

DVRC Happenings



Three Year
Accreditation

Delaware Valley Residential Care

“The head bone’s connected to the tongue bone?”

Spring 2020
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Brain Injury Research



Banging your head or if you are a bird, your beak, against a tree would cause serious headaches, jaw, neck and vision problems and most likely lead to a brain injury. That is not the case for woodpeckers. They “drum” against trees 20 times per second and undergo no injury. Woodpeckers live in forested areas around the world, except Australia. They hammer holes into trees to extract insects, sap and to attract a mate, all without hurting themselves.

Woodpeckers have strong tail feathers and claws that allow them to keep balance as their head and beak hit the tree. Their bodies differ from humans and other avian species. They have specialized skull bones, neck muscles, beaks and tongue bones. Their skull bones are stiffer and stronger compared to other birds. They have a thinner skull and they also have less fluid separating their brain from their skull. This helps to reduce the motion of their brain during pecking. Think about what happens if you shake the yolk of a hard-boiled egg verses the yolk of an uncooked egg. The yolk in the hard-boiled egg does not move, while the yolk in the uncooked egg becomes

“scrambled”.

Woodpeckers also have a bone inside their tongues to help extract insects and sap from trees. Their tongue bone wraps around the base of their skulls to down past their eyes. Their tongue bone acts as a spring and lessens the force and vibrations from the pecking. One of the scientists that was researching the difference between woodpeckers’ brains and humans’ brains unfortunately died in November of 2019, but the unknown author of the article hopes continued research will shed light on protective measures against brain injuries. *How do woodpeckers avoid brain injury? (2020, January 31). Retrieved <https://theconversation.com/how-do-woodpeckers-avoid-brain-injury-120489>*

COVID-19: There's No "You" in Quarantine



DVRC is taking all the preventative measures to ensure the health and safety of our residents and staff. Currently, our residents are not going on any outings or trips. The Structured Day building is closed for day program and meals. Residents are staying in their homes.

The day program is ongoing in the resident homes or outside (if weather permits). Staff are hand delivering all meals and beverages. Unfortunately, family and friends (until further notice) are not able to visit. Several of the administrative staff are helping to reduce the spread of COVID-19 by bleaching and disinfecting all surface areas multiple times per day. Security staff are screening all staff at the entrance and taking external temperatures. If a resident is to become infected with the virus, we

have designated one of our apartments as a quarantine home.

DVRC will continue to put our residents and staffs' health and safety first. Thank you for your cooperation and patience during this uncertain time.



New Faces

Please welcome our newest staff since February.

Residential Care Assistant:

Shareefah T.

Terry E.

Marie M.

Nasir S.

Tonine R.

Chynah A.

Kaniya D.

Wendy Z.

Quashawn S.

Stephen B.

Waynesha G.

Guerlande J.

Erika B.

Tameeka W.

Jhasmyn P.

Vincent M.

Qadirah B.

Wynston D.

Juanita B.

Sharmaine S.

Administrative:

Tynesha R.

Catherine D.

Management:

Kelsey V.

William M.

Maintenance:

Chailil T.

Dietary:

Nicholas R.

Taylor P.

Felicia B.

Corey T.

Jaqueline B.

Security:

Caleb B.

Therapists:

Jessica A.

Emilie B.

Christina T.

William S.

Erik L.

Jessica B.

Marie G.

Siani N.-C.

Ashley S.

Christy J.

Kaela K.

Raquel M.

Jessica T.

Give Your Mother the Respect She Deserves

April 22nd was Earth Day. Earth Day does not have to be just one day. Let it be every day. What can you do to help sustain our earth? If you can, walk/wheel to your destination instead of riding in a vehicle to reduce gas emissions. Recycle, recycle, recycle! Try to use a

reusable cup or mug, use a wash cloth instead of paper towels or a fabric bag instead of a paper or plastic bag. Always turn off your lights after leaving the room and appliances such as coffee makers and televisions after use. You can conserve water by not letting the water

run when brushing your teeth or limiting your shower to less than ten minutes. You can also opt to use cold water as much as possible. When you are not in your apartment and at night, turn down the thermostat. You can beautify your space/home by adding a potted plant.

Manager Spotlight



DVRC is pleased to welcome Mark McAndrew. He is our new Human Resources Manager. Mark started working here at the end

of January. He's from the Northeast section of Philadelphia. He attended Holy Family University. Mark started his career in case management for a non-profit. He then became the Human Resources and recruiting manager for a personal care home. In his free time, he likes to spend time with his family. He also recently

purchased a home and is working to fix it up and make it his own. As the new Human Resources Manager, he hopes to grow and develop strong, reliable and hardworking staff. He is looking forward to meeting all the residents and staff. Please say 'hello' to Mark when you see him!

