



Potomac Falls
Health & Rehab Center

THE REPORTER

A PUBLICATION FOR PATIENTS, RESIDENTS, AND FAMILIES

IN THIS ISSUE

- Administrator's Desk
- Music Collage
- Stars of the Month
- Upcoming Events
- February Birthdays
- Resident of the Month



Message from Our Administrator



Love is in the air ... and let's hope the groundhog is right and spring is coming soon! After Snow Storm Jonas I think we can be done with winter for this year. Come on Mother Nature ... we want Spring!

I could not write more without expressing my sincere THANKS to all the staff who packed their bags and spent the weekend at the Center for the snow storm. I am so proud of all those that left their families, homes and pets behind to ensure that the patients, residents and Center were taken care of. While it is always expected in long term care, it does not always happen that so many staff have this level of service and dedication. We have an incredible team here and I hope you will join me in expressing gratitude.

Hopefully you have already received your Satisfaction Survey. PLEASE fill it out and return it. Your feedback is important to us and we appreciate hearing from you!

A special welcome to Melinda Gessel, LPN who joined the team on January 26th. Melinda is our new Transition Care Coordinator and will be working with our short-term patients, their families and the insurance companies ensure all goes well during their rehabilitation stay and folks transition home safely. She will be working closely with the Admissions and Social Work team. Melinda comes to us with years of experience in long term care and we're thrilled to have her join the Potomac Falls team!

As I close please know that we appreciate you! We know that you have a choice in rehabilitation and long term care; we thank you for choosing Potomac Falls Health & Rehab Center!

Zoie Barcus Nikov, MSA, LNHA



MUSIC IS THE BEST MEDICINE!



Charlie singing Karaoke!



Steve Gellman Entertains



Writing a Song with Rachel



Miss Ju!



Willie Loves Music Therapy!



Music Therapy for the mind and soul!





Stars of the Month

Memie worked every day during the blizzard with the utmost dedication, she never complained. All she said "I have to be here for our residents and patients, they need us". The Dietary Department is blessed to have such a caring person on the team. Thank you for caring.

Memie Kaitie, Cook & Maria Rivera-Smith,

Maria walked 45 minutes during the blizzard to get to work. She was a sight for sore eyes when she arrived to work at 3 p.m. on January 23rd. Dedication to the Center as her fellow employees was shown with this selfless act!

Siroos Abdollahi, Director of Maintenance

During the blizzard Siroos took great care of everyone – patients, resident and staff. He stayed here and worked day and night to clear snow and keep us all safe. He slept very little and made sure the center was fully operational. He prepped ahead of time and ensured we were ready. We appreciate all Siroos does each day but this was especially good!

Jorge worked day and night thru the snow storm – sleeping very little, if at all. He shoveled snow non-stop and made sure that all the residents, patients and staff were safe and warm. He did it all with a smile and never said no to a single request. Jorge also made himself available to provide orientation to new staff. Very proud to have him on the team.

Jorge Alarcon, Mtn

Nkechi Eke CNA

Nkechi surprised all when she arrived for her CNA shift on January 23rd. She was unable to get into the Center driveway because it hasn't been cleared adequately. When asked why she would drive in a blizzard to get here she stated, "I work a double, I had to come!"

Upcoming Events

This Month in Activities

2/2-2/4 Mardi Gras Float Design

2/5 Mardi Gras Parade and Party

2/10 Walmart Outing

2/12 Valentine's Party

2/13 George Mason Basketball Game

2/13 Book Signing with Steve Vasilas

2/17 Lunch Outing

We have two new clubs run by residents –
Game Club on Wednesdays and Movie Club on Saturdays



Rodney Braxton	2/5
David Saunders	2/8
Khawaja (Omar) Ahmad	2/11
Betty Regan	2/12
Noriko Stilp	2/15
Mohammed Chowdury	2/15
Sathyavat Chivukula	2/19
Carmen Cummings	2/22
Gerda Bowe	2/25
Wilfredo Guzman	2/25

You Got Caught Caring Award - Snow Storm 2016

To All those wonderful Individuals who stayed here all weekend to keep us safe, warm and protected.

