



The Reporter

A Publication for Patients,
Residents and Families

May 2014



Mark Your Calendars - Moving Day is May 17th

Hello Spring! Hello May! Hello to Potomac Falls Health & Rehab Center! The day is almost here and we could not be more excited to announce our move date for Saturday, May 17th. We've been planning for this date for years and now it's here!

Invitations have been mailed for our Grand Opening Celebration on Wednesday, May 14th from 3:30 pm to 6:30 pm. This will be the first time the Center will be open to the public and we are so very excited for everyone to see the state-of-the-art features. All of our residents, family members, partners and other special guests are invited to attend.

For moving day, we plan to begin transporting residents to Potomac Falls in the morning and continue thru early afternoon. We hope that family members and friends will be able to come and help their loved ones unpack and settle in to their new rooms. As you can imagine, it's a big project and we appreciate all any assistance our wonderful family members, friends and volunteers can provide. A letter will be mailed to each family member detailing the new room number and other important details regarding the move day.

Some moving day facts ...

- Resident's personal belongings will be packed beginning the week of May 12th; volunteers are needed to assist
- Resident furniture will be moved to Potomac Falls on Friday, May 16th by a professional moving company
- Resident beds will be moved on the morning of Saturday, May 17th and taken to Potomac Falls by a professional moving company; the beds will be available upon the resident's arrival
- All residents will have breakfast at Cameron Glen on Saturday, May 17th
- Residents will be transported to Potomac Falls on the morning and early afternoon on Saturday, May 17th via CCR Center vans and stretchers, based on resident need; Nursing staff will be accompanying residents during the transport vans

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Some moving day facts (continued from Page 1) ...

- All residents will have a box lunch at either Cameron Glen or Potomac Falls, depending on the time of their transport schedule
- All residents will have dinner at Potomac Falls

Other building information ...

- Resident's will keep their current phone numbers; the phone numbers will transfer to Potomac Falls
- Phone numbers for the Center and all staff will remain the same; the phone numbers will remain the same when we move
- There are four nursing units at Potomac Falls:
 - First Floor
 - Piedmont – rooms 101-124 for short-term rehabilitation patients
 - Tidewater – rooms 201-224 for short-term rehabilitation patients and some long-term care residents until rooms are available on the 2nd floor
 - Second Floor
 - Shenandoah – rooms 301-324 for long term care
 - Allegheny – rooms 401-424 for long term care
- Each unit has its own dining room and activity room; the nurses station is conveniently located there to provide additional oversight and supervision to residents
- The Therapy Room is the largest room in the Center and is located on the first floor
- The Piedmont Unit will host a Bistro; the Bistro will be open to residents, patients, family members, guests and employees from 7:00 am – 7:00 pm and offer a variety of food and beverage selections for purchase beginning in June 2014
- All residents will have a 32" flat screen television installed; each resident will have their own television
- The Beauty & Barber Shop is located on the 2nd floor and will offer a variety of hair services along with manicure and pedicure services; services will be provided two days a week once we open and increase operational days as needed; Salon Services will be provided by Salon PS, a professional salon provider

Thank you for your interest and support of Cameron Glen and Potomac Falls. We are pleased to have so many amazing residents, patients and family members at our Center. We look forward to seeing you at Potomac Falls Health & Rehab Center in just a couple of short weeks!

As always, we realize you have a choice in places to live and work. We continue to be honored that you continue to choose us!

Take Good Care!

Zoie Barcus Nikov, MSA, NHA, CASP
Administrator



Happy Birthday to You!

May Resident Birthdays

ChamNorng 7th
John Bittenbender 8th
Justine Mahoney 9th
Stella Calkins 9th
Charlotte McFarland 9th
Terrance Huston 11th
Edward Palazzolo 13th
Irma Campbell 16th
Cynthia Stout 16th
Migdalia De La Cruz 19th
Densie Morgan 21st
Charlene Odell 25th
Dominic Accettullo 28th
Enatnesh Hunde 29th
Michael Frey 31st

*Wishing you happiness to welcome each morning,
Wishing you laughter to make your heart sing.
Wishing you friendship; sharing and caring,
And all of the joy the birthday can bring!*



National Nursing Home Week

May 11 – 17



This year's theme for National Nursing home week is "Living the Aloha Spirit." In Hawaii, the word "aloha" has a deeper cultural significance than a simple greeting or farewell. In Hawaiian culture it is important to treat yourself and others with aloha, to interact with love and respect and joyfully share life. By applying this spirit of aloha to daily life, the people of Hawaii are encouraged to treat others with deep care, respect and humility, leading to individuals creating a better world. Key concepts of aloha spirit include unity, kindness, truthfulness, humility and patience.

We will be celebrating by taking a virtual cruise to Hawaii! We will start off the week with a "Bon Voyage" party to start our trip and end the week with a Hawaiian luau. There will be various other cruise-related activities happening throughout the week. Residents, family and staff are all welcome to join in and help us celebrate this special week.

Hope to see you!

