



The Johnson Center
AT FALCONS LANDING



October / November 2018

ADMINISTRATOR’S NOTE
~ Ben Puckett~

Greetings! I am pleased to introduce myself as the interim administrator for the Johnson Center and West Falls. I have been on board since June 21, and have enjoyed meeting many of you. Everyone has made me feel very welcome here. I am pleased to announce that a new administrator has been hired and will begin work on October 22. John Loop has a strong background in senior living administration, having served as Administrator/Operations Manager for Asbury Methodist Village in Gaithersburg, MD, and most recently as CEO for Timbercrest Senior Living Community in N. Manchester, IN. John has a B.S. from Ohio State University and M.S. in Healthcare Administration from Valparaiso University. I had the pleasure of meeting John and introducing him to our staff when he visited the campus in August.

The upcoming renovation project on the first floor of the Johnson Center is anticipated to start in early November. This project will include converting a 12-bed section at the rear wing to a specialized memory care unit called Azalea Square. The new unit will provide care in a “household model”, with separate dining, living, activity and outdoor areas for residents. In addition to the memory care facility, the project will include a new exterior façade at the Johnson Center entrance, as well as a new reception area.

Also, all resident rooms will be provided with bay windows.

During the approximately 8 months of construction, we will manage admissions carefully to both Johnson Center and West Falls assisted living facilities, to ensure that Falcons Landing residents’ needs for these services are met. This means that direct admissions (i.e., admissions of non-Falcons Landing residents) will be limited or curtailed. In the weeks ahead we will be providing more information about the project as it becomes available.

I want to sincerely thank Barb Brannon for this assignment, and all of the dedicated staff at the Johnson Center for making my short time with you a very pleasant experience. I wish everyone continued success, and am sure you will support John Loop as he assumes leadership.

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CHAPLAIN'S CORNER

Here's a fun trivia question for you, compliments of AARP's June online newsletter:

Which sport had its first modern game played on June 19th, 1846, in Hoboken, New Jersey?

- A. Basketball
- B. Football
- C. Bowling
- D. Baseball

What do you think?

Well, it was on June 19th, 1846, the "New York Nine" defeated the "New York Knickerbockers" 23 to 1 in four innings at the Elysian Fields, in the first baseball game ever played under modern rules.

Speaking of modern rules, I bet that you're probably like me in sometimes wondering about the rules for today, right? It seems that on any given day that there are new rules in life and before we know what hits us there's been a change, just when we've gotten comfortable with the old rules. Whether we're talking about politics, the news media, medical coverage, insurance, the weather or our own bodies, we can rest assured in the consistent old adage... "Don't worry, stick around long enough and it will change!" So how do we cope with new rules and changes? Here are some trusted and successful ways:

1. Find something to be grateful for and share that gratefulness with others.
2. Move around, go for a walk, a work out, a visit with someone.
3. Relish in the moment - a simple delight of a beautiful song, poem, fresh flower, sunrise, sunset, or a favorite delicious treat.
4. Humor – Share in the laughter of a good joke.
5. Pray and read a favorite devotional, religious book, or uplifting kind story.
6. Try a new activity! It might be a great blessing!
7. Reflect back upon a time when you were unexpectedly blessed and give thanks.

One of my favorite reflections is when I was in Cleveland and my church meeting was canceled. I went for a walk and unexpectedly followed a crowd and ended up sitting at a Cleveland Indians baseball game a few rows up from home plate. There was a young boy, baseball glove on hand, and his family sitting next to me and he was having the time of his life, all smiles. There were a few Nuns sitting off to my side and they were relishing the experience. The crowd was roaring. The drum was pounding. There was a pleasant whiff of fresh hotdogs and popcorn. The sun was setting on a beautiful blue sky – yellow, orange, purple and red. The players and crowd were happy as we sang...



"Take me out to the ball game..."



Nothing can change that memory and to this day my heart and soul gives thanks.

Amongst all the rules and many changes in life, know that some things never change – the ability to once again relish in the taste of joy, gratitude, kindness, and heartfelt love. I wish you thoughts of blessed memories from your past, and also hope in the new unexpected joys that are bound to pop up in your future.

In faith, hope, and love,

Reverend Jeffery Payne
Chaplain



DID YOU KNOW?



The resident services department at Falcons Landing offers medical transportation for all levels of care on Mondays and Wednesdays. Scheduling is on an as needed basis, with advance notice for medical appointments strongly encouraged. Residents of The Johnson Center may contact Sarah O'Connor on 703-404-5231 or Gina Anzalone on 703-404-5212 to schedule Falcons Landing medical transportation.

