

PREAKNESS PRESS

The Official Publication of **Preakness Healthcare Center**
 Owned and Operated by the County of Passaic and The Board of County Commissioners



* FIRST QUARTER 2024 *

Preakness Healthcare Center

A Legacy of Caring since 1929

305 Oldham Road
 Wayne, NJ 07470

973-585-2132

www.passaiccountynj.org

Preakness Healthcare Center is owned and operated by the County of Passaic and the Board of County Commissioners. Our mission is to provide the finest care to our patients and residents. We offer sub-acute care, physical rehabilitation, long-term care, behavioral management, Ventilator/Respiratory Care, Hospice and Palliative Care, and Respite services. Preakness Healthcare Center has been providing high-quality healthcare to the community since 1929.

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“Dynamic Duo”

Receives Top Honors from Leading Age New Jersey/Delaware

Congratulations to Shannon Mulhern and Christine Pearce, Recreation Therapists on receiving the “Excellence in Care” award given by Leading Age New Jersey/Delaware. *LeadingAge New Jersey/Delaware* is part of a national association of not-for-profit senior care organizations and is dedicated to advancing quality aging services in New Jersey and Delaware through advocacy, education, and fellowship.

This duo was nominated for their exceptional service and dedication to the residents of Preakness Healthcare Center. Their “Hall of Fame” interview project, bringing awareness to “who” our residents are beyond the surface, highlighted the 1-300 residents during Mental Health Awareness Month, 2023. Their awards were received among 200+ guests at The Boathouse at Mercer Lake in West Windsor, NJ on February 9, 2024.

The residents will have an opportunity to celebrate with our winners at a celebration party on March 13, 2024 at 2pm in the Main Dining Room, which includes entertainment from our 2016 “DJ Dance Party” LeadingAge winners, Tyrone Buggs, Lamar Davis and Anthony “Tony” Sangster.



Important Contact Information

ADMINISTRATION

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Assistant Director of Nursing

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Nursing Supervisors

7-3 shift Nadia Hapatsha, RN, BSN, Evelyn Lintag, RN, BSN, Ann Margaret Roman, RN, BSN, Juan Saavedra, RN, BSN, WCC

3-11 shift Scholastica Anosike, RN, Elsie Cosare, RN, BSN, Liza Imperial, RN, Mary Nutakor, RN, BSN, Marcia Valesse, RN

11-7 shift Prabha Amalraj, RN, BSN, Perla Paguntalan, RN, Jessy Varghese, RN

Ibelise "Ibby" Grullon

Nursing Department - Secretary Asst - Bilingual

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2-400 Vent, 1-400 & 3-200 (H Section) 973-585-2107

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Peggy Ramos

Social Services Department - Keyboard Clerk

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RESIDENT UNITS

200s

1-200 973-585-2152

2-200 973-585-2173

3-200 973-585-2171

300s

1-300 973-585-2185

Pathway & 2-300 973-585-1402

400s

1-400 973-317-7021

2-400 973-317-7031

Vent Unit (2-400) 973-585-1496

3-400 973-317-7034



**NURSING
SUPERVISOR**

CELL PHONE

(24 hour coverage)

973-617-7496



March EVENTS

Fri, 3/1 - Dance with Donna!

2pm - 1-400, 3:15pm - 3-200

Wed, 3/6 - Harp Performance with

Merynda Adams 2pm - MDR



Fri, 3/8 - Friday at the Movies 2pm MDR



Wed, 3/13 - DJ Dance Party & LeadingAge Award Celebration for Shannon and Christine 2pm - MDR

Fri, 3/15 - Irish Step Dancer Performance 2pm - MDR



Sat, 3/16 - St. Patrick's Day Party
2pm - MDR

Wed, 3/20 - Latin Dance Party 2pm - MDR

Mon, 3/25 - Wayne Library Outreach Visit 2pm - MDR



Wed, 3/27 - Bible Study with Eddy 2pm - MDR

*MDR= Main Dining Room

Easter Sunday Brunch

at Preakness Healthcare Center



March 31, 2024
11:30am - 1pm

Residents may invite **up to 4 guests** to dine with them.
Mindful of COVID precautions, SEATING IS LIMITED.

RESERVATIONS ARE REQUIRED
& may be made March 1 - March 22, 2024.

Suzanne McEvoy, CTRS

(973) 585-2161 smcevoy@passaiccountynj.org

Please indicate your name & phone number, the name of the resident, and # of guests. Alternate meal available by request only at time of reservation.



Catholic Mass Schedule

with Father Jim Moss

Tuesday, Thursday & Sunday
2pm Main Dining Room
(Subject to Schedule Change)

OPEN GYM



Monday - Friday

3:30pm Rehabilitation Gym

Independent exercise opportunities for our residents with the supervision of our dedicated rehabilitation staff.

