



The Gainesville
INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating June

Great Outdoors Month

Women's Golf Month

**Audio Book
Appreciation Month**

**Say Something Nice
Day
June 1**

**Corn on the Cob Day
June 11**

**Men's Health Week
June 12-19**

**Nat'l Nursing Assistants
Week June 9-16**

**World Blood Donor Day
June 14**

**Father's Day
June 19**

**Take Your Dog to Work
Day
June 24**

**Day of the Seafarer
June 25**

National Nursing Assistants Week June 9-16, 2016

Why we love our C.N.A.s

By Residents: Lizzie Cobb, Peggy Geyer, Dorothy Lovelady, Kathy Tenney, Carol Lena, Christina Woolwine, and Celeste Mullins

They do what we ask
They give us Christmas presents
They are pretty in pink
They are very pleasant
They are very nice
They are wonderful
They go out of their way to be helpful
They are very kind
They do all they can
They are good about helping us shower
They are friendly
They are nice to talk to
They are pretty amazing
They do everything for us
They are the life of GHRC
.... Be patient with them, they have a lot of work to do



Who are Career Nursing Assistants?

Nursing assistants are key players in the lives of the people in their care. Each day, more than 4.5 million caregivers provide hands-on care to our nation's frail, elderly, or chronically challenged citizens in nursing homes and other long term care settings.

Department Heads

Administrator

Donna Epps

Medical Director

Dr. Behiri

Director of Nursing

Kelly Davis

Assistant Director of Nursing

Eunice Acheampong

QAPI Nurse

Anne Cruz

Clairmont Unit Manager

Joslyn Dickey

Fairview Unit Manager

Dale Jefferies

Wound Care Nurse

Jill MacNeil

Admissions Director

Vacant

Admissions Coordinator

Christina Horan

Business Office Manager

Crystal Sarmento

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

Dietary Manager

William Collins

MDS Coordinator

Rosemary Addow

MDS Coordinator

Kim Haywood

Medical Records

Melissa Jamison

Staffing Coordinator

Shannon Porsch

Supplies

April Willett

Rehab Success Story “We never give up!”



Alan and Samona Lam

By Lynnette Esse, Activity Director

Samona Lam’s progress in therapy has been nothing short of miraculous. Her family and her therapists are amazed at what she has accomplished in the past few weeks.

On the day of her wedding anniversary in September 2015, Samona suffered a massive hemorrhagic stroke, which is bleeding (hemorrhage) that suddenly interferes with the brain’s function. Her husband, Alan, called 911 when he found her to be unresponsive, and she was rushed to Winchester Medical Center. A few hours later she was airlifted to Fairfax Hospital, where she underwent surgery to stop the bleeding in her brain, place a shunt, and insert a trach and a feeding tube. She stayed in the hospital for 100 days and was in and out of the ICU numerous times.

When Samona was ready for discharge at the end of December, she was transferred to GHRC for rehab. At that time she was sleeping 20 hours a day and was making little progress in therapy. She was sent home two months later to be cared for by her devoted husband. She had several home visits by physical therapists and occupational therapists, but still there was little progress.

On May 3rd at 11:00 p.m. Samona had an uncharacteristic violent bout of vomiting and Alan again called 911. This time Winchester Medical sent her to UVA Medical Center at Alan’s insistence. After a CT scan revealed that the shunt was not working properly, the surgery to replace it was scheduled for the next day. She woke up on May 5th, and regained her ability to speak both English and Chinese. She could write in full sentences and follow single-step directions. Everyone was astonished at what she could now do! On May 13th she had her trach removed.

After receiving approval for additional therapy Samona returned to GHRC for rehab. A swallow test scheduled by our speech therapist, Karen Singletary-Fuller, resulted in approval for Samona to begin eating and drinking again. She is so happy to be able to feed herself again!

Karen commented, “Mrs. Lam has demonstrated vast improvements in swallow performance, speech production, and following directions in speech therapy. She has also demonstrated her writing skills in both Chinese and English languages. I am eager to observe additional skills that Mrs. Lam will master.”

Although still weak, Samona has built up her core strength, can turn her own body, hold onto the rails, move her legs, and has better control of her neck muscles. She is finally able to sit up in a wheelchair and enjoy spending time on the front porch with her family, lavishing her face with the warm breeze.

Occupational therapist, Amy Waibel, said, “Mrs. Lam is a phenomenal patient! She gives her best every day. Her progress has been amazing! We truly enjoy working with her and her family each day.”