Wheelchair transportation is \$50, round trip. Non-wheelchair transportation is \$25, roundtrip. You may use Falcons Landing transportation services for transport in and around the local area, including Leesburg, Ashburn, Sterling, and Reston. In addition to transportation for medical appointments, airport transportation is also available.

Please call 703-404-5134 with any questions.

Some items to note: Drivers will not be able to fill out medical paperwork, assist with oxygen tanks, or provide hands on care. If your transportation needs require additional services outside of what our driver is able to do, please arrange for a family member or private duty aide to assist. Transportation drivers will meet residents in the front lobby, carry small personal items, and take residents directly to the doctor's office for appointments.

Alicia Robrecht
Social Services Coordinator



RECREATION NEWS

I would like to thank everyone who joined us during National Assisted Living Week, September 9-15. With a theme of "Capture the Moment," residents, family members, and staff joined together in celebration, showing appreciation for our wonderful Assisted Living unit. It was great to see such enthusiasm and excitement during our programs, performances, and special events. We look forward to up-coming special events in October such as The Johnson Center Fall Festival (October 18th from 2-4pm) and the Annual Pet Costume Parade (October 26th from 2-3pm). Family and friends are welcome to join us.

The Recreation Department takes residents at The Johnson Center and West Falls Center off campus on select Tuesdays (weather permitting and when advertised on the Recreation calendars) for Lunch Bunch outings to a variety of different restaurants. Restaurant selections are made based on residents' preferences. No payment is needed; the charge appears on the resident's monthly statement. This is a wonderful opportunity to socialize with other residents in the community and to get outdoors. We also provide a group luncheon (aka Eat Out In) twice per month and/or for special occasions, where we bring in a variety of foods from a local restaurant. As with Lunch Bunch outings, no cash or credit card is needed; the charge (average of \$10-15, per resident) will appear on the resident's monthly statement. Happily, we find these luncheons well attended and enjoyed by residents (and family members, too!).

At The Johnson Center, we recognize and appreciate the benefits that come with pet visits and the happiness they bring to many of our residents. Engaging with pets such as dogs, offers many benefits, including companionship, cognitive and sensory stimulation, relaxation, and potential reduction of blood pressure and symptoms of depression. Pet Therapy visits at The Johnson Center are on Wednesdays at 3:30pm in the 1st floor Living Room and in rooms and/or common areas on the 2nd floor. Weekend visits also occur each month. Please refer to the Recreation calendars for specific dates and times. We also offer programs throughout the year involving live animals, including the traveling Petting Zoo, Echoes of Nature presentations, and Reptiles Alive.

Families are welcome to bring pets in to visit with their loved ones. Please keep in mind that pets are not permitted in Dining Rooms, food preparation areas, or the Beauty Salon. Pets must be on a leash for the duration of their visit. If you are interested in bringing a pet in, please contact us to discuss the required steps.

Lauren Cratty, ADC CDP
Recreation Manager

RECREATION NEWS contd...

What have we been up to?

TJC Bingo Fun!



Residents, family, and staff, enjoying the Assisted Living Week Celebration Cookout



Water Glass Harpist Jamey Turner performs for residents and family

RESPONSIBLE PARTY INFORMATION

*~Robinette White-Robinson ~
Administrative Assistant*

Address and Phone Changes



Responsible Parties are requested to notify the Medical Records office at 703.404.5207 with any changes of address or phone numbers.

Travel Contacts

When Responsible Parties travel or go on vacation, please leave your travel information, including contact names and phone numbers, with the nurse's station.



Johnson Center Billing

When mailing in your Johnson Center payment, please...

- Write the name of the resident on the check memo space
- Address the mailing envelope as follows:

**The Johnson Center at
Falcons Landing
Attn: Billing Office
20535 Earhart Place
Potomac Falls, VA 20165**

RESIDENT STORIES

In an effort to enhance our Person-Centered care approach and better serve our residents, TJC has developed the Resident Stories Project. We have created an in-depth questionnaire with the intent to gain information about the resident’s past (ex. place of birth, family information, places lived) as well as current information and preferences of the resident (ex. what time they like to wake up/go to bed, what temperature they prefer their room to be, preferred leisure activity, when/how they prefer to bathe, etc.).

