

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



April 2016

The Gainesville INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating April

National
Occupational Therapy
Month

Physical Wellness
Month

Defeat Diabetes
Month

Administrative
Professionals Day
April 27

National Volunteer
Week *April 10-16*

April Fools' Day
April 1

World Health Day
April 7

Library Day
April 12

Earth Day
April 22

Passover
*Begins Sundown
April 22*

Arbor Day
April 29

Department Heads

Administrator
Donna Epps
Medical Director
Dr. Behiri
Director of Nursing
Kelly Davis
Assistant Director of Nursing
Eunice Acheampong
Clairmont Unit Manager
Benedicta Arhin
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 Coordinator
April Willett

Meet the New Clairmont Unit Manager



Benedicta Arhin

Look for a full feature story about Benedicta in an upcoming issue of the *Gainesville Insider*...



Gainesville Health and Rehab Center
www.facebook.com/GainesvilleHealthRehabCenter

Rehab Success Story James West



James West came to us for rehab in early December 2015 after suffering from a massive stroke and lengthy hospitalization. Upon arrival Mr. West was bed-bound, had a tracheotomy and a feeding tube, and was unable to speak.

His wife, Mira, and daughter, Sarah, say

that his progress thus far has been nothing short of miraculous! He is now sitting up in a wheelchair, with no trach and no feeding tube, eating regular food and drinks, his memory has improved, and he is walking 150 feet with a walker.

Mrs. West, who spends all day every day with her husband said, "I couldn't have gotten through any of this without my faith in God and the strength He has given me." She went on to add, "Marie, his physical therapist, and Amy, his occupational therapist, have been unbelievable at helping and motivating him! His speech therapist, Karen, is very nice and very patient with him, but regaining his speech has been more of a challenge."

Sarah added, "Marie and Amy really believed in him. It was such a motivator for him!" She explained, "At first they started with stretching while he was in bed. It escalated pretty quickly to getting him up and taking him to the gym. They got him to stand and started using the parallel bars. It was pretty amazing!"

Physical therapist, Marie Clonts, commented, "Mr. West is recovering slowly but surely from his stroke. Although he is frustrated by the slow progress, he works really hard. His dry wit allows us to laugh while we work. I have every confidence that he will continue to improve. It has been my privilege to work with Mr. West and his incredibly dedicated family."

Amy Waibel, OTR/L, said, "Mr. West has made tremendous progress with his activities of daily living, mobility, and transfers. His family has been extremely supportive, which has made a great impact on his recovery. They have truly been a pleasure to work with."

Karen Singletary-Fuller, speech therapist, commented, "Mr. West has demonstrated remarkable progress. Initially his goal was to increase his swallow safety and efficiency, and to decrease his G-tube feedings. However, Mr. West met all his goals with puree, mechanical soft, and currently regular consistency diet. He also demonstrated progress from thickened liquids to thin liquids. Speech therapy continues to focus on his short term memory and speech production."

Mr. West says that his biggest incentive is getting back home so that he can spend time with his family. His youngest daughter, Rachel, is an analytical chemist who lives in Richmond. She comes up every weekend to see him. Sarah and her husband, Paul, live here in Haymarket with their two children, Devin and Skylar. He loves taking them all bowling, golfing, and out to eat.

As a retired Army Master Sergeant, Mr. West is no stranger to working hard. He met his wife, Mira, on a blind date while serving in Korea in 1987. They were married a year later. Three months after their daughter, Sarah, was born, he was transferred to Virginia. They also did a tour in Germany and in Georgia before returning to Virginia.

Upon his retirement from the Army, Mr. West went to work for a government contractor as a photographic engineer. Mira is a hairstylist, managing her own business out of Creative Hair Designs in Manassas.

Mr. West is described by his family as being strong-willed, determined, and hard-working, all ideal traits for being a successful rehab patient. They added that he is somewhat of a jokester, a good public speaker, has a beautiful singing voice, and is a skilled pianist.

The staff at GHRC is very proud of Mr. West for all that he has accomplished. His fierce determination to get well and go home is truly inspiring.
~By Lynnette Esse, AD

April Birthdays

In astrology, those born between April 1–19 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. As eternal optimists, they consider no odds insurmountable. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Resident Birthdays

Kari Bandy Mary Jamison
Norma Maxson

Staff Birthdays

Ma Bittner – C.N.A.
Eugenia Martinez – Housekeeping Aide
Rosemary Addow - MDS Coordinator
Susanna Kang - LPN
Xyl Barruel - C.N.A.
Asumani Bahati – C.N.A.
Florence Aliagha - LPN
Oluwaseyi Okunoye - C.N.A.
April Willett – Supplies Coordinator
Benedicta Arhin – Clairmont Unit Manager
Lauren Nickson - C.N.A.