Contact Amrit Grover for further details! 973-585-2183
(Subject to Schedule Change)

HOLY WEEK



All Services at 2pm in the Main Dining Room

Sunday, 3/24 - Palm Sunday Mass
Thursday, 3/28 - Holy Thursday Mass
Friday, 3/29 - Good Friday Service
Sunday, 3/31 - Easter Sunday Mass



Preparing Ahead 

While the conversation may be difficult to have, having a plan in place can ease a family's grief when a loved one passes on. Selecting a funeral home ahead of time and knowing of where your loved one's final resting place will be, may assist in what can be a very emotional and difficult time. For guidance and assistance, speak with a Preakness Healthcare Ctr.

YourLife  **YourWishes**

It starts with a conversation.

Advance Care Planning is an important step toward receiving medical care that meets your long-term needs and preferences. Discussing your choices with loved ones will ensure you receive the best care, no matter where life takes you.



DISCUSS
Begin the Conversation



DECIDE
Create a Plan



DIRECT
Document Your Choices



POLST – Practitioner Orders for Life-Sustaining Treatment – is a healthcare planning tool that empowers individuals to work closely with their medical team to detail their personal goals and medical preferences when facing a serious illness. Gov. Chris Christie signed New Jersey's POLST law in December 2011, and it has been introduced statewide to help patients and families with end-of-life care planning.

The new POLST form is designed to be completed jointly by an individual and a physician or advance practice nurse, expressing the individual's goals of care and medical preferences. Unlike other documents like an Advance Directive, a completed POLST form is an actual medical order that becomes a part of the individual's medical record. It also is valid in all healthcare settings.

This process makes patients and their medical professionals partners in ensuring the patient's wishes are expressed and respected. That is the promise of POLST.

For additional information, visit the POLST national website: <http://www.ohsu.edu/polst> or speak with a Preakness Healthcare Center Social Worker.

* Information taken from www.njha.com

What is Advance Directive?

An advance directive is a legal document that you can complete on your own that can help ensure your preferences for various medical treatments are followed if you become unable to make your own healthcare decisions. Your advance directive only goes into effect if your physician has evaluated you and determined that you are unable to understand your diagnosis, treatment options or the possible benefits and harms of the treatment options. **New Jersey has two kinds of advance directives. It is your decision whether to have both kinds or to just have one of them.**

PROXY DIRECTIVE (Durable Power of Attorney for Healthcare)

A proxy directive is a document you use to appoint a person to make healthcare decisions for you in the event you become unable to make them yourself. This document goes into effect whether your inability to make healthcare decisions is temporary because of an accident or permanent because of a disease. The person that you appoint is known as your "healthcare representative" and they are responsible for making the same decisions you would have made under the circumstances. If they are unable to determine what you would want in a specific situation they are to base their decision on what they think is in your best interest.

INSTRUCTION DIRECTIVE (Living Will) An instruction

directive is a document you use to tell your physician and family about the kinds of situations you would want or not want to have life-sustaining treatment in the event you are unable to make your own healthcare decisions. You can also include a description of your beliefs, values, and general care and treatment preferences. This will guide your physician and family when they have to make healthcare decisions for you in situations not specifically covered by your advance directive.

* Information taken from www.nj.gov



Book Worm Siting!

NO need to panic or to call the exterminator!

Marie is doing what she loves to do, READ!



Marie C., a resident of 1-200, joined our Preakness Healthcare Center family in October 2019. During the past 4 years at Preakness, she has completed reading **375 books!** She started reading for leisure as she got older. At 85 years young, Marie says she got her love of reading from her dad. He was always reading. Due to an eye condition, Marie can only see clearly out of one eye. She doesn't let this get in her way from what she loves to do!

Marie is often found sitting in the rotunda consumed by the printed characters in her latest adventure. Most of the books she reads consist of romance novels, mysteries, or religious stories. She states that her favorite authors are LaVyrle Spencer and Danielle Steele. Book #364 was *Past Perfect* by Danielle Steele. Marie enjoyed the story about the friendly spirits of past residents that were discovered in the mansion.

Marie's good friend, Carol, sends her books as a way of staying connected when visiting is not possible. To date, she has received over 80 books from her. When Marie completes each book, it is donated to the Preakness library in the facility. Before the book is added to the shelf, she will write her name on the inside cover along with what number book it is that she has finished. She feels good knowing she is adding to our collection and others can enjoy the tales to be told.

