

The Gazette



WHITE HOUSE
HEALTHCARE & REHABILITATION CENTER

JUNE 2018

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Hello, Friends!

Summertime is here, and along with it, the promise of weeks ahead filled with “fun in the sun”.

Eager to let our skin breathe and bask in natural sunlight, we are reminded of the importance of protecting our skin. This magnificent organ, charged with safeguarding our internal organs from infection and disease, plays a vital role in regulating our body temperature as well as providing a resilient cover for tissues & muscles – and that’s just for starters!

At White House Healthcare & Rehabilitation Center, the upcoming weeks will bring great opportunities for outdoor fun with special care from our staff, and our wound care specialists in particular, to literally make everyone comfortable in his or her own skin!

Eliezer M. Grossman, L.N.H.A.

ELIEZER M. GROSSMAN, LNHA
ADMINISTRATOR



An Evening of Elegance & Panache

OUR SEMI-ANNUAL ELEGANT DINE OUT

It takes about a month of advance planning and hard work, but the results are well worth it. As the guests filtered into the employee dining room on the evening of May 24th, gasps of “oohs and aaahs” were heard. Transformed into an elegant venue with lace tablecloths and floral centerpieces, the room was unrecognizable . . . and our residents, dressed in formal attire, were the picture of style and class!

Healing Wounds Daily

Expert wound care is integral to the clinical excellence we provide at White House, and it begins at the time of admission when every resident is assessed for the presence of wounds – whether vascular, pressure or surgical.

Under the guidance of Board Certified General Surgeon Dr. Lennox Alves and our ADON Adele Anderson who is a Wound and Ostomy Certified Nurse, our specialized wound care nurses coordinate the daily wound treatment of our residents, making sure steps are in place to prevent new wounds and to measure and treat existing wounds.

Dr. Alves, who serves as Chairman of the Dept. of Surgery at East Orange General Hospital and is an Attending Surgeon at Newark Beth Israel Medical Center, conducts weekly rounds at White House and is called

when any serious issues arise. He does debridement at the bedside, treats the more complex wounds, and provides valuable direction to our wound care staff.

For post-surgery residents the plan of action demands follow-up communication by our nursing staff with the resident’s surgeon. For those who arrive with pressure sores – an immediate care plan is designed to initiate healing, measuring the progress weekly until complete healing is attained. Of utmost importance are our strict wound care protocols of changing wound dressings frequently to maintain a clean and bacteria-free wound bed, and encouraging and assisting our patients to turn as needed. Surface support includes low pressure air loss mattresses, and special wheelchair cushions.

Wound healing however, is a complex and fragile process impacted by many factors – diet being at the forefront as proper nutrition is key to the healing process. Our dietitians

are quite involved, making sure our residents receive the precise nutritional elements they need and sustaining continuous interdisciplinary communication with both the nurses and the lab, as protein values are checked.

“When doing my work I put a smile on the patient’s face. It is most gratifying when I see improvement and a wound is resolved.”

– CHANTAL JOSEPH, LPN
WOUND CARE NURSE

Communication indeed plays a vital role in the outstanding level of care at White House and our wound care team excels at that. They coordinate seamlessly with the unit nurses, the dietitians, and everyone else involved in the patient’s care – and, most importantly, are a reassuring presence at the patient’s bedside all through the healing process.

SPOTLIGHT ON: SENIOR FITNESS



At White House we make sure our residents, at all levels of function, have exercise incorporated into their daily routine. **MOVIN' & GROOVIN', EXERCISE WITH PROPS** and **CABANICS** are just some of the fitness programs we have in place.



Music is a language that speaks to everyone, breaking through all barriers. By placing a maraca or baton in the hands of a memory impaired individual who is resistant to exercising, he or she will instinctively start shaking to the beat while following the group leader's movements – getting an upper body workout without realizing it.

NOTED & QUOTED

"The staff was very responsive to my concerns.

Your facility came highly recommended and is six minutes from our home. I have peace of mind knowing my mom is getting great care. Thank you!"

- MRS. MARY SHARP

CALENDAR OF EVENTS

- JUNE 9: Karaoke With a Twist!
- JUNE 14: Entertainment with Flip Peters
- JUNE 15: Ice Cream Sundaes
- JUNE 17: Father's Day Lunch
- JUNE 23: St. Matthew Male Chorus
- JUNE 25: Resident Council
- JUNE 26: Bingo Bazaar
- JUNE 28: Birthday party with "To The Limit"
- JUNE 29: Ice Cream Sundaes

CELEBRATING NURSES WEEK 2018

Going All Out For Our Fabulous Nurses!



Mr. Harvey Philips reading a thank you card on Nurses Recognition Day



A special treat for our nurses



Nurses Recognition Board in Lobby

Recreational Highlights

With holiday celebrations, special events and a variety of activities tailored to meet the varying needs of both our subacute and long-term care residents, we are always busy here at White House.

Recent events included a fabulous **Mother's Day Concert and Luncheon** with all moms treated to chocolate long stem roses, a **Memorial Day BBQ** featuring everyone's favorite foods, and our **resident clothing sale** that takes place twice a year.

Wishing a special **Happy Birthday to resident Susie Allen** upon turning 100 years old!

