

The Gazette

Hello, Friends!

It's Spring – a time for renewal and rejuvenation, and here at White House Healthcare & Rehabilitation Center life is in full bloom. In this issue we have chosen to feature some of the outstanding professionals at our center who are instrumental in helping our residents overcome their limitations as they make strides towards better health and wellbeing.

Hope you enjoy this read,



ELIEZER M. GROSSMAN, LNHA
ADMINISTRATOR

National Social Work Month
is the time to show our appreciation for the essential role our Social Workers and Access Personnel perform daily. Our employees were presented with a small gift and card in a special ceremony.



L-R: Mr. Grossman, Nathalie Philippe, Naimah Hicks, Jennifer Tagliaferro, Linda Pineiro, Cathy Negri, Grace Parma, Maria Leonardo



FACE TO FACE With Dr. Achar, MD, FCCP

OUR SUBACUTE MEDICAL DIRECTOR

Helping patients breathe easier is one of the most rewarding parts of Dr. Pankaja Achar's role as Subacute Medical Director here at White House Healthcare. "Shortness of breath is such a common and frustrating problem. If you can't breathe, you can't live," she says.

"To relieve shortness of breath for a patient is like a sigh of relief. It gives me such happiness to help patients breathe better."

– DR. ACHAR

Although well-versed and trained in many areas of medicine, Dr. Achar chose to specialize in pulmonology, and takes pride in supporting patients of our Respiratory Care Program. Indeed, White House is fortunate to have a leading Pulmonologist as our Subacute Medical Director. From oxygen management to tracheostomy care, assisting patients during such a critical time in their recovery and seeing their progress is why Dr. Achar went into medicine in the first place.

Every day, Dr. Achar sees the benefit of White House's specialized respiratory program. Devoted to patient care and eager to immediately address any issues that arise, Dr. Achar's focus is on patient's comfort and safety. Our specialized services involve active monitoring and close, personalized care during suctioning, nebulizer treatments, CPAP/BiPAP, O2 saturation monitoring, and other treatments. This high level of care has been critical to positive patient outcomes.

In addition to caring for patients, Dr. Achar enjoys being actively involved in regular rounds with the charge nurse, unit manager and physical therapy director. During this time, staff can truly get to know the needs of each patient and learn their stories. Together, this specialized team discusses patient care, assesses wounds and creates personalized treatment plans for each resident.

It's a fast-paced environment but Dr. Achar, who is certified in pulmonary, internal, and critical care medicine, loves the challenge and rewarding experience, which has inspired her outlook on patient care over the past 25 years.

A member of the American College of Chest Physicians and the Society of Critical Care Medicine, Dr. Achar is affiliated with numerous hospitals including Robert Wood Johnson University Hospital at Rahway, East Orange General Hospital, Newark Beth Israel Medical Center and Saint Michael's Medical Center.

NOTED & QUOTED



I'm in good hands at White House Healthcare!

I was here 4 years ago and when I was recently in the hospital I told them to send me to White House. It's my second home. When I came I couldn't stand or walk . . . Now I'm walking and standing. The rehab is perfect, the food is perfect, and everyone care about the residents here!



- JOROEL CINEUS
Subacute Resident at White House



Recreational Highlights

With holiday celebrations, live entertainment and a variety of activities tailored to meet the varying needs of both our subacute and long-term care residents, White House is always a happening place!

In celebration of Easter, our residents went **searching for hidden eggs** throughout the facility and enjoyed some **egg painting fun**. At our annual **Mardi Gras Party**, handmade hats and beads were sported by our residents in the traditional Mardi-Gras style.



SPOTLIGHT ON: Occupational Therapy

When White House Healthcare resident Mr. M. was admitted as a subacute patient after a frightening fall and stroke, he was incapacitated, in the early stages of dementia, and completely dependent on others for all his basic needs. That is, until he met Bong.

Angelito Anonuevo, OT/L, is lovingly known here at White House as "Bong". As Rehab Director, he is always thrilled to see the effect that his team's care has on the lives of patients like Mr. M.

"Mr. M. made tremendous improvement and gained a new level of independence," Anonuevo says. "His family was so highly satisfied with the care he was receiving at White House that they made the decision to have him stay on as a long-term resident. Today he is a happy and cheerful gentleman who can be seen walking around our halls."

According to Anonuevo, Occupational Therapists play a vital role in the rehab spectrum by providing residents with the training they need to get back to their prior level of functioning in terms of Activities of Daily Living (ADLs), such as dressing and feeding themselves. Proof of the power of rehab is in the exemplary recovery of residents like Mr. M.

Tirelessly helping others has always been in the cards for Anonuevo, who comes from a family where health care plays an integral role. "My grandfather, father and sister are all healthcare providers, and it was my sister—a Physical Therapist—who influenced me to go into this field," Anonuevo says. "After so many years of practice, I can definitively say that I would not choose to do anything else. I love what I do!"

Be sure to say hello to Bong the next time you see him in the halls at White House and take a moment to witness for yourself his passion for occupational therapy.



I strongly believe in the saying: "Give a man a fish and you'll feed him for a day, teach a man to fish and you will feed him forever!" That's what we OTs do.

- BONG ANONUEVO, OT/L

SPECIAL EVENTS

- MAY 21: Elegant Dine Out
- MAY 28: Bingo Bazaar
- MAY 29: Birthday Party with To The Limit
- MAY 31: Ice Cream Sundaes
- JUNE 6: Concert with Kenita Alani
- JUNE 14: Ice Cream Sundaes
- JUNE 16: Father's Day Lunch and Gifts for Male Staff and Residents
- JUNE 19: Concert with Brooke Alford
- JUNE 27: Birthday Party with Dennis Grau
- JUNE 28: Root Beer Floats

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