



The Pavilion Post

McLean, Virginia

May 2010

From the Pavilion

It has been my pleasure to fill in for Bob DeMaria for the past few weeks as we sought an Administrator to take his place here at Arleigh Burke Pavilion. Many of you know that Bob left to become the Administrator of the Mount Vernon Nursing and Rehab Center after serving as the Administrator here for fourteen years. We had a wonderful farewell party for him and wished him well in his new position. The memory of Bob attempting to do the Hawaiian dance will stay with me for some time to come (see pictures on page 5). It has been my joy to get to know the residents, staff and some of the family members better due to my increased involvement at Arleigh Burke. I have witnessed the tenderness with which care is provided, the compassion expressed in the loss of a resident and the joy of welcoming new residents and seeing others improve physically and emotionally. My days normally begin early in the morning at Arleigh Burke and I look forward to greeting residents and staff as I begin my day.

The good news that I have to share is that we have been successful in finding a new Administrator for Arleigh Burke. Her name is Kathryn Moore. Kathryn is currently the Nursing Home

Administrator at The Washington House in Alexandria where she oversees the operations of a skilled care nursing unit. Prior to working at the Washington House, Kathryn worked for a company that sent her to several nursing homes in Virginia where she gained the experience and confidence necessary to become a seasoned Administrator. Kathryn is a graduate of James Madison University, with a Bachelor of Science in Health Services Administration and a minor in Business Administration.

I look forward to Kathryn joining our staff and encourage you to introduce yourself to her after June 1st. In the meantime, if you have concerns or questions, please feel free to contact me at any time.

Timothy M. Farabaugh
Chief Operating Officer
Vinson Hall Corporation

The Pavilion Post

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The Pleasure of Your Company

by Michelle Thompson ADC CDP

Springtime brings wonderful opportunities for visits with your family members and loved ones here at ABP. This month we will explore how you can go outdoors or bring the outdoors indoors during your visits.

Flowers are a lovely conversational starting point, and one that will spring-board into many sessions of reminiscing opportunities. Think of all the events you receive flowers for: Mothers day, birthdays, anniversaries, graduations, births of children. Each one a rich topic for reminiscing and life review discussions during visits. Perhaps you had a garden and brought your own home grown flowers indoors to enjoy and decorate your home.

Recall the scent of the flowers; can you name your favorites? Did you have a favorite or heirloom vase to place them in? Where did you display your flowers? Were you or your loved one a member of a garden club?

Did you plant your flowers from seed or get bushes from the local nursery ready for planting? Have you ever entered a contest for best of flowers? What do you recall about tending to Rose bushes or your favorite flowers? What advice would

you offer a novice gardener, flower arranger or person interested in using flowers as decoration for their home?

Spending time outdoors in springtime is a visual delight—the scents, colors of spring and fresh smells of blooms delight the senses. Azaleas are everywhere right now in a variety of pleasing colors and coordinating hues. Some folks trim them into shapes and accent their manicured lawns. Only if you have allergies is this time of the year unpleasant.

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• **MAY EMPLOYEE** •
• **BIRTHDAYS!** •
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- Tina Nickens •
 - Selamawit Nigatu •
 - Mohamed Koroma •
 - Gretchen Kemp •
 - Lorraine Gazzano •
 - Angela Atitso •
 - Foday Kamara •
 - Samuel Singh •
 - Joanne Butler •
 - Marie K. Sesay •
 - Robert Deleon •
 - Elizabeth B. Saldana •
 - Juliana Tanda •
- • • • •

Volunteering at Arleigh Burke Pavilion

We thank our volunteers for their gift of time, love and caring for our residents.

VOLUNTEERS NEEDED:

- **Beginner Computer Class**—Teach the basics of the computer: setting up email accounts, sending and receiving emails, surfing the web.
- **Craft Volunteer** – To assist or run craft programs.
- **Music Volunteers**- Piano player volunteer to conduct sing a long on unit – piano available. Other volunteers who play instruments or are interested in performing are welcome. 1:1 opportunities available to visit with residents in rooms.
- **Men's Club**- Volunteer needed to facilitate a men's club, discussions, movies, and activities to be determined by the group.
- **Decorating Volunteer**- Assist with decorating the community for theme events, parties, special events & holidays!
- **Gardening Volunteer**- A green thumb needed to get our gardeners growing! Opportunity for indoor gardening as well as outdoor gardening, some adaptation maybe necessary for residents to participate.
- **Social Volunteer**- Assist with conducting weekly socials, transporting to location, serving of snacks and participating with residents.
- **1:1 Volunteer** - Individualized attention as you work with an assigned resident to establish a friendship and bring activities to them.
- **Photography Volunteer**- We are starting a photography club and would love to have an experienced photographer at the helm!
- **Sing a long Volunteer**- Our residents love to sing and could use a volunteer chorus leader to help the sing a long group.
- **Evening activity Volunteer**- Opportunities to assist with or lead small group in evening activities from 6-7 p.m.
- **Casino Games/Card Games Volunteer**- This volunteer participates in and facilitates a variety of casino games and card games.
- **Collections Volunteer**- Opportunity to share your collections and discuss your love for what you collect!
- **Word Games/Trivia Volunteer**- This volunteer enjoys games, motivates and is comfortable leading a trivia group or facilitating a game like Pictionary.
- **Activities Cart/Book Cart**- Visit residents in room to offer individual activities, independent materials for activities and books or magazines.

