunde
Nancy Dean	Hendrina Appelt
Gladys Santos	Jeffrey Bowen
Sarah Garner	Melissa Scally
Grace Kwame	Evelyn Sillex
Julie Skorija	Meerim Zhumasheva
Marivic Torculas	Stephanie Brooks

### Staff Anniversaries

Charlotte Royal-7 years	Karen Barrett-3 years
Sara Criser- 6 years	Michelle Williams-2 years
Lynnette Esse-6 years	Ale Garcia-2 years
Aster Tekle-5 years	Elizabeth Ford-2 years
Carlene Gonzalez-5 yrs.	Ashley Morrow-1 year

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

**Doris Stanley**  
**Estelle Cortwright**  
**Hwa Kim**  
**James Daniel**

They are gone but not forgotten!

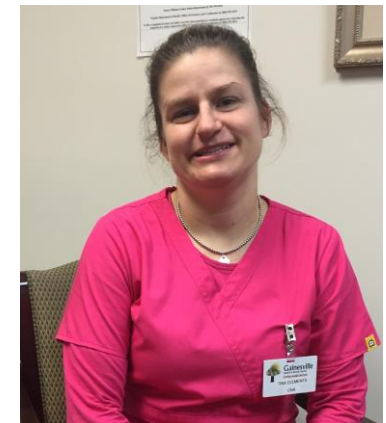
## Shining Stars



### Nominees

Margie Teodoro, C.N.A.  
Melissa Smith, C.N.A.  
Arlene Sesay, C.N.A.  
Xyl Barruel, C.N.A.  
Brenda McGarry, C.N.A.  
Elizabeth Ford, C.N.A.  
Aida Washington, C.N.A.  
Tina Clements, C.N.A.  
Meerim Zhumasheva

## Shining Star of the Month



**Tina Clements, C.N.A.**

### WELCOME TO OUR NEW HIRES- JANUARY!

Ruth Okwuosha – C.N.A.  
Rehanna Claxton - RN  
Lauren Nickson – C.N.A.  
Stella Oti - C.N.A.

(Donna Epps - Continued from page 1)

She went on to add that the company's mission of providing peace of mind says it all for her. "It is great to work for company that ensures that we have the resources we need to take care of our patients, residents and our wonderful team of care givers, and uses technology like smart glasses to enhance patient care." Donna stated that she loves the Service Excellence Initiative and the way it engages the entire team and gives front-line staff a chance to hone their leadership skills.

Born and raised in Washington, D.C., Donna has always known that she wanted to be in health care. She found her niche in public health at the University of Massachusetts, Amherst, where she earned her BS degree. She then earned her Master's Degree in Health Administration from the University of North Carolina, Chapel Hill.

Donna's first job was with General Motors Corporation in Detroit, Michigan, where she helped manage employee health care benefits for over eight years. During her 20-year stay in Detroit, she worked in physician practice/health center management, and was the Director of Health and Welfare Benefits for the City of Detroit and the Detroit Medical Center. Her career has also included consulting engagements in Washington, D.C., and Puerto Rico.

Donna made a career change in 2007 when she decided to pursue becoming a Licensed Nursing Home Administrator (LNHA), relocating to Virginia at that time. Prior to coming to GHRC, she has served as Administrator in facilities ranging in size from 60 to 180 beds.

Now that she is back in the D.C. Metropolitan Area, Donna is enjoying living close to her family, especially her elderly mother, who still lives in Washington, D.C. in the home where Donna grew up. She enjoys writing poetry, cooking, developing her own recipes, and reconnecting with old friends and classmates.

Donna also enjoys dance of all types and became known as the "Dancing Administrator." She says that she would dance with the residents during musical activities and often other staff would join her. "Music and dance, even when in a wheel chair or using a walker, are very soothing and healing. I always enjoy the smiles and comments from the residents."

She commented, "The best part of my job is seeing the difference our team makes in the lives of the residents, patients, and their families. I love being part of a team that truly has a common purpose!"

Welcome, Donna! We are so glad you decided to stay with us!

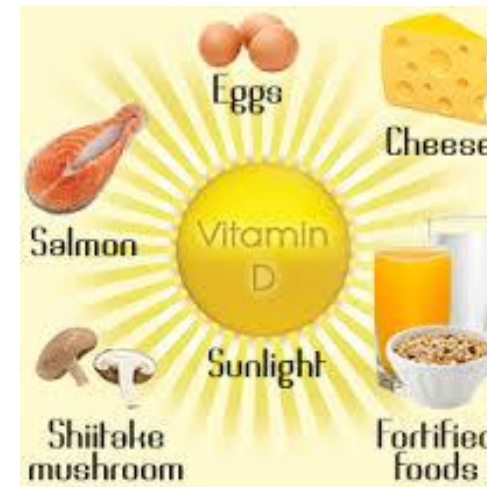
## Chinese New Year

February 8 may ring in China's new year, but preparations often begin weeks ahead of the Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; such as paying debts and resolving quarrels.

Food is an important part of any Chinese New Year's celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. So, on New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

## Are You D-efficient?



By Jane Schwartz, R.D.

Bundle up, crank up the heater, keep warm: it's midwinter. Although these are safe, healthy, and smart ideas when the blizzard is blowing and temperatures are sub-32°, all that insulating, layering and outdoor avoidance could be putting you at risk for an important vitamin deficiency. Vitamin D is found abundantly in the skin, but not in a usable form until it is activated. So it is essential that we obtain the activators and functional forms we need from outside sources.

