

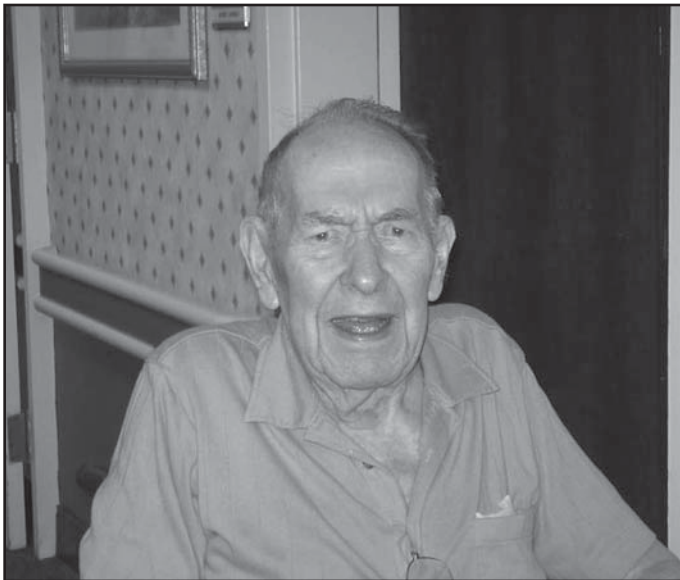
'TIS WELL TIMES



8111 TISWELL DRIVE • ALEXANDRIA, VA 22306 • (703) 360-4000 • APRIL 2010

Resident of the Month

Wilson Freesland



It was a typical Saturday at State College, where Wilson "Tink" Freesland was pursuing a degree in Chemical Engineering at Penn State. On this day though, Tink was preoccupied with the other members of his Delta Upsilon fraternity, preparing for their annual pledge dance later that evening. Even the love of his life, "Bets," made the journey from Upper Darby outside Philadelphia to join in the celebration. The music that night was provided by the big band sound of the Nittany Lions. Indeed, this Saturday, December 6, 1941 was typical of many in Happy Valley. The next morning, though, Japan attacked Pearl Harbor and the innocence was shattered. The very next day, setting aside their hopes and dreams, Tink, together

Wilson Freesland *continued on page 3*

Employee of the Month

A'Laya Rackell Hamilton

My name is A'Laya Rackell Hamilton; I was born in Chicago, IL, on April 24, 1992. I am the younger of two children and I have a two-year-old niece. I will be graduating from Mt. Vernon High School in June of this year



and will be attending NOVA Community College this fall. In 2012 my plan is to transfer to George Mason University to study law.

Mount Vernon Nursing & Rehab Center is actually my first job. I began working in July of 2008 in the Activities Department. Now I am working in the Administrative Office. I enjoy working here with the staff, and especially with the residents. I am truly grateful for this opportunity and also I would like to express that since working at this facility I have learned a great deal that will help me with my future endeavors. My interests are reading and writing. My goal is to one day become a Supreme Court Justice. I believe that something worth having is worth working for.

Advance Directives: When You Are Unable to Make Your Own Decisions

We like to think that we will always be capable of making our own health care decisions. Sometimes, however, it doesn't work like that. A stroke, an automobile accident, being too frail or confused to understand medical treatment information—any number of circumstances could occur that might limit or take away a person's immediate ability to make health care decisions.

Fortunately, you have the power to think and act ahead of time for such situations. There are two types of legal documents that are referred to as "advance directives":

A Health Care Appointment, also called a *Durable Power of Attorney for Health Care* or a *Health Care Proxy*, is a document that lets you give someone else—usually a close friend or relative—the power to make decisions for you if a time comes when you can't speak for yourself.

