

# The Gazette

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## Dear Family & Friends,

I'd like to begin by expressing my gratitude to the team at White House Healthcare who have fought extremely hard against the pandemic. It is thanks to their professionalism, passion and heroism that we've come this far. There are truly no words to describe how grateful we are that our residents who tested positive with COVID have recovered and safely returned to their regular nursing units. I'm also pleased to share with you that White House Healthcare successfully completed a Focus Survey on Infection Control for COVID-19. The surveyor, who determined that our center was in complete compliance with infection control guidelines, stated "you and your staff are doing an excellent job. Keep doing what you are doing!"

Just over a month ago we began to offer residents and their families outdoor visits, and since then our residents have enjoyed many emotional reunions with loved ones. We'd like to thank our families for closely following our outdoor visiting guidelines. Visits are supervised by staff and each resident may have up to two visitors at a time, for a limited amount of time. No physical contact is allowed, and everyone must wear a mask and maintain social distancing of at least six feet. Thank you all for your support in following these guidelines which help us keep our residents, staff and community safe.

With summer here we are optimistic that the worst is over, yet we remain vigilant because our goal at White House Healthcare is to keep each and every person, residents and staff alike, healthy and safe. Our team will always continue to strive for the ultimate care of every individual.

With these goals and recent accomplishments in mind please join me in celebrating our staff and the residents. Best wishes for an enjoyable and safe summer

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

ELIEZER M. GROSSMAN, L.N.H.A., ADMINISTRATOR

## A Salute To Our Heroes

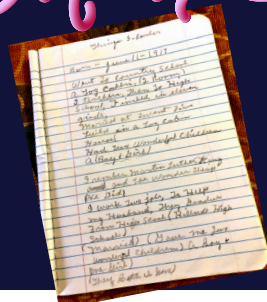


City of Orange Mayor Dwayne Warren leading the parade outside White House in honor of our heroic healthcare workers.



## Meet Helen Burton 103 Years Young & A COVID Survivor!

*Happy Birthday*



June 11, 2020

## THINGS I REMEMBER

- I went to a country school in a two-room log cabin with two teachers.
- I finished high school in 11th grade.
- I got married at twenty-five and built a log cabin house with my husband.
- I had two wonderful children, a boy & a girl.
- I remember Martin Luther King Jr. and the wonderful things he did.
- I worked two jobs to help my husband.
- My children both graduated from Hillside High School.
- They married and gave me wonderful grandchildren.
- They both are gone.

- BY HELEN BURTON, Born June 11, 1917



## Meet Our Staff Behind the Mask!

### SPOTLIGHT ON LINDA PINEIRO



**Linda Pineiro, CSW/BSW, has been the Director of Social Services here at White House Healthcare for the past seven years. An experienced, bilingual social worker with extensive knowledge of subacute care, long term care, hospice and respite care, Linda's expertise and passion for maximizing each patient's quality of life is evident in all she does.**

Born and bred in Newark, Linda is married and lives in a two-family, multi-generational home with her husband and parents. Although she doesn't have much free time now, Linda loves music, riding her motorcycle and sightseeing with her family.

A graduate of Bloomfield College in 1988, Linda chose a career in medical social work because she wanted an opportunity to be involved in helping people navigate hospital settings. With over three decades of experience working in hospitals and various care settings, Linda decided to make White House her second home. "White House is the best place to work," Linda says. "The way it functions is great, from the top down. The facility is always ahead and prepared at all times."

As Director of Social Work here at White House, Linda has a multi-faceted role where she manages the psychological and social aspects of care, dealing with admissions, conducting psycho-social assessments, managing insurance and HMO paperwork, and coordinating discharge planning and care for our residents.

Linda offers a wealth of information and provides families with the resources, referrals and guidance they need.

Linda's goal is to ensure the safety, health and wellbeing of patients while here at White House as well as when they leave, setting them up with home care services, therapy, meals on wheels, and transportation as needed.

During COVID Linda has made it her mission to make her rounds and visit every patient daily to make sure they are well and emotionally stable. Linda gives daily updates to families and helps residents facetime, Zoom or video chat with their loved ones, which has been critical in curbing feelings of isolation and depression during the pandemic.

Linda is one of many heroes here at White House Healthcare, and we would like to take a moment to thank her for her dedication to our residents while celebrating the skill and experience she brings to our community.

## Keeping Our Residents Busy!

Our superb recreation department has been creative in finding new, safe ways to keep our residents busy and engaged! We've been encouraging residents to discover their artistic talents with coloring, painting, and writing materials for creative writing, art, and journaling. Our residents are also really enjoying reading magazines and books, completing crossword puzzles and playing cards. All materials for these self-directed activities are provided by the team at White House.

Our staff regularly conducts 1:1 room visits that follow proper social distancing guidelines while keeping residents engaged with good conversation, their favorite music and fun food-based treats that have gone a long way in keeping our residents upbeat during this challenging time.



## Celebrating National Wellness Month

August is National Wellness Month, a time to focus on self-care, healthy routines and stress management. At White House, our team encourages residents to take a holistic approach to wellness. While every day should be a wellness day, we could all use a reminder now and then to keep our health at the forefront.

Here are some simple self-care tips to help you stay healthy and relaxed:



- **Drink lots of water**, especially during the hot summer months. The Mayo Clinic recommends women drink 2.7 liters of fluids and men drink 3.7 liters of fluids per day.



- **Exercise regularly** and take the time to stretch!



- **Spend time outdoors**, which can improve memory, fight depression and lower blood pressure, among other benefits.



- **Focus on enjoying nutritious, healthy meals** and reducing sugar, caffeine, sodium and excess fat from your diet.



- **Meditate and practice deep breathing** to help you relax.



- **Focus on your sleep routine** – getting enough sleep is crucial to your wellbeing.



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