

## In This Issue:

- Resident Spotlight
- Statement from the Desk of our Administrator
- May Holidays and Birthdays
- Laugh of the Month
- Current Events Highlight
- Ditmas Park Snapshots
- Activities and Events Calendar
- May Sudoku Puzzles
- May Word Search
- Resident Success Story and Resident Testimonials

Ditmas Park Rehab & Care Center  
2107 Ditmas Avenue  
Brooklyn, NY 11226  
(718)-462-8100  
Ditmasrehab.com



## Resident Spotlight: Mr. Joseph R. Marcelin



I was born in Port-au-Prince, Haiti and lived there for about forty years before moving to Brooklyn, NY with my family. In Port-au-Prince, I studied philosophy and after four years at the State University of Haiti's School of Law and Economics (Université d'État d'Haïti: Faculté de Droit et des Sciences Economiques) I earned my Bachelors degree. After my college graduation, I became a local school teacher and taught students Latin and French.



While living in Haiti, my wife and I proudly raised a daughter who has since grown up, studied diligently, and now works for the American Embassy in Haiti. In my leisure time, I enjoy listening to gospel music, singing traditional Latin songs, and reading French literature.

I have been a resident at Ditmas Park Rehab & Care Center for just over two months and am very satisfied with my experience here. I absolutely love going to rehab for my occupational and physical therapy because I always have the pleasure of meeting new people and working with the therapists, who are all very pleasant. In Latin, I would say that the rehab department has provided me with "*mens sana in corpore sano*" (a healthy mind in a healthy body). I so thrilled with the progress that I have made while attending my rehab sessions and I look forward to returning home soon, thanks to the help from the staff at Ditmas Park.

## From the Desk of the Administrator:

**Mr. Mendel  
Rottenberg,  
LNHA**



This month we observe National Stroke and Blood Pressure Awareness month by focusing on crucial aspects of our lives that can result in these conditions. Blood pressure refers to the force of one's blood that is pushing against your arteries as blood flows throughout your body. A stroke occurs when a blockage or rupture cuts off the regular circulation of blood to the brain. These conditions are related in that high blood pressure, the leading cause of strokes in the United States, increases the amount of work that one's heart must do over the course of one's lifetime. This leads to damage to ones arteries overtime and an increase in the likelihood of having stroke.

Since we now understand more about what's going on inside of our bodies, it's also important to review how to make changes to our lifestyles today to avoid harmful eventualities in the future. The following suggestions would be a great start towards leading a healthier lifestyle and decreasing ones risk of high blood pressure and stroke:

- Avoid smoking cigarettes and second hand smoke as the inhalation can cause the narrowing of blood vessels and make blood more likely to clot.
- Maintain a healthy body weight based upon your age and height. Speak to your physician to learn more about the ideal weight range for you and your loved ones.
- Reduce consumption of sodium (salt), and saturated/trans fats within your diet by avoiding highly processed foods and beverages.
- Take part in vigorous physical activity that increases your heart rate for about 30 minutes five days a week. Overtime, this leads to lower blood pressure and has shown to reduce ones risk of stroke by more than 25%.



Ditmas Park Rehab & Care Center  
2107 Ditmas Avenue  
Brooklyn, NY 11226  
(718)-462-8100  
Ditmasrehab.com

# Holidays This Month:

May is National Stroke and Blood Pressure Awareness Month!!

- ~ May 1st - Holocaust Remembrance Day
- ~ May 5th - Cinco De Mayo
- ~ May 6th - Ramadan Begins
- ~ May 12th - Mother's Day
- ~ May 18th - Armed Forces Day
- ~ May 27th - Memorial Day



# Birthdays This Month:

- Tomasz R - May 4th
- Elton R - May 5th
- Hopeton R - May 27th
- Michel M - May 28th
- Francis R - May 29th



# Laugh of the Month:

Which melon cannot run off to Las Vegas and get Married?



Answer: Cantaloupe

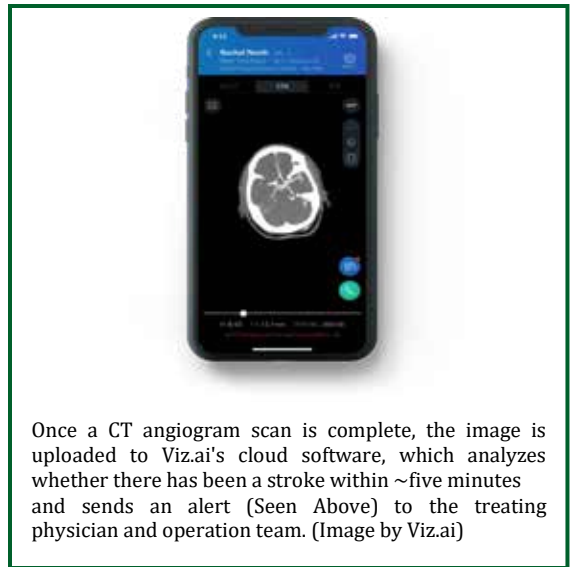


Current  
Events  
Highlight:

# Israeli AI Start-up Slashes Stroke Treatment Time

By Eytan Halon

In the case of strokes caused by a blood clot in the brain - known as ischemic strokes, or large vessel occlusions - a new standard of care treatment called mechanical thrombectomy has proved to be highly efficient, safe and cost-effective. Despite the emergence of the breakthrough procedure, which involves removing a blood clot from the brain using a stent, as few as one-in-ten eligible patients in the United States actually receive the treatment.



