

Dear Family & Friends,

Staff and residents here at White House Healthcare and Rehabilitation Center have been busy this winter! We continue to perform weekly COVID-19 testing and are carefully following all infection control protocols. Our vaccination efforts are in full swing and we're extremely pleased with how smoothly the process is going to vaccinate staff and residents. Thankfully, there's been a strong turnout for the vaccine, and we're confident that the vaccination program will help us protect those in our facility now and in the months to come.

I'm also thrilled to announce that, based on the results of an independent analysis, White House has been recognized by Newsweek as one of the Best Nursing Homes in the state of New Jersey in 2021! This award recognizes our swift COVID-19 response and looks at key performance indicators including staffing, inspections, and the quality measures that are in place at our facility. Congratulations to all our talented and dedicated staff for this well-deserved recognition. Thank you so much for working so hard to help us make White House an industry-leading facility that provides superior care for our patients and residents.



Sincerely,

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

Keeping Our Residents & Staff Safe!



Vaccinating our staff in conjunction with Walgreens Pharmacy



Our Healthcare Heroes had a PPE Donning and Doffing Class to ensure the safety and health of everyone at White House Healthcare

Exercising Our Rights!



The staff at White House was honored to arrange transportation to and from polling stations this past November so that our residents could exercise their right to vote.

Our very own resident Richard Sturdivant proudly cast his vote for the 2020 presidential election. "Thank you, White House, for arranging transportation and locating my polling station," says Mr. Sturdivant.

"I've voted for 50 years and plan to vote for another 50!"

— RICHARD STURDIVANT



WHAT A WINTER!

With voting and vaccinations, our staff and residents alike have been busy this winter. Our **Holiday Raffle/Giveaway** was a huge success and we had lots of fun! There were so many lucky winners. Our staff and residents were also happy to celebrate the special days on the calendar like **Martin Luther King Jr. Day**, **Valentine's Day**, and **President's Day**, as well as **Black History Month**.



A special thank you to our Activities Team for always planning creative, fun, and educational events to keep us entertained! **Follow us on Facebook to see what we're up to next.**

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@whitehousehealthcare



NOTED & QUOTED

Mr. Siwek was admitted to White House Healthcare for skilled nursing care and therapy following catheterization to his right leg to improve the blood flow in his arteries. Having been to White House before, Mr. Siwek stated that he returns for the fantastic patient care and excellent rehab services.

In my opinion White House has the best therapy department in the State of New Jersey! I will definitely recommend White House to those who need care. If God forbid I end up back in hospital I will return here.

- STEVEN SIWEK
Subacute Resident at White House

LOOKING FORWARD TO SPRING!

HERE ARE SOME OF THE EARLIEST BLOOMS TO GET YOUR GARDEN OFF TO A FAST START.



SNOWDROPS These are the earliest of the spring-blooming bulbs, often poking out above the snow as early as January or February, even in the Northeast and Midwest.



PANSIES Southerners grow masses of multi-colored pansies for all-winter color, while Northerners can plant them in early spring or in fall.



RETICULATED IRIS This earliest of the irises blooms in late winter, most often in blue, purple, gold or blends of those, depending on variety.



Do you feel like you toss and turn more than you sleep? Do you often wake up to go to the washroom and can't fall back asleep? **National Sleep Awareness Week is March 14 - 20, and it's a great time to take a moment and check in on your sleep habits. A good night's sleep is a simple and effective way to improve your overall health.**

5 Reasons to Focus on Your Sleep

A full night's sleep can:

- 1) **Support healthy brain function**
- 2) **Promote a strong immune system and increase the effectiveness of vaccines**
- 3) **Improve your memory**
- 4) **Improve your mood**
- 5) **Prevent weight gain and even strengthen your heart!**

Unfortunately, getting a good night's sleep is elusive for the approximately 70 million people who suffer from sleep disorders in the United States. Sleep is especially challenging for those with COPD, sleep apnea or obstructive sleep apnea (OSA), for those who snore, or for those who with reduced bladder or kidney function. Speak to your health care provider if you're having a hard time falling or staying asleep, and check out some of these self-help tips from ENTHealth.org designed to help you enjoy a quality night's sleep.