



Potomac Falls
Health & Rehab Center

THE REPORTER

A PUBLICATION FOR PATIENTS, RESIDENTS, AND FAMILIES

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Message from Our Administrator

Happy 2016! With the busy holiday season in our rearview mirror it seems that January will bring us wind, cold and snow. It also gives us a time to reflect back on 2015 and what a year it was!

We celebrated our First Anniversary on July 1st with our friends and community partners. The Residents' Council celebrated all thru the month of July with a BIG event held every week. A good time was had by all during the many different festivities.

We had the pleasure to participate in the Walk to End Alzheimer's Disease in September for the third year and did so with much enthusiasm. It's become an annual event for us and we work for many months to build a team, raise awareness and collect donations of more than \$2000. We are already thinking ahead to the 2016 walk.

One of our best programs was "Be a Santa for a Senior" where we collected donations and funds to provide more than 130 Christmas gifts to our long term care residents. We were overwhelmed with the response and generosity of so many. We are ever thankful to everyone who was so kind this year!

In a year of new beginnings we are most thankful to those who continue to choose Potomac Falls Health & Rehab Center. We appreciate that you continue to choose us. May 2016 bring you good health and time with those you love!

Zoie Barcus Nikov, MSA, NHA
Administrator





“You Got Caught Caring” in December

- Michael Wiechert, CNA – checks on not only his patients but those of his team as well. He is always ready to help with a positive attitude and always makes himself available.
- Michael Parker, CNA – is often asked 5 different things to do at the same time and he always come through and often does beyond his job responsibilities.
- Mary Amankwah, CNA – has always a smile on her face and does her duties with great diligence.
- Shelly Maan, RN – takes care of her patients with focused attention to every detail. Her patience and kindness are very much appreciated.
- Heather Mandela, Therapist – cheers her patients up and helps them with “you can do it” encouragements along the recovery process.
- Arpitha Pachika, Therapist - helps her patients think positive, feel optimistic and smile.
- Betty Sesay, CNA – makes her patients comfortable with her gentle caring.
- Tiana Hatcher, RN – is noticed for her timely, gentle care.
- Jazzlyne Ellis, CNA - was commented on her smile, friendly disposition and making the patients feel at home.
- Michelle Board, Director of Dietary - was noticed for her smile and catering for the needs of our residents.



Stars of the Month

Martin is a caring individual who pays attention to his patients and treats them with compassion. Even during times when there is a lot to do he continues to work with a smile on his face. He supports his colleagues by helping distribute linens. He is a true team player.

Martin Conteh, CNA

Rui is always “on the ball” and ready to help. She delivers her services with great punctuality, diligence and with the utmost care.

Rui (Rebecca) Huang, CNA

Agnes always has a smile on her face and treats her patients with great respect and gentleness. Her caring warmth made many family members feel at peace about long-term care.

Agnes Akyaa, CNA

Carla helps her patients to achieve their goals by giving them clear guidance. Her gentle approach was acknowledged by many.

Carla Traub, Speech Therapist

Upcoming Events

ACTIVITIES

NEW THIS MONTH...GAME CLUB AND MOVIE CLUB!

The clubs will be run by residents with support from Activities.

Wednesday Evenings - Game Club

Saturday Evenings – Movie Club

8th Starting a Humor Journal

13th Shopping Outing

14th Catholic Mass – this is one week later than usual

18th Martin Luther King Word Game

20th Lunch Outing

22nd Ice Cream Social

Christmas Activities, Party, Cookies and



Betty Frosting Cookies



YUMMY!



Fannie Frosting

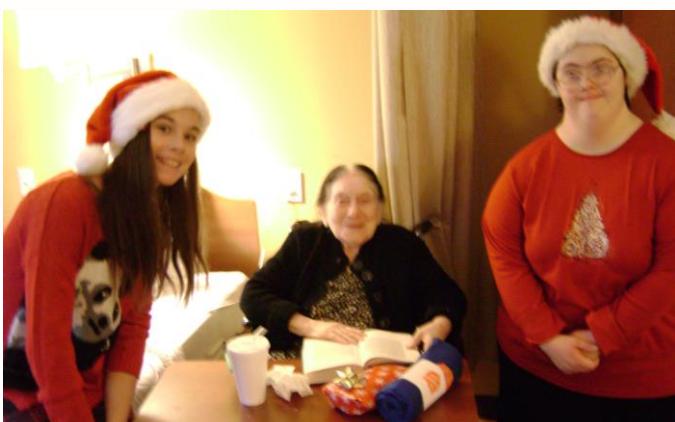


Christmas Cookies are the Best!



