

SEPTEMBER 2017

Gainesville Insider

* 7501 Heritage Village Plaza, Gainesville, Va 20155 * 571-248-6100 * Fax Number



Celebrating September

**International Square
Dancing Month**

Library Sign-Up Month

Ice Cream Shake Month

College Colors Day
September 1

Opposite Day
September 9

Assisted Living Week
September 10–16

**International Country
Music Day**
September 17

Love Note Day
September 26

Good Neighbor Day
September 28

Fall Festivities

The warm dog days of summer have come and gone. Ice cold drinks, open windows and sunbathing in the courtyard, will be missed dearly. Although summer may be over, we have captured memories that will not fade. Autumn arrives on the 22nd of September and here at the Gainesville Health & Rehab Center we are ready to bid farewell to the summer sun and welcome sweater weather and all its glory.

Upcoming activities:

Sunday, Sept. 10th @ 3:00 PM Baking Cookies- Just like grandma used to make in the activity room

Monday, Sept. 11th @ 2:30 PM Wine & Cheese- White Zinfandel, sharp cheddar and Colby jack cheese will be served in the dining room with a performance by Adam Malia

Friday, Sept. 15th @ 3:00 PM Cinnamon Rolls- Residents will bake cinnamon rolls in the activity room

Monday, Sept. 18th @ 1:30 PM Pine Cone Bird Feeders- Bird Feeders will be made using peanut butter, pine cones, bird feed and twine in the activity room

Thursday, Sept. 21st @ 1:00 PM Apples & Honey- Apples and honey will be served to celebrate Rosh Hashanah in the activity room

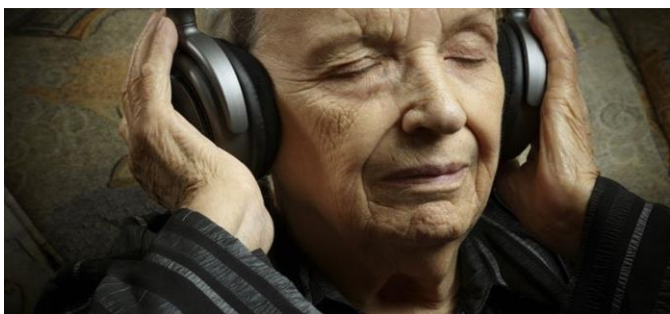
Friday, Sept. 22nd @ 2:30 PM Pumpkin Spice- Pumpkin spic flavored treats and goodies will be shared in the activity room

Monday, Sept. 25th @ 1:30 PM Movie & Refreshments- The Great Gatsby film will be presented while popcorn and soda is to be served in the dining room

Thursday, Sept. 28th @ 4:00 PM Fall Leaves Art- Paint will be utilized to capture the beauty of autumn leaves in the activity room

Music & Memory

By Andrea Rojanavongse, Activities Director



Have you ever heard a song that triggered a memory to play in your mind? Music is powerful in its enchanting ability to elicit memory. The brain stores music in many areas and is a basic part of being human. When music is utilized and associated with personal memories, a pathway opens. This pathway enables us to reach and engage with our loved ones who live with dementia, in spite of their memory gradually fleeting. Listening to personalized music is helpful in decreasing difficult behaviors, connecting with loved ones at any stage of the disease, and improving communication, and increasing overall quality of life.

At the Gainesville Health & Rehab Center, we are excited to announce our newly established music and memory program. Staff volunteers will assist the activities department with facilitating ipods and headphones to a small group of residents. This group will then be able to listen to music which appeals to their musical preference upon request or to aid during times of anxiousness and agitation and/or irritation. Although it is just the beginning, we hope for our group to grow to include all patients and residents. Music is a universal gift that should be enjoyed by everyone. The activities department will continue to work towards connecting with residents through the power of music.

Feeling Generous?

Help us to establish and expand our new music and memory program. Get involved by assisting the activities department with administering independent music sessions. The activities department will also be accepting lightly-used Ipods as generous donations. The Ipods are intended for providing patients and residents with relaxation and enjoyment that is tailored to his or her personal musical preferences.



Volunteers Wanted!



Show the community some love. Here at the GHRC, volunteers are appreciated and needed. Connect with a patient and/or resident and be the reason behind their smile. If interested, please contact activities director, Andrea Rojanavongse. When the decision is made to do something beyond ourselves, both residents and volunteers benefit by being fulfilled in some small, but great way.

The Color Squad

By Andrea Rojanavongse, Activities Director



The Color Squad consists of a group of residents and patients that enjoy coloring as a hobby and color together. The coloring projects change with the holidays and seasons. Leader of the group, Ms. Kathleen McKenna inspires her peers and others to practice adult coloring.

Down the main hallway and walk by the dining room to admire the beautiful coloring pages that decorate the windows. If you would like to acknowledge one of our artists by personalizing pre-written thank you cards located at the front lobby sign-in sheet. Sneak a peek at some of our residents' artwork below.



Kathleen McKenna loves to work with bold colors.



Carmela Sternecker shows a different vision and utilizes a pastel palate.

Resident Poetry

So long Summer, Hello Fall

By Lillian Gonzalez, Mildred Hawley, Marie Jordan, Carol Lena, and Kathleen McKenna

The summer sun brings about longer days
 Summer meant being out of school
 Being out of school meant freedom
 Carefree days spent hanging out with friends
 Delicious fair foods like funnel cakes, cotton candy
 and ice cream cones
 Going on a vacation somewhere
 I see people sit out on the porch
 I remember kids running through the water from a
 fire hydrant in New York

The temperature starts to cool
 I look at all the beautiful colors of the leaves
 The leaves fall down and make a mess
 In a way
 I feel sad that the gardens have to go away
 But it is harvest time
 The cold nights are great for cuddling up by a
 bonfire
 Pumpkin spice is the best
 I love the crisp smell of fall



Gloria "Don" Chevalier depicts the relationship between the moon and sun.

What We Were Up To Over The Summer...



Residents made bunnies from hand towels and rubberbands. We used gemstones, buttons, and ribbon to accessorize and individualize.



Here, Lillian Gonzalez shows off her bunny friend.



Tender, loving care is the secret to the growth of Kathy Tenney's flowers.

September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Wishing you all a happy birthday!

- William Nash – Sept. 8th
- Roy Hinkle – Sept. 16th
- Katherine Jones – Sept. 18th
- James Howard – Sept. 20th
- Lillian Gonzalez – Sept. 21st



Gertrude Ainsworth is pictured with her roses in bloom.