

Mount Vernon Nursing & Rehabilitation Center
8111 Tis Well Drive
Alexandria, VA 22306

Postage
Information



Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather. If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.

J-E-L-L-O Recipe 8-Layer Jell-O

First Layer:
1 package cherry Jell-O
1 cup boiling water
1/2 cup cold water



Second Layer:
1 package cherry Jell-O
1 cup boiling water
3/4 cup evaporated milk

Repeat steps with lemon, lime, and orange Jell-O. Be sure to let each layer set until firm in a 9 X 13-inch pan before adding the next layer.

Tis' Well Times

February
2012

Mount Vernon Nursing & Rehabilitation Center

Volume 2, Issue 2



Administrator's Notes

In order for our newsletter to be delivered on the first of every month I have to have provide my column a week or so in advance. This is the time of year that we closely monitor the potential snowfall in case we get the "storm of the century" or just a few inches. In this area, even a few inches can have a devastating effect on traffic as well as staff being able to get to work on time, if at all. So far we have not had anything to speak of, but there are predictions for a snowfall the end of January and that is why I note the above. We do plan in advance by advising nursing and all support personnel to put an overnight bag in the car just in case. While we plan for it we hope it does not occur, but we will be ready.

I have used this column to let everyone know about all the things we have done to improve on a constant basis. It could be new equipment, higher staffing or other areas of interest. Our next large project for this year is going to be the conversion to Electronic Medical Records. Our federal government, which oversees Medicare and Medicaid, has directed that all facilities in these programs have Electronic Medical Records in effect by 2014. Over the next few months, I will keep you apprised of our progress towards that end.

Drive carefully if you find yourself out there during the next snowfall.

-Bob DeMaria

Meet Our Staff

Bob DeMaria
Administrator

Dr. Carleen Tylanda
Medical Director

Nancy Chila
Director of Nursing

Natalie Ruybal
Activity Director

Eileen Spinella
Director of Marketing &
Admissions

Marcia Saffell
Accounting

Lendy Bethel
Margo Harris
Social Services

Rosalind Dantzler
Director of Food Services

Maylloris Salvador
Director of Housekeeping

Charles Seay
Director of Maintenance



Resident of the Month: Marty Cianciola

Marty was born in Fort Campbell, KY. Marty's father was a career army officer, moving the family about 20 times. His mother, Sheila, stayed home to raise Marty and his older brother Terry, and younger brother Tony.

Marty enjoys listening to music, and playing the guitar. He was on his high school football and pole vaulting team. Marty went to Ohio University in Athens, OH. He received a B.S. in Electrical Engineering, and graduated with honors. Marty got a job with General Electric while working on his masters at the University of Cincinnati.

Marty's father was stationed at the Pentagon the last 10 years of his career, which is what brought Marty to the Northern Virginia area. Along with Marty's musical passion and talent, he also has a great sense of humor!

The Activities Department would like to congratulate:

Mary Tuccillo for attending the most activities in December. She attended **106** activities!

&

Jerry Sonosky for our January in-room Bingo Winner!

Congratulations!

February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Resident Birthdays

2/1	Judith E.	2/23	Irma P.
2/10	Helen C.	2/27	Marjorie C.
2/18	Joan H.	2/28	Margaret P.



Staff Birthdays

2/2	Moses B.	2/11	Katherine T.
2/2	Gloria T.	2/11	David H.
2/3	Brooke T.	2/15	Timothy S.
2/5	Bob D.	2/15	Tirhas G.
2/7	Fafa J.	2/19	Nunnie E.
2/8	Christiana B.	2/26	Irene G.
2/11	Hannah K.		

Activities Professional Week

The Activities Department would like to recognize the following residents & staff members for being the most spirited during Activities Professional Week! Thank you to everyone who participated!

Residents

Erma Weaver
Josephine Spinks
Roberto Vermont
Irma Purvis

Staff

Brooke Toth
Heather Whyte
Bonnie Coulter
Gretchen Kemp

Employee of the Month: Noel Aquino



Noel was born in the Philippines to Esteban and Veneranda Aquino. Noel is one of eight children, three brothers and four sisters. He attended schools in the Philippines from elementary to college. Noel graduated from SAB High School and continued his education at IETI College majoring in electrical refrigeration and air conditioning. Noel is married 16 years to his lovely wife Nerissa. Noel has served 7 years at MVNRC as a rehabilitation aide, and works part time in the Deli at Safeway. In Noels spare time he enjoys playing basketball and spending time with his 21 month old daughter Carissa.

Important Notice: Independence Hall

Mt. Vernon Nursing and Rehabilitation Center has always been sensitive to the medical needs of the Mt. Vernon/Alexandria community. In the past year, there has been an increasing demand for our skilled nursing and rehabilitation services and we consistently experienced a lack of availability. In order to increase our availability (and be able to offer these services to more people in the community), we went through a process to have Independence Hall "dual certified". This means that we can now admit patients who require these skilled nursing and rehabilitation services to Independence Hall. We understand the desire for our existing Residents and their family members to remain in their rooms on Independence Hall. However, there may be circumstances in the future where a Resident may have to be relocated to a different room. If this situation should occur, we will work with the Resident and family members to assure a smooth and satisfactory transition.

If you have any questions or concerns regarding this situation, please do not hesitate to contact me. I will be happy to address all of your questions.

Bob DeMaria

February Staff Anniversaries

Charles Seay	25 Yrs.
Bonnie Coulter	9 Yrs.
Lydia Gyamfi	5 Yrs.
Zufan Debebe	5 Yrs.



Thank you for your continuous hard work!