Party Time!

Spirit



Santa's Helpers!



Ready to Party!



Elf



SPOTLIGHT ON STARS - Miles Eisele



Miles was born in Philadelphia, PA in 1929 but grew up in Audubon, NJ.

The one thing he is most proud of is that he was able to study the Clarinet under Don Bassett, the first solo clarinet player in John Phillip Souza's Band, for 11 years

Miles served on the Liberty Ship before he was even 16. He also served in the US Army during World War II. After his military service, he became a salesman for RCA and lived in Dayton, OH. After leaving a sales position for Dura Pump, he went to work for the City of Dayton as a social worker focusing on urban renewal. He began turning around apartment complexes that had suffered from crime and other issues. Miles was even written about in a Virginia paper for having turned around one complex within one year. While he was managing apartment complexes, he met his wife, Carol, who was a Registered Nurse at Sleepy Hollow Nursing Home. Together Miles, Carol, and others entered at the Nursing Home. Carol sang and Miles played the Clarinet. Miles had previously played Clarinet in the Dayton Municipal Band and taught Clarinet Lessons at Melody Music.

Carol and Miles were joined by other musicians including John Gieb, pianist, in 1998. They played in various groups such as Merrimakers and Miles & Smiles. Despite Carol's passing away in 2010, Miles continues to entertain others. He plays a special Clarinet which is modified to sound like a Saxophone.

Besides being a phenomenal Clarinet player, Miles is one of the sweetest and most humble residents in Tidewater. He is generous in spirit, in nature and with his talent. He and John will be performing when able in Tidewater. You do not want to miss it!

Article written by: Denise Maniscalco

Potomac Falls Quiz

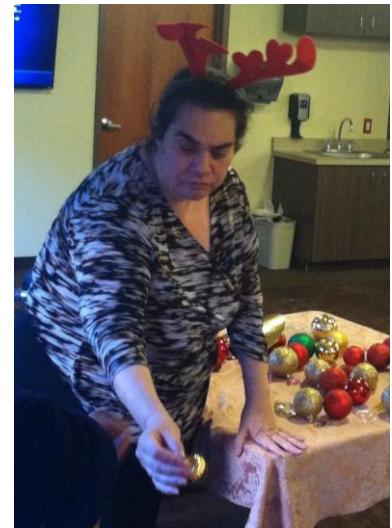


Can you figure out the answers? When you do, ask Activities if you are correct.

- 1. Which resident was in the Marines?**
- 2. Who worked for IBM**
- 3. Who grew up in NYC? (more than one answer)**
- 4. Which resident was born in Shanghai?**
- 5. Who was a math professor?**
- 6. Who had a brother who played for the Yankees?**



DECORATING THE CHRISTMAS TREES!!



Spotlight on Rehab Patient



Robert Serveiss was born on December 21, 1923. He and his wife Reneta (Renee) have been married for 70 years. His greatest accomplishment he says, "Marrying the love of his life and staying married for 70 years!"

Robert Serveiss served in the Army Air Corp starting in 1941. He went to gunnery school in Greenville, SC, and saved the lives of many men by saying a plane was not safe to fly. As a "fly boy", he has a hat that proudly shows pins for each plane he flew on and his gunnery school. He was in the stadium watching a Giants Game when Pearl Harbor was bombed and they asked all the military men to report to their posts.

Bob met Renee and as he describes, he was struck by an arrow through his heart. He knew she was the one for him. He heard the bell to call the people to the ship by cupid struck his heart. They got married, had a son and have been together ever since. He says she is still the one for him after all these years, Renee wrote a book which was published of her memoirs during the war and sewed beautiful clothing that she designed.

Bob is a favorite singer of Perry Cuomo songs in Tidewater.

Article written by: Denise Maniscalco

Resident Birthdays!



Thanh Tran	1/1
Linh Hong	1/1
Ngoc Hoang	1/2
Ashraf Ravandi	1/5
Willie Alston	1/7
Herman Ambers	1/8
Dorothy Coffman	1/15
Dorothy Haney	1/16
Dick Takamatsu	1/17
Marlene Koop	1/20
Janet Daum	1/20
Goli Izadi	1/26

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, Marie Chiaramonte

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, Chandis Parris

Social Services Assistant, Alexis Chism

Recreation, Activities & Volunteers

Director of Activities, Barbara Eastman

Activities Assistants, Camryn Burton & Jennifer Beach



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