Some of their exemplary deeds include:

(1) Peggy, a long-term care nursing supervisor, sitting at a table in Allegheny chatting with and feeding a patient by hand, after she had already been working for 16 hours.

(2) Fares, who after filling in for the housekeeping staff who could not make it in, went outside and braved the cold to help Jorge and Siroos clean the snow for parking spaces, sidewalks and and the building accessible for ambulances;

(3) Siroos, who started on Friday fighting the battle of the snow trying to keep the parking spaces clear for staff and others and making a path for ambulances and emergencies, and kept working so that this facility was better accessible than most other places in Loudoun and Fairfax Counties;

(4) Ana, Delmi, Maria, Dunia, Maria, Fatmata, Mai, Michael, Dorcas and Othello who kept smiling, laughing and cheering people up after back to back shifts of dealing with sometimes recalcitrant residents/rehab patients;

(5) Jose and Miguel who still politely knocked and asked permission to enter your room to clean it, vacuum it and take out your trash after sixteen hours on their feet;

(6) Zoila, Fardos, Dora, Blanca, and Michelle who made sure we had hot meals and ice cream even when the trucks could not get through the snow;

(7) Edith, Kadiatu, Dorcas, Linda, who made sure we had our medications and the utmost attention even when they were tired and still told jokes while they checked your blood sugars;

(8) Phyllis, Director of Nursing, who kept checking on the nursing throughout the building and coordinating shifts due to people being unable to make it here throughout the weekend and still stopping to greet residents even when her face showed she was dead tired;

(9) Zoie, Administrator, who led by example, and stayed with her troops, but had the compassion to understand about families and sent one manager home so she could be with her special needs child and another so she could be with her newborn baby; and,

(10) To two nursing friends who define teamwork by one agreeing to work for the other so that the latter would be able to safely make it home to West Virginia and ensure that she did not have to try to brave the elements driving from West Virginia during the weekend and tending to the latter nurse's long-term cherished residents with unlimited patience and the utmost care.

(This is just the opinion of the author and does not include other great deeds undertaken by others not seen by the author. Please fill in a "You Got Caught Caring" form to thank and recognize others for their good deeds.

Denise Maniscalco



Featured Resident of the Month

JOAN MCGLYNN

Joan was born on July 22, 1918. She danced with her sister under the name of The Lamb Sisters in Connecticut and New York.

She worked as a card punch operator for the railroad where IBM piloted the first computers. She appeared in a film documentary about the computers.

Joan loves music and musical performances. She is known as the well-coiffed lady with the pink sparkly slippers! She also loves her sweets!

Prior to coming to Potomac Falls, Joan was on the go enjoying shopping, her grandkids and going out to eat.



Potomac Falls Health & Rehab Center

46531 Harry Byrd Highway, Sterling, VA 20164

703-834-5800 Phone

Administration

Administrator, Zoie Nikov

Assistant Administrator, Andrew Heishman

Human Resources Manager, Olga Klein

Business Office

Business Office Manager, Marie Chiaramonte

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 Sandler

Evening Nurse Supervisors, Charlotte Nkepang & Chuck Wyson

Night Nurse Supervisors, Anne Daly

Weekend Nurse Supervisor, Laura McLaughlin & Kelly Schnebelen

Wound Care Nurse, Arwa Landivar

Admissions

Director of Admissions, Sarah Garner

Admissions Coordinator, Rachel Williams

Dining Services

Dietician, Melissa Meyer

Director of Dietary Services, Michelle Board

Dietary Supervisor, Noochnart Jones

Medical Services

Medical Director, Dr. Jay Rana

Physician, Drs. Ayele & Behiri

Social Services

Director of Social Services, Chandis Parris

Assistant Dir. Social Services, Alexis Chism

Recreation, Activities & Volunteers

Director of Activities, Barbara Eastman

Activities Assistants, Camryn Burton &

Jennifer Beach



Potomac Falls Health and Rehab Center
www.facebook.com/PotomacFallsHealthRehabCenter