



Celebrating July

**Cell Phone Courtesy
Month**

**Parks and Recreation
Month**

Family Golf Month

**Canada Day
July 1**

**World UFO Day
July 2**

**Independence Day
(U.S.)
July 4**

**Grange Day
July 9**

**Ventriloquism Week
July 13-16**

**Nelson Mandela
International Day
July 18**

**Tell an Old Joke Day
July 24**

**Paperback Book Day
July 30**

GHRC Hosts Exciting new Mnemotherapy® Session



Sue Penrod and Sonny Wadhvani participate in Mnemotherapy session. See next page for details.

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

Crystal Yates

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

Mnemetherapy®: Engagement, Joy & Accomplishment!



By Jessica Sauder,
Certified MnemeTherapist

Mnemetherapy® (pronounced “nemmah”) uses everyday pleasurable experiences such as singing, movement, painting and storytelling in a unique combination to generate whole brain communication and stimulate a natural process called neuroplasticity - the ability of the brain to reorganize itself by creating new neural connections.

MT is based on the premise that whole body engagement in an enjoyable, meaningful, and safe activity nourishes the brain and cultivates the ability of the different parts of the brain to work together in harmony.

The primary goal of this one-on-one therapy is to provide a positive, rewarding experience that brings the participant joy and pride. Many healthcare professionals and family members have also reported the following:

- **increase in comprehension, verbal skills and memory**
- **better impulse control**
- **more coordination & spatial acuity**
- **longer attention span**
- **increase in mobility**
- **improved self-esteem**

Who is it for?

In 2000 Noell Hammer, the founder of Art Without Boundaries™, successfully used this one-on-one, multi-modality technique with Alzheimer’s patients. The program has since expanded to include individuals of all ages with a wide range of cognitive, visual and functional impairments: stroke, severe head trauma, autism, ADD, Alzheimer’s disease, Huntington’s disease, Parkinson’s disease and Cerebral Palsy among others. Because MT elevates the mood, helps counteract depression, and promotes movement and sustained mental focus, it has also been beneficial to those going through cancer treatments and recovering from surgery.

MnemeTherapy® allows individuals to do what they never thought possible, to feel GOOD about themselves, and to receive positive attention for what they CAN do rather than what they can’t.

Gainesville residents, Sue and Sonny, each enthusiastically volunteered to give it a whirl. The sessions started with a song and cross-lateral movements to warm up the body and brain. After selecting an image, Sue and Sonny painted with “show and tell” guidance from Jess using selected paints, simple strokes, and a variety of non-traditional brushes. At some points hand-over-hand guidance was used to initiate movement, model a stroke, or provide assistance as needed. Both sessions ended with the artists naming their painting and presenting it to others to share in their accomplishment. Sonny and Sue each completed a beautiful painting – because they were willing to try! Way to go!

Jess Sauder is a Certified MnemeTherapist and looks forward to furthering the life changing impact of the Art Without Boundaries Program by working as a MnemeTherapist in Northern Virginia. Find out more about this program at www.artwithoutboundaries.org. Private sessions are available. Please contact Jess Sauder if you would like to set up sessions for your loved one: brushinhandllc@gmail.com | 703-574-2797

July Birthdays

In astrology, those born between July 1st and 22nd 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. Those born between July 23rd and 31st are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals.

Resident Birthdays

Marie Jordan	Mae Rose
Bonnie Ross	Shelley Murrah
Peter Cosier	Gloria Chevalier
Deborah Branham	Carroll Grayson
Francesco Alberti	

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

**William Zackey
Julia Wilson
Joan O’Neill
Pat Love
Marcella Tolson
Mary Williams**

They are gone but not forgotten!

Welcome June New Hires!

Joslyn Dickey, Clairmont Unit Manager

Sharyn Kapp, C.N.A.

Merlita Meyher, C.N.A.

Griselda Canales, Housekeeping Aide

Shining Stars

Brianna Billings, C.N.A.
Malibu Sears Jeffery, C.N.A.
Latisha Lewis, C.N.A.
Serge Nding, RN
Ashraf Sefain, PTA
Ruth Okwuosha, C.N.A.
Karen Brice, C.N.A.
Glory Ngimaju, C.N.A.
Kathleen Watkins, LPN
Jessica Brown, C.N.A.
Rose Jackson, C.N.A.

