



## Brain Injury Research

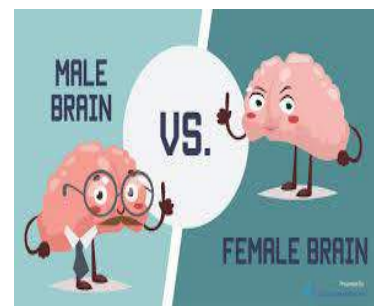
No two brains are the same, especially injured brains. Like many diagnoses, brain injury lies on a spectrum, mild to severe. Males and females also may respond differently to brain injury.

Neurobiologist, Ramesh Raghupathi from Drexel University and his colleagues found that male mice tended to suffer depressive behaviors rather than their female counterparts, exhibited more headache-like symptoms. Raghupathi also found differences on a molecular level that could better explain sex difference in TBI responses.

The male mice had more dopamine transmission or the body's message center. Previous research has indicated that impaired dopamine signaling can lead to depression. Raghupathi and his team continue to research the effects of TBI on mice by using swimming tests and filament or a threadlike fiber to touch the faces of the animals and record their sensitivity as a measurement of headache-like symptoms.

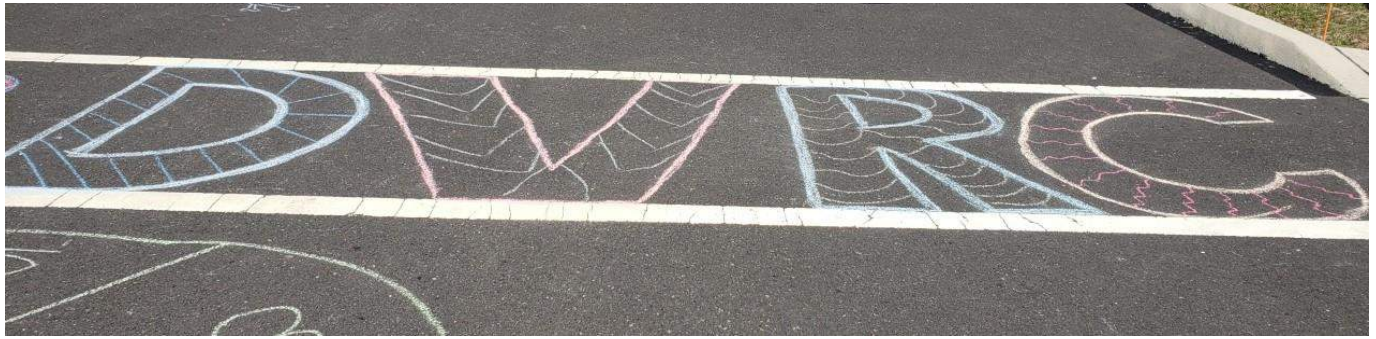
A different study was conducted to determine if there was a difference in cognitive functioning (processing speed, executive functioning and memory) after a TBI as it relates to gender. 83 males and 74 females with mild to severe TBI were studied. Females scored much higher on tests of visual memory. No other differences were found.

Sex Differences in TBI (2020, July 2). Retrieved from <https://www.the-scientist.com/news-opinion/sex-differences-in-tbi-34642> Does gender influence cognitive outcome after traumatic brain injury? (2020, July 2). Retrieved from <https://www.tandfonline.com/doi/full/10.1080/09602010903250928?scroll=top&needAcce>



### Fun facts:

- Men have 10% larger brains than women
  - But that doesn't mean they are any smarter
- Men are more likely to take risks under stress than women (resulting in more of a likely hood of brain injury)
- Dementia effects women more than men



## **New Faces**

### **Residential Care Assistants:**

Kaitrill F.

Nidirah H.

Alexis H.

Jazmine G.

Brandon C.

### **Shift Supervisors:**

Morgan B.

Jalen F.

### **Administrative:**

Kathy G.

Lyanne D.

### **HR Recruiters:**

Kacie M.

Joel S.

### **Maintenance:**

Raheem O.

### **Dietary:**

Tiffany L.

### **Therapists:**

Tara D.

Shawn F.

Nicholas P.

### **LPN:**

Cassidy M.

## **COVID-19: Mask up friends!**

DVRC continues to take all the preventative measures to ensure the health and safety of our residents and staff. Our residents are going on “social distancing” outings and trips again.

Bill and the maintenance team are diligently working to clean and get the team centers ready for our Structured Day Program and reentry to our main building. DVRC staff have done our best to keep residents spirits up.

We had two family parades that allowed families and loved ones to honk their horns while driving around with signs. Our residents made signs as well. Families are able to schedule visits and to speak to residents from the safety of their own vehicles.

Security staff also continue to screen all staff at the entrance and take external temperatures. Staff are wearing masks at all times for their own safety and the safety of our residents. One of our townhomes will continue to be used as a quarantine home in the case that we need to self-quarantine a COVID 19 positive resident. We are able to accept new residents and will hopefully have some new faces soon.

DVRC would like to thank all our residents, staff and families for their kindness and understanding during this usual time. Let's continue to support each other.



## Manager Spotlight

Kelsey Vargun started in February as the new Business Office Manager. She recently bought her first home in Bucks County, where she grew up. Kelsey received her Criminal Justice degree from Penn State Abington and as a child thought she would become a lawyer someday. Before coming to DVRC she worked in the service coordination field for seven years.

In her spare time Kelsey likes to travel (pre-COVID). Her two favorite vacations were Italy because of the food. If she could, she would eat pasta every day. Who wouldn't? Her second favorite vacation was the Bahamas for the "white sandy beaches". She also loves to eat pizza, just plain, no toppings needed. Kelsey's friends would describe her as honest, loyal and funny. She would like the residents and staff to know that she is here to help as much as she can. Please officially welcome Kelsey to DVRC!

## Resident Spotlight

Eileen moved to DVRC in late October of last year. She is originally from Ridley Township, Delaware County. She is of the Catholic religion and her older brother is a priest. She was married for eight years and has two adult children, a son that has autism and is 22 years old and a daughter that is 28 years old. She is also a proud grandmother.

In May of 2018, she suffered an aneurysm and lived in a nursing home before moving to DVRC. She worked as a home health aide for many years. When not attending day program or socializing with friends, she enjoys playing games on her phone or board games. She hopes to get an iPad soon to play more online games. She always is drinking coffee or has her coffee mug nearby. She drinks her coffee with only sugar, no milk or cream. Eileen enjoys her routines and goes to bed every night at 9pm.

Some of her favorites are the Big Bang Theory (she likes to think she and Shelton are like minded), 60's and 70's music, pizza and Christmas. If she could have a superpower it would be extrasensory perception (ESP) or a sixth sense. Her friends would describe her as quiet, smart and loyal. Please feel free to ask Eileen about her ESP. She has much to share.



- Loves animals (dogs, cats and squirrels)
- Speaks another language
- Favorite holiday: Halloween
- Enjoys "romcoms", "80's" movies and reality TV
- Loves seeing concerts of all musical genres
- Superpower: the ability to fly



Eileen enjoying her coffee!



# Summertime activities

This summer was a little different than others, but we still made light of the situation. We fished, saw zoo animals, dinosaurs, fireworks, Eastern State Penitentiary and relaxed in the sun. Here's a glimpse into our summer.



Drew enjoying the 4<sup>th</sup> of July parade



Tracie's necklace glows along with her smile



Abdul's catch of the day



Doug "imprisoned" at Eastern State Penitentiary



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