



Celebrating March

**Irish-American
Heritage Month**

**National Nutrition
Month**

**Women's History
Month**

**Employee
Appreciation Day
March 4**

**National Professional
Social Work Month**

**Daylight Saving
Time Begins
March 13**

**St. Patrick's Day
March 17**

**Easter
March 27**

**National Doctors' Day
March 30**

**International Hug a
Medievalist Day
March 31**

Gainesville Employee Wins National Achievement Award

Congratulations to **Tom Shelton, CNA**, who won the 2015 Service Excellence Mentor Award at the HealthCare Service Excellence Conference.

Tom was nominated by his Administrator and Service Excellence Council because "We think he is not only an exceptional individual and outstanding Ambassador, but a team member that exhibits the true meaning of Service Excellence in action. He looks at each day as an opportunity to serve his patients, residents, family members, and co-workers with excellence in hospitality and service."

Some of his attributes are:

- A role model in customer service
- Positive attitude
- Good communicator
- Desire to learn
- Potential for growth in leadership



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

Admissions Coordinator

Emily Smith

Business Office Manager

Crystal Sarmiento

Dietary Manager

William Collins

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

Melissa Jamison

Staffing Coordinator

Shannon Porsch

Supplies

April Willett

Rehab Success Story



Constance "Connie" Vetter

By Lynnette Esse,
Activity Director

The tale of the ordeal that brought Connie Vetter to GHRC is a long and complicated one. Back

in February 2015 Connie had her thyroid removed, and was diagnosed with non-Hodgkin's lymphoma. She then underwent four chemo treatments from April through July, and then four weeks of radiation in September.

Although she was weak, she was living at home independently, with the use of a walker. Just before Christmas her legs began feeling numb, but she didn't know which doctor to call. Thinking that perhaps she needed to cut her toenails, she went into the kitchen to get her clippers. Unfortunately, she cut her toe and fell on the way out of the kitchen. She landed on her shoulder, breaking her humerus, which is the long bone in the upper arm. Her emergency pendant brought the rescue squad to her door.

After having a cast placed on her arm for immobilization, she came to Gainesville for rehab. She recalls, "I was a mess! I couldn't stand or do anything by myself. I started with strengthening exercises, but I didn't feel like doing them. My therapist, Michele, told me that if I didn't begin to show some improvement, I wouldn't be able to stay here for therapy. That was all the motivation I needed! I have continued to improve each day since then. All of the therapists have been very patient, encouraging, and just a little pushy, which is what I needed. I can walk with a walker again. The numbness is still there, but I have made tremendous improvement."

PTA, Michelle Grgurovich, commented, "When Connie first came in here, she needed a lot of assistance. She was not walking. Now

she needs very little assistance when walking with a rolling walker. She's a very hard worker and she has not quit, despite facing challenges. Working with her and watching her make these gains just makes my day!"

An MRI of Connie's neck revealed spinal stenosis, the cause of the numbness in Connie's legs. She is scheduled for surgery in early March. Her personal theory is that the positioning she was placed in during radiation caused the problem in her neck.

Although she is not expecting immediate results, Connie is looking forward to going home and getting back to her cat, April. She is optimistic since she can now stand by herself and has use of her left arm again. She says, "Overall, my experience here at GHRC has been a positive one. I highly recommend this center for rehab!"

As a former nurse herself, Connie recognizes quality, caring staff. Originally from Philadelphia, she was a head nurse in the orthopaedic medical surgery unit, and a nurse recruiter for Thomas Jefferson University Hospital for over 15 years.

At the age in 35, Connie married her husband, John, in 1972 and relocated to Washington, D.C. Over the next 29 years she worked at Sibley Hospital, worked for pain and spine doctors, drew blood for the Red Cross, worked as a nurse at an adult day care center, and was a receptionist for a dentist. She retired in 2001 when she had to have hip surgery.