I am Proud to be an American

By residents: C. Sternecker, F. Burns, C. Lena, L. Cobb, P. Manalo, M. Eveler, P. Geyer, R. Perkins, M. Hawley, M. Washington, S. Murrah, S. Wadhvani

We have everything we need in America.
We have good people.
We have a say in our government.
We have the freedom to do what we want.
We can travel freely.
We have religious freedom.

America is a vast “melting pot” of different cultures, religions and foods.
Everyone is welcome in America.
Anyone can start a business.
America is a very generous country and helps out when disasters hit around the world.

America has great music – jazz, blues, country, and rock-n-roll;
America has great food – hot dogs, hamburgers and cherry pie;
America has great sports – basketball, baseball and football; and makes great movies.

America is a beautiful, big and diverse country.
America has beautiful beaches, oceans, lakes and mountains.
America has a pretty nation’s capital.
America is friendly with its neighbors (Mexico and Canada).
God bless America!

Meet Jill MacNeil, LPN Wound Care Nurse



Jill MacNeil has served as a nurse for almost 40 years. She began working at GHRC in July 2015 on the 3-11 shift, transitioning to wound care nurse in December.

In her current role she is very busy assessing wounds, measuring and documenting any changes. She consults with the wound doctor, spending the day with him each Tuesday as they do rounds together. She treats patient wounds each day and orders special equipment as needed.

Although she has always enjoyed taking care of people, Jill says her favorite part of her job is "getting to know her patients."

Originally from St. Louis, Missouri, Jill moved to Fairfax County, Virginia at the start of her senior year of high school. She is one of the youngest of 12 children, all with "J" names, and was not happy about being uprooted at that critical time in her life.

A few months after high school graduation Jill's mother suggested nursing school. Jill decided to give it a try. She attended Hannah Harrison Career School in Washington, D.C., earning her LPN in 1977. And she still loves her work, even after all these years.

She has worked in a variety of locations such as Alexandria Hospital for several years; Cherry Hill Health and Rehab in Arlington, where she worked for 8 years on the dementia unit; Inova Loudoun Nursing and Rehabilitation Center for 10 years; and Oak Springs in Warrenton for 2 years, before transitioning to Gainesville.

Jill and her husband, Bob, who have been together for almost 30 years, live in Warrenton.

By Lynnette Esse, Activity Assistant

Residents have fun with food in Activities



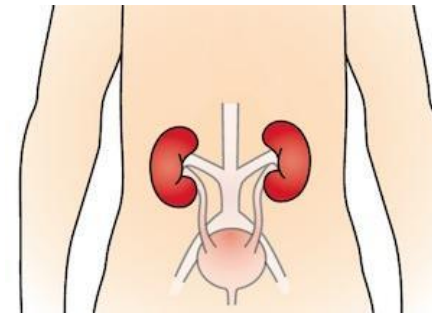
Hot Rod Diggity Dog



Dolphana

Get to Know the Kidneys: Your Body's Built-in Filter

By Jane Schwartz, R.D



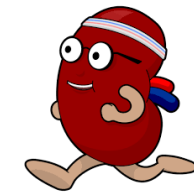
Kidneys. They are two organs about the size of human fists located just behind the stomach on either side of the spine. They get their name from their bean-like shape. And these little beans have a *big* job.

The kidneys' primary role is to balance fluids and minerals in the body by "cleaning" the blood. Minerals in your body are filtered and either reabsorbed into the bloodstream or excreted as waste. A few important examples are **sodium, phosphorus, and potassium**. If our bodies have too much of a certain mineral, the kidneys filter it out of the body through urine, thus avoiding harmful toxicity. What an important system and an amazing design!

Needless to say, if the kidneys aren't functioning optimally, big negative health impacts can arise. Chronic Kidney Disease is the gradual onset of kidney dysfunction. Kidney Failure or End Stage Renal Disease is diagnosed when the kidneys have lost all effectiveness. For those who do experience kidney failure, there are three medical treatment options to sustain a long and fulfilling life.

1. **Hemodialysis** - uses a manmade dialyzer
2. **Peritoneal dialysis** - uses the abdominal cavity lining
3. **Transplantation** - donated kidney

For many people with kidney disease, a special diet is indicated to manage fluid and mineral levels. To prevent such kidney conditions be sure to take care of your **overall health**: manage your blood pressure and blood sugar, avoid smoking and excess alcohol, be physically active, eat a balanced diet, and keep regular doctor's check-ups. Your doctor and a registered dietitian can help guide you toward a diet plan that is best-suited for your individual needs. Now that you know how they function, be sure to care for your kidneys!



