



Potomac Falls
Health & Rehab Center

THE REPORTER

A PUBLICATION FOR PATIENTS, RESIDENTS, AND FAMILIES

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Message from Our Administrator

As the leaves begin to turn and drift down we are reminded of change. We've made a few changes over the last couple of months ... we enhanced the landscaping in the front of the Center in late August. In late September we installed a new flag pole. We are planning for a dedication on Veteran's Day in November so stay tuned for more details.

We are pleased to announce that Kathleen Sadler, RN, has been promoted to the Unit Manager position. Kathleen started with the Center in the Patient Experience Ambassador in late August; she focused on welcoming and coordinating new admissions on the evening shift. We quickly saw her focus on quality care, education for staff and her compassion and promoted her. Kathleen will be leading the Piedmont and Tidewater Units.

We are pleased to have so many amazing residents, patients and family members at our Center. As always, we realize you have a choice in places to live and work and we continue to be honored that you choose us!

Take Good Care!

Zoie Barcus Nikov, MSA, NHA
Administrator





The Alzheimer's Association Walk to End Alzheimer's held on Saturday, September 26th was a HUGE success. Potomac Falls teamed with Commonwealth Health & Rehab (our sister community) and had close to 100 participants at the event held at Reston Town Center.

We collected donations, held a fundraising lunch and bake sale, hosted Cocktails for a Cause and sold t-shirts to raise money for the Alzheimer's Association. We are pleased to announce that we raised \$2100!

Thank you to everyone who helped us - we appreciate your generosity!



We Teamed up with Commonwealth Health and Rehab. It was so much fun seeing our friends from Commonwealth. Do you see Leslie and Katelyn?



Stars of the Month

Abdul is a very diligent nurse who does his work with care, great professionalism, gentleness, compassion and patience. His customer service to the residents is well known and was pointed out by many. Abdul has a very positive attitude and “wears” his smile all the time.

Abdul Kargbo, LPN & Dorcas Yeboah, LPN

Dorcas is a good humored professional who is fun, takes good care of her patients and makes them relax. She does her job very diligently. Her team can rely on her, she helps out wherever needed. Her compassion and care is highly appreciated.

Selamawit provides wonderful services that were described as extraordinary by one of the residents at Potomac Falls. She is gentle and kind. She systematically executes her duties with great dedication and reliability.

Selamawit Gebremarian, CNA



Upcoming Events

- Sundays – Halftime snacks during Washington Redskins afternoon games! Join us!
- 9th Popcorn Day – Outside in Courtyard (weather permitting)
- 14th Picnic in the Park with food from Panera thanks to The Fenwick Foundation
- 17th JMYO Orchestra Performance – It’s a Fabulous Show!
- 23rd Wear Pink for Breast Cancer Awareness Day –We will make and share Pink Ribbons
- 27th Bearable Day – We are sharing our favorite Teddy Bears
- 28th Duck Donut Outing
- 29th Halloween Costume Preparations & Decorating
- 30th Halloween Party & Costume Contest



Commonwealth Coordinated Care (CCC) is coming to Northern Virginia and Potomac Falls Health & Rehab Center is a resource to you as the program rolls out and implementation begins.

Commonwealth Coordinated Care is a new Virginia initiative that coordinates care for individuals who are currently served by both full Medicare (entitled to benefits under Medicare Part A and enrolled under Medicare Parts B and D) and full Medicaid and meet certain eligibility requirements. The program is designed to be the single entity accountable for coordinating delivery of primary, preventive, acute, behavioral, and long-term services and supports.

Current Medicare-Medicaid enrollees without coordinated care must use three ID cards for Medicare, Medicaid and prescription drugs; have three different sets of benefits; receive bills when they should not and are routinely frustrated over challenges in understanding which plan pays for which services.

The goal of this initiative is to provide Virginians with high quality, person-centered health care that focuses on their needs and preferences.

Benefits: The benefits of Commonwealth Coordinated Care include:

- One ID card
- One toll free phone number for 24 hours/7 days a week assistance
- A unified appeals process
- Person-centered service coordination/case management

Eligibility: Eligible individuals include those who:

- Are 21 and older
- Are enrolled in full Medicare and full Medicaid
- Live in designated regions of Virginia (of which Loudoun County is a designated region)

Coverage for Loudoun County began July 1, 2015 (including Potomac Falls Health & Rehab Center)



The History of Halloween

Halloween is a holiday celebrated on the night of October 31. The word Halloween is a shortening of All Hallows' Evening also known as Hallowe'en or All Hallows' Eve. Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses" and carving jack-o-lanterns. Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win"). The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time used by the ancient pagans to take stock of supplies and prepare for winter. The ancient Gaels believed that on October 31, the boundaries between the worlds of the living and the dead overlapped and the deceased would come back to life and cause havoc such as sickness or damaged crops.