Kayleigh Walker, CTRS
Director of Activities

Schedule of Events:

Sunday, May 11th: Mother's Day Tea
Monday, May 12th: Bon Voyage Party
Tuesday, May 13th: The Bahamas
Wednesday, May 14th: Casino Games & Karaoke
Thursday, May 15th: Porting at Mexico
Friday, May 16th: Hawaiian Luau Party



Stars of the Month

April 2014

SimretNegatu, RN, has been working with us since February 2014. She constantly goes out of her way to build a relationship with residents to ensure that their road to recovery is as comfortable as possible. Her thoughtfulness, kindness and supportive communication with family members as well are very much appreciated.

Shayla Luster, RN, became a Team Member February this year. She was noticed for constantly going out of her way to ensure that the residents receive the attention and assistance they deserve. Her thoughtfulness and availability are very much appreciated. She is a team player who provides her services with great professionalism.

You Got Caught Caring

The following staff was recognized by residents, family members, visitors and other staff. Thank you for taking the time to appreciate our staff!!

Josebeth- being gentle, considerate and always ready to help

Raffael E - being helpful and making his residents comfortable

Hannah – being attentive and helping residents in units other than hers

Ibrahim K – while going to another unit to help during a code blue

Betty –taking great care of a new admission (not only the resident but the family as well)

Marcella M – being always caring and loving and showing it through her smile

AniyatA – completing the payroll updates and catching up on the “pile high” accounts receivables

Christiana T – providing person-centered care with a smile and calming down even the most challenging resident

Facia A – extending her smile to employees, peers, residents and families while providing care

Bessie D – being always cheerful with a smile that brightens everyone’s day

Julio M – being always a delight, making friendly conversations while also being responsive to questions and concerns

Madinatu B – while waiting outside for a ride after her shift ended helped a new admission out of the car and all the way to his room in JT

April S – cancelling her plans for the evening to make herself available for a double shift

Maria C– being cheerful and especially caring

Sam B – being a valued employee, being a peace maker, delivering excellent care in a quiet way, always willing to say “yes”

Amber J – being very attentive and checking on her residents often

Guadalupe – singing while cleaning the rooms and thus lifting the spirit of our residents

Linda W, Cathrina C, Zoyla D, Dora A, Joceline C and Emiliano T – being strong dietary team players while preparing breakfast in a very stressful situation

Congratulations!

Mother's Day

Mother's Day is a celebration honoring mothers and motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in spring. The celebration of Mother's Day began in the United States in the early 20th century; it is not related to the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years.

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother in Grafton, West Virginia. She then began a campaign to make "Mother's Day" a recognized holiday in the United States. Jarvis' holiday was adopted by other countries and it is now celebrated all over the world. In this tradition, each person offers a gift, card, or remembrance toward their mothers, grandmothers, and/ or maternal figure on mother's day.



May Day History

Like many festivals and holidays, May Day began as an ancient pagan festival held to celebrate the return of warmth to the earth and the beginning of the growing season. The Druids of the British Isles called the celebration Beltane. Flickering flames rose toward the sky as a symbol of the sun. Farmers walked their cattle through the fires to purify the animals and bring good fortune to the coming year.

The Romans brought with them their spring celebration of Floralia, a festival honoring flowers. As years passed, both Beltane and Floralia combined to create the merry festival of May Day.



Maypoles

The gentler, merry times of May Day often included a village Maypole. A troop of young and old went to the woods searching for the tallest tree to turn into a Maypole. Flowers and greens adorned the pole with streamers attached to the top. Young people would grab a long streamer and dance under and over each other, intertwining and weaving the ribbon around the pole. The Maypole is a popular May Day symbol in Germany, Scandinavian countries, as well as the British Isles. Sometimes considered a phallic symbol, the Maypole goes along with the pagan ideas of May and fertility.



Potomac Falls Health & Rehab Center

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Administration

Administrator, Zoie Nikov

Administrator in Training, Leslie Ruffner

Human Resources Manager, Olga Klein

Business Office

Regional Business Office Manager, Trevor Bell

Business Office Manager, VACANT

Facilities

Housekeeping Director, Julio Mogollon

Maintenance Director, Derrick Andrews

Nursing

Director of Nursing, Johanna Espinales

Assistant Director of Nursing, Jennifer Stiltner

Nurse Managers, Peggy Hojnacki & VACANT

Evening Nurse Supervisors, Leonorah Iglesias & Chuck Wyson

Night Nurse Supervisors, Anne Daly & Deandra Fennell

Weekend Nurse Supervisor, Jasmine Kaur

Wound Care Nurse, Arwa Landivar

Admissions

Director of Admissions, VACANT

Admissions Coordinator, Rachel Williams

Dining Services

Dietitian, Melissa Meyer

Director of Dietary Services, Cesar Roggero

Dietary Supervisor, Nochnart Jones

Medical Services

Medical Director, Dr. Jay Rana

Physician, Drs. Aggarwal & Ayele

Social Services

Director of Social Services

Lindsey Alexander & Chandis Parris

Recreation, Activities & Volunteers

Director of Activities, Kayleigh Walker

Activities Assistants,

Mike Todd & Clare Mathews



Potomac Falls Health & Rehab Center

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