

The Valley Voice

April 2020

March 22 -28 is Health Information Management Week

The Medical Records Team dedicates their services to the medical records in the facility. All records go through their hands to scan, file, store, ensure accuracy, request records and fill requests. They greet visitors with a friendly smile, answer the phone, get packets ready for transfers and appointments, order X-rays, set up appointments, provide forms for the staff and many other tasks. Teamwork is the key to their success at Valley! Thank you for a job well done!



March is National Social Work Month

VNC celebrated the contributions of our Social Workers during March. The theme for 2020 was "Social Workers: Generations Strong." Our nation's 700,000 social workers have amazing tenacity and talent. Our Social Workers Jessie Preston and Nina Danforth advocate for our residents. They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live. Thank you, Jessie and Nina, for your hard work and dedication to our residents, families and staff.



March 1st is World Music Therapy Day

World Music Therapy Day is designed to highlight the profession of Music Therapy and the benefits of the services Music Therapists provide. Did you know that all Music Therapists must complete a minimum of a Bachelor's degree in Music Therapy, be board certified, and regularly complete continuing education units to practice? Did you know that music therapy entails using music to meet individualized, non-musical goals such as cognitive, social, emotional, physical, and spiritual needs? Clinical music therapy involves the use of active and receptive intervention techniques based on the needs and preferences of the residents, clients, or patients. Valley is proud to offer Music Therapy services in group and individual settings. For more information about music therapy please visit www.musictherapy.org. Thank you Meredith Whitlow and Sam Tedrow for your therapeutic services.



For more information
Please contact Admissions

Phone (828) 632-8146
Fax (828) 632-2150

Find us on the web
www.valleyrehab.com

Valley Nursing and
Rehabilitation Center

581 Highway 16 South
Taylorsville, NC 28681



2020 is the Year Of The Nurse

Nurses operate on six core values known in the field as the “6 C’s.”

The 6 C’s are Care, Compassion, Competence, Communication, Courage, and Commitment.

Valley would like to recognize six nurses who exemplify these values every day in the workplace.

Henrietta Di Grigoli-Sabatelli received her nursing degree from New York University and has been a nurse for 24 years. She has worked as an LPN at VNC since 2009. Henrietta says she became a nurse because she likes to help people and enjoys taking care of them. Henrietta is recognized for her **COURAGE**. When asked how she shows courage as a nurse, Henrietta replied It is, “when you’re standing beside someone as they’re dying, and you have to be strong for them and their family members while you’re crying inside.” When Henrietta is not working, she loves spending time with her family, friends, and grandchildren. Thank you for your courage.



Jennifer Jones is a dedicated employee and has been employed at VNC for 11 ½ years. She began as a CNA, has worked her way up and is now an LPN. Her goal is to obtain her Bachelor in Nursing so that she can be in a management role. She loves the geriatric population as they “become like her family.” She enjoys meeting new people and providing a high level of care, love, and support to any individual she meets. Jennifer is recognized for her **COMPETENCE**. She uses good judgement to assess medical situations and ensure proper care.



Congratulations to Kasi Brown for being recognized as a nurse who exemplifies **COMMUNICATION**. Kasi has been caring for Valley residents since 2017 and when asked what she likes about her work quickly responded, “I love my residents. They’re my other family.” She explained that she tries “to put myself in their shoes” and says “I really like interacting with them”. Valley thanks Kasi for personifying the strong and important link of communication every day. Congratulations once again!



COMMITMENT is a perfect word to describe Lori Sheets. Lori has been employed at VNC for nearly 21 years and has cared for our vent residents 19 years. Lori has been interested in nursing since 3rd grade, when she decided she wanted to become a nurse after helping to care for her brother who was frequently in the hospital. She compares the vent unit to a hospital setting and knows she can make a difference in the lives she touches. Lori’s commitment shows each day in the compassionate and thorough care she gives her residents and team members. Thank you Lori for your commitment to VNC!



Samantha Isenhour represents outstanding care. Sam is a great advocate for her residents and loves to help them return home after short term rehab. She says “I like to motivate my residents while they are getting better and I will help them when they are grieving. While I love to send my residents home, I hate letting them go. They are like family.” When not working Sam spends time with Ruben and their fur baby Teddy. They love to travel to the beach and mountains for hiking. Thank you, Sam, for your wonderful **CARE** of our residents.

Maryrose Armstrong has been an indispensable part of the Valley Nursing team since September 2010. During her free time Maryrose loves spending time with her husband and precious baby girl. She strives to provide each of her residents with love and support, as if they were her own family. Maryrose is being recognized for **COMPASSION**. She takes the time to provide each resident with her undivided attention. She greets all of the residents and their loved ones with a smile and a readiness to serve.



Administrator’s Corner

Lower Your Risk of Falling

You can make small changes to help prevent falls. One in three older adults will fall each year. Falling can lead to broken bones, trouble getting around, and other health problems, especially if you are age 65 or older.

A fracture can cause pain and disability making it hard to do everyday activities, like cooking a meal, without help. Hip fractures are a major cause of health problems and death among older adults.

Take these steps to help prevent falls:

- Exercise to improve your balance and leg strength.
- Ask your doctor to review your medicines. Some medications can make you dizzy or sleepy.
- Get your vision checked by an eye doctor at least every 1 to 2 years. Update your glasses or contact lenses when your vision changes.
- Make your home safer. For example, add railings to both sides of all stairs in and out of your home.

Tips For Keeping Your Memory In Shape

Many people worry about becoming forgetful. They think forgetfulness is the first sign of Alzheimer’s disease. Over the past five years, scientists have learned a lot about memory and why some kinds of memory problems are serious, but others are not. People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills.

Here are some tips:

- Plan tasks, make “to do” lists and use memory aides like notes and calendars. Some find they remember things better if they mentally connect them to other meaningful things, such as a family name, song, book, or TV show.
- Develop interest or hobbies and stay involved in activities that can help both the mind and body..
- Engage in physical activity and exercise.
- Find activities or a hobby, to relieve feelings of stress, anxiety, or depression.

March is Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the US and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most diagnosed in people age 50 and older. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer.

Sandra Loftin, Administrator