Staff Anniversaries

Maria Aguilar - 8 yrs. Adela Canales - 2 yrs.
Karimah Gonzalez – 5 yrs. Traci Cooke - 1 yr.
Frank Kari Kari – 2 yrs.
Crystal Sarmento – 2 yrs.

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

**Lonsby Bright
Ernest Phillips**

They are gone but not forgotten!

Shining Stars



Claudia Diaz, C.N.A. (2)
Rose Jackson, C.N.A.
Alejandra Samayao-Garcia, C.N.A.
Sabrina Ahmed, C.N.A.
Suzanne Makamte, C.N.A.
Aida Washington, C.N.A.
Afewerk Hailu, RN
Evelyn Ansah, LPN
Xyl Barruel, C.N.A.
Karin Brice, C.N.A. (2)
April Willett, Supplies Coordinator
Anna Scrivner, C.N.A.
Marie Clonts, PTA

WELCOME TO OUR NEW HIRES- MARCH!

Latisha Lewis – C.N.A.
Suzanne Makamte - C.N.A.
Jong Kim – LPN
Katlyn Dove - C.N.A.
Malibu Sears Jeffery - C.N.A.
Patricia Calloway - Housekeeping Aide
Kimberly Crislip-Hatcher - LPN
Shareria Hogan - LPN

A Bird's Eye View



Poetry by Residents: Carol Lena, Collin Kelly, Orelious Walker, Florence Burns, Sonny Wadhvani, Ruth Perkins, Lizzie Cobb, Martin Eveler, and Jennifer Snaith

I am a little bird who lives in the courtyard.
I eat seeds from the numerous feeders to my heart's content.
One of those large creatures fills it up every day.
I am wary of them, but they never bother me.

I am safe from cats and other animals,
But not the hawks and falcons.
When I see them perched on the rooftop, I make myself scarce,
Disappearing down under the shrubs or trees.

My husband and I are busy making a nest.
There is an abundant supply of dry grasses
And twigs around here.
Soon we will have new additions to our family.

This is an ideal environment surrounded by
A natural supply of seeds and insects.
The building provides shade and a wind block.
I feel lucky to have found such a great place to raise a family.

It is comforting to be part of a big flock of friends and family.
There is always someone to talk to or sing with.
Even though it is not my intent to entertain,
I am happy to bring enjoyment to those large creatures I share the building with.

Life is good.

Listen Up, We're Talking Health!

Every month GHRC sponsors an expert-led presentation on a relevant topic called **Health Talks**. Residents, staff, and anyone in the community are invited to attend and learn. Here's a recap of the March presentation:

GHRC's in-house registered dietitian, Jane Schwartz, spoke about **Understanding the Benefits of Nutrition and Weight Management**.



Where we stand – Did you know more than 2/3 of Americans adults are overweight or obese?

Why does it matter? Diet and weight management play a pivotal role in preventing and even reversing chronic diseases, such as cardiovascular disease, diabetes, and hypertension. Plus, maintaining a healthy weight lets you keep active, feel your best, and boost your confidence.

Where do YOU stand? Get *real* about your nutrition and diet. Take a close, honest look at your habits. Journal every morsel and sip that goes into your mouth for three days—it may be eye-opening!

What can you do? Start by setting 1 to 2 small, realistic goals. ANY change in the right direction is a victory. Sustainability is key to long-lasting health rewards.

Find the facts and get help: Don't follow trends or believe what you see on TV. Jane shared researched-based resources, like the U.S. Department of Health and Human Services' *2015-2020 Dietary Guidelines for Americans*, which offer 5 Key Recommendations to prevent chronic disease. The DASH Diet is just one of the proven healthy-eating methods discussed, and it's the result of a large-scale, long-term study. An RD can help you create an individualized plan so you can make healthy changes and live well.

Featured Resident of the Month

Sharin McMonagle – Bielasowicz



Sharin McMonagle – Bielasowicz, one of our newer Clairmont Unit residents, came to us in November of 2015. She was born and raised in Port Arthur, Texas, which is located near the border of Louisiana. Sharin is the eldest of six children, having four brothers, and one sister. She graduated from Thomas Jefferson High School in 1961, attending school with Janis Joplin and Jimmy Johnson.

Shortly after graduation, at only 18 years of age, Sharin married her former husband, John. They moved to Louisiana in 1980 to start their life together. Together she and John have three daughters; Angela, Lesley, and Melanie. For a number of years during their marriage, Sharin was a homemaker taking care of her family.

Once her children were old enough, she took a job as a librarian, working at the public library in Alexandria, Louisiana. Sharin stated, "It was very busy working in the library, but I absolutely loved it!" After 30 years Sharin decided it was time to retire. After only being retired for a short time, Sharin and John, unfortunately, decided to divorce.

