Ditmas Park Rehab Center

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Resident Spotlight:

Ms. Jennifer Warren

I am originally from Trinidad and lived there until I was about 23 years old. At that age, I moved to the neighborhood of Flatbush in Brooklyn and have lived here ever since. Shortly after I arrived in Brooklyn, I enrolled into a program in Manhattan where I could earn my Certified Nurses Aid Certificate, and completed the program several months later.

I worked as a CNA in a Prospect Park nursing home full time for more than twenty years. On the weekends, I also worked as a housekeeper for the then famous child performer, Ms. Judy Collins. I have one son, a US Army veteran who recently retired after 20 years of active duty and 14 years of extended service in Iraq and Afghanistan. My fantastic son married a lovely woman and they blessed me with four wonderful grandchildren, three girls and one boy.

In my free time, I enjoy word puzzles and watching soap operas on television. I am also a devoted church goer and volunteer in the church as often as possible. I have been a resident at Ditmas Park Rehab Center for two to three weeks and thoroughly enjoy my experiences in occupational and physical therapy. The therapists are all so courteous and I look forward to my workouts every day! I would like to thank and acknowledge my family, my pastor, and my church for all of their support and encouragement during my recovery.

From the Desk of the Administrator:

Mr. Mendel Rottenberg, LNHA

What is cholesterol? We hear about it in relation to our health and know that too much of it is bad for us, but what is it and why is it bad for us? Cholesterol is, in fact, a chemical that our bodies use as a component of our cells membranes and in our hormones. However, when too much cholesterol is present in the human body, it builds up along the walls of our arteries. This leads to arteries becoming narrowed or eventually becoming blocked off completely. These conditions lead to heart disease and may even lead to a heart attack later in life.

September is National Cholesterol Education Month, and I believe that it is important for everyone to learn how they can take action now to avoid serious health issues later on in life. Here are several ideas to keep your cholesterol in check:

-Reduce your consumption of saturated and trans fats. Often found in fatty meat and dairy products or in store bought snacks, these fats greatly impact your cholesterol levels and do little to provide you with nutrition.

-Exercise is a natural remedy to high cholesterol. Doctor's typically recommend thirty minutes of exercise about five days a week or twenty minutes of vigorous activity about three days a week. The activity is yours to choose and could include taking the stairs instead of the elevator, walking instead of taking the bus, or playing your favorite sport. The choice is yours, just get physical!

-If you are a smoker, keep in mind that one year after you've quit smoking your risk of heart disease is half of what it was a year earlier. This is a dramatic reduction in one's risk of getting heart disease, but will also improve your blood pressure, heart rate, circulation, and lung function.

Holidays:

September is Cholesterol Awareness Month & October is National Liver Awareness Month!!

September 2nd – Labor Day

September 8th – Grandparent's Day

September 11th – Patriot Day

September 29th – Rosh Hashanah Begins

October 8th – Yom Kippur Begins

October 13th – Sukkot Begins

October 31st - Halloween

Birthdays:

~ Margaret F - September 6th

~ Mathias L - September 8th

~ Marjorie S - September 12th

~ Wendolyn P - September 19th

~ Gloria R - October 14th

~ Irene H - October 19th

~ Avis G - October 21st

Laugh of the Month:

Can you name Four Days of the Week that start with the letter "T"?

Answer: Tuesday, Thursday, Today, and Tomorrow

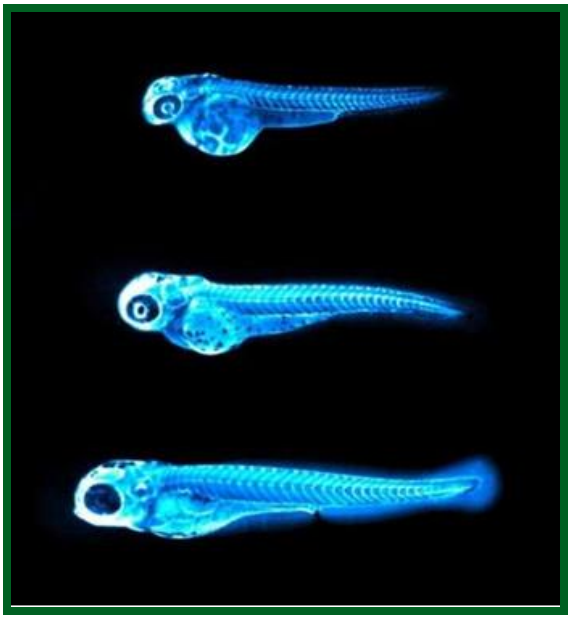
Current Events Highlight:

