



Lee  
Health & Rehab Center

# LEE LIFELINE

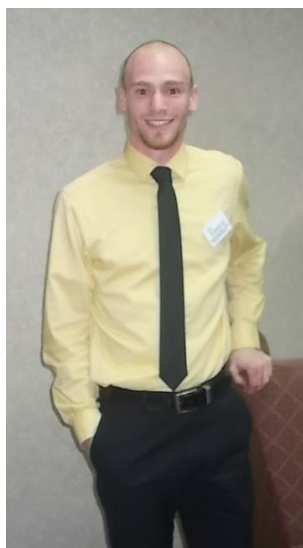
A PUBLICATION FOR PATIENTS, RESIDENTS, AND FAMILIES

Let's  
welcome  
this  
New  
Year  
with  
smiles  
on our  
faces  
and hope  
in our  
hearts  
for the  
very  
best  
2016



## Administrators Desk

### INTRODUCING Andrew Heishman, LNHA Interim Administrator



It was in my hometown of Woodstock, Va. that I completed many volunteer hours in the local nursing facility and developed a passion of caring for the aged. I completed these volunteer hours while I was earning my Bachelor's Degree in Health and Exercise Science from Bridgewater College.

I have been a part of the CCR family since July, 2015 and have been serving as the Assistant Administrator at Potomac Falls Health and Rehab., one of our sister facilities in Sterling, Va. I come with 3 years of administrative experience in long term care and have been a Licensed Nursing Home Administrator since 2013.

I am very thankful for the warm welcome that I have received here in Pennington Gap, and I look forward to the opportunity to work closely with everyone. Please feel free to stop in and see me while you are here visiting at Lee Health and Rehab. - *Andrew*

Environmental Services – We extend a warm welcome to Savannah Crider and Georgia Else. We are happy you chose to become a part of the Lee Team!

We will resume cleaning and organizing resident closets after the holidays. With the influx of new clothing from Christmas, we ask families to go through your loved ones closet and remove clothing that is worn, no longer fits well or is in disrepair.



Restorative Nursing – Our residents have been experiencing a new, fun restorative exercise program. Jessica Ledford, CNA, has organized and empowered several residents to join together to enjoy WheelChair Zumba and Sittercise. Utilizing quick paced music, residents are able to stretch, and improve muscle tone as well as build their cardio endurance and strength. All residents and their family members are invited to come and take advantage of this new program.



## This Month's Birthdays

### Resident Birthdays

Georgia Johnston	2	Pearl Holmes	22
Janet Shortt	6	Ruby Seals	23
Laura Cox	11	Sue Underwood	24
Dorothy Patrick	11	Irene Clark	26
Carlie Ewing	16	Beth Ruth	26
Rose Wells	18		

### Staff Birthdays

Denise Shelton, LPN	1
Amanda Mullins, LPN	4
Judy Jenkins, LPN	9
Wendy Phillips, CNA	18
Debra Hobbs, CNA	30
Kristi Hornsby, WNLPN	30
Tammy Woods, CNA	31



## Stars of the Month



Rhonda Fee, LPN

Congratulations to Rhonda Fee, LPN, for being selected as Employee of the Month for December. Rhonda works on the Stallard unit and has been with LHRC since 2007. She and her husband David, are responsible for the 'primitive' holiday décor displayed on the wing, during holidays.



Rico & Lola

Meet Rico & Lola. They are owned and handled by Morgan Province of Jonesville. Several residents enjoy spending time petting and talking to them when they visit the center.

## Upcoming Events

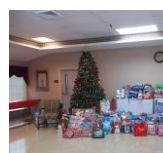
### Health Talks

January 14 – Fall Prevention: Know how to reduce your risk for falling and serious injury.

Tanya Clark, MSR:PT, Jay Greenstone, OTR  
11:30 – 12:30 in the Conference Room

Nursing News – As we enter the new year, I would just like to reflect on our previous year together and take the time to thank everyone for their hard work and dedication to our center. As you all are aware, our mission statement is ‘To provide peace of mind to those we care for, our patients, residents, families and staff’. I am proud of our team and say that I witness this daily. I feel we don’t say thank you, often enough to our staff, for their accomplishments. Let’s continue to work together as a team and be the provider of choice for our community and beyond!

Tammie Yeary, R.N.      Ashley Jones, R.N.



Activities – A special thank you to all of our Christmas Angels who either donated money or purchased gifts for a resident. It is always a humbling sight to see the gifts under the tree ready for Santa’s arrival and distribution on Christmas Eve. The activity department sponsors a variety of fundraisers throughout the year, but it is the generosity of those that adopt a resident that brings the true vision of Christmas giving. We appreciate all of the church, school and civic groups that came to entertain our residents during the holiday season.

Thank you to our Santa’s- Bobby Slusher and C.W. Adams. Your patience and caring with our residents makes the day so worthwhile.



Mardi Gras will be celebrated on Tuesday, February 9. Staff, volunteers, families and residents are encouraged to build a ‘float’ or be performers in our annual parade. See Laurie or Chanda for more information.

# Lee Health & Rehab Center

208 Health Care Drive, Pennington Gap, VA 24211  
276-546-4566 Phone

## Administration

Interim Administrator, Andrew Heishman, LNHA  
Human Resources Generalist, Sue Reynolds

## Business Office

Business Office Manager, Sherri Gilly

## Facilities

Environmental Services Director, Doris Hatley  
Maintenance Director, Jonathan Mullins

## Nursing

Director of Nursing, Tammie Yeary, RN  
Assistant Director of Nursing, Ashley Jones, RN,BSN  
Nursing Supervisors, Hannah Farmer, RN  
Deborah Witt, RN  
Donna Cluesman, RN  
Angel Baker, RN  
Rita Sutton, RN  
Wound Care Nurse, Kristi Hornsby, LPN,WCC  
Kellie Eads, LPN

## Admissions

Admission/Marketing Coordinator, Karen Mullins

## Dining Services

Dietary Services Director, Tammy Howard, CDM

## Medical Services

Medical Director, Abdul Almatari, MD

## Social Services

Social Services Director, Vanessa Hammonds, B.Sc.  
Social Service Assistant, Misty McCowan

## Recreation, Activities & Volunteers

Activities Director, Laurie Hawkins, ADC  
Activities Assistant, Chanda Mullins

## Cornerstone Therapy Services, Inc.

Steve Garrett, LPTA  
Tonya Clark, MSR:PT



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