The problem is twofold. Even in the world's leading health systems, few physicians are currently trained to perform the lifesaving stroke intervention treatment, and availability is especially problematic outside of major hospitals. To make matters worse, it can take hours for crucial brain scans of potential stroke victims to be evaluated by the necessary hospital decision-maker, potentially damaging the patient's chances of recovery.

Aiming to ensure the delivery of critical stroke treatment on time is Viz.ai, a Tel Aviv-based start-up using FDA-approved artificial intelligence and deep learning technology to automatically identify suspected blood clots on CT angiogram scans and alert on-call stroke physicians within minutes. "It's about getting the right doctor to the right patient at the right time, just in time to make a difference," Viz.ai co-founder and CTO David Golan told The Jerusalem Post. "For a stroke, time is of critical importance. The patient arrives at the hospital, and we treat them as fast as possible."

Golan co-founded Viz.ai with neurosurgeon Dr. Chris Mansi in 2016 after meeting during his machine learning post-doctoral fellowship at Stanford Business School, with both eager to help patients with time-sensitive, acute conditions receive treatment faster. "As we started diving into this world, strokes became the prime candidate for such an endeavor. It's the most time-critical condition in the whole of medicine," said Golan. The company's platform also enables clinical teams to coordinate complex care and treatment decisions between hospitals in large hub and spoke networks, which previously led to significant delays.

In a recent 300-patient performance study, Viz.ai's automatic notifications resulted in faster notification of the specialist in 95% of cases, saving an average time of 52 minutes, and even as much as 206 minutes. "Every minute saved can give the patient an additional week of healthy life, so by cutting down the period of time by 52 minutes, you are essentially saving one year of healthy life," said Golan. "Stroke patient outcomes can be dramatically changed with a system like ours."

The Viz.ai platform received FDA clearance in February 2018, a groundbreaking first approval for an artificial intelligence-based computer-aided triage and notification system. Today, the technology is commercially available and already installed in approximately 100 American hospitals.

Ditmas Park Rehab & Care Center  
2107 Ditmas Avenue  
Brooklyn, NY 11226  
(718)-462-8100  
Ditmasrehab.com
























# Ditmas Park Snapshots:

Have a look at our smiling residents enjoying Art Therapy on the evening of Monday, April 15th. Our Art Therapy group created an abstract mural by combining painting and collage pieces to create a beautiful work of art together!!

Newsletter edited by Mr. Craig Singer, Director of Recreation Therapy  
Questions or comments about our newsletter? Please call (718)-462-8100 or e-mail [Recreation@Ditmasrehab.com](mailto:Recreation@Ditmasrehab.com)



# Have a look at the Activities Calendar for our Rehab Unit to see what exciting programs we have to offer throughout the month of May!!

