



Question: When Are We Moving?

Answer: Soon, very soon! Thanks for your patience!

Well, we thought we'd be settled in at Potomac Falls Health & Rehab Center by now but as you all know that is not the case! At the time this newsletter is being written, we are still awaiting the final inspections by the State Fire Marshal's Office. It is important that the center is ready and fully inspected so we are waiting patiently for the final inspections to be completed in early June.

We were very pleased with the 400+ folks who attended our Grand Opening Celebration on Wednesday, May 14th from 3:30 pm to 6:30 pm. It was the first time the Center was open to the public and we were so very excited for everyone to see the state-of-the-art features. The event was a HUGE success and we heard so many positive comments that we cannot wait to call it home.

Despite the delays, we are still planning for our moving day. When the day comes 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 before the move; volunteers are needed to assist
- Resident furniture will be moved to Potomac Falls on the Friday before the move by a professional moving company
- Resident beds will be moved on a Saturday morning 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 moving day Saturday

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

- Residents will be transported to Potomac Falls on the morning and early afternoon on moving day Saturday via CCR Center vans and stretchers, based on resident need; Nursing staff will be accompanying residents during the transport vans
- 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 a few weeks after we move
- 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 very soon!

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





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Cameron Glen Health & Rehab Center Receives Bronze National Quality Award

*-- Virginia center recognized by national program
for commitment to quality care --*

Reston, Virginia – Cameron Glen Health & Rehab Center has been recognized as a 2014 recipient of the *Bronze – Commitment to Quality Award* for its dedication to improving the lives of residents through quality care. The award is the first of three distinctions possible through the National Quality Award program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The program honors centers across the nation that have demonstrated their commitment to improving quality care for seniors and individuals with disabilities.

“I applaud Cameron Glen Health & Rehab Center for its commitment to delivering quality care,” said Mark Parkinson, President and CEO of AHCA/NCAL. “This award represents the dedication that each Bronze recipient has given to improve quality in the long term and post-acute care profession.”

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the *Baldrige Performance Excellence Program*. The program assists providers of long term and post-acute care services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver, and Gold. Centers begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers’ expectations. Bronze applicants must also demonstrate their ability to implement a performance improvement system. Trained Examiners review each Bronze application to determine if the center has met the demands of the criteria. As a recipient of the *Bronze - Commitment to Quality Award*, **Cameron Glen Health & Rehab Center** may now move forward in developing approaches and achieving performance levels that meet the criteria required for the *Silver - Achievement in Quality Award*.

“This award demonstrates that **Cameron Glen Health & Rehab Center** is committed to striving for quality improvement,” said Ed McMahon, Ph.D., Chair of the AHCA/NCAL National Quality Award Board of Overseers. “**Cameron Glen Health & Rehab Center** has laid a strong foundation for continuing on to the Silver and Gold levels.”

The awards are sponsored by AHCA/NCAL Associate Business Members My InnerView, by National Research Corporation and PointRight. My InnerView represents the true voice of nursing home and assisted living residents, families, and employees with the most insightful quality measurement solutions and satisfaction surveys in the healthcare continuum. PointRight is the recognized leader in data-driven analytics for health care and insurance. **Cameron Glen Health & Rehab Center** was one of 390 centers to receive the Bronze level award. The award will be presented to **Cameron Glen Health & Rehab Center** during AHCA/NCAL’s 65th Annual Convention and Exposition, October 5-8, 2014, in Washington, D.C.

Happy Birthday to You!



June Resident Birthdays

Beatrice Harrison 1st
Zhenru Ju 5th
James Peck 5th
Ismail Hossain 6th
Mark Basu 11th
Colin Perkins 11th
Lavern Wood 12th
Mary Coleman 23rd
Mary Jane Pratuch 30th
Aron Mesa-Rivas 30th

*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!*



Stars of the Month

June 2014

Bessy Day, LPN – Bessy has a contagious smile. At every opportunity she extends a smile to an employee, peer, resident and family. Bessy goes out of way to apply the person centered care for our residents. She continues to follow the Service Excellence initiative by expressing her smile and genuine care for our residents. Bessy has worked at the Center since March 2014.

