



Tidbits

Updates & Recognitions from
Executive Health Director Alyssa Tallo

- Our annual Independence Cup Golf Tournament is on Monday, June 26th at Irondequoit Country Club. As you know, this is a favorite event, and

one of MCH's biggest fundraisers each year. Proceeds support MCH's "Project Independence," a program funded by the MCH Foundation promoting increased mobility and community inclusion for our amazing residents. Please visit <https://www.monroehosp.org/golf> for more information and to register, or call the Foundation Office at 760-6028.

- We are in the early planning stages for two large facility projects, including the renovations of several elevators and replacing our current Wanderguard system!

- NYS DOH lifted the requirement for visitor testing! As you know, visitors must still follow masking and infection control policies, but are no longer required to test prior to visitation.

- Congratulations to **Jake Latourneau** on his promotion to Director of Food and Nutrition; to long time Per Diem LPN **Shawntalae Johnson** on Hope 3 that just passed her boards and is now an RN; and to **Aimee Bodine**, **Rosemary Jonientz** and **Pamela Johnson** from HR who completed Monroe County's Emerging Diverse Leaders Program. Great job to all!

- Welcome to Assistant Nurse Manager **Christine Parker** working on both FR4 East and West, who started with us in early March, and to our newest Medical Caseworkers – **Sarah Nasr**, **Ndella Marone** and **Carolyn Prevost**!

- Thank you to our amazing teams who are being recognized this month, including our **Social Workers** (March was National Social Work Month), **Occupational Therapists** (April is Occupational Therapy Month), **Volunteers** (April is National Volunteer Month) and **Doctors** (March 30 was National Doctors Day). We are proud of you and grateful for your many contributions to MCH!



Celebrating our Occupational Therapy team during April



MCH celebrated National Social Work month in March

Staff Highlights!

- Live mandatory in-service sessions have returned! After a COVID-related hiatus, live sessions for mandatory in-services at MCH will now be offered on a monthly basis in Auditorium A for all staff. Our first session was on February 15th and featured Hayley Spellman, our quality Assurance Manager, who spoke about how our quality program here at MCH is about providing the highest level of care for our residents. In March we heard about Resident Rights, and Abuse Prohibition. Stay tuned for more information in the coming months!

- As part of an educational series they created, **Therapy, Social Work and Nursing** presented to interested attendees recently on "The Role/Need for a Primary Care Physician upon Discharge." If you weren't able to attend

Continued on other side

Staff Highlights (CONTINUED)

but would like access to presentation materials, please reach out to Social Work Director Jacqueline Langberg at JacquelineLangberg@monroehosp.org.

- Our **Therapy** team recently facilitated a community rock climbing outing for select MCH residents, which was a big hit. We are so proud that our facility continues to push the boundaries of traditional skilled nursing care to make activities like this possible!

MCH Moments: Staff Share Memorable Experiences

*Our Rehab Director **Karoline Schulz**, shares one of many experiences that make her proud to be part of Team MCH.*

Several years ago I had the pleasure of working with a 16 year old young woman. She had spent the last few months in the hospital following a motor vehicle accident where she was pinned in the backseat of a car under a tractor trailer. She sustained a broken pelvis and had an external fixator (large metal rods holding her hips in alignment on the outside of her body). She was very anxious and afraid. She was fearful to get out of bed, and the PT and I spent our first day completing a transfer to get her into a wheelchair so she could get outside with her family. Her smile at that first moment in the bright spring sunshine was unforgettable!

As an OT, it is my job to work on bathing and dressing. One of her biggest fears for leaving the room was that she had to be in a gown related to the pelvic fixator. I designed a pair of shorts that adhered with Velcro around the metal rounds at her hips. She was so happy to be wearing "regular" clothes!

Then we got to her legs. Due to the nature of her injury her sensation was impaired and even light touch was magnified and painful. We started a desensitization process to improve her toleration to touch (initial goals were for washing of legs then progressing to her feet). She had increased difficulty tolerating a knee bend due to the fact that her legs had had to lie flat in the bed for

so long. It was a process that took several weeks to be able to allow for a knee bend and eventual soaking of her feet. She was covered in iodine from the initial surgeries because she refused to allow bathing of legs (due to the impaired sensation). The goals were advanced to tolerate sensation to her feet to floor in preparation for when she was able to start weight bearing and walking (when the fixator could be removed). Eventually, we progressed to daily pedicures (feet soaks, washing with loofahs, cutting nails, nail polish and then shaving, and even wearing socks!)

She recovered as only teenagers can, exuberantly and quickly! She was walking, running, and squatting to catch a softball with her PT. On the day she left, she gave us all huge hugs with a smile as large as life! She thanked her PT for teaching her to walk again, and for me, "Thank You for washing my feet!"

She remains in touch with both of us and we still get the occasional messages that give us an update on the amazing woman that she has become-where her MCH rehab stay remains one of my most treasured memories.

In Memoriam

Our MCH family recently lost a dear soul and bright shining light from its ranks. CNA **Michelle Berhe** recently passed, and she will forever remain in our hearts. Assistant Director of Nursing **Andrew Porter** shares his thoughts about Michelle, who he knew for more than a decade.

"I hired Michelle Berhe over 12 years ago. She was one of my full time d/e nursing assistants on FA 2 East. What I remember the most about Michelle was her sense of humor, frankness, personal toughness as a single parent and kindness to resident's. Michelle was a team player that would call you out if you were not working towards the common goal but she did that in a direct and respectful way. As a single parent she put her kids first and made many sacrifice on their behalf. She was a special person and she will be missed."