

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



May 2016

The Gainesville
INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating May

May Day
May 1st

Cinco de Mayo
May 5th

Dandelion Days
May 6–8

Mother's Day
May 8

National Nurses Week
May 6-12

**National Nursing Home
Week**
May 8-13

**Better Hearing &
Speech Month**

Armed Forces Day
May 21st

Victoria Day
May 23rd

Memorial Day
May 30

Department Heads

Administrator

Donna Epps

Medical Director

Dr. Behiri

Director of Nursing

Kelly Davis

Assistant Director of Nursing

Eunice Acheampong

Clairmont Unit Manager

Vacant

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

Meet some of our dedicated volunteers



Back row: Richard Labrozzi, Jim Reynolds, Susan Dunn, Tom Morrison, Noah Nason

Middle row: Louanna Breeder, Curt and Margaret Dierdorff, Pastor Dennis DiMauro, Charles Ellerbe

Front row: Bev Conolly, Vicky Samuel, Beverly Ellerbe

Gainesville Health & Rehab wishes to thank all of our volunteers for their hundreds of hours of dedication to our residents. Their lives are better with the gift of your time and talents in our building.



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

Rehab Success Story



Linda Furlong

On April 27 of this year Linda Furlong and her husband, Gary, were driving back from Delaware, after visiting her 94 year-old father, when their lives were turned upside down.

They were traveling on a quiet two-lane road in Maryland when another car stopped at the stop sign of a cross street and pulled out in front of them, giving Gary no time to react.

Fortunately, everyone survived the crash, but Linda, who was the passenger in her vehicle, was sent to the hospital with a broken left ankle and wrist, broken sternum, broken top right and left rib, and two compression fractures in her neck. Her husband walked away with a lot of serious bruising, but no broken bones. None of her injuries required surgery, although she remained in the hospital until May 3rd.

With her home in Manassas, GHRC was a convenient location for her husband, daughter, Katie, who lives at home, and son, Scott, who lives with his family in Haymarket, to visit while she recuperated from her injuries and participated in therapy. She arrived at GHRC with a splint on her left arm and leg and a neck brace. Little by little she began to heal. She was able to use a platform walker, but could put no weight on her wrist or ankle.

Linda said, "I'm glad I'm here. This has been a very positive experience. I have enjoyed it here. I love my therapists, Ash and Andrea. They are both very supportive and very helpful. They encourage me to do all that I can do. I am very motivated and I will push myself."

Ashraf Sefain, PTA, commented, "Mrs. Furlong is one of the most motivated patients I've ever worked with. She always does her best in physical therapy and follows directions carefully to maintain her safety. She's agreeable, pleasant, and fun to work with."

Andrea Espinoza, OT, added, "Mrs. Furlong has been a pleasure to work with. She is motivated and determined, qualities that define a patient with unlimited potential."

After the follow-up appointment with her orthopedist five days later, big changes began to happen. She got a boot on her left foot and was able to be weight-bearing. She went from using the platform walker, to using a quad cane, to using a point cane. She can transfer herself and is happy to be less dependent on others for assistance.

Originally from Delaware, Linda and Gary moved to Virginia for his job with American Airlines 38 years ago, in 1978. Linda worked for Prince William County Schools as a special education assistant, and a preschool teacher at Little Elves Preschool, where she worked with 3 and 4 year-olds.

Linda has a most unusual passion – she LOVES power tools! She says they come in handy during her semi-annual mission trips. She is part of a START team, or short-term aide relief team with St. Thomas United Methodist Church in Manassas. She has been to Florida, North Carolina, Georgia, Maryland, and Mississippi since her retirement in 2007.

Reading and spending time with her family are also important to Linda. She has another son, Kurt, in Glen Allen, Virginia, and a total of six grandchildren. She is going to miss everyone here, but she looks forward to going home to be with her family.

GHRC is proud of Linda and all that she has accomplished while here for therapy. She is an inspiration to us all!

By Lynnette Esse, Activity Director

Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Resident Birthdays

Paciencia Manalo	Hunter Hyde
Mildred Hawley	Mark Bennett
Betty Schroth	Jennifer Snaith
William Zackey	Mary Williams
Kathryn Tenney	William Mackay
Wayland Doggett	Anna Riley
Mamie Moore	

Staff Birthdays

Ada Washington	Shareria Hogan
Brenda McGarry	Alejandra Garcia
Pius Nrenzah-Armoh	Michelle Williams
Rose Jackson	Whitney Wilson
Eunice Acheampong	Huan Mwana
Seyram Hilamabey	Khadijah Eason
Malibu Sears Jeffery.	

Staff Anniversaries

Rose Jackson, 5 yrs.	Sylvia Owusu, 2 yrs.
Gabriela Arrate, 5yrs.	Sheila McBride, 1 yr.
Kelly Davis, 3 yrs.	Jasmine Gonzalez, 1 yr.
Huan Mwana, 2 yrs.	Arlene Sesay, 1 yr.

WELCOME APRIL NEW HIRES!

Alexis Carter - C.N.A.
 Tricia Telles - C.N.A.
 Norma Flores Jovel - Housekeeping Aide
 Kathleen Watkins - LPN
 Katia Doeden - LPN
 Serges Ndino - RN
 Jeffrey Telles - C.N.A.
 Kathryn Benson - Activity Assistant
 Kamika Norris - Laundry Aide

Shining Stars



Ana Scrivner, C.N.A.
 Thomas Shelton, C.N.A.
 Gia Melville, C.N.A.
 Gina Eugenia, Housekeeping
 Maurice Okafor, Dir. Housekeeping/Laundry
 Alma Martinez, Housekeeping

In Honor of Those Before Us...