After her husband died in 2002, Connie opted to move from their home in Falls Church to Dunbarton in Bristow to be closer to her son, Stephen, his wife, Barbara, and her grandson, Zander, and granddaughter, Corinne. Her other son, Will, lives in New Rochelle, New York, with his wife, Karen, and their daughter, Chiara, and son, Hudson.

Connie added, "Without God's help and all of the prayers of my friends and family, I would not be here today!"

The staff here at Gainesville is very proud of Connie and what she has accomplished. We have enjoyed working with her and getting to know her these past few months.

March Birthdays

In astrology, those born between March 1st and 20th 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." Those born between March 21st and 31st are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

Resident Birthdays

Orelious Walker	Lillian Randolph
Martin Eveler	Gene Berrios
Robert Branch	Frank Davidson
Efrain Velazquez	James West
Peggy Geyer	Kamlesh Minocha
Kizzie Lane	

Staff Birthdays

Alma Martinez – Housekeeping Aide
Lilia Turijan – Housekeeping Aide
Arlene Sesay - C.N.A.
Kelly Davis - Director of Nursing
Sylvia Owusu - C.N.A.
Munah Norman - LPN
Franterra Featherstone - C.N.A.
Shantell McKamey - Business Office Assistant
Emily Smith – Admissions Assistant
Ashley Walker - C.N.A.

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

Lake Lee
Karen Walton
Michael Kline
Kimberly Holmes
Theda Davis
Theresa Murphy

They are gone but not forgotten!

Shining Stars



Anna Scrivner	Alma Martinez
Stephanie Brooks	Savilla Grayson
Cynthia Cardenas	Whitney Wilson
Frank Karikari	Sharon Kaur
Meeriam Zhumasheva	Robin Spencer
Margie Teodoro	Russell Adams
Hendrina Appelt	Judy Jones
Thomas Shelton	Rose Jackson
Ramon Frias	Carolyn Moore
Gia Melville	Jessica Booterbaugh
Karin Brice	Rajbir Kaur

Staff Anniversaries

Pius Nrenzah-Armah - 7 years
Thomas Shelton - 3 years
Gia Melville – 1 year
Seyram Hiamabey - 1 year
Hendrina Appelt – 1 year

Welcome February New Hires!

Benedicta Arhin – RN Supervisor
Kateryn Mogollon Garcia - RN
Nancy James – C.N.A.
Brianna Billings - C.N.A.
Wilhelmina Douglas - C.N.A.
Mary McCauley - C.N.A.
Abioseh Lewis - LPN
Octavia Washington - C.N.A.
Chelsey Woodward - C.N.A.
Virginia Cipolla - C.N.A.
Emelia Korkor - RN Supervisor
Gabriela Leiva - C.N.A.
Franterra Featherstone - C.N.A.
Patricia Okafor - RN Supervisor



Pastor Dennis

Leads the Residents in Bible Trivia

By Lynnette Esse, Activity Director

Pastor Dennis Di Mauro, of Trinity Lutheran Church in New Baltimore, is involved in an extensive community outreach program involving local senior living centers. As the pastor of a relatively new and growing church, Dennis has the time to devote to his seniors ministry. He said, "I thought it would be something that we could do that would be appreciated. I found that music makes it fun and it works very well."

Beginning in early January, Pastor Dennis started coming to GHRC. He has added a new twist to the traditional Bible study class. He entertains and engages the residents with music, singing traditional hymns that everyone knows. He passes out song sheets so that the residents can sing along. He plays his ukulele, mesmerizing everyone with his beautiful, melodic voice. He reads familiar Bible stories, followed by questions and thought-provoking discussions, and the residents LOVE it!

Resident, Carol Lena, commented, "I think Pastor Dennis' Bible Trivia is very interesting. He intersperses trivia from the Bible with music and makes it fun. The trivia is very informative and the discussion gets us thinking. I really like it."

Pat Holley, another resident, added, "Pastor Dennis is very down to earth. He brings up stories from the Bible and talks about how they relate to our lives today. He allows us to ask questions and he listens to our opinions. He makes it very interesting and fun, especially when we sing along with him."

