

DVRC Happenings



Three Year Accreditation

Delaware Valley Residential Care

“bad sleep can have negative consequences for brain recovery.”

Fall 2019
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Brain Injury Research

Are you getting enough sleep? A study found that patients with moderate to severe traumatic brain injuries sleep quality and brain function go hand in hand. A team of researchers in Montreal, Canada studied 30 patients who had been injured by a motor vehicle accident, a fall or a blow to the head for the span of two to four weeks after their injury. Their team tested the patients' level of consciousness and cognitive function. All the patients wore wrist devices that tracked when they were sleeping and awake. The researchers

hoped to learn whether an improvement in sleep patterns lead to signs of brain recovery. What they found, though, was that sleep and brain function improved together. The results revealed that patients with brain injuries might recover more quickly if hospitals took steps to restore normal sleep patterns. A researcher reported that medication helps, but stressed the importance of exposure to sunlight during the day and the opposite, to rest in a dark and quiet environment at bedtime. The head researcher said “...better sleep simply helped patients perform better on tests of brain function. But it's also possible that improved sleep was

helping the brain heal. We know that sleep is necessary for the generation of new neurons and new connections between neurons in the brain.”

Hamilton, J. (2016, December 21). As sleep improves, so does a brain injury. Retrieved from <https://www.npr.org/sections/health-shots/2016/12/21/506452313/as-sleep-improves-so-does-an-injured-brain>

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*All featured artwork was created by residents.

Our Happiness Comes from Yours

Since the beginning of DVRC we have made great strides to meet the needs of our residents, family and staff. Every month we complete a fire drill. From January 2019 to September 2019

we averaged a 3 minutes and 49 seconds evacuation time. We have improved by 35 seconds since last year. Good job everyone!

The FLU season is fast approaching,

and we are using all the precautions to prevent the spread of germs and the FLU. All residents were offered the FLU shot and 91% accepted.



New Faces

Please welcome our newest staff since June.

Residential Care Assistants:

Tiffany R.
Anyae J.
Marie P.
Nifeesia W.
Nahjir J.
Samuteh T.
Ashley L.
Yasmine V.
Brandie G.
Sioni H.
Jaelle C.
Afiya D.
Madelene P.
Keyonna E.

Ashley H.
Melissa P.
Michele R.
Aigne J.
Guirlande L.
Anique W.
Yazmeen A.
Melissa H.
Deshawn H.
Tracy N.
Zuri B.
Amanda S.
James M.
Daisha W.
Lashae C.B.
Sonita U.
Cecelia M.
Erika H.D.

Administrative:

Sinclair C.
Rebecca W.
Kyle H.

Security:

Junior S.

Housekeeping:

Nikkisha W.

Therapists:

Carolann V.
Angelique B.
Hannah Z.
Deanna S.
Adrien L.
Xamisha T.
Rasheeda M.
Ashley B.



Goodbye Summer, Hello Fall!

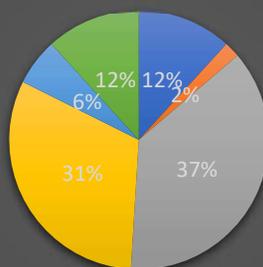
Summer has sadly come and gone except for a few warm days in September/October. Time to put away your shorts and bathing suits and take out your pants, sweaters and hoodies. When I think of fall and what that means, I think of the beautiful changes in colors and taking my dog out for a walk in a light jacket.

Then towards Halloween, I think about how my jack-o-lantern will look. I'm looking forward to curling up on the couch with a mug of hot cider or tea. After Halloween, it's time to think about Thanksgiving. What will you be thankful for this year? What is better the turkey or the sides? I personally love

stuffing and gravy. Do you start thinking about who you need to buy holiday gifts for? Or are you a last-minute shopper? What winter holiday traditions do you have?

I took a poll to see what everyone's favorite thing about fall is and here are the results.

What is your favorite thing about the fall?



■ Colder weather ■ Pumpkin Spice ■ Football ■ Comfy clothes (hoodies/sweaters) ■ Halloween ■ Thanksgiving

Carnival Day

This year's carnival day was held on Friday August 30th. Residents and staff enjoyed a sunny and beautiful day full of delicious food and activities. Activities included face painting, a photobooth with mini horses, dunk tank where residential were able to dunk the management team, balloon art fun, a magic show, and sports such as mini golf, basketball, frisbee, soccer, football, along with a variety of carnival games and prizes. Please thank everyone who made this event possible!





Resident Spotlight

About the Author:

Eric J. has been a resident at DVRC since 2015 and has always had a love for drawing, coloring and art as hobby and a way to “pass the time”. He has been making artwork for over 10 years. He calls his geometric-

inspired art designs “works of imagination”. He uses poster board, foam board and markers to create his masterpieces. All his designs come to him once he starts making shapes and patterns on the poster board. He traces out his shapes with different

sized rulers. Then colors the work by seeing what colors compliment each other. His artwork is displayed in his apartment and recently in the hallways of DVRC. Please take the time to admire and enjoy.



Pioneering Remarkable Lives

**Delaware Valley
 Residential Care**
 280 Jacksonville Rd.
 Warminster, PA 18974




**Three Year
 Accreditation**



- 1 cup butter, softened
- 3 cups sugar
- 3 eggs
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons clove
- 1 ½ teaspoons nutmeg
- 1 can of pumpkin

In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs. Combine dry ingredients; gradually stir into creamed mixture just until moistened. Beat in pumpkin.

Transfer to two greased 9x5-in. loaf pans. Bake at 350 degrees for 1 hour or until a toothpick inserted in the center comes out clean. Cool in pans for 10 minutes before removing to wire racks to cool.

*For entertainment purposes only.

Thanksgiving Mad Libs



To play: Fill in the blanks with your own silly words. Try not to really look at the full sentences until you're ready to read your finished story.

Once upon a time, there lived a turkey named _____. Unlike the rest of his _____ friends he was

 name adjective
 very _____. All he wanted to do was learn to _____. But everyone knows that turkeys can't

 adjective verb
 _____, _____ tried to put it out of his mind for awhile. He even tried playing _____ with the

 verb same name type of game
 other turkeys. But it was no use! He was on a _____ mission. He was going to learn to _____, even if

 adjective verb
 it _____ him. He knew he'd need some extra help, so he bought some _____, _____, and

 verb ending in ed noun noun
 some _____ and _____ it all together. All the other turkeys watched while they held their

 noun verb ending in ed
 _____ started _____. He _____ and landed with a big _____.

 plural noun same name verb ending in ing verb ending in ed noun