Did you know? A donor kidney can be transplanted right alongside a "dead" kidney – no need to remove the failed one.

Sources and for more information:
National Kidney Foundation <https://www.kidney.org/>
Live Science <http://www.livescience.com/52047-kidneys.html>

Watch for more information on upcoming events:

End of July

GHRC 10th Anniversary Celebration

End of August

**Health Talks
Advanced Care Planning with
Capital Caring**

Montford Point Marine, Joseph Daly, Sr. Honored with Congressional Gold Medal



Joseph Daly, Sr. was awarded the Congressional Gold Medal at a ceremony held at Gainesville Health and Rehabilitation Center, where he resides, on Saturday, June 18, 2016. The award was presented by Carmen E. Cole, President of the National

Montford Point Marine Association Quantico Chapter #32, and a retired Marine Chief Warrant Officer-3.

Pastor Steve Keeler, of Grace Bible Chapel, provided the invocation, followed by Carlene Gonzalez, nursing supervisor, singing a powerful rendition of the National Anthem. Nursing Assistant, Sheila McBride, led the group in a gospel favorite. Carmen Cole recalled the moving history of the Montford Point Marines who served their country during WWII.

The U.S. Marine Corps was the last branch of the service to admit African-Americans. The Montford Point Marines were the first African-Americans to serve in the Corps. Segregation laws of the 1940s prohibited blacks from training with whites. A separate training facility was created for black recruits at Montford Point Camp near Camp Lejeune in Jacksonville, NC. From 1942 to 1949, nearly 20,000 black men trained at Montford Point. The Montford Point Marines participated in the Pacific Theater Campaigns of WWII, including Iwo Jima.

On June 27, 2012, a large group of the remaining 500 or so Montford Point Marines received the Congressional Gold Medal, the highest civilian award conferred by Congress. Unfortunately, Joseph Daly, Sr. was unable to attend, thus this private individual ceremony was arranged. His granddaughter, Chelsea Daly, read his biography and the Congressional Proclamation by Congresswoman Comstock.



Presenter Carmen Cole, President of the National Montford Point Marine Association



Carlene Gonzalez sings the National Anthem



Sheila McBride sings from the heart

Joseph Henry Daly, Sr. is the son of Henry and Suzanne Daly who immigrated to the United States from Montserrat, British West Indies. The second of the Daly's four children, Joseph, was born in Harlem, New York in June 1924. At a very young age, Joseph used his entrepreneurial drive to establish flower, fruit and vegetable stands around Harlem to help support his family during the Great Depression.

On August 12, 1943, at the age of 19, he was drafted into the United States Marine Corps. Along with other young African American men, Joseph was sent to basic training at Montford Point, North Carolina. He successfully completed basic training on March 19, 1944 and was deployed with the 1st Armored Division aboard the USS Afoundria to Guam, Marianas Islands.

During his deployment he was engaged in the dangerous task of transporting ammunitions to troops. On February 18, 1946, after serving his tour in Guam, Joseph was honorably discharged from the Marines. Amongst his military papers is correspondence from his Commander to all personnel advising that "Guam played an important role as an advance base in all operations which brought about the crushing defeat of the Japanese. This great base was developed with the unparalleled speed through the determination, initiative, energy, and cooperation of all personnel stationed on Guam."

Joseph returned home to New York City and married Ms. Lois Johnson. They had two sons: Joseph and Conrad (deceased). Joseph worked for the Washburn Wire Company for 25 years, and after its closure, worked for the New York Board of Education as a maintenance technician where he retired after 10 years. In 2011, he moved to El Paso, Texas with his son, Joseph, and daughter-in-law, Michele, and his granddaughters, Dominique and Chelsea. After a year in Texas, he moved with the family to Gainesville, Virginia.

Carmen Cole presented the Gold Medal, with closing remarks made by Joseph Daly, Jr. Joseph recently celebrated his 92nd birthday and was excited about the award ceremony.

Thank you, Joseph Daly, for your service.



Granddaughter, Chelsea Daly, shares her grandfather's life story



Joseph Daly, Jr. receives award on behalf of his father from special guest Mr. Tapscott of the Quantico Chapter of the Montford Point Marines



Joseph Daly, Jr. speaks to the group