



The Gainesville
INSIDER

A PUBLICATION FOR
PATIENTS, RESIDENTS,
AND FAMILIES



Celebrating August

Read a Romance Month

Golf Month

Family Fun Month

Bargain Hunting
Week

August 1–5

Social Security Day

August 4

Root Beer Float Day

August 6

Purple Heart Day

August 7

Vinyl Record Day

August 12

Motorcycle Week

August 14–20

Senior Citizens' Day

August 21

Kiss and Make Up Day

August 25

HealthTalks
Your health. Expert advice.

**Gainesville Health and Rehab and Capital
Caring Hospice Cordially Invites you to come
learn about**

POST

(Physician Orders for Scope of Treatment)

- Ensures that seriously ill patients' end of life wishes are honored
- Improves communication between patient, families and health providers

When: Wednesday, August 31, 2016 at 1:00 pm

Where: Gainesville Health and Rehab

RSVP to 571-248-6100

A light lunch will be provided

Department Heads

Administrator

Donna Epps

Medical Director

Dr. Behiri

Director of Nursing

Eunice Acheampong

Assistant Director of Nursing

Vacant

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

Linda Watkins

MDS Coordinator

Rosemary Addow

MDS Coordinator

Kim Haywood

Medical Records

Melissa Jamison

Staffing Coordinator

Jessica Booterbaugh

Supplies

April Willett



Rehab Success Story Connie Davis



Prior to her arrival at GHRC Connie Davis was experiencing frequent falls. She said, "One morning I fell down next to my bed in the dark and hit my head. I got a small cut on my forehead, which turned into a huge knot and a black eye. My son-in-law,

Bill, called 911. He knew something was seriously wrong with me since my balance was off and I had a high fever."

She was admitted to Fauquier Hospital. At the time of discharge, after four days in the hospital, the doctors recommended that she go to rehab to rebuild her diminished strength and balance. She chose Gainesville Health and Rehab Center because it was convenient to her daughter, Lynn's, home in Haymarket.

In the beginning she wanted to be left alone, but the therapists were patient but persistent. They started out slowly, encouraging her all the time, and gradually increasing the intensity of the workout. She recalled, "I saw results each day, as I got stronger, and I was motivated to work harder. All of the therapists have been wonderful to work with! They are great people, well-trained, and very, very patient. They helped me so much! I have gotten my strength and balance back. I can now dress myself, shower by myself, and walk by myself with the use of a walker."

Occupational Therapist, Jessica Hsu, commented, "Ms. Davis' balance and safety awareness are much improved. She has been very cooperative, outgoing, and easy to work with. She is going home completely independent again."

Ash Sefain, PTA, added, "Ms. Davis has been very pleasant and cooperative in physical

therapy. Her motivation to go home has been the reason she accepted the challenges of physical therapy and has met her functional goals."

Connie is very anxious to go back home where she lives with her younger daughter, Julie, and her family in Midland, Virginia. She is looking forward to regaining her independence and maintaining her new exercise regime. This fall Connie is planning to get an apartment in Reston with her older daughter, Lynn.

Originally from a small town not far from Virginia Beach, called Onancock, Connie survived Whooping Cough at the age of six weeks. She has been a fighter ever since.

Married at the age of 23, she raised two daughters with her husband, Bob. They lived in Clinton, Maryland, for a time and then Chantilly, Virginia, where they lived for over 30 years. Connie worked for 23 years as a payroll administrator for Faraday National in Chantilly. Sadly, Bob passed away in 2001 after 37 years of marriage.

After high school graduation Julie became a beautician. She is married with three children, Stephanie, Courtney, and Presley, and is living in Midland. Lynn is single and works in banking in Reston, Virginia.

A lifetime Methodist, Connie belongs to Warrenton United Methodist Church in Warrenton, where she has been an active member for the past two years. She says, "I use the Upper Room to study the Bible every morning. My faith has helped me through this rehab. I know that God is with me every day."

She highly recommends GHRC for rehab. She said, "Not only did I make huge progress in therapy, but I made a new friend and had a lot of laughs. My first roommate, Carolyn, and I went to play bingo together. We had a great time getting to know each other. We enjoyed the activities very much! This is a wonderful rehab center!"

The GHRC staff is proud of Connie for her strength and determination to "Get Well and Go Home!"