Resident Spotlight

Vince has been with DVRC since February of this year. He endured a massive stroke on January 28, 2019. He recalled going to bed the night of January 27th and waking up at Kindred Hospital. He remembers calling out of work seven times. His workplace became concerned and called Chester Police to do a wellness check. When they arrived, his apartment door was left wide open and Vince was nowhere to be found. Vince tried to

drive himself to the hospital. He, at some point on his way to the hospital, called his friend and the friend told him to pull his car over and the friend would come meet him. The friend found Vince at the Chester Transportation Center. Once at the hospital, the doctors originally thought he was drinking and driving. He was given a blood alcohol test and when the results came back inconclusive, they quickly realized

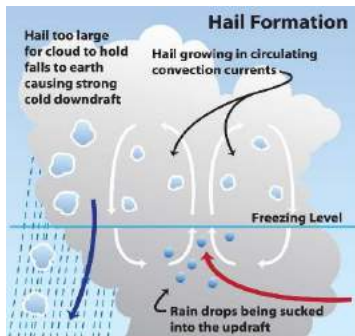
something else was wrong. He was taken for a CT scan and the scan revealed Vince had had a massive stroke. Vince described the scan as being 'lit up like a Christmas tree.' After the diagnosis, he went to three different hospitals. He was put in a medically induced coma for two weeks. At first, he woke up when a friend came to visit and then fell back to sleep. He was eventually awakened by the doctors. He lost all mobility on the

right side of his body. Vince works every day to get better. He would like to walk again and

would like people in his situation or similar situations to never give up and work hard.

Please stop and thank Vince for sharing his brave and amazing story!

April Showers bring May Flowers or Something to That Effect



Did I see hail in April? Hail usually occurs between the months of May to September when the weather is warmer, but if there is

lots of moisture in the air, thunderstorms and freezing temperatures in the clouds, hail can occur. This March and early April brought rain and colder temperatures. In the picture below there are two rainbows. Rainbows are formed when light shines through water (raindrops) or when the sun comes back after a

rain or thunderstorm. The light then bends revealing a curve, similar to a reflection in a mirror. Double rainbows are caused when light reflects twice off a raindrop.



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A Special Thanks to Our Families...

COVID 19 has been very uncertain and difficult to all of us, especially our residents. DVRC would like to thank all the families and loved ones that came out for our Memorial Day Parade. You truly made everyone's day.





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Pioneering Remarkable Lives

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**Delaware Valley
Residential Care**
280 Jacksonville Rd.
DELAWARE VALLEY
RESIDENTIAL CARE
Community Based Brain Injury Rehabilitation

EARTH DAY WORD SEARCH

After finding all the words, the leftover letters will spell a hidden message starting from the top row, left to right.

G	B	O	X	E	S	U	B	R	O	W	N	S	C
R	S	E	L	F	L	O	W	E	R	S	E	A	A
A	P	P	O	L	L	U	T	E	D	S	P	V	R
S	L	G	W	O	R	M	S	M	S	A	L	E	D
S	A	R	E	A	R	T	H	E	N	R	A	D	B
T	N	E	S	H	B	O	T	T	L	E	S	E	O
R	E	E	P	L	P	N	R	A	A	C	T	G	A
E	T	N	R	P	R	A	A	L	K	Y	I	L	R
E	C	L	I	G	H	T	S	O	E	C	C	A	D
P	L	A	N	T	S	U	H	C	T	L	E	S	R
A	E	C	G	G	A	R	B	A	G	E	W	S	E
P	A	L	I	T	T	E	R	N	L	T	A	O	D
E	N	O	W	A	S	T	E	S	A	U	T	I	U
R	R	E	A	C	O	M	P	O	S	T	E	L	C
D	I	R	T	R	T	R	E	U	S	E	R	H	E

BOXES
FLOWERS
GRASS
GREEN
PLANTS
SPRING
TREE

CANS
GLASS
LIGHTS
METAL
PAPER
RECYCLE
REDUCE

BOTTLES
CLEAN
NATURE
PLASTIC
REUSE
SAVE
WATER

BROWN
GARBAGE
LAKE
LITTER
POLLUTED
TRASH
WASTE

CARDBOARD
COMPOST
DIRT
EARTH
PLANET
SOIL
WORMS