Glowing Cholesterol Helps Scientists Fight Heart Disease

By The Carnegie Institution for Science

A newly developed technique that shows artery clogging fat-and-protein complexes in live fish gave investigators from Carnegie, Johns Hopkins University, and the Mayo Clinic a glimpse of how to study heart disease in action. Their research, is currently being used to find new drugs to fight cardiovascular disease.

Fat molecules, also called lipids, such as cholesterol and triglycerides are shuttled around the circulatory system by a protein called Apolipoprotein-B, or ApoB for short. These complexes of lipid and protein are called lipoproteins but may be more commonly known as "bad cholesterol." Sometimes this fat-and-cholesterol ferrying apparatus stops in its tracks and embeds itself in the sides of blood vessels, forming a dangerous buildup. Called plaque, these deposits stiffen the wall of an artery and makes it more difficult for the heart to pump blood, which can eventually lead to a heart attack.



The image shows a zebrafish embryo 24 hours into development, with many cholesterol particles emanating from its large spherical yolk. Subsequent images were taken every 24 hours, showing that cholesterol levels peak between three and four days of age in zebrafish embryos. Photo Credit: James Thierer and Ed Hirschmugl

"These ApoB-containing lipoproteins are directly responsible for creating plaques in blood vessels, so learning more about them is essential to fighting the global epidemic of cardiovascular disease," explained lead author James Thierer a graduate student at Johns Hopkins who does research at Carnegie's Department of Embryology. Identifying ways to lower levels of plaque-forming lipoproteins in the bloodstream would save lives. But ApoB is a very large protein complex, making it difficult to study using traditional molecular biology research techniques. Thierer and Carnegie's Steven Farber developed the LipoGlo system, which used state-of-the-art genome engineering to tag ApoB with a glowing enzyme that's similar to the one that lights up fireflies. This enabled them to monitor the movement of ApoB complexes in larval zebrafish.

LipoGlo allows Farber and his team to directly observe the concentration, size, and distribution of lipoproteins in vanishingly small samples of material so that they can eventually elucidate ways to fight the risks of heart disease. Using this system, Thierer, Farber, and the Mayo Clinic's Stephen Ekker also discovered a mysterious gene called pla2g12b, which has a huge impact on both the size and number of ApoB-containing lipoproteins. It is still unclear how exactly this gene works, but further investigation could help the team understand why heart disease runs in families or point to a new strategy for controlling the number of lipoproteins in the bloodstream.

"Although there is much more work to be done to fully understand the processes underlying atherosclerosis, these findings show that our LipoGLo tool has the power to transform our understanding of lipoprotein biology, which will have important implications for future strategies to treat heart disease," concluded Farber.

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Ditmas Park Rehab & Care Center
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Ditmas Park Snapshots:

Have a look at our smiling residents enjoying an evening Art Therapy session in August!! Our residents worked together to create colorful landscapes from around the world!!