Phyllis Henderson
 Barbara Traina
 Mary Baker
 Harold Thomas
 James Whynot

They are gone but not forgotten!

GHRC Celebrates Better Hearing & Speech Month May 2016



Karen Singletary-Fuller, MA CCC/SLP celebrates 20 years of experience!

Congratulations, Karen!



Anne Cruz, LPN
Our New Quality Assurance Process Improvement (QAPI) Nurse

Anne Cruz transitioned from being a nurse on the unit to her newly created position as QAPI nurse in February 2016. She is still feeling her way around her new job responsibilities.

In a nutshell, she tracks and trends all of the concerns that are generated throughout the center. She ensures that the whole building is in compliance with state and federal regulations and company policies. She tracks the hospital re-admission rates.

She also keeps track of all falls, including trends such as the shift, time, location, environmental issues, and what activity was going on during the falls. She looks at pre-disposing factors such as a change in medication or illness such as a UTI. She ensures that appropriate interventions are in place and that proper documentation has been completed.

Anne began working at Gainesville in a part time capacity in June 2015, transitioning to full-time in August. Prior to that she was doing home health care at night.

Ever since Anne went on a field trip to West Point at the age of 10, she has wanted to be both a military officer and a nurse. While on that field trip she discovered that there was a way she could do both.

During high school Anne attended a vocational school, where she attended classes three days a week and spent two days a week training/working as a C.N.A. in a nursing home. Due to this experience she is totally comfortable with working in this environment.

After high school graduation Anne went to see a recruiter. She found out that she had two choices: she could train to become a combat medic, which might not allow for an opportunity to go to college, or she could become a carpenter and mason. Being a tomboy at heart, and because she had liked woodshop, she chose the latter.

She had a 15 year career with the Army, six years as a carpenter, and 9 years as a nurse. She was picked up for school in Texas, where she trained for ten weeks to become a combat medic and earned her EMT certification. A transfer to Walter Reed National Military Medical Center in Bethesda, Maryland led to 52 weeks of training to earn her LPN. She was deployed to Iraq, Korea, Germany, and Thailand. In her last assignment she was in charge of a 28-bed same-day surgical clinic at Ft. Meade, where she supervised a staff of both military and civilian personnel.

Having met three times before, Anne and her husband, Mike, who was in the Air Force, actually re-met and began dating in 2003 when she was in school in San Antonio. He went back to California and she went on to Washington, D.C., but after a year of long distance romance, the two were married. Their son, Michael, was born in 2009.

Anne retired from the Army in 2011. She says, "I don't miss military life, but I sometimes miss the structure." Her goal is to finish nursing school and earn her RN.

GHRC is happy to have found someone of her caliber and experience to fill this challenging new role. Please join us in welcoming Anne to our GHRC family!

By Lynnette Esse

Resident's Spring Haiku



Grazing Sheep

I stroll in the field
Watching the sheep as they graze
How peaceful they seem

By Carol Lena

New Leaves

I see the green leaves
Bursting forth on the tree branches
Winter is over!

By Shelley Murrah

Mimosa Tree

I like the mimosa tree
The pink puffs look like fireworks
Warm weather is here

By Connie Smoot

Yellow Daffodils

I like daffodils
Yellow blooms bring forth sunshine
It brings my heart warmth

By Ruth Perkins

Orange Tulips

Tulips come in spring
Their beauty makes me feel good
Orange is the best

By Marie Jordan

Joyful Sunshine

I like longer days
Of more sunshine and warm air
Spring colors bring joy

By Jennifer Snaith

St. Augustine Grass

I look forward to
My St. Augustine green grass
It is time to mow

By Orelious Walker

Blooming Azaleas

Azaleas burst forth
In pink, red, and white flowers
Brightening my day

By Colin Kelly

Dandelions

Most people hate them
But I love dandelions
Their color brings joy

By Lizzie Cobb



GHRC Celebrates Mother's Day

Vera Bradley – Queen of Gainesville



“Always worried about her kids like a true mother.”

“Always worried about her babies. I just love her to pieces.”

“Loves kids so much.”

“Very nice to the staff.”

“Such a sweet lady. I love talking to her.”

Kathleen McKenna – Princess of Fairview



“Very sweet lady.”

“She is very friendly, always has nice things to say, always has a smile on her face, and is very helpful.”

“Though many bumps on the road to her recovery, she keeps a positive outlook and always has a smile on her face.”

Carmella Sternecker – Princess of Clairmont



“Mrs. Sternecker is a very lovely lady. She is always thinking of us over her own needs. That is the sacrifice of a mother – putting others before herself.”

“Always laughing, lots of energy.”

“She is very sweet and loving and kind.”

“She is very polite and courteous to everyone.”

“Very sweet lady.”

Spring Cleaning



Now is a great time to clean out your closets and swap out your summer and winter clothing. It is also a perfect time to declutter. Personal items should not be left in the bathroom. They should be labeled and bagged and kept in a drawer. Please keep the top surface of the air conditioner unit clear for everyone's safety. Thank you!

GHRC Celebrates National Nursing Home Week



Patriotic Day



Hawaiian Day



Sports Day



Adela Canales and Alma Martinez from housekeeping enjoy a cool break



Carousel Frozen Treats brings joy to the residents one sundae at a time



Peggy Geyer savors every last bite of her ice cream



Jack Warf enjoys the outdoors and frozen treat



Even the DON, Kelly Davis, lights up with her ice cream treat!