Lilian Pobuta, LPN – Lilian is a wonderful nurse who cares deeply about her residents. She is reliable with strong work ethics and assures that her residents receive the best care she can provide. She never hesitates to make herself available to assist. Her down to earth approach, kind heart, compassion and consistent devotion make Lilian one of the top notch health care professionals in the Center. Lilian has worked at the Center since October 1991.

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!!

Ashley P – consistently going out of her way to make sure residents are taken care of and comfortable, she always has a helping hand

Hanaa Farouk – room assignments are impeccable, she arrives early to work and ready to help residents, rooms are neatly organized; she is

admired for her tenacity and dedication to residents and the Center

Mary A – she treated the resident and family like gold; making sure they had everything they needed and gave complete customer service with a smile on her face

Kadiatu M – extended her hand to help a fellow nurse by printing a medication list for the doctor; even though she was busy with her own work she demonstrates the picture of teamwork by supporting her co-workers and helping them with no questions asked

Facia A, Michael T, Leslie R, Solomon N, Solon M, Cynthia A, Rebecca, Clare M, Beckie – Many thanks to a wonderful group of people that take such great care of my family member. Your smile, warmth and sincerity is greatly appreciated. I enjoy talking with you each time I visit. I've grown to count on your honesty and integrity. The love of what you do really shows and has made it easier for me to sleep at night as well as care for my family at home.

All - First of all, I would like to thank you all for the care you gave my family member over the last year. As a medical professional myself, I am quite fastidious, and Cameron Glen did a wonderful job. You made a difference in all of our lives, and my family has enjoyed getting to know you all and your residents immensely. My daughter and I plan to visit/volunteer frequently after the move, we have grown quite attached! Thanks again for everything. I can't tell you how much we have appreciated you all.



A Couple of New Faces to Welcome

Hannah Belachew, RN – Hannah is our new Weekend Supervisor – Day Shift

Pamela Fodor, RN – Pamela is our new Unit Manager for the Skilled Unit

Katelyn Maerki – Katelyn is our new Director of Admissions

A Couple of Promotions to Announce

Johanna Espinales, RN – Johanna was named Director of Nursing on May 2nd. Johanna had been our Assistant Director of Nursing and we're excited to have her leading the Nursing Department in her new role.

Jennifer Stiltner, RN – Jennifer was named Assistant Director of Nursing on May 2nd. Jennifer had been our Unit Manager in Jamestown and now will focus on leading the Nursing Department with Johanna.



Father's Day – June 15, 2014

It's only when you grow up, and step back from him, or leave him for your own career and your own home; it's only then that you can measure his greatness and fully appreciate it. -Margaret Truman

My father died many years ago, and yet when something special happens to me, I talk to him secretly not really knowing whether he hears, but it makes me feel better to half believe it.

-Natasha Josefowitz

My father gave me the greatest gift anyone could give another person, he believed in me.

-Jim Valvano

For the fathers at Cameron Glen ...

we honor and appreciate you!

Happy Father's Day 2014!



Survey Coming Soon ... we need to hear from YOU!

We are so fortunate to be able to formally ask for your feedback every six months during with our satisfaction survey process. Our last survey was conducted in January and we've been working on many of **YOUR** suggestions in an effort to make improvements. Here is what we've been doing with your feedback:

- Four Teams were established to focus on **YOUR** feedback
 - **Dining Services** – a quality improvement program was developed and implemented, the program includes inspections of specific quality indicators that focus on food safety and quality with an emphasis on appearance, texture and flavor
 - **Resident Grooming** – weekly audits were developed and implemented that focus on key grooming indicators, the inspections are providing good feedback and will continue, as issues are found the information is shared with the department managers and included in the weekly unit meetings
 - **Activities Programs** – members have suggested that additional signage be posted to announce special events beyond what is posted on the calendars; this will highlight the special programs and draw more attention; sign-up sheets will also be used for the trips as they are now becoming more popular; the activities staff is implementing these ideas
 - **Communication** – a request to distribute more information and in a more timely fashion was suggested so we are collecting email addresses from residents and family members; we will use the email addresses to send various types of notices and information

Our next survey will be delivered in early July ... be on the lookout and THANK YOU for helping us by telling us what you think.

PS - Please email us your email address so YOU can be included in the database. Email your name, resident's name to Rachel Williams in the Admissions Office –

rwilliams@cameronglen-rehab.com



Now that you have attended our grand opening open house for the Potomac Falls Health and Rehab Center we are sure you're excited for the move. We are too! After the journey we have faced, moving day is soon approaching!

In preparation for the move we would be delighted to have you volunteer for one or more moving days. Come out Thursday to pack your loved ones belongings and join us Saturday to help your loved one unpack and acclimate to their new home.

We hope that you will join us in this wonderful, unique experience. Our residents and team greatly appreciate your services!

If you are interested please contact Kayleigh Walker, Activities Director,
at 703-834-5847 or kwalker@cameronglen-rehab.com



Activity Department Highlights for June

- June 4th – Wal-Mart Outing @ 10:30am
- June 11th – Wal-Mart Outing @ 10:30am
- June 15th – Father's Day Coffee & Donuts @ 10:30am
- June 18th – Picnic in the Park Outing @ 11:30am
- June 19th – Meal of the Month @ 11:30am
- June 20th – June Birthday Party @ 2:30pm
- June 24th – Spa Day @ 2:30pm
- June 25th – Sully Plantation Outing @ 10:30am

Cameron Glen Hosts Interns ...developing tomorrow's leaders

Analisse Vasquez, Mary Baldwin College

Analisse Vasquez was born in Cochabamba, Bolivia 21 years ago. When she was three years old her family immigrated to Virginia from Bolivia. She graduated in 2011 from J.E.B. Stuart High School and is currently a senior at Mary Baldwin College majoring in Health Care Administration with a minor in Sociology. Her ultimate goal is to be an administrator of a Continuing Care Retirement Community (CCRC) in the Northern Virginia area. To achieve this goal Analisse has been interning at Cameron Glen as the administrator intern.

Her mom, dad, and two brothers are very supportive of her career path; she will be the first in her family to graduate from a four year college. When she is not in school she enjoys dancing a Bolivian folk dance called "Tinku." She also enjoys shopping, manicures and pedicures, and volunteering in the community. She has traveled to Italy and El Salvador within the last few years; both were school related trips. In addition to traveling abroad she has traveled within the US.

Ashley Turner, Indiana University-Purdue University of Indianapolis

Ashley graduated from James Madison University in 2011 with a BS degree in Dietetics. As a native of Northern Virginia, her interest in nutrition and health began at a young age when she became concerned about diabetes in her family and saw her family and friends' struggles with health. She became curious about nutrition and noticed how food choices impact a person's health, mind, and well-being.

Since graduating from college, she has worked as a consultant Dietetic Technician in long-term care facilities throughout Central Florida. This past year, Ashley was accepted into the Indiana University-Purdue University of Indianapolis Dietetic Internship program. While living in Indianapolis, she worked to complete over 1064 hours in clinical, food service, and community rotations. She chose Cameron Glen to be her capstone rotation to complete her internship because she enjoys working in this kind of environment. Ashley plans on taking the exam to become a Registered Dietitian.

In addition to my recent work experiences, she enjoys traveling and anything outdoors. This summer, she plans to take a road trip across California and she'll also be visiting a few countries throughout Western Europe. Her other hobbies include spending time with family and friends, bike riding, and reading.

Sarah Garner, George Mason University

Sarah Garner is an intern that will be interning in June, July and August. She is currently a student at George Mason University. Sarah will be graduating cum laude from the Honors College with a BS in Health Administration and a concentration in Senior Housing in August.

Growing up in Charlottesville, VA, she spent lots of time at the UVA Healthcare System following her mother, who is an Audiologist. These occasions first sparked her interest in health care, as a way to help people. Sarah has spent the past three summers providing in-home care to an older adult with memory difficulties. She deems this experience as the most rewarding time of her life, and what solidified her decision to join the senior housing industry.

*Congratulations to our students ... we've enjoyed being a part of your education!
We've learned from you, too!*