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

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

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1st 10AM – Sunday Morning Discussion (All Units) 2PM - Baptist Church Service (3rd FL)	2nd 10AM - Nature Exploration 2:15PM – Labor Day Entertainment w/ Adrian C (4th Fl) 3PM – Labor Day Entertainment w/ Adrian C (3rd Fl) 6PM – Movie Night (4th FL)	3rd 10AM - Zumba Club 2:30PM - Name 10 Things 	4th 10AM - Trivia Hour 2:15PM –Blackjack (4th Fl) 2:30PM – Share Your Stories 	5th 10AM - Current Events 2:30PM - You Be The Judge 	6th 10AM – Lady of Refuge Catholic Services (3rd Fl) 10AM - Move to the Music 2:15PM – Double Prize Bingo (3rd Fl) 2:30PM - Movie Matinee	7th 10AM – AM Review (All Units) 2:00PM - Jehovah's Witnesses Upbuilding (3rd Fl)
8th 10AM - Sunshine Group (All Units) 2PM - City View Baptist Church (3rd FL) 2:15PM – Grandparents Day w/ Wendell and Marie (All Units) 2:30PM - Cathedral House of Praise (3rd FL)	9th 10AM - News & Views 2:30PM - Legends of Music 6PM - Art Therapy w/ Emily (4th Fl) 	10th 10AM - Around the World 2:15PM – Sudoku w/ Shariffar (4th Fl) 	11th 10AM - Today in History 2:30PM - Glamorrama 	12th 10AM – Photo Trivia 2:30PM – You Be The Judge 	13th 10AM – News & Views 2:15PM – Bingo (3rd Fl) 2:30PM - Poetry Hour 	14th 10AM – Discussion Group (All Units) 3PM – Deeper Life Bible Church Musical Group Visit (All Units)
15th 10:15AM - Accordionist Aaron Performs (All Units) 2:30PM – Emanuel Pentecostal Church Service (3rd FL)	16th 10AM – Name That Tune 2:30PM - Nature Exploration 6PM – Movie Night (4th FL) 	17th 10AM – News & Views 2:15PM –Blackjack (3rd Fl) 2:30PM - Trivia Club 	18th 10AM - Poetry Reading 2:15PM – Word Search w/ Shariffar (4th Fl) 	19th 10AM – Sunshine Group 2:30PM - Reminiscing Hour 	20th 10AM – Lady of Refuge Catholic Services (3rd Fl) 10AM - Chair Yoga 2:15PM – Bingo (3rd Fl) 2:30PM - Movie Matinee	21st 10AM - AM Review (All Units) 2:30PM – Jazzercise (All Units)
22nd 10AM – Sunday Morning Discussion (All Units) 2PM - City View Baptist Church (3rd FL) 2:30PM - E. Flatbush Church of G-D Pentecostal Service	23rd 10AM - Current Events 2:15PM – 1st Day of Fall Entertainment w/ George M (All Units) 6PM – Movie Night (4th FL)	24th 10AM – Move to the Music 2:30PM – Glamorrama 	25th 10AM - You Be The Judge 2:30PM - Jazzercise 	26th 10AM - Sip & Chat 2:15PM – Sept. Birthday Party w/ Dave Patrick (All Units) 	27th 10AM - Sip & Chat 2:15PM – Horseracing (3rd Fl) 2:30PM - Today in History 	28th 10AM – AM Review 2:30PM – Table Games
28th 10AM – Sunshine Group (All Units) 2:30PM – Photo Trivia	29th 10AM – Sip & Chat 2:15PM – Resident Council & Food Committee Meeting (4th Fl) 2:30PM - Today in History 6PM – Movie Night (4th FL)	30th 10AM – Share Your Stories 2:30PM – Name That Tune				

September & October's Resident Success Story

By
Cheryl Gooding

While in my home, I had been experiencing some muscle weakness and also developed a slight temperature. I believe this is what led me to fall in my home and resulted in a visit to the hospital. I was admitted to Ditmas Park Rehab & Care Center a few weeks ago and since then have been working with my occupational and physical therapists diligently. My wounds have healed nicely and I am now moving both of my legs independently and standing with assistance. I have also increased the endurance of the muscles in my arms, shoulders, and core muscles which help with my balance when I stand up.

My rehab goals are to stand up on my own and return to walking unassisted in the near future. My favorite exercise is using the hoist machine, where I pull and lift weights to increase my upper body strength. I very much enjoy working with my therapists on a day-to-day basis since they keep me positive and focused on achieving my goals. My therapists are also very knowledgeable and always willing to assist with and explain how various movements and exercises should be done. The feelings of satisfaction and accomplishment they help me to attain are absolutely wonderful and I cannot begin to thank my therapists enough for their help!!

Resident Testimonials:

"The staff here are really great and go above and beyond to help me. I really love being here and having such warm relationships with everyone!"
-Joseph J

"I love the bingo, art therapy, and socializing with friends during the recreational activities. The Recreation staff are wonderful and make sure we are always doing something fun."
-Pearline M

"I love working with my therapists and the exercises that I do every day. My favorite workouts are using the barbell to improve my upper body strength and the bicycle machine to develop the muscles in my legs."
-Elton R

Coming soon!

Dialysis Center