The festival would frequently involve bonfires. It is believed that the fires attracted insects to the area which attracted bats to the area. These are additional attributes of the history of Halloween. Masks and costumes were worn in an attempt to mimic the evil spirits or appease them.

Trick-or-treating, is an activity for children on or around Halloween in which they proceed from house to house in costumes, asking for treats such as confectionery with the question, "Trick or treat?" The "trick" part of "trick or treat" is a threat to play a trick on the homeowner or his property if no treat is given. Trick-or-treating is one of the main traditions of Halloween. It has become socially expected that if one lives in a neighborhood with children one should purchase treats in preparation for trick-or-treaters.

Part of the history of Halloween is Halloween costumes. The practice of dressing up in costumes and begging door to door for treats on holidays goes back to the Middle Ages, and includes Christmas wassailing. Trick-or-treating resembles the late medieval practice of "souling," when poor folk would go door to door on Hallowmas (November 1), receiving food in return for prayers for the dead on All Souls Day (November 2). It originated in Ireland and Britain, although similar practices for the souls of the dead were found as far south as Italy.



Oktoberfest at Potomac Falls!



WE WENT TO OUTBACK STEAKHOUSE FOR LUNCH!



HAPPY BIRTHDAY!



CORN HOLE AND HAPPY HOUR IN THE COURTYARD



“YOU GOT CAUGHT CARING” IN SEPTEMBER

- Alhassan Kamara, CNA – is hard working and ready to work with his team. His is caring, sweet and respectful to the residents and his co-workers. Hi is always smiling and ready to go for that extra mile.
- Jazzlyne Ellis, CNA – Her love to do her job and serve the residents is noticed and appreciated.
- Gina Damiano, Director of Social Services – who is always there to provide her services to our residents, helping them whenever they have problems.
- Karen Oltmanns, LPN – is exceptionally caring, patient, willing to listen to patients, and understands their needs.
- Fares Iglesias, Director of Housekeeping – is always willing to go out of his way to provide help with personal laundry for the residents.
- All Therapy Department – Very caring, professional team, and they can take the credit for creating a wonderful atmosphere for patients.
- Mike Parker, Sam Bangura – CNAs, Kadiatu Mansaray, Lakeisha Turman, Paula Providence and Lynn Margelis – LPNs provided extraordinary care above and beyond the call of duty. They are very professional and caring.



Resident Trust Accounts

Residents/patients may open a trust account here at the Center. This account can be used for the monthly funds they have available either from their income or families may deposit funds. The resident may then withdraw funds to be used for outings, vending machines, getting their hair done (which can be deducted and sent directly to the hairdressing vendor), etc. Withdrawals are limited to \$40 per day. The Front Desk staff process the withdrawals.

This is the safest way for our residents to have access to money. We do not recommend sending cash or leaving cash with the residents/patients.

Please see the Front Desk staff and ask about opening a Resident Trust Account.

Resident Birthdays!

HAPPY
BIRTHDAY

Rosarita McPhie	10/4
Florencia Guillette	10/5
Kea Waithe	10/11
Agnes Pham	10/14
Kathryn Karwaki	10/14
Tolvin Griffin	10/14
Elisa Desantos	10/24
Howard Combs	10/24
Barbara Novak	10/25
Cynthia Wright	10/27
Leopold Rafalski	10/28
Lydia Fellows	10/29
Bettie Deckman	10/31
Margaret Roberts	10/31

Potomac Falls Health & Rehab Center

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Administration

Administrator, Zoie Nikov
Assistant Administrator, Andrew Heishman
Human Resources Manager, Olga Klein

Business Office

Business Office Manager, Hala Elkahlout

Facilities

Housekeeping Director, Fares Iglesias
Maintenance Director, Siroos Abdollahi

Nursing

Director of Nursing, Phyllis Harris
Assistant Director of Nursing, Johanna Espinales
Nurse Managers, Peggy Hojnacki & Kathleen Sadler
Evening Nurse Supervisors, Charlotte Nkepnang & Chuck Wyson
Night Nurse Supervisors, Anne Daly & Leticia Duah

Weekend Nurse Supervisor, Laura McLaughlin & Kellie Schnebelen

Wound Care Nurse, Arwa Landivar

Admissions

Director of Admissions, Sarah Garner
Admissions Coordinator, Rachel Williams

Dining Services

Dietitian, Melissa Meyer
Director of Dietary Services, Michelle Board
Dietary Supervisor, Noochnart Jones

Medical Services

Medical Director, Dr. Jay Rana
Physician, Drs. Behiri & Ayele

Social Services

Directors of Social Services
Gina Damiano & Chandis Parris

Recreation, Activities & Volunteers

Director of Activities, Barbara Eastman
Activities Assistants, Camryn Burton & Jennifer Beach



Potomac Falls Health and Rehab Center
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