Ditmas Park Rehab Center

January/February 2020 | DITMAS PARK DIGEST | Volume IV, Issue #1

In This Issue:

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

Resident Spotlight:

Mr. Alexander Haynes

I was born and raised in the Bronx, where my family and I lived for just over ten years. We eventually moved into the Flatbush neighborhood of Brooklyn and I have lived here ever since then. I attended P.S. 99 in the Bronx and also East New York Vocational School before taking a job as a local Shipping Clerk.

I enjoyed that role for a little while, but was then drafted into military service and proudly served in Vietnam for around two years. Once I returned home, I took on a career as an Iron Worker and did that job until my retirement.

In my free time, I enjoy swimming, playing ping pong, and going fishing for bluefish, fluke, and porgies. I have been a resident at Ditmas Park Rehab & Care Center for just over six weeks and my favorite aspect of my time here has been my experiences with the physical and occupational rehabilitation departments. The staff here are simply outstanding! This place has not only helped me to get well, but has also made me feel welcome and like a member of the family. Everyone I've met has always been so pleasant and kind. It will be a bittersweet day when I'm ready to return home, but I'll forever be thankful to the employees of this facility.

From the Desk of the Administrator:

Mr. Mendel Rottenberg, LNHA

During the winter season, hospitalizations tend to increase due to the cold weather conditions. Specifically, the frigid temperatures impact our immune system and make us more susceptible to infections. The majority of those instances will be related to spending excessive time exposed to the elements, such as while waiting at a bus stop or on a subway platform. Here are some helpful tips to keep you warm and healthy this winter:

-When going outdoors, always try to keep your head covered as it accounts for 10% of your body's total surface area and every little bit adds up.

-When indoors, try turning your ceiling fan on to its lowest setting. This will push warm air that rises up, back down to where you can enjoy it!

-Consider replacing thin curtains in your home with thicker ones or ones that are made from a different material, such as wool or fleece. This will help keep the cold out, but don't forget to open them on clear days to let the sunlight and its warmth into your home.

-Try to avoid keeping yours and your loved ones' beds against an exterior wall. Keeping some space between the bed and the wall results in a warmer bed, and therefore, a more satisfying sleeping experience.

Also, don't forget to wear several layers this winter and use every advantage that you can to keep the cold out. Everyone in our community is welcome to stop by and warm up inside our facility this season, should the occasion arise. We would be more than happy to have the opportunity to share our warm environment and warm hearts with you.

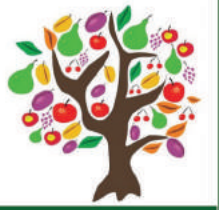
Ditmas Park Rehab & Care Center
2107 Ditmas Avenue
Brooklyn, NY 11226
(718)-462-8100
Ditmasrehab.com

Holidays:

January is National Glaucoma Awareness Month & February is National Black History Month!!

January 1st – New Year's Day
January 9th – Law Enforcement Appreciation Day
January 20th – Martin Luther King Jr. Day

February 2nd – Groundhog Day
February 9th – Tu Bishvat Begins at Sundown
February 14th – Valentine's Day
February 17th – President's Day
February 25th – Mardi Gras
February 26th – Ash Wednesday



Birthdays:

- January 8th - Clarice A
- January 21st - Michael N
- January 26th - Steven C
- January 27th - Fritz T
- February 5th - Adalina C
- February 21st - George D

Laugh of the Month:

Why did the bicycle fall over??

Answer: It was "two-tired."

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

Current Events Highlight:

Many Americans Do Not Realize They're Going Blind

By Tracey Romero

More than 3 million Americans have glaucoma, but only half are aware they have the eye condition. Glaucoma, the second leading cause of blindness, is caused by damage to the optic nerve. The vision loss happens gradually rather than suddenly. But the damage is irreversible.

There are several forms of glaucoma. Open-angle glaucoma, the most common in the United States, occurs when the eye's drainage angle remains open, but its trabecular meshwork is partially blocked. According to the Glaucoma Research Foundation, most people don't realize they have it until it is well-advanced because their peripheral vision is the first to go while "the visual acuity or sharpness of vision is maintained until late in the disease." Damage occurs when improper fluid drainage causes pressure to build up in the eye.

Normal-tension glaucoma occurs when the optic nerve becomes damaged despite people maintaining normal eye pressure. People of Japanese ancestry are at higher risk for this type. Angle-closure glaucoma, caused by a bulging iris, is considered a medical emergency, according to the National Eye Institute. Anyone experiencing intense eye pain, nausea, red eyes or blurred vision, should head to an emergency department.

The symptoms of congenital glaucoma – when a baby is birth with the condition – tend to be more noticeable, as the babies have large, cloudy eyes sensitive to light. People also can develop secondary glaucoma from another medical condition such as diabetes or hypertension. A major part of preventing glaucoma is knowing its risk factors.

Everyone can develop glaucoma, but certain groups of people have a higher risk, including African Americans, Asians, Hispanics, people over 60 years old and people with a family history of primary open-angle glaucoma. Research has shown that high steroid usage can increase the risk for ocular hypertension and open-angle glaucoma. Eye injuries from sports or a traumatic accident also can lead to glaucoma. Other risk factors include high myopia (nearsightedness), hypertension and a central cornea thickness less than .5 mm.

There is no cure for glaucoma. But if caught early, the progression of the disease can be slowed down with proper treatment, potentially preventing vision loss. That is why regular eye exams are important. Glaucoma "is treated by lowering your eye pressure (intraocular pressure)," according to the Mayo Clinic. This can be done in a few ways: prescription eye-drops, oral medications, laser treatment or surgery.