The information is then turned into a one page “All About Me” written in the first person, placed in a frame, and hung in the resident’s room. Having this information readily available and visible will help ensure that residents’ preferences, routines, and choices are known and honored each day by staff. Families are welcome and encouraged to assist with providing information for this project. We will continue to reach out to family members to gather information for their loved one’s story. Residents and their family members have the final say as to what information is included.

As of now, 17 long-term care resident stories have been completed and are in residents’ rooms. TJC Assisted Living residents and West Falls Center residents will have the opportunity to participate with this project as well, at a later time.

Participants to date have shown a great deal of enthusiasm for this project.



What else have we been up to?



Petting Zoo Fun!





Happy Birthday To You!!!



~ October ~

Mrs. Patricia "Pat" Morin	10/3
CAPT. David Sokol	10/3
Mr. Raymond Ehrenbeck	10/13
CAPT. Ronald Samuelson	10/17
Mrs. Marcia Kiefe	10/28

~ November ~

Mrs. Evelyn Dise	11/6
Dr. John O'Dwyer	11/9
Mrs. Loretta Stutzman	11/9
Mr. Donald White	11/29

Employee Spotlight October/November 2018

Irene Peku, R.N.



As you pass by The Johnson Center Assisted Living Unit, you will notice a new face. Irene Peku has joined our team in the role of Assisted Living Coordinator.

Irene has been a nurse for 8 years and enjoys making a positive impact in the lives of others. She is always willing to help her fellow employees and strives to provide the highest quality of care to the residents that she serves.

In her spare time she enjoys spending time with her husband, dancing with her 8 year old daughter and taking her black lab "Speedy" on nature walks. She also enjoys crafting, painting, sewing and remodeling her home.

It is a pleasure to have Irene on our team. Please stop by and introduce yourself.



RESIDENT SPOTLIGHT

Mrs. Margaret “Louise” Hayes was born in San Jose, California. At the age of 6, she moved with her family to Oregon. She studied home economics at Oregon State, where she met her husband Gen. Thomas “Tommy” L. Hayes.



Tommy lived in Portland, Oregon when Lindbergh completed his flight across the Atlantic Ocean in 1927. That’s when he decided he wanted to be a pilot. Mrs. Hayes’ husband joined the military for his flight training when recruiters were on campus at Oregon State. One month later, he began flight school. After completing flight school, he received his commission and one year later, married Mrs. Hayes in June 1941.

Mrs. Hayes and her husband raised 5 daughters and traveled to Paris, Madrid, Germany, North Dakota, California, Colorado, and Arizona. After 30 years of traveling and military life, they received a final assignment in Washington, D.C. and settled in Virginia. Mrs. Hayes and her family purchased a home in Annandale, VA and ended up falling in love with the Atlantic Ocean, never moving back to the West Coast. The warmer waters of the Outer Banks of North Carolina were more appealing than the Oregon coast. Mrs. Hayes and her husband moved to Falcons Landing in 1997. Her husband is

now deceased. She spent many years quilting and has won competitions for her quilting. She also ran Bridge Club for independent living and enjoys reading, bingo, meeting up with friends at the Woodburn Café and Compass Club, and attends various group programs both on and off campus. She gets around with her scooter, lovingly named “Elvis”.

When I spoke with Mrs. Hayes about some advice she would give to others, Mrs. Hayes said “Don’t get upset. No matter how bad things look today, some day you’ll laugh about it”. Mrs. Hayes is very proud of her family. “All I ever wanted to do was be a wife and mother. I am very blessed”. In addition to her 5 daughters, Mrs. Hayes has 10 grandchildren and 18 great grandchildren, with 6 great grandchildren (boys all born in a row) between the ages of 3 and 5 years old. With everything Mrs. Hayes has experienced in her life, she gives this advice: “Keep your sense of humor. Things always worked out in the end”.



RESIDENT SATISFACTION ACTION PLAN



Early this year, management developed a comprehensive Action Plan to address issues raised in the recent resident satisfaction survey. This survey was conducted among the independent living population at Falcons Landing to assess their opinions about health services.

The Action Plan contains numerous elements, including staff competency, overall staffing levels, resident orientation/expectations, and staff attitudes/customer service.

Specific actions being introduced include purchase of new uniforms and name tags for staff, monitoring/improving response time to call lights and alarms, development of a preceptor program to provide better mentoring for new staff, developing better methods to assess skills and competencies of all staff, improvements in pay rates resulting in better recruiting/retention of staff, providing comprehensive training in dementia for staff, residents and families, development of a 'Resident Stories' program (see elsewhere in this newsletter), and regular rounds by the management staff.