A Health Care Directive or *Living Will* is a document that lets you say what kinds of care you would or would not want if you were nearing the end of your life. A health care directive usually

refers to "life-sustaining measures." These are advanced medical treatments that can keep a person alive past the time when death would very likely occur. Examples include:

- **CPR**—emergency restarting of a person's heart or breathing.
- **Ventilation**—using a machine to breathe for a person.
- **Dialysis**—mechanically cleaning and filtering the blood, usually the work of the kidneys.
- **Tube or needle feeding**—giving basic nutrition to a person who has lost the ability to swallow.
- **Antibiotics**—fighting an infection that could hasten death.

Advance Directives Day April 16, 2010

When a health crisis occurs, it is a stressful and emotional time for family. This can make decision making very difficult. By having your instructions in writing (Advance Directives), you are helping your family carry out your wishes. Join us at this seminar to learn about Advance Directives.

Join us at the Advance Directives Day presentation to learn more.

Your Healthcare Rights

Presented by Barbara Watts, RN, CHPN

**There will be two presentations on
April 14 and 16, 2010**



For Additional information, please call **Lendy Bethel**, Director of Social Services, at (703) 360-4000, ext. 330





April Resident Birthday

26 Aurora Drosihn

April Employee Birthdays

- 2 Emelia Adusei
- 2 Essuman Nyarkoaa
- 12 Ebenezer Koomson
- 12 Amma Boafo
- 12 Joseph Manly-Spain
- 13 Nana Agyei
- 19 Vida Sarkodie
- 24 A'Laya Hamilton
- 25 Dennis Butler
- 25 Michael Camp

March Employee Anniversaries

Monica Smith.....	22 years
Deloise Worrell.....	11 years
Danilo Balboa.....	11 years
Asiedo Evans.....	10 years
Ama Serwaa.....	6 years
Jetly Kamara.....	4 years
Debbie Evans.....	4 years
Veronica Addy-Nettey.....	4 years
Emebet Ayele.....	3 years
Eanita Belcher.....	1 year
Nora Miller.....	1 year

Wilson Freesland *continued from page 1*

with all his fraternity brothers, joined the military, doing their part for what has come to be known as the "Greatest Generation."

Born on March 27, 1922 in Norfolk, VA, Tink was only 19 when he signed up to fly with the Army Air Corps. His assignments stretched from the North Atlantic to the South Pacific. During the war, Tink did marry the love of his life, Bets. They have three sons, six grandchildren and one great-granddaughter. When the war ended, he flew for TWA until called back into service during the Berlin airlift, after which he decided to make the military his career. He retired in 1975 as a full bird colonel in the Air Force.

Tink and Bets lived on Emerald Drive in Wayneswood since 1971. Bets died in 1986. Suffering a stroke in 2005, Tink continued living at his home until this past summer, when his mobility deteriorated. Neighbors and friends of Sam and Happy Hinson, Tink knew that there was only one place he trusted with his care, and signed himself into MVNRC.

Bereavement Group

The death of a loved one is one of the most painful experiences we may encounter in our lives. Sharing our experiences in a safe and supportive environment

with other bereaved individuals promotes good

healing. On April 19,

2010, please join us to learn about the grieving

process. The speaker will be **Debby Wells**, MSW,

LCSW, DCSW from Ever-care Hospice and Palliative Care

Bereavement Education. The session will be held in the Multipurpose Room.

Please R.S.V.P. to **Lendy Bethel**, Director of Social Services, at (703) 360-4000, ext. 330.



'Tis Well Times

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MVNRC has a new and improved e-mail system to e-mail your resident or contact our staff!

- E-mail a resident: **admin@mvnrc.net**
(Please insert resident's name on "Subject" line)
- Accounting: **accounting@mvnrc.net**
- Admissions: **admissions@mvnrc.net**
- Activities: **activities@mvnrc.net**
- Social Services: **socialsvs@mvnrc.net**
- Dietary: **dietary@mvnrc.net**

MVNRC is online at www.mvnrc.net.

The site has been designed to keep family and friends, both near and far, in touch with all that is happening in the MVNRC community. Suggestions and input regarding the site are welcome.



Mount Vernon Nursing and Rehabilitation Center

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