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			<b>1st</b> 10AM - Nature Exploration 2:30PM - Chair Yoga	<b>2nd</b> 10AM - Name 10 Things 2:30PM - Share Your Stories 	<b>3rd</b> 10AM - Lady of Refuge Catholic Services (3 <sup>rd</sup> Fl) 10AM - Move to the Music 2:15PM - Double Prize Bingo (3 <sup>rd</sup> Fl) 2:30PM - Movie Matinee	<b>4th</b> 10AM - AM Review (All Units) 2:15PM - Table Games (All Units) 
<b>5th</b> 10AM - Sunday Morning Discussion (All Unit Dayrooms) 2PM - Baptist Church Service (3rd Fl) 2:15PM - Cinco De Mayo Strolling w/ Carl B (All Units)	<b>6th</b> 10AM - Sip & Chat 2:30PM - Trivia Hour 6PM - Movie Night (4 <sup>th</sup> Fl) 	<b>7th</b> 10AM - Chair Yoga 2:15PM - Blackjack (4th Fl) 	<b>8th</b> 10AM - Glamorrama 2:15PM - Sudoku w/ Shariffar (4th Fl) 	<b>9th</b> 10AM - Jazzercise 2:30PM - You Be The Judge 	<b>10th</b> 10AM - News & Views 2:15PM - Bingo (3 <sup>rd</sup> Fl) 2:30PM - Name That Tune 	<b>11th</b> 10AM - Discussion Group (All Units) 1:30PM-3PM - Seventh Day Adventist Church Service (3rd Fl)
<b>12th</b> 10AM - Sunshine Group (All Unit Dayrooms) 2PM - City View Baptist Church (3rd Fl) 2:15PM - Mother's Day Strolling w/ Carl B (All Units) 2:30PM - Cathedral House of Praise (3rd Fl)	<b>13th</b> 10AM - Nature Exploration 2:30PM - You Be The Judge 6PM - Art Therapy w/ Emily (4th Fl) 	<b>14th</b> 10AM - Zumba Club 2:30PM - Name 10 Things 	<b>15th</b> 10AM - Trivia Hour 2:30PM - Share Your Stories 	<b>16th</b> 10AM - Current Events 2:15PM - Wishing on Stars Performance (All Units) 	<b>17th</b> 10AM - Lady of Refuge Catholic Services (3 <sup>rd</sup> Fl) 10AM - Reminiscing Group 2:15PM - Bingo (3 <sup>rd</sup> Fl) 2:30PM - Movie Matinee	<b>18th</b> 10AM - AM Review (All Units) 2PM - Greater Rose of Sharon Pentecostal Service (3rd Fl) 
<b>19th</b> 10AM - Morning Reflections (All Units) 10:15AM - Accordionist Aaron Performs (All Units) 2:30PM - Emanuel Pentecostal Church Service (3rd Fl)	<b>20th</b> 10AM - News & Views 2:15PM - Resident Council & Food Committee Meeting (4 <sup>th</sup> Fl) 2:30PM - Legends of Music 6PM - Movie Night (4 <sup>th</sup> Fl)	<b>21st</b> 10AM - Around the World 2:30PM - Jazzercise 	<b>22nd</b> 10AM - Today in History 2:15PM - Blackjack (3rd Fl) 2:30PM - Glamorrama 	<b>23rd</b> 10AM - Sip & Chat 2:15PM - Word Search w/ Shariffar (4th Fl) 	<b>24th</b> 10AM - News & Views 2:15PM - Bingo (3 <sup>rd</sup> Fl) 2:30PM - Poetry Hour 	<b>25th</b> 10AM - Social Hour (All Units) 2:30PM - International Care Ministry Church Service (3rd Fl)
<b>26th</b> 10AM - Sunday Morning Discussion (All Units) 2:30PM - Table Games	<b>27th</b> 10AM - Chair Yoga 2:15PM - Memorial Day Strolling w/ Glenn Miller Ent. (All Units) 6PM - Movie Night (4 <sup>th</sup> Fl)	<b>28th</b> 10AM - News & Views 2:30PM - Trivia Club 	<b>29th</b> 10AM - Nature Exploration 2:30PM - Reminiscing Group 	<b>30th</b> 10AM - Photo Trivia 2:15PM - May Birthday Party w/ Dave Patrick (All Units) 	<b>31st</b> 10AM - Current Events 2:15PM - Horseracing (3 <sup>rd</sup> Fl) 2:30PM - Movie Matinee	

# May's Resident Success Story



By Ann Gabriel

I was hospitalized in late February and needed to spend three weeks there to recover. Towards the end of my time there, I was informed that I would require some time in a rehabilitative setting. My daughter went on several tours of different facilities, but chose Ditmas Park Rehab Center because of the great things she learned about their rehab program. When I first arrived I was unable to walk, but less than a month later I was on my feet again! I am now six weeks into my program and have made so much progress, such as walking around using a cane. However, my goal is to be able to walk without one and to return to the lifestyle I had before my hospitalization. I am also working with occupational therapist in order to regain strength in my right hand, so that I can use it to write again soon.

My favorite exercise is using the recumbent exercise bike, but I also enjoy taking assisted walks with my therapists Iris and Una, who are really fantastic. I would like to thank the physical and occupational therapists for their hard work in helping me make such great strides towards my rehab goals. I would also like to acknowledge the Nurses, CNA's, and Administration staff who have been so dedicated to making sure I am always cared for and comfortable. I've had an excellent experience here and would encourage anyone else in need of rehab to come and experience it here for themselves!



## Resident Testimonials:

Upon my return to Ditmas Park, after my recent surgery, all of the staff took a genuine interest in the progress of my healing. This speaks volumes about the character and integrity present in the facility's employees.

-Marc H



My evening CNA's are incredibly helpful. They make sure I'm getting into and out of bed safely and that I have what I need. I feel calm, safe, and secure knowing they are there at night.

-Boney M



I am grateful to the nurses of Ditmas Park who make sure I always receive my medicine on time. I also appreciate the efforts of the rehab department as I am continually getting stronger and closer to walking on my own again.

-Josh S





**Coming soon!**

# Dialysis Center