After a long and successful career in the telecom industry, Dennis realized that he was wasting his gifts – his people skills, teaching skills, preaching skills, and musical abilities. He explained, "My calling happened over time. I had this pressure on me, like God was riding me. I felt that I was not doing what I was supposed to be doing."

He spent nine years working full time and going to school part time. He attended Reformed Theological Seminary, earning his Master of Arts in Religion in 2006, then his PhD at Catholic University in 2012.

While still working at Hewlett Packard he began working part time as a Vicar, or pastor in training, at Reformation Lutheran Church in Culpeper. Now he is the full-time pastor at Trinity Lutheran, located between Gainesville and Warrenton, adjacent to Route 29. His goals are keeping his new church growing and making it financially solvent. Dennis and his wife of 25 years, Coco, continue to live in Herndon. They have three grown daughters, Zoey, Lucy, and Veronica.

Pastor Dennis' time here at Gainesville fits into his overall outreach program. He says that his time here means, "I can do ministry every day – sharing God's word and providing an experience that is valued, appreciated, and meaningful for all of us."



A big thank you to all of the staff who worked the weekend of the 2016 Blizzard!



**Sundowner's Syndrome:
Recognizing and Managing It**

By Ava M. Stinnett

Daylight saving time (DST) was first suggested by Benjamin Franklin in 1784 with the purpose of making better use of daylight and conserving energy. With limited daylight, some people get the winter blues, characterized by irritability, lethargy, a change in sleep patterns, difficulty concentrating, and depression. Some physicians refer to this as seasonal affective disorder (SAD).

Sundowner's syndrome (or sundowning), which shares some of the same characteristics as SAD, sometimes affects people with Alzheimer's or other forms of dementia. Sundowning isn't a disease but a group of symptoms that occur at a specific time of the day, specifically beginning at dusk and into the evening. You may notice confusion, anxiety, aggression, or ignoring directions. Sundowning can also lead to suspicion, delusions, pacing, or wandering. The exact cause of this behavior is unknown; however, researchers have noted the following triggers:

- End-of-day exhaustion (both mental and physical)
- Upset in the internal body clock, causing biological mix-up between day and night
- Reduced lighting, which can make already challenged vision even more challenging
- Diminished levels of melatonin—a naturally occurring hormone that induces sleepiness
- In a care facility, activity during staff shift changes or the lack of structured activities in the late afternoon and evening

Tips for Managing Sundowning

- Always keep in mind that fatigue plays a major role in sundowning.
- Routines help those experiencing sundowning to feel safe. Try to maintain a predictable schedule for waking, meals and activities, and bedtime.
- As the sun goes down, keep rooms well lit so that your loved one can see while moving around. Night lights often help reduce stress if they need to get up in the night for any reason.
- Try to reduce background noise and stimulating activities, including TV viewing. Play familiar gentle music in the evening or relaxing sounds of nature, such as the sound of waves or a rain forest.
- Keep orienting people confused by sundowning to where they are and what is happening so that they feel secure and well protected.
- Do not argue with the person. This rule of thumb becomes more crucial with sundowning's intensifying behavioral problems.
- Try whatever works to calm the person, from a favorite pastime to simply folding clothes.

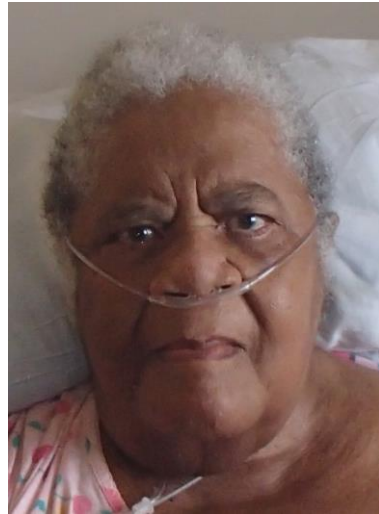
It's important to always keep in mind that people with Alzheimer's do not have control over their behavior and that their occasional exasperating behavior stems from the inability of the brain to sort out a confusing environment.