Originally from Hong Kong, Samona is no stranger to challenges. She came to the U.S. alone in 1977, at the age of 22, speaking limited English, determined to go to school and make a better life for herself. This courageous young woman supported herself and earned a Bachelor’s degree from Suffolk University in

(Continued on page 7)

June Birthdays

In astrology, those born between June 1st and 21st 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. Those born between June 22nd and 30th are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

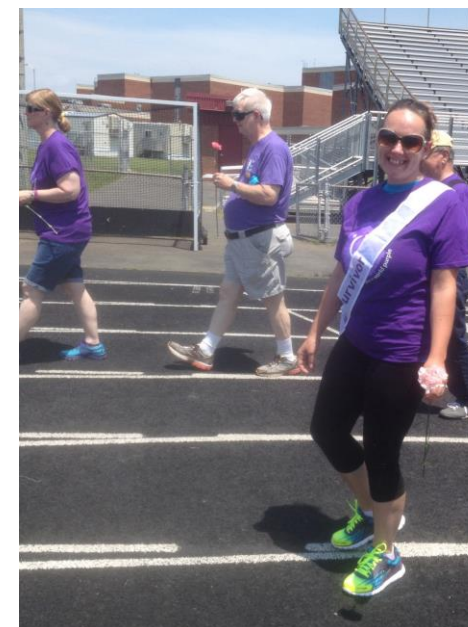
Resident Birthdays

Gertrude Ainsworth	Peggy Lanham
Joseph Daly	Carmen Font
Kathleen McKenna	James Frye
Gerald Trainor	Edith Thomas

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

**Joan Moreno
Nora Carter
Homer Martin**

They are gone but not forgotten!



April Willett on the track at the Relay for Life

Shining Stars



Nancy Dean, RN
Karin Brice, C.N.A.
Jasmine Gonzalez, C.N.A.
Evelyn Ansah, LPN
Susan Bannon, PTA
Kim Hatcher, LPN
Ramon Frias, LPN
Lisa Bennett, LPN
Barbara Sever, LPN
Andrea Espinoza, OT
Ash Sefain, PTA

(Continued from page 2 – *We never give up*)

Boston. She graduated in 1985 with a degree in Finance and Banking.

Her husband, Alan, came to the U.S. in 1975 with his parents. His dad was the Captain of a merchant ship and wanted a better life for his family. Alan met Samona in Boston. He knew her brother and sister for five years, but they had never dated until after her brother asked him to be the best man at his wedding.

The couple married in 1986 and have one son, Derrick, who is now 28. He recently graduated from Virginia Tech with a Master’s degree in Nuclear Engineering. He has plans to begin working on his PhD before beginning his work on fusion reactors.

Alan has had to set aside his metal recycling business since Samona became ill. Samona had worked with him in the family business as his bookkeeper. Samona’s health and well-being are more important to Alan and Derrick than anything else. He said, “We never give up on her!” And her miraculous improvements are in many ways due to their positive attitude and tireless commitment.

The staff at GHRC is proud of Samona for her determination to get well and go home.

Gainesville Health and Rehab Participates in Relay for Life

The Cancer Spankers raise over \$1000 for American Cancer Society



Kelly Davis, Anne Cruz, Donna Epps, April Willett, and new friend



Barbara Sever, Tommy, Sheila McBride, Gia Melville, April Willett, Tammy Simmons, Joe Knottenbelt, Anne Cruz, and Donna Epps



Anne Cruz, William Collins, Gia Melville, Barbara Sever, April Willett, and Michael Cruz



Sheila and April get their groove on with PWC Police



The gang enjoys a much welcome watermelon break



April and Gia pause for photo



Living with Alzheimer's: Denial and Acceptance

By Ava M. Stinnett

When a loved one starts to exhibit signs of dementia, it can be difficult to know what to do first. Are the signs typical of the normal aging process? Maybe it's a medical issue that mimics dementia but is treatable and, perhaps, reversible. Or maybe it's cognitive decline. Whatever the clue might be, how do we deal with a parent, spouse, or friend who refuses to seek medical attention?

One of the most difficult steps may be engaging them in a discussion of what is happening. Some folks are willing to talk about symptoms because they want to gather as much information as possible to make plans for the future. Others, however, may be reluctant to see a doctor because they believe that their occasional forgetfulness or trouble coming up with the right word is perfectly normal. Then there are those who refuse to talk about it at all. This may be due to denial. Admitting that a problem exists may mean having to deal with the truth before one is ready to do so. The thought of making plans for future living arrangements or drawing up the necessary legal documents (e.g., durable power of attorney, living will, healthcare directive, and last wishes) may seem overwhelming. Yet once a person has a diagnosis of Alzheimer's, their signature may no longer be legally binding.

In addition, people who have always been independent are often adamant about handling their own affairs. The need for this control may intensify as the ability to navigate one's daily life begins to slip away. A formal assessment and

diagnosis can be helpful in admitting the need for help. Although awareness of dementia-related diseases such as Alzheimer's has gotten much more attention in recent years, it still carries with it a terrible stigma.

What to Do?

First and foremost, remember that the earlier the diagnosis, the better the chances are for treating and possibly slowing the progress of the disease. However, try not to argue with your loved one about the need for a doctor's visit. Trying to force the issue may only increase your frustration and their resolve not to go. Maintaining their self-esteem and a sense of control will work much better in the long run.

Second, dementia-related diseases such as Alzheimer's are family diseases. You may find that denial exists even among siblings or close family friends. Keep in mind that people don't always know how to help or what to say. Strive for open communication and look for ways to divide caregiving tasks among those closest to your loved one.