### Why is it so important?

Vitamin D is vital in maintaining **bone health**. It is necessary for absorbing Calcium and Phosphorus, which help build bone structure and strength. D deficiencies can cause dangerous conditions like rickets and osteomalacia, softening of the bones. The **immune system**, which is necessary for fighting infections, requires vitamin D. It also plays roles in **cardiovascular** and **respiratory** system functioning, keeping your heart and lungs healthy. **Brain development** and **cancer-preventing** effects are also reasons to obtain optimal vitamin D. It **manages Calcium** and it maintains proper **cell communication** throughout the body.

Researchers are still studying its roles and have linked its deficiency to Alzheimer's, cancer, diabetes, autoimmune diseases, high blood pressure, and depression.

### Where can I get it?

There are few natural food sources of Vitamin D. The most significant way we can activate our skin's supply is through sun exposure. Winter weather and our indoor lifestyle are largely to blame for insufficient vitamin D stores.

**Sunlight** combines with vitamin D when it reaches our skin, converting it to D3- a form our bodies can use.

**Fortified foods** are common sources of vitamin D for many people. Think milk, cereal, and orange juice.

A **few foods**, like egg yolks, fatty fish, cod liver oil, and beef liver contain vitamin D. Mushrooms undergo similar processes that human skin does when interacting with sunlight. But many people still do not get enough D. What to do?

**Supplement.** Your MD can run a blood test to check whether you're deficient and recommend a dosage that's appropriate for you based on age, conditions, skin tone, and other factors. It's available over the counter inexpensively; just make sure you look for "D3." That's the kind the body makes once sunlight hits.

So perk up, sit in a sunny window, take a short stroll outside, and don't overdo the SPF. Then reap the rewards of a sunny, D-filled, revitalized winter!



Resource:

[www.vitaminDcouncil.org](http://www.vitaminDcouncil.org)

## Featured Resident of the Month



### Jack Warf

By Christina Horan,  
Activity Assistant

Jack Warf just celebrated his one year anniversary with us at GHRC. So what better way of celebrating than to be our featured resident of the month?

Jack is 76 years old and was born in Grundy, Virginia, a big coal mining and timber area at the time he lived there. When he was in the 5<sup>th</sup> grade, Jack and his family moved to Welch, West Virginia, where his father worked for the US Steel and Coal Mining Corporation. Jack finished high school in Welch, and soon after graduation married Elaine. They decided to move to Las Cruces, New Mexico since the unemployment rate in Welch was 50 percent. While in Las Cruces, Jack applied to the Border Patrol and to the White Sands Missile Range (where the atomic bomb was exploded), but unfortunately, he had to be 21 years of age, and was only 19 at the time.

After six months of living in Las Cruces, Jack and Elaine decided to move back to Southern Virginia where he worked at Burlington Industries, and at a furniture factory for a few years. Jack and Elaine then moved to Northern, Virginia and Jack decided to apply for the Virginia State Police Department and the Washington, D.C. Fire Department. He passed all the tests needed for both, but decided to take the job offer with the D.C. Fire Department, where he spent the next 10 years working as a Firefighter and an EMT.

During those 10 years, Jack wanted to pursue opening his own business. So while he was working with the Fire Department, he was also running a landscaping/mowing business, taking care of over 75 acres of land each week. He sold that company in the late 70's and then decided to open two coal mines in Southern

Virginia. While running the coal mines, Jack lived in Southern Virginia during the week, and went back to Northern Virginia on the weekends to be with his family.

After the coal mines, Jack opened Virginia Solid Fuels, which was located in Bealeton. This was a distillery where they made 30,000 gallons a day of 200 proof alcohol. They sold this alcohol to fuel companies, and the fuel companies would mix the alcohol with gas to make fuel for different types of automobiles. Along with Virginia Solid Fuels, Jack owned different industrial properties and commercial properties here in Northern Virginia for a number of years before retiring.

Jack has four beautiful and successful daughters; Mary, Yvonne, Ruth, and Lisa. Two of them are teachers, one is a Veterinarian with a clinic in Bealeton, and one is an Aerospace Engineer. All four of his daughters attended Virginia Tech and met their husbands during their time there.

Jack has always had trouble with his back. After a bad fall a little over a year ago, resulting in a hospitalization, Jack was told that rehabilitation therapy would be good for his recovery process. Jack and his daughters all felt that he was safe here at GHRC, and decided that after his therapy was completed, he would stay on for long term care.

During his time here, Jack stated that, "Everyone has become my family and I have made a bunch of friends. The nurses and all the staff are just great!"

All of us here at GHRC are delighted to include Jack as part of our family, and happy to have gotten to know him so well over this past year!



Ruth Perkins enjoys 90<sup>th</sup> birthday party

# Let It SNOW

## A Love/Hate Relationship

I like snow. I look for the first flake to fall each year. It's hard to walk in when it's deep.

By Shelley Murrah



I wish I was healthier, so that I could be out playing in it. I loved building snowmen and making snowballs for a snowball fight.

Pat Holley

I looked forward to hot cocoa with marshmallows and warm homemade chocolate chip cookies when I came back inside from playing in the snow.



Lillian Gonzalez



I hate snow. It is dangerous and scary to drive in.

Ruth Perkins

I love snow. I love to watch it coming down, love to play in it, and even love to shovel it!

Carol Lena



I like to snuggle with the one I love on snow days

Bill Greaver



I like to ski in the snow, especially in Germany, and warm up in the lodge with a whiskey.

Florence Burns

I hate snow. I don't like the cold and I worried about my cat when the snow was too deep.

Lizzie Cobb



I love snow. It's pretty to look at, but it's no fun to shovel, and it's too cold.

Connie Smoot



I hate snow because it makes it too cold to be outside.

Maxine Guillory