

## Spring is in the air!

Joining our staff & residents in eager anticipation of this new season, I am delighted to share that White House Healthcare & Rehabilitation Center was deemed **Deficiency Free in the Nursing Department** in our recent annual survey!

Building on the momentum of this achievement, we have brought a full-time Nurse Practitioner on board to better meet the needs of our residents. We extend a warm welcome to Titilola Oleyede, NP, who is here daily from 9am to 5pm – enhancing our medical coverage by providing immediate patient assessments when needed.

To further bolster our level of emergency preparedness, we are introducing new guidelines and protocols that include more in-service sessions for our staff, and the implementation of “tabletop exercises” – a new model that trains us to best respond to a myriad of emergency situations.

With best wishes for renewal and a fresh start this season,



ELIEZER M. GROSSMAN, LNHA  
ADMINISTRATOR

### NOTED & QUOTED

**“This was my mother’s second time at White House for rehab. White House was my first and only choice for her.”**

“My mother has very high standards and expectations. Your staff has definitely exceeded those expectations. Keep doing what you’re doing!”

- BETTY MORTON



## Meet Dr. Slim

DIRECTOR OF OUR  
INFECTIOUS DISEASE PROGRAM

Our recently launched Infectious Disease Program, with a focus on antibiotic stewardship, has seen much success. Under the specialized leadership of Dr. Jihad Slim, our nursing team skillfully treats residents with acute and chronic infections – utilizing an individualized approach to minimize the usage of antibiotics.

Dr. Slim is notified every time a patient requires antibiotic therapy and is always on-call. He leads interdisciplinary meetings with our clinical staff and conducts monthly professional development sessions.

“When a resident arrives at White House with multiple wounds and on 2 or 3 prescribed antibiotics”, explains Adelle Anderson, ADON, “our first course of action is to consult with Dr. Slim right away. There are times when he discontinues an antibiotic, and other times he changes the route of administration. His main focus is to always avoid having patients on too much antibiotics – which is the clinically most efficient way to prevent C. Diff.”

**“There is a misconception, especially among residents and their family members, that the more antibiotics, the better it is for the resident – and it really is the exact opposite. The least antibiotics, the better. To prevent residents from developing resistant bacteria and side effects, it is important not to overtreat.”**

-DR. SLIM

Hitting the exact dosage and route of administration for each patient, as well as stopping the antibiotics at the right time is at the core of the Infectious Disease Program at White House.

A graduate of St. Michael’s University in Beirut, Dr. Slim obtained his specialty in Nephrology in France. Arriving in the US in 1983, he graduated with a degree in Internal Medicine from St. Michael’s Medical School in Newark, specializing in Infectious Disease. He is currently the Director of Infectious Disease at St. Michael’s Hospital and Assistant Professor of Medicine at New York Medical College in Valhalla.

### Scenes from the recent Mock Disaster Drill at White House





## Did you know?

### SPOTLIGHT ON: COLON CANCER AWARENESS

March is dedicated to spreading national awareness of Colorectal Cancer – cancer of the colon or rectum – which is **one of the most preventable and treatable forms of cancer when detected early.**

- **Colon cancer is the third most commonly diagnosed cancer in men and women in the United States.**
- **The average age at diagnosis for colon cancer is 68 in men and 72 in women; for rectal cancer it is 63 for both men and women.**
- **Due to increased awareness and screening, there are more than 1 million colon cancer survivors alive today in the United States.**
- **Regular screening can save your life! These tests help your doctor find polyps (growths) or cancer before you even have symptoms, when treatment is most effective.**
- **Individual risk factors – such as ethnicity, lifestyle and family history – will determine when you should start getting checked. For most adults, screening should begin at age 50.**
- **Small changes to your lifestyle – such as daily exercise, a balanced diet and no smoking – can reduce your risk in a big way.**

Source: American Cancer Society

#### EVENTS & ACTIVITIES

- MARCH 2: Hot Chocolate Social
- MARCH 14: Casino Day
- MARCH 16: St. Patrick's Day Lunch
- MARCH 22: Easter Egg Hunt
- MARCH 26: Resident Council Meeting
- MARCH 29: Birthday Party with Exodus Supreme
- APRIL 1: Traditional Easter Dinner
- APRIL 11: Pizza Party
- APRIL 23: Resident Council Meeting
- APRIL 26: Bingo Bazaar
- APRIL 29: Birthday Party with Hunter Hayes

#### CELEBRATING NATIONAL ACTIVITY PROFESSIONALS WEEK

## Paying Tribute To Our Dynamic Recreation Team



Mr. Grossman, White House Administrator, with recreation staff

During **National Activity Professionals Week** – Jan 21 to 27, White House recognized the dedicated employees of our Recreation Department in a special awards presentation.

**Led by Recreation Director Pamela Gray, our fabulous team includes Elba Mendez, Hilda Matos, Tyeshia Thigpen, Ameena Townes and Tanni Asobo**

## Recreational Highlights

There is so much going on here at White House on a daily basis, with activities tailored to meet the varying needs of both our subacute and long-term care residents!

In honor of February – **Black History Month**, residents in all units were treated to **Soulful Music and a special “Soul Food” menu** prepared by our Food Service Director, Marie Joseph, featuring a mouthwatering mix of collard greens, fried chicken, ribs and sweet potatoes.



On Tuesday, February 13, our residents and staff took part in **our annual Mardi Gras festivities** replete with hand-crafted hats, beads and music . . .



And on **Chinese New Year**, we celebrated “The Year of the Dog” with a delectable Chinese lunch!