It helps to realize that people in the early stages of Alzheimer's disease may simultaneously acknowledge and resist aspects of their disease in order to maintain some sense of control in the face of cognitive losses. Acknowledgement is expressed in terms of acceptance of the disease and its symptoms, expression of feelings about the disease, and strategies to cope with the symptoms. Resistance may be expressed as denial and reminiscence about life achievements and past experiences. Living with Alzheimer's disease should not be described as either denial or acceptance but rather a combination that includes both acknowledgement and resistance. (Macquarrie, 2005)

Reference

Macquarrie, C.R. (2005). Experiences in early stage Alzheimer's disease: Understanding the paradox of acceptance and denial. *Ageing & Mental Health*, 9(5), 430-441.

Celebrating Our MDS Coordinators



**Kim Haywood,
LPN**
MDS Coordinator

Kim Haywood has been working at Gainesville as one of the two MDS Coordinators since early 2013. She transferred here from

our sister center, Cameron Glen in Reston. Prior to that she worked in the same capacity at our Manassas Center for over three years.

As a natural born caregiver; Kim likes taking care of people and educating them about their health. She began her nursing career working as a nursing assistant at Annaburg Manor in Manassas while her kids were young. She was inspired by two of the exceptional nurses who worked there. After observing their shining example of caring and competence, Kim made the decision to go to nursing school.

On the day her youngest child began kindergarten, Kim began attending the Prince William County School of Practical Nursing. She earned her LPN in 2000 and began working at Bull Run Family Practice, where she worked, with some interruption, for a total of 13 years.

During a short stay North Carolina, where Kim worked as a nursing supervisor and wound nurse in a 40-bed long-term care unit, Kim fell into the MDS coordinator role by accident. When the previous coordinator left unexpectedly, Kim offered to help out. After receiving the necessary training she began to do all three jobs simultaneously. While working the midnight shift she was able to get a lot of documentation done.

Kim and her husband, Bobby, relocated back to Virginia and currently live in Remington with three of their grandchildren. Their son and his two children live in the house next door. They also have one grandchild in Bealeton and two in North Carolina. As you can guess, their lives

revolve around grandchildren. Kim and Bobby have been married for 28 years.

Kim says, "I want to be the best that I can be, as compassionate as I can be!" And it shows each and every day as she looks out for the well-being of our residents.

What does MDS Mean?

MDS stands for Minimum Data Set, which is the form our industry uses for assessments. The items in the MDS standardize communication about the resident problems and conditions within nursing homes and outside agencies. It is required documentation for all reimbursements, including Medicare, Medicaid, and all insurances.

What does the MDS Coordinator do?

The MDS Coordinator completes assessments of each new rehab patient and long-term care resident, completing 42 pages of documentation. Each assessment takes 3-4 hours to complete. They determine if the patients are improving or experiencing a decline in their condition.

The MDS Coordinators are also responsible for reviewing all of the patient/resident care plans for accuracy and relevance. They work closely with the therapy department and nursing to ensure that all of the care the patients receive is appropriately documented. Quarterly reviews are also completed on each long-term resident.

Who is qualified to become an MDS Coordinator?

MDS Coordinators must be a nurse, either LPN or RN. Our company prefers that our MDS Coordinators complete a 3-day certification course through AANAC. They have to pass 10 different tests for certification and get re-certified every two years.

Rosemary Addow, LPN MDS Coordinator



Rosemary Addow loves her job as one of our two MDS Coordinators. She says, "I get to spend more time with the patients than when I was working on the floor. I get to know them better because they tell me everything since they don't see me as their nurse."

Beginning her nursing career in 1997, Rosemary worked as a C.N.A. at Goodwin House in Alexandria for the next eight years. She had the opportunity to work with both assisted living and long-term care residents.

In 2005 Rosemary earned her LPN while attending adult education classes at T.C. Williams High School in Alexandria. With her new credentials she began working at Woodbine Rehabilitation and Healthcare on King Street in Alexandria, where she served as a floor nurse until 2012.

After a move to Manassas in 2011, Rosemary decided to apply for a job closer to her new home. She began working at GHRC in 2012 in a part time capacity. Friends that work in the MDS department elsewhere recommended she take the training course to qualify her for this new position. She took their advice and was offered an opportunity to fill in while someone was on maternity leave. The new mom opted not to come back so Rosemary accepted the permanent job. She is considering going back to school in the fall to earn her RN degree.

Originally from Ghana, Rosemary and her husband moved to the U.S. in 1995 after her husband won the immigration lottery. Her brother was already here, living in Alexandria, so they moved in with him for the first year. Her husband works in the computer field with Mobil Oil. They have two boys, one in high school and one in college. In her spare time Rosemary likes to watch movies.

She adds, "I just love it here! Everyone is so friendly and everyone gets along so well!"

St. Michael's Academy second grade class visits our residents



Sonny Wadhvani and Pat Holley enjoy socializing



Jennifer Snaith and Martin Eveler enjoy the challenge



Ruth Perkins loves the extra attention