By Lynnette Esse, AD

Birthdays

In astrology, those born between August 1 and 22 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. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Resident Birthdays

Carmela Sternecker
James Aker
Charles Hardy
Doris Ward
Tommy Payne
William Greaver

Vera Bradley
Russell Smith
Curtis Dittbrenner
Jack Warf
Collin Kelly
Carroll Maxwell, Jr.

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

Edith Thomas
Ho Kim
Evelyn Mueller
James Frye

They are gone but not forgotten!

Congratulations to our 10 year residents! We thank you for your commitment to GHRC!

Gertrude Ainsworth
Charles Becker
Bill Greaver
Mary Jamison
Peggy Lanham
Jackie Sexton



Congratulations to our 10 year staff! We thank you for your dedication to GHRC!



Evelyn Ansah
Griselda Canales
Sarah Garner
Savilla Grayson
Alma Martinez
Carolyn Moore
Melba Rodriguez
Ada Washington

Shining Stars



Stephanie Brooks, C.N.A.
Nancy Dean, LPN
Frank Karikari, C.N.A.
Deepti Bhatia, PT MS
Marie Clonts, LPTA

Attention all Families!

If you wish to bring your dog to visit your loved one, please bring a copy of the dog's current shot records to the Activity Room in advance. Please restrict your visitation only to your family member. Thank you!



Getting to Know You, Clerihew

Clerihew (*kler-i-hyü*) poems are all about people. A clerihew is a four-line biographical poem. As a rule, clerihews are funny. The comic effect is achieved by naming silly or absurd details about the subject of the poem. The first two lines rhyme with each other, as do the second two lines. Technically speaking, the poem consists of two couplets with an AABB rhyme scheme. While this may seem like a strict form, you can make each line as long or short as you like to land on a rhyme. In fact, the more irregular the structure, the funnier the poem is. Unlike many forms of poetry, there are no guidelines for meter or the number of syllables per line. Anything goes! The clerihew form was invented by [Edmund Clerihew Bentley](#), an English writer of the early 20th century.

C. Lena

Baggy is a cat who is very sweet.
He loves to sleep between my feet.
He likes to get into my space.
He sticks his nose against my face.

L. Cobb

I don't mind being called Lizzie,
Even though sometimes people call me Izzie.
Elizabeth has many nicknames.
If the house is on fire, I won't go down in flames!

B. Greaver

Every time I am sad
Debbie cracks me up and makes me glad.
I look into her sweet face,
Her heart is so full of love and grace.

S. Penrod

Jerry was the love of my life.
He was my husband and I was his wife.
I picked him up in an Atlanta bar
And off we drove in his hot little car.

M. Jordan

When I look through the glass
My rabbit friend is eating grass.
When he sees me he drops his clover
And to me he comes hopping over.

S. Penrod

The Beatles are my favorite band.
They are famous throughout the land.
John, Paul, George and Ringo
Are on my mind as I play bingo.

C. Lena

I love to play with my Apple iPad.
When I am working with it I am never sad.
I love to take it everywhere,
But don't ask for it, I won't share!

R. Perkins

I really loved my mother.
So did my sister and my brother.
A better person there will never be.
She always took good care of me.

L. Cobb

My favorite pet is a cat named Rye.
My sister would bring him by-and-by.
He travels in a carrier with wheels.
My sister loves him head-over-heels.

L. Gonzales

I love my Virginia daughter and son.
When they come to visit we have fun.
They bring me fruit and always a gift,
Which gives my heart and soul a lift.

S. Wadhvani

I love my uncle and he loves me.
He brought me a watch you really should see.
He brings me food I like to eat.
When we are together it's a wonderful treat!

B. Greaver

I love to play and compete in bowling
'Cause if I don't, my anger gets rolling.
Bowling helps relieve my stress.
It's fun and it keeps me from becoming a mess!

C. Lena

Hillary is my candidate for President.
In the White House she's my choice of resident.
Some people think she is a chump,
But I'd rather have her than Donald Trump.

Using the Whole Box of Crayons: Coloring the Alzheimer's World



By Ava M. Stinnett

You've likely heard about the benefits of remaining active as you age. Staying active—defined as anything that keeps a person interested, busy, or in any way engaged, physically or cognitively—has numerous positive effects. Recent studies show that the same is overwhelmingly true for people living with Alzheimer's. Activities that are appropriate for the person's interests, background, and stage of impairment can help prevent what some clinicians refer to as the "Four A's of Alzheimer's disease": anxiety, aggression, agitation, and apathy (Zeisel et al., 2016).

