

May 2017

Gainesville Insider



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Celebrating May

Clean Car Month

Inventors Month

Teacher Day

May 2

Astronaut Day

May 5

Cherish an Antique Day

May 9

International Nurses Day

May 12

Endangered Species Day

May 19

World Lindy Hop Day

May 26

Memorial Day (U.S.)

National Nursing Home Week

By Andrea Rojanavongse
Activities Director

This month we celebrate National Nursing Home Week during May 14th - May 20th. Throughout the country, nurses are acknowledged for their hard work and devotion to patient care. The American Health Care Association (AHCA) established National Nursing Home Week (NNHW) in 1967.

The week of celebration always beginning on Mother's Day, NNHW provides an opportunity for residents and their loved ones, staff, volunteers, and surrounding communities to recognize the role of skilled nursing care centers in caring for America's seniors and individuals

with disabilities. This year, the theme "Spirit of America" is selected to honor our unique sense of community nationwide.

It takes a special person to successfully work in any medical environment, let alone a skilled nursing care center environment, and the jobs are challenging.

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Taking Strides In The Right Direction

By Andrea Rojanavongse
Activities Director

Although change is inevitable and often intimidating, change holds the possibility of improvement. To achieve improvement in any situation, it takes diligence and time. Recently, the Gainesville Health & Rehab Center has undergone some changes over the past few months. The physical appeal of our facility

has been remodeled and new faces have been added to our personnel, but our mission to provide peace of mind to those we care for remains the same.

Nutrition & Weight Management

By Jane Schwartz,
Registered Dietician

Did you miss last month's Health Talk on Nutrition and Weight Management? Gainesville Health and Rehab Center's dietician facilitated discussion over topics including making smart food choices, reading nutrition labels, assessing portion sizes, and defining what "healthy" means to different individuals. Here's a recap, complete with questions to ask yourself and tips to help you achieve your health goals!



What qualities of foods make them healthy? It's not only calorie-content. Look at nutrient-density of foods. Read – and understand – food labels.

(<https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#overview>)

How can you lead a healthy lifestyle?

Manage your weight, reduce stress, boost confidence, self-esteem, and self-image, and participate in activities that make you happy.

What is your ideal Body Mass Index (BMI), and what is current BMI?

BMI is a simple equation which tells you your weight classification.

1. Plug in your height and weight (in either kilograms or meters, or in pounds and inches).
2. Get your BMI number.
3. Look at the BMI Scale and determine where your BMI falls.
4. Analyze it! Are you in a healthy BMI range, or should you gain or lose some weight?

$$BMI = \frac{\text{mass(kg)}}{(\text{height(m)})^2}$$

$$BMI = \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703$$

1 Start Here →

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- * 5% or less is Low
- * 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

BMI Scale

Underweight than 18.5	Less
Normal Weight 18.5-24.9	
Overweight 25.0-29.9	25.0-
Obese	Greater than 30

Welcoming spring with Floral Arrangements



Ms. Ballou (left) is captured proudly grinning with her effortlessly put together arrangement of flowers. Ms. Riley (right) is shown holding her lovely flower basket. Thank you to the Haymarket Garden Club for your assistance, and to our local Harris Teeter for providing our patients and residents with a donation of fresh flowers.



What are some realistic habits you can form?

**By Jane Schwartz,
Registered Dietician**

Make it mindful. Ask yourself whether you're truly hungry before you reach for a snack. Is it a reasonable time of day or night to feel hungry? Did you eat enough at the previous meal? What nutrients might your body be lacking?

Limit salt. Ban the salt shaker. If that's unimaginable to you, try sprinkling salt into the palm of your hand first so you can actually see the amount you're using before it goes onto your plate.

Remember 1 tsp of salt = 2,300mg of sodium. That's the limit recommended by the American Heart Association!

Did you know? Most Americans consume more than 3,400mg of sodium per day. Most of that sodium is in foods we eat before even considering what we add from the salt shaker.

(https://sodiumbreakup.heart.org/how_much_sodium_should_i_ea)

Drink water. Sometimes our brains mistake thirst for hunger, so drink a glass of water before a meal to fill up. Continue drinking water throughout the day and during meals to assist with digestion and regularity, taper hunger, ward off headaches, and promote mental clarity.

Try diluting half of your sugary beverage with water; start with just a little and over two weeks work your way to half-water.

Slow down. Don't rush when you eat. Take small bites, chew food well, and take breaks to enjoy company while eating. This will benefit digestion and allow your stomach to ease into fullness, before over-eating happens. You will likely eat less if you stretch out your dining time.

Treat treats as treats! Make that junk food choice a special occasion; sit down to each meal or snack and celebrate! Food is a part of everyday life. Special foods, like desserts and snacks, deserve special recognition.

So what does "healthy" mean to you? Glean from these tips or think up your own steps to become that best-version of yourself. Start today!





Audrey Hepburn
May 4, 1929

Notable Quotable

“You can cut all
the flowers but
you cannot keep
spring from
coming.”

- Pablo Neruda,
poet



May Horoscopes & Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity. Those born between May 21–31 are Gemini’s Twins. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

- Charles Brock Jr. - May 01, 1921
- Paciencia Manalo - May 01, 1936
- Gregory Hunsaker - May 05, 1961
- Millie Hawley - May 08, 1928
- Betty Schroth - May 10, 1924
- Kathryn Tenney - May 11, 1962
- Wayland Doggett - May 12, 1930
- Lois Potter - May 13, 1925
- Mamie Moore - May 18, 1923
- Hunter Hyde - May 21, 1954
- Jennifer Snaith - May 24, 1967
- Norma Quinn - May 27, 1926
- William (Yancy) Mackay - May 30, 1963
- Anna Riley - May 31, 1925

National Nursing Home Week *continued from pg. 1*

Without the critical roles that our staff takes responsibility for, there would be no reliable team to handle the task of delivering care. Nurses keep track of administering and dispensing multiple medications at varying times to many patients (in several different ways), throughout the day, while ensuring the adequate intake of nutrition and proper hygiene needs. Certified Nursing Aids (CNAs) directly assist our patients and residents with accommodating their individual care needs. Our departmental staff members work

together with nurses and CNAs to oversee that patients and residents are well cared for.

On May 18th from 2-4 PM, the Gainesville Health & Rehab Center will be showing our staff and residents appreciation with frozen treats and sweets from our friends at Carousel, Warrenton, VA. Garden Rose Festival. The rest of the week will continue to celebrate all of our dedicated staff and the residents we serve here at Gainesville Health & Rehab Center.

Something We Were Up To In April...

Supplies:

- Rice Crispy Cereal
- Mini Marshmallows
- Butter
- Sprinkles
- M & M’s
- Large Bowl
- Mixing Spoon

Instructions

1. Melt 3 teaspoons of butter in a bowl.
2. Add 3 cups of mini marshmallows and mix together until generally smooth.
3. Add cereal to mixture. Then stir until cereal is evenly coated.
4. Use 1/3 measuring cup coated with cooking spray to divide mixture into portions. Use gloves to mold portions into egg shapes.
5. Decorate with sprinkles and/or M&M’s.

Ready for eating!