The Action Plan is an ongoing effort to maintain high standards and respond to specific feedback. We will continue to provide reports and updates on progress.



President's Achievement Award Winner for June 2018



Llena Sta. Ana is our President's Achievement Award winner for June 2018. Llena has been the Director of Nursing at Falcons Landing since 2006. She was nominated this month by an employee who believes she deserved the award for her hard work and dedication and for being a great advocate for residents, family members and nursing staff.

President's Achievement Award Winner for July 2018



Douglas Okyere is our President's Achievement Award winner for July 2018. Douglas came to Falcons Landing this year and works as a CNA at The Johnson Center. He was nominated this month by two residents and his supervisor who feel he deserves this award because of his responsiveness, kindness and the positive attitude that he displays to residents and staff at The Johnson Center.

President's Achievement Award Winner for August 2018



Nirmala Devi Raja is our President's Achievement Award winner for August 2018. Nirmala has been with Falcons Landing since 2009 and works as a CNA at The Johnson Center. She was nominated this month by a resident who wants her to know how much she is appreciated for her helpfulness, gentle manner and ability to light up the space around her.

Congratulations on being our President's Achievement Award Winners!

HEALTH TIPS

~ Llena Sta. Ana, RN/BSN, WCC~
Director of Nursing

FLU SEASON AROUND THE CORNER!

With influenza season just around the corner, now is the time to start thinking about getting immunized. Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death.

Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu.

For family members, if you do become sick with a cold or a flu virus, or any other contagious illness, we ask that you postpone your visits until you recover. Many of our residents are frail and are at risk for severe complications from the flu and other illnesses.

Ask your primary physician or nurse about getting a flu shot. It's the right thing to do!

**HEALTH TIPS**

~ Michelle Tersigni ~
Admissions/Marketing Coordinator

**NEW MEDICARE CARDS COMING**

As you may know Medicare has started sending out new Medicare cards that do not include the social security number. As pharmacy, labs, therapy and physician services are billed through Medicare, we will need copies of the new Medicare cards to make sure we bill appropriately.

Please send them via fax (703-404-5206) or email to Patricia David (pdavid@falconslanding.org) or Michelle Tersigni (mtersigni@falconslanding.org) and we will update your information in our system. Have questions? Here is the link to the CMS website that may help <https://www.cms.gov/medicare/new-medicare-card/nmc-home.html>

Johnson Center and West Falls Pass State and Federal Inspections

The Johnson Center and West Falls are subject to myriad state and federal regulations. The Nursing Center on the 2nd Floor is a licensed nursing facility by the Virginia Department of Health as well as certified to accept patients under the Medicare program (CMS). The assisted living facilities at the West Falls building and the 1st floor of the Johnson Center are both licensed by the Virginia Dept. of Social Services (DSS).

During the past 2 months we have received 3 inspections (both state and federal for the nursing facility) and the DSS inspection for West Falls. Inspectors go through a prescribed routine, reviewing records, observing care, meals, medication administration, and talking to residents and families. All 3 inspections went well, with minor findings. Also the Nursing Facility received an annual inspection from the Virginia State Fire Marshal's office.

For all of these inspections we are required to file a Plan of Correction, indicating steps we will take to correct the items found and prevent recurrence. The inspectors were complimentary of the overall quality they observed. Our inspection results have consistently been outstanding and in the case of the nursing facility, give us a 5-star rating in the CMS rating system for nursing facilities. Inspection results are available to review in all of our facilities.

We view inspections as one measure of the quality of services we provide. Other measures include data we collect and submit to CMS on the conditions of patients, as well as various measurements we track and record on a regular basis. Ultimately the most important measure is the satisfaction of our residents and their loved ones. We conduct regular meetings both individually and with our Resident Councils in each area, to constantly assess and receive feedback from you.

We remain grateful for the trust you place in us for providing an environment that enables each resident to receive needed services and have the highest quality of life.

Ben Puckett
Interim Health Services Administrator

THE JOHNSON CENTER NEWS

Published every other month by The Johnson Center. Distributed to the residents and resident responsible parties of The Johnson Center. Contains articles and information of interest to the residents and resident responsible parties of The Johnson Center.

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~ KEY PERSONNEL ~

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Social Services Coordinator	Alicia Robrecht	703.404.5214

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