Please call Phil DuBois, Volunteer Coordinator, at 703-538-2994, or send him an email at philipd@vinsonhall.org, to learn more about our Volunteer Program

Mental Fitness Exercise - Using our Double Mind

Try these exercises for mental aerobics and to stimulate your healthy brain:

- Take a piece of paper and pencil and number from 1-12
- List 12 words that express how you think of yourself
- Put aside that list and take out another sheet of paper but this time put the pencil in your non dominant hand(the one you normally do not write with) and number 1-12
- Again write 12 words which you feel describe yourself, this will be awkward and slow going for most
- There is no need to remember what you wrote on first list, lists may be quite different
- When you are finished compare the lists!!!
- In what ways are they alike?
- In what ways are they different?
- Usually the words in the first list tend to be longer, more abstract;
- Words in the second list tend to be shorter, more earthy, more emotional

Why? The first list came from the left hemisphere or the dominant hemisphere for language. The second list originated in the right side of the brain where imagery and emotions prevail.

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**MAY RESIDENT
BIRTHDAYS!**

Mrs. Emily C. Haseltine
Mrs. Alice B. Hooper
Mrs. Pauline E. Kilmore
Mrs. Sylvia A. Kuhagen
Mrs. Mary E. Prendergast
Mr. Hugo A. Schiattareggia
Mrs. Jeannette G. Shields
Ms. Marianna Slocum
Mrs. Helen K. Studer
Mrs. Mary Anne Triplett
Mrs. Mary B. Gaughan

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Activities Department “Needs List”

- Junk mail with stamps attached – for sorting and stamp collecting
- Tacky items for planned Tacky Auction
- Aprons - ladies love to wear aprons when cooking and reminiscing about kitchens, cooking & recipes!
- Recipes - we are working on coordinating a cookbook of favorite recipes - please share yours

Please call the Front Desk, 703-506-6900, if you would like to donate any of these items—thank you!



Aloha, Bob—and Thank You!



Arleigh Burke Pavilion & The Sylvestery

Key Personnel

May 2010

RADM Kathleen L. Martin (NC) USN (Ret), CEO – Vinson Hall Corporation
Tim Farabaugh, COO - Vinson Hall Retirement Community
Bob Clements, CFO – Vinson Hall Corporation
Donna Duss, Director of Health Care Services, Vinson Hall Corporation
Kathryn Moore, Administrator – Arleigh Burke Pavilion
Erika Young, Administrator – The Sylvestery
Richard J. Hart, Jr., MD, Medical Director –Arleigh Burke Pavilion
Jonathan Klein, MD, Medical Director – The Sylvestery
Lorraine Gazzano, Director of Nursing, Health Care - Arleigh Burke Pavilion
Bill Burgwald, Director of Facilities and Environmental Services
Skip Hansen, NMCGRE, Director of Development
Joanne Burke, RN, MFA, Staff Development Coordinator – Vinson Hall Corporation
Paul Rankins, Food Services Coordinator – Arleigh Burke Pavilion
Wendall McPherson, Food Services Coordinator – The Sylvestery
Michelle Thompson, Activities and Engagement Manager - Arleigh Burke Pavilion
Kimberly Moore, Activities Coordinator – The Sylvestery
John Shorty, MSW, Coordinator of Social Services – Arleigh Burke Pavilion
Scott Harrison, Chaplain – Vinson Hall Corporation
Madhu Sreekumar, Director of Human Resources – Vinson Hall Corporation
Jennifer Zhang, Accounting Manager – Vinson Hall Corporation
Christine Olajide, Front Desk Receptionist – Arleigh Burke Pavilion
LaTishea Harrison, Front Desk Receptionist - The Sylvestery
Pat Patterson, Director Rehab Dept – Arleigh Burke Pavilion
Tina Nickens, Move-In Coordinator, Vinson Hall Corporation

Arleigh Burke Pavilion – 703 506-6900

The Sylvestery – 703 970-2700

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