We know that for some people with Alzheimer's and other forms of dementia, creativity and an interest in the arts remain even after other skills and cognitive abilities are lost. Viewing art can promote relaxation, elevate mood, and encourage connecting with others socially. However, when people create the art themselves, the whole brain is stimulated. Additionally, creating art can help in recovering small motor skills. An increasingly popular art activity involves using adult coloring books.

Coloring may seem like a passive activity; the repetitive back-and-forth/up-and-down motion can be relaxing and calming, absorbing our minds and allowing us to let go of our worries. In reality, coloring is a purposeful activity. Choosing just the right color arouses the mind, as does concentrating on coloring within the lines. Another aspect of coloring is that it keeps the caregiver and their loved one in the present. Short-term memory isn't required as it would be

In following and remembering plot details from the beginning to the end of a movie or television program. And if your loved one appears to lose interest, coloring can be stopped and picked up again at a later time.

There are a few things to keep in mind before beginning the activity of coloring. First, it's important to choose a coloring book that's specifically for adults. Note that some adult coloring books have abstract and surrealistic (dreamlike) topics. Others have lovely but intricate mandalas. The pictures in these styles of coloring pages could be very complicated or confusing to someone with dementia, possibly even leading to bouts of agitation or aggression. Choosing an interesting and appropriate illustration style is key. It's also critical to consider the tool used for coloring. Typical crayons may seem childish to an adult, and colored markers may bleed through the paper. Depending on the level of motor skills, colored pencils may be just right.

As with introducing any new activity, you'll want to simply *suggest* coloring and make it available but ultimately let the person choose to participate. One of the great benefits of coloring is how it lends itself to social interaction and bonding with people of all ages. Someone in your care may not show any interest in coloring on their own but may be more than willing to color with a grandchild or with you, the caregiver. They may be content to watch you do the actual coloring, exchanging thoughts and ideas about the pictures you are coloring and prompting the choice of colors you are using. Another idea is to develop a "coloring circle," a group of residents who meet up just to chat and color together, to "play" noncompetitively. Art making gives people with dementia an outlet for expression and a way for some to communicate when they can no longer do so with words.

Reference

Zeisel, J., Gifford, R., Martin, M., & McCunn, L.J. (2016). Research and design for special populations. In R. Gifford (Ed.), *Research methods for environmental psychology* (pp. 345–386). Wiley-Blackwell.

GHRC Celebrates 10th Anniversary with a barbecue, wine and cheese party, and fun team building events!



Eunice Acheampong, April Willett, and Donna Epps serve at Anniversary barbecue



Patients, families, and volunteers spend some time socializing



David Tucker and Debbie Petrine present 10 year service award to Carolyn Moore, restorative aide



Donna Epps, Administrator (L) and Eunice Acheampong, DON (R) present 10 year service awards to Evelyn Ansah, RN, and Savilla Grayson, Restorative Aide



Sarah Garner, restorative aide, accepts 10 year service award from David Tucker, COO, and Debbie Petrine, Founder. DON, Eunice Acheampong (R)



Melba Rodriguez, housekeeping, accepts 10 year award from Debbie Petrine and David Tucker. Resident, Ruth Perkins in the foreground

Wine and Cheese Party is a Huge Success!



Staff: Maurice Okafor, Pam Cleary – Pro Healthcare, Wendy Walters, William Collins, Donna Epps, Nancy Waters, and AnnYoung - Capital Caring



Residents: Joyce Ballou, Gertrude Ainsworth, and family member: Rosie Brown



Residents: Carol Lena and Kathy Tenney (L & R) Intern: Michaela Barrett, Staff: Karen Barrett and Kim Haywood



(Back row) Volunteer: Richard Labrozzi, Resident: Connie Smoot, Staff: Mike Barrett; (Front row) Residents: Lillian Gonzalez, Kathleen McKenna, and Sonny Wadhvani



Debbie Petrine, our founder, presents Bill Greaver, resident, with 10 year award certificate



Deborah Petrine and Wendy Walters present 10 year award to resident, Peggy Lanham