While reading is Marie's favorite pastime, she can also be found spending time outdoors, listening to music from the 1950's and attending religious services. She also enjoys her ice cream on a hot day! Stop by and say hello on your way through the rotunda! Marie will be thrilled to share what number book she is currently reading. With a book always in hand, this "Book Worm" will warm your heart with the stories she has read.

VOLUNTEER



JOIN THE TEAM

We are excited to welcome back in-person volunteer opportunities to Preakness Healthcare Center!

We are currently accepting applications for those 18 years +.

Share your time!

Share your talents!

Flexible Hours available.

Contact Suzanne McEvoy, CTRS
973-585-2161 smcevov@passaiccountynj.org



PREAKNESS GOES

RED!

Every year, one in four deaths are caused by heart disease or stroke, but fortunately with the proper education and preventative action, we can lower that statistic!

The American Heart Association celebrates National Wear Red Day® every year on the first Friday of February. Preakness Healthcare Center Staff joined together to "Go RED" in support of Heart Health.

** WELLNESS WATCH **

mental Health

B I N G O

Did something nice for someone 	Started your morning with a coffee or tea	Took a power nap	Had a good night's sleep 	Spent time with a furry friend
Exercised	Cleaned your space 	Did a puzzle	Video chatted with friends 	Made your bed
Took a warm bath 	Took time to breathe	FREE	Made someone smile	Soaked up the sun 
Listened to some relaxing music	Did some coloring 	Reminiscid on old memories	Cooked your favorite comfort food 	Took a scenic drive
Meditated 	Tried something new	Took a walk in nature 	Treated yourself to something sweet	Drank plenty of water 

Tips to prevent FALLS



MEDICAL CHECK UP

have your medication and general health reviewed if you feel you are at risk of falling

STAY ACTIVE

aim to exercise daily for 30 minutes



FITTING FOOTWEAR

wear footwear that is correct size and fit, avoid loose slippers and shoes



REMOVE CLUTTER

remove any tripping hazards in your house



VISION CHECK UP

get your eyes and glasses checked regularly

STAY HYDRATED & EAT WELL

don't skip meals and keep your fluids intake up



USE WALKING AID

if you have been advised to do so by medical professional



6 Tips for a Healthy Spring



EAT HEALTHY FOODS

Eat more fruits and veggies; reduce salt, saturated fat, and added sugar



RETHINK YOUR DRINK

Substituting water for sugary drinks is better for your teeth and reduces calories



QUIT SMOKING

You can quit today! Call 1-800-QUIT-NOW for free support



EXERCISE OFTEN

get at least 150 minutes of weekly physical activity (30 mins, 5 times a week)



PROTECT YOUR SKIN

Wear sunscreen and insect repellent



GET MORE SLEEP

Sleep at least 7 hours every night to stay healthy

Preakness Healthcare Happenings



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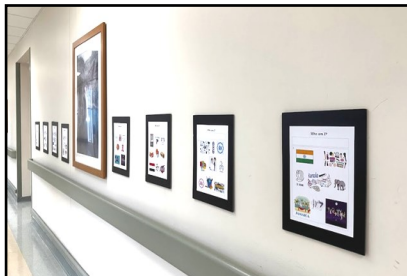
Road Trip
ADVENTURES



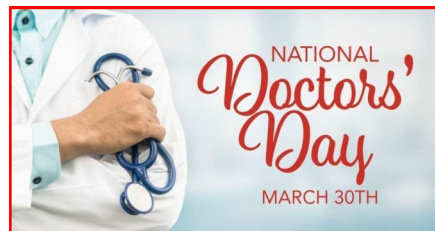


WHO'S WHO??

How well do you know the 21 Therapeutic Recreation Staff members? Residents, visitors and staff were encouraged to participate in a "Who's Who" contest in February to honor Therapeutic Recreation Month. Clip Art representing hobbies, nationalities, and personal favorites were posted.



March Recognition Days - THANKS!



Job Opportunities are available for:

- Hair Stylist/Beautician
- Nurses
- Certified Nursing Assistants
- Food Service Supervisor
- Food Service Workers
- Cook
- Registered Dietitian

Forward resume and inquiries to:

Carole Pinto, 973-585-2133
cpinto@passaiccountynj.org

Stay Connected With



Contact Suzanne McEvoy, CTRS
 973-585-2161
smcevoy@passaiccountynj.org



Survey Results

Results of the most recent survey conducted by the NJ Department of Health, including the plan of correction in effect, are available for your review in the Main Lobby and rear entrance.

Wi-Fi Access

Visitors & Residents may sign-in to the "Preakness Guest Wireless" Public Wi-Fi network. "Hotspot" areas include: All resident units, Main Dining Room, Rotunda, Classroom & Boardroom. Be aware that all access to this public network is monitored. Please review the disclosure agreement prior to logging on.