Sharin was ready to get back into the dating scene again after a number of years of being single. As an avid Facebook user, she decided to use a site called "Are You Interested?" That is where she met, Al in early 2014. After talking for a few months, Al decided to take a trip down to Louisiana and whisk Sharin off her feet. It was love at first sight! He brought Sharin and her cat, Sugar, up to Virginia with him so they could start their new life together. On New Year's Eve of 2014, Sharin and Al tied the knot, and have been happily married ever since.

On August 15, 2015 Sharin suffered a stroke, followed by a week-long hospitalization. Her doctors recommended that she continue therapy at a rehabilitation center. From the hospital, Sharin went to Health South for a brief time before transferring to our Potomac Falls location. From there, it was decided that Sharin would transfer to GHRC for long-term care.

Sharin commented, "There are wonderful nurses here at Gainesville that take great care of me. I enjoy many different activities and am truly grateful for the Holy Trinity Catholic Church volunteers who take the time to come and visit with me."

Sharin's husband, Al, comes daily to visit with her. They enjoy watching TV together, chatting, and listening to her books on tape. On nice days they go for walks outside, wheeling up and down the sidewalks looking for birds. Sharin says, "The highlight of my day is spending time with Al!"

It has been a pleasure getting to know Sharin over the past few months. She is a wonderful addition to our GHRC family! Welcome, Sharin!

By Christina Horan, Activity Assistant

Please Help!

The activity department is accepting donations of the following items:

Nail polish
Nail polish remover
Large print books
Magazines
Washable Markers
Colored Pencils
Crayons
Washable Paint
CD Players
CDs and DVDs

We are most grateful for any new or gently used items that you no longer have a need for. Thank you!

April is OT Month

Celebrate it All Year!



Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

- an individualized evaluation, during which the client/family and occupational therapist determine the person's goals
- customized intervention to improve the person's ability to perform daily activities and reach the goals
- an outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

Meet the GHRC Occupational Therapy Team



Andrea Espinoza, Jessica Hsu, Sabasree Pradhan, and Amy Waibel

Andrea Espinoza, MSOTR/L – attended Virginia Commonwealth University – 4 ½ years of experience

Jessica Hsu, OTR/L – attended Shenandoah University – 2 ½ years of experience

Sabasree Pradhan, COTA – University of Charleston, WVA – December 2015 Graduate

Amy Waibel, OTR/L – University of Pittsburgh – 15 years of experience



**HUMPTY DUMPTY IN
OCCUPATIONAL THERAPY**

Administrative Professionals Day

April 27, 2016

During World War II, there was an increased need for skilled administrative personnel, particularly in the United States. The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative careers in the field. The association's name was changed to the International Association of Administrative Professionals (IAAP) in 1998.

These changes in name reflected the changing nature of the tasks, qualifications and responsibilities of the members of the organization. The organization's vision is "to inspire and equip all administrative professionals to attain excellence".

In 2000, IAAP announced that names of the week and the day were changed to Administrative Professionals Week and Administrative Professionals Day to keep pace with changing job titles and expanding responsibilities of the modern administrative workforce.

We honor all of our Administrative Professionals here at GHRC!



Melissa Jamison – Medical Records, Emily Smith – Admissions Coordinator, April Willett – Medical Supplies Coordinator, Aster Tekle - HR, Shannon Porsch – Staffing Coordinator, Crystal Sarmento – Business Office Manager, and Tammy Simmons - Business Office Assistant

Always Positive

April Willett Medical Supply Coordinator



April began working in her new role as Medical Supply Coordinator in January 2016, after working at GHRC as a C.N.A. for the past year and a half. Her new role involves ordering supplies for the resident and the patients, and for the building inventory. She works closely with admissions to ensure that we have the proper beds, oxygen machines, wheelchairs, and other special needs of new patients who are being admitted from the hospital. She also works one-on-one with the therapy and nursing departments to ensure they have what they need. She works hard to ensure the timeliness and accuracy of the billing to the patients and residents.

April is accustomed to being in a position of authority and getting things done. As a former Specialty Department Manager at Whole Foods, she oversaw a team of 14 and assisted with the opening of new stores for over 13 years.

After an extended period of helping to take care of her two grandmothers, she felt called to attend nursing school. She said, "I have developed a passion for the elderly. I like being able to make an impact on their quality of life. There is such fulfillment in providing end of life care. I never knew it could be so rewarding."

Attending First Nursing Academy in Manassas, April earned her C.N.A. license in 2014. Her ultimate goal is to become a hospice nurse. She will resume nursing school part time this coming September at Lord Fairfax. She is close to earning her LPN, with plans to continue for two years until she earns her RN degree.

As a cancer survivor herself, April is filled with compassion for others. She sees the positive in everything. She adds, "I miss the personal contact with the residents. I enjoy getting to know them and hearing their stories. But I am still making a difference in this new role, making sure they have all that they need."

By Lynnette Esse, AD