Employee of the Month



Rajbir Kaur, C.N.A.

Featured Resident of the Month



Doris Ward

By Christina Horan,
Activity Assistant

Doris Ward has been part of our GHRC family since November 2015. She was born and raised in Savannah, Georgia. After

graduating from high school, Doris went on to Savannah State College, where she took courses for two years.

After college, Doris married Marvin, who would be her husband for 60 years. Shortly thereafter Marvin was called into the Army and was stationed at Fort Myer in Arlington, Virginia. While Marvin was serving in the Army, Doris took a job with the Department of Defense, working as a clerk for a number of years. Doris stated, "I truly enjoyed my job as a clerk. I worked with bunch of wonderful people."

Doris and Marvin had three boys - Marvin, Jr., Reginald, and Juan. All three boys graduated from college and have been very successful. Doris has also been blessed with five grandchildren, who are her pride and joy. While raising her kids, Doris continued working with the government. She commented, "It was an experience working full time while taking care of a family, but I wouldn't change any of it."

Once Doris and Marvin retired they enjoyed many things together, such as going to see plays, musicals, and movies, and traveling. Her all-time favorite vacation destination was Antigua. She recalled, "We had a BLAST when we were there!"

Not only did they enjoy living in Northern Virginia, but they were happy to be so close to Washington, D.C., enjoying all of the history it has to offer. "All in all," Doris said, "anything Marvin and I did together, we enjoyed. We just loved spending time with one another."

After Marvin's passing four years ago, Doris ended up having a stroke and went to live at Golden Senior Living. After being hospitalized again in the fall of 2015, it was decided that Doris would come to GHRC. All of us here at GHRC are very happy to have gotten to know Doris better!



Everyone's Irish
On March 17th.

If I Were a Leprechaun...

Poetry by GHRC Residents

If I were a leprechaun...

- I would wear a bright green suit,
- I would drink green beer,
- I would eat Lucky Charms cereal,
- And I would dance an Irish jig!

If I were a leprechaun...

- I would wear a bowler hat,
- I would drink dark Irish whiskey,
- I would eat Irish soda bread,
- And I would play tricks on little kids!

If I were a leprechaun...

- I would carry shamrocks in my hand,
- I would eat corned beef with cabbage,
- I would work mending shoes,
- But I would guard my pot of gold!

If I were a leprechaun...

- I would make lots of mischief,
- I would chase after rainbows,
- I would try to help the poor,
- And if you catch me, I will grant you a wish...so catch me if you can!



Social Work Month 2016

Forging Solutions Out of Challenges

Our nation's more than 600,000 social workers have amazing tenacity and talent. They confront some of the most challenging issues facing individuals, families, communities and society, and forge solutions that help people reach their full potential and make our nation a better place to live. We celebrate the contributions of social workers during National Social Work Month in March.



Sara Criser, Director
of Social Services

Karen Barrett,
Social Worker



March is National Nutrition Month. In the spirit of healthy celebration, your Gainesville Health and Rehab Center registered dietitian has teased out 5 inspirational tips for living life to the fullest, healthiest, and most nutritious!

1. **Listen to your mother.** If there is one thing you can do to maximize your health and get more vitamins and minerals, eat more vegetables and fruits! Bonus - you'll fill up, feel good, and get everything your body needs to function to its fullest.
2. **Taste the rainbow.** Be sure to include a variety of foods – colors, textures, and flavors - for a diet rich in nutrients and health rewards.
3. **Hydrate.** Drink water throughout each day, with and between meals. Water is necessary for every cell in your body to do its job.
4. **Don't deny - but keep portions petite.** Allow yourself the foods you love; just enjoy them in moderation for lifelong health. And if you go overboard, forgive yourself and move on. Every meal, every bite is a chance to start over.
5. **Include physical and mental activity in your health goals.** Move as much as possible, socialize, and keep your noodle ticking by joining activity groups, reading, and challenging yourself physically and mentally every day.