The Happenings
at Rockville Nursing Home

Welcome Our Newest Staff!

- Magdala Pierre, GNA
- Mariam Toure, GNA
- Juliana Boakyewaa, GNA
- Adama Dainkeh, GNA
- Mulugheta Aregay, GNA
- Not Pictured: Ophiona Moore, Activities

Did you know...
The first day of spring is called the vernal equinox. What does that stand for you ask? 'Vernal' is Latin for spring while 'equinox' is Latin for 'equal night'
Source: http://wdtn.com/2014/03/20/10-fun-facts-about-spring/

April 2016

“Providing superior care for our residents and peace of mind for families.”
A Note from the Administrator

To your Health!!!

The American Heart Association recommends eating fish at least twice a week. The omega-3 fatty acids in fish have been shown to reduce triglycerides, irregular heartbeats and blood pressure and also slow the growth arterial plaques. It turns out that wine can also boost the omega-3 levels...

Heart

Vincent P. McCubbin Administrator

Infection Preventionist Column

Lyme Disease

As warmer weather approaches (finally!), more people will be heading outdoors to enjoy the sun. As Maryland is one of the states that are considered a high risk area for Lyme disease, it is important to stay vigilant in prevention of tick bites and seeking immediate treatment in cases where Lyme disease is suspected.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted from the bite of a black legged tick. The most common initial symptom to look for after a known tick bite is a rash that takes on a bullseye appearance around bite site and may gradually spread. The rash does not always appear where the tick bite was noted and may appear on different location. Other symptoms to look for are fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. These symptoms may occur within the first 3 to 30 days after the initial tick bite. Later signs and symptoms which may occur days to months after the tick bite include: severe headaches and neck stiffness, additional rashes on other areas of the body, arthritis with severe joint pain and swelling, loss of muscle tone or droop on one or both sides of the face, intermittent pain in tendons, muscles, joints, and bones, heart palpitations, episodes of dizziness or shortness of breath, nerve pain, and short-term memory loss.

Lyme disease is treatable with a course of antibiotics. The treatment is most effective the sooner Lyme disease is diagnosed. Patients that are treated for Lyme disease usually recover fully with no lasting side effects. In a few cases, some patients may have symