

### *From the Administrator's Desk*

It seems that the time is passing by all too quickly and now we are well into fall. As each new season begins, I think about which is my favorite; and I change my answer about four times a year. Fall is my favorite now. I think about the changes that we can see with the leaves turning beautiful colors and floating thru the sky. The leaf land and with that brings work for those that are responsible for collecting them up and it brings adventure for those that run thru and jump in the piles. Some will see leaf collection as a chore and others see it as fun; two perspectives for the same experience.

Life is that way; the glass is half full or half empty ... depending on your perspective. I prefer the "fun" and "glass half full" view on life and invite that for everyone else, too. As an example, all of the staff at Potomac Falls comes to work each day with the best intention of providing excellent service to our patients, residents and family members. We all want to do our very best and receive a kind thank you.

In the spirit of Thanksgiving, please take the time to say thank you. It's the easiest thing you will do all day and it will mean the most to the recipient.

Best,

Zoie Barcus Nikov  
Administrator





### November Birthdays

Riaz Khan – 1st  
Fannie Pollard – 12<sup>th</sup>  
Olga Miller – 16<sup>th</sup>  
Bill Temple – 16<sup>th</sup>  
Qudsia Tareen – 19<sup>th</sup>  
Dena Zeller – 23<sup>rd</sup>  
Zinaida Sadokhova –  
23<sup>rd</sup>  
Radhames Espinal –  
28<sup>th</sup>  
Olga Villanueva – 29<sup>th</sup>  
Bahadur Saini – 29th  
Greta Goldberger 30th

*Happy Birthday to You!*

*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!*

### Time to Renew Your Medicaid?

Please contact the Business Office so we may assist you with all the required paperwork to ensure your benefits continue and there no complications with your renewal.

*Thanks, Cindy Weise/Business Office Manager*



## September STARS of the Month



**Christiana Tarawally, CNA**

**Noochnart Jones, Dietary**

- Solomon Nwokeforo – “He always makes himself accessible to families and colleagues; he is patient to address issues of his residents, he is a good friend and steady supporter of his team. He leads where other follow and he does that with grace and generosity. In his work Solomon shows selflessness and dedication to his profession.”
- Jennifer Beach – is very attentive and always a big help.
- Malika Bougrine– wonderful, caring CNA
- Fardous Razick – is a generous and kind dietary aide
- Hannah Bangura –is responsive and exudes an attitude of love, compassion and efficiency; she also has the gift of anticipating her resident’s need and “sprints” to address them without delay
- Rachel Williams – “She made the admission process go smoothly and quickly especially under rushed, confusing circumstances. She ensured that everything was ready for the arrival of my sister and made that transition much easier for her. Rachel’s assistance and guidance through a rather difficult situation was invaluable to us and we have the greatest appreciation for her support!”
- Chandis Parris – “... Was the epitome of caring, thoughtful support during my sister’s stay at PF. She listened to our concerns, answered our questions and she gave us sound advice as we worked our way through medical and personal issues. Although always busy, Chandis was never too busy for us. She patiently gave us all the time we needed. We can’t thank her enough.”

We thank you all for your hard work!!



# VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave and bold.  
Some have lived, while others died,  
And all of them deserve our pride.  
We're proud of all the soldiers who,  
Kept thinking of red, white and blue.  
They fought for us and all our rights,  
They fought through many days and nights.  
And though we may not know each name,  
We thank **ALL** veterans just the same.



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*"No-one has ever become poor by giving", Anne Frank*

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## **Tips for Giving During the Holiday Season**

Gifts bring great joy to our residents/patients. Many people struggle with what is the right thing to send someone in a center like ours. Here are some tips to help make your holiday gift giving a little easier.

- Favorite toiletries are always a bonus for the holidays.
- They never have too many socks!
- A soft cuddly throw size blanket is perfect. Sometimes they like to take them out of the room and the smaller size is more manageable.
- Edible arrangements are beautiful but there is no place to store them so they have to be eaten in one day. Most of the time a lot of the fruit gets thrown away. A fruit basket can be kept in the room so the fruit gets eaten as intended.
- When sending photographs, a frame is very helpful. Even if they are snapshots, putting them into a cardboard frame for placing on a dresser or bulletin board is a nice touch. Protecting your photos is important to us and this little thing makes that more possible.
- If you are unsure what to get someone, call us and ask for Activities. We are happy to help you out!





# What's New

Barbara Eastman is our new Activity Director. (That's me) I am from New York; the Fingerlakes, wine country – not the city. I love reading, campfires and Bully Hill wine. After bartending for 18 years I worked as an office manager and in financial services before finding myself at a nursing home as the Activity Director. It was not planned but everything I have done in my past seemed to prepare me for this career.

I love working with the senior population. Raising a daughter with Down Syndrome (Katie) taught me patience and creativity in getting things done. I worked at Commonwealth for 3 years before transferring to Potomac Falls in October. My husband Greg and I live in Herndon. We have been married 29 years. We have 3 children; Justin, Katie and Taylor



## Activities Corner

### November Highlights

November 5 - Fall Ride Outing

November 11 - Photography Outing

November 13 - Birthday Party

November 19 - Walmart Shopping Outing

### New Programs:

Dinner Club

Football Fun Day

Blackjack

Catholic Services returned



**Potomac Falls Health & Rehab  
Center is seeking vendors for our  
Holiday Bazaar on  
November 22<sup>nd</sup>!**

Questions? Please contact Barbara Eastman

[beastman@potomacfalls-rehab.com](mailto:beastman@potomacfalls-rehab.com)

709-834-8317

## Potomac Falls Health & Rehab Center

46531 Harry Byrd Highway, Sterling, VA 20164  
703-834-5800 Phone

### Administration

Administrator: Zoie Nikov  
Assistant Administrator: Leslie Ruffner  
Human Resources Manager: Olga Klein

### Business Office

Business Office Manager: Cindy Weise

### Facilities

Housekeeping & Laundry Director: Julio Mogollon  
Maintenance Director: Siroos Abdollahi

### Nursing

Director of Nursing: Donna Cyrus (Interim)  
Assistant Director of Nursing: Johanna Espinales  
Nurse Managers: Peggy Hojnacki & Alexander Koroma  
Evening Nurse Supervisors: Leonorah Iglesias & Chuck Wyson  
Night Nurse Supervisors: Anne Daly & Deandra Fennell  
Wound Care Nurse: Arwa Landivar  
Weekend Nurse Supervisors:  
Laura McLaughlin & Kellie Schnebelen

### Admissions

Director of Admissions: Katelyn Maerki  
Admissions Coordinator: Rachel Williams

### Dining Services

Dietitian: Melissa Meyer  
Director of Dietary Services: Melissa Board  
Dietary Supervisor: Nochnart Jones

### Medical Services

Medical Director: Dr. Jay Rana  
Physician: Drs. Ayele & Charles

### Social Services

Directors of Social Services  
Gina Damiano & Chandis Parris

### Recreation, Activities & Volunteers

Director of Activities: Barbara Eastman  
Activities Assistants: Clare Mathews &  
Camryn Burton



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