Originally published on PhillyVoice.Com

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

Ditmas Park Snapshots:

Have a look at some of our residents enjoying Art Therapy with our Certified Art Therapist, Emily. In November, the residents used colored paper, markers, paint, and other materials to create beautiful autumn scenery using common shapes such as leaves, acorns, and more!!

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 January!!

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			1st 10:30AM – J. Russo Entertainment Co. Performs (All Units) 2:15PM – New Year's Day Celebration w/ Marie & Wendell (All Units)	2nd 10AM – Photo Trivia 2:30PM – You Be The Judge 	3rd 10AM – Lady of Refuge Catholic Services (3rd Fl) 10:15AM - Drum Circle w/ David A (4th FL) 2:15PM – Double Prize Bingo (3rd Fl) 2:30PM – Movie Matinee	4th 10AM – AM Review (All Units) 2:00PM - Jehovah's Witnesses Upbuilding (3rd Fl)
5th 10AM – Sunday Morning Discussion (All Units) 2PM - Baptist Church Service (3rd FL)	6th 10AM – Name That Tune 2:30PM – Today in History 6PM – Movie Night (4th FL)	7th 10AM – News & Views 2:15PM – Elvis' Birthday Party and Performance (All Units) 	8th 10AM - Poetry Reading 2:15PM –Blackjack (3rd Fl) 2:30PM - Glamorrama	9th 10AM – Sunshine Group 2:30PM - Trivia Club 	10th 10AM – News & Views 2:15PM – Bingo (3rd Fl) 2:30PM - Poetry Hour	11th 10AM – Discussion Group (All Units) 2:30PM – Table Games
12th 10AM - Sunshine Group (All Units) 2PM - City View Baptist Church (3rd FL) 2:30PM - Cathedral House of Praise (3rd FL)	13th 10AM - Current Events 2:30PM – Famous Faces 6PM - Art Therapy w/ Emily (4th Fl) 	14th 10AM – Move to the Music 2:15PM – Word Search w/ Shariffar (4th Fl) 2:30PM – Sip & Chat 	15th 10AM – Around the World 2:30PM – You Be The Judge 	16th 10AM – Famous Phrases 2:30PM – Today in History 	17th 10AM - Chair Yoga 2:15PM – Bingo (3rd Fl) 2:30PM - Movie Matinee	18th 10AM - AM Review (All Units) 2:30PM – Jazzercise (All Units)
19th 10:15AM - Accordionist Aaron Performs (All Units) 2:30PM – Emanuel Pentecostal Church Service (3rd FL)	20th 10AM – Jazzercise 2:15PM – Martin Luther King Jr. Day Celebration w/ Glenn M. Entertainment Co. (All Units) 6PM – Movie Night (4th FL)	21st 10AM – Share Your Stories 2:30PM – Name That Tune 	22nd 10AM – Photo Trivia 2:30PM – Glamorrama 	23rd 10AM - Sip & Chat 2:15PM –Blackjack (4th Fl) 2:30PM – Around the World 	24th 10AM – Famous Faces 2:15PM – Bingo (3rd Fl) 2:30PM – Share Your Stories	25th 10AM – AM Review 2:30PM – International Care Ministry Church Service (3rd Fl)
26th 10AM – Sunday Morning Discussion (All Units) 2PM - City View Baptist Church (3rd FL) 2:30PM - E. Flatbush Church of G-D Pentecostal Service	27th 10AM – Trivia Hour 2:15PM – Resident Council & Food Committee Meeting (4th Fl) 2:30PM - Move to the Music 6PM – Movie Night (4th FL)	28th 10AM - Around the World 2:15PM – Sudoku w/ Sharrifar (4th Fl) 2:30PM – Discussion Group 	29th 10AM - Today in History 2:15PM – Pet Therapy with Randi and Saber (All Units) 2:30PM – Music Trivia	30th 10AM – Chair Yoga 2:15PM – January Birthday Party w/ George M 	31st 10AM – News & Views 2:15PM – Horseracing (3rd Fl) 2:30PM - Zumba Club 	

Resident Success Story

By Carolyn Poyser

While living at home, I developed an infection and needed to go to the hospital for treatment. After being treated there, it was recommended that I visit a rehab center for some physical and occupational therapy. After being admitted to Ditmas Park I was unsettled and it took me a few days to adjust, but I have slowly realized just how much happier I am here compared to a different facility that I had visited previously.

My goals with the rehab department are to regain the strength in my legs so that I may walk casually around my home and in my neighborhood again soon. My favorite exercises are walking with assistance from the therapists and weight training for my arms to increase my stability when walking. The best part about going to physical therapy is that the rehab center is so full of life! I am always learning something new and the therapists are cheerful, warm, and bright. I really love that everyone here is treated with respect. Everybody, including the Administrator, goes out of their way to treat everyone well here and that is why I would highly recommend this facility to others in my community.

Resident Testimonials:

"Being here is very nice. The staff are pleasant and attentive to my needs. This is my second stay here and I feel really great knowing I chose Ditmas Park Rehab & Care Center. I also like meeting new people and socializing with others during the recreational activities."
- Cecelia N.

"I love it so much here - everybody is great! The rehab department makes exercising fun! The therapists are very helpful and make sure you learn how to take care of yourself for the future!"
- Hermine J.

"I like the variety of food, the portion sizes, and that it's all cooked well. I enjoy many different types of foods and I'm glad the kitchen can accommodate my preferences every day. I also am grateful for the other available services, like salon care while I am here."
- Allen W.

Coming soon!

Dialysis Center