



# GRANT REHABILITATION & CARE CENTER

## From the Administrator's Desk...

This month, I wanted to share with you some information on Alzheimer's Disease. Many of you may have a loved one that has been affected by this disease and GRCC recognizes the need for family support when a loved one is diagnosed with Alzheimer's. I have gathered some facts from Alzheimer's Association so that we can promote a better understanding of the impact this disease has on our community and nation.

- **Alzheimer's is the most common form of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.
- **Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.** Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks
- **Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.
- **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.
- If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

• Call the [24/7 Helpline](tel:800.272.3900): 800.272.3900



### JULY BIRTHDAYS



<i>Judy Barger</i>	7-08
<i>Roy Hinkle</i>	7-10
<i>Earl Armentrout</i>	7-14
<i>Barbara Alt</i>	7-26
<i>Arthur Goldizen</i>	7-29



### ADMISSIONS

Pauline Sherman	6-12
Lysle Sherman	6-13
Mary Gilkerson	6-20
Olin Hawk	6-21

### DISCHARGES

Justin Ours	6-08
Hugh Harris	6-20



Gerald Rhea	6-04
Phyllis Crites	6-08

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# GRANT REHABILITATION AND CARE CENTER LARKIN OURS SCHOLARSHIP AWARD

Each year, Grant Rehabilitation and Care Center presents a \$2,500 scholarship award to one recipient in the tri-county area. The recipient must be a high school senior or a current GRCC employee who is entering into a nationally certified nursing (RN) program in the state of West Virginia. This year, we are proud to announce that the scholarship award went to Petersburg High School graduate, and GRCC employee, Adrianna Waldron.

Adrianna has been employed at GRCC since the summer of 2016. She is a member of the National Honor Society and will be attending Eastern West Virginia Community & Technical College in August 2018. Adrianna is the daughter of Randy and Sandra Waldron of Petersburg.



Keshia Wratchford & Valerie Goff



Kyrsten Phares

National Nursing Assistant Week was June 14<sup>th</sup>-21<sup>st</sup>. Our aides were treated to cake and ice cream on June 20<sup>th</sup>. Each aide also received a gift; a token of our gratitude for all that they do. Thank you, Nursing Assistants, you are all greatly appreciated!



Christina Thorne, ADON; Crystal Grapes, HR, CC; & Ann Kielar, DON



Tammy Eckard



## Annual Lawn Party!

127 Early Ave. Petersburg, WV

**August 25, 2018**  
**4:00pm - 7:00pm**

**Food & Drink**  
Several vendors will have food and beverages available for purchase.

**Live Musical Entertainment**  
The Chinese Bandits

**Car & Motorcycle Show**  
First 25 entries will receive a Dash Plaque

**Flea Market**

Door prizes and a 50/50 drawing.

**Bring a lawn chair and enjoy an evening of fun for all!**

**Flea Market Vendors!**  
There is a \$10.00 set up fee. Bring your own tables!  
Call (304) 257-4233 ext. 225 to reserve your spot today!

## Nutrition Services' News

On Father's Day June 17<sup>th</sup>, we served residents and guests a meal that was chosen by our resident council that consisted of steak with gravy, mashed potatoes, corn on cob, homemade hot rolls and peach cobbler.

### Get ready for Grilling Safely



#### Follow these steps for an enjoyable and safe grilling season.

- Separate** Separate raw meats and poultry into individual plastic bags when shopping to prevent cross-contamination.
- Chill** Keep meats cold until ready to grill. Keep in an insulated cooler with temperature 40°F when transporting.
- Clean** Wash work surfaces, utensils and the grill before and after cooking. Wash your hands before and after when handling raw meat.
- Don't**
- Cross-Contaminate** Use clean utensils and a clean plate to remove cooked meat from the grill.
- Cook** Use a thermometer to check the temperature of the meat.
- |              |                                  |
|--------------|----------------------------------|
| <b>145°F</b> | Beef, pork, lamb, veal, fish     |
| <b>160°F</b> | Hamburgers and other ground meat |
| <b>165°F</b> | Poultry                          |
- After Grilling** Keep meat 140°F or warmer until it's served.
- Refrigerate** Put in freezer or refrigerator within 2 hours of cooking (1 hour if above 90°F outside)

## Employee of the Month



GRCC's Employee of the Month for the month of June 2018 is Judy Redman. Judy is a CNA and works primarily as a Restorative Aide. She has been employed here at Grant Rehab & Care since 1983.

A resident of Moorefield, Judy enjoys the time she spends here working with both residents and staff.

In her free time, she enjoys reading and doing word search puzzles.

#### Visit us Online!

[www.grantrehabilitationcarecenter.com](http://www.grantrehabilitationcarecenter.com)

## Activities

The month of June has seen the residents doing their favorite activities, especially the games of bingo and flip. The residents had made a request to play some active games so we have added these games to the calendar 2 times per week. On Wednesdays, the residents compete against each other in various games, which also aid in keeping arms and hands working. The winners are awarded a dollar for their efforts. A snack and a drink are often included in the activity.

The monthly birthday party was held on the 20<sup>th</sup> of June and the Harman's came to entertain during the party. June is also the month that we take residents shopping at Walmart. The 27<sup>th</sup> will be the day for several of them to go on that trip. We will be taking shorter trips this year so as many residents who wish to go shopping can go. We try to take some shopping trips closer to Christmas and even go to the mall in LaVale to shop and spend the day. A special thank-you to all who help to make these trips special for the residents.

Looking forward to July, the activity department will be doing picnics with the resident for all who can participate. We do have several volunteers who are having health issues and have not been able to volunteer, we remember them in prayer and hope they will be back with us soon. If you would be interested in volunteering, please contact the Activity Department for an application.

The Activity Department is still trying to find 2 people who would like to work in the Activity Department on a part time basis. If you are interested in one of these positions, please contact Barbara Mauzy ACD, Activity Director (304-257-4233 ext. 249) for information and an application or submit one on our website.

~Barbara L Mauzy ADC, Activity Director



**Special 4<sup>th</sup> of July Lunch**

Chili Dog  
Macaroni Salad  
Vegetable Sticks  
Potato Chips  
Watermelon  
Deviled Eggs

*If you would like to eat with a resident on this day,  
the cost is \$7.00 per meal which  
includes a beverage.*

*Please make sure to notify the dietary department  
of your plans to eat along with the number of  
guest who will be in attendance at least 24 hours in advance.  
(304) 257-4233 ext. 223 or 250*

In celebration of WV Day on June 20th, GRCC residents and staff showed up in their best West Virginia gear and for lunch, staff were treated to pizza from Little Caesars.

**Happy Birthday**  
**155th**  
*West Virginia*

Grant Rehabilitation & Care Center  
127 Early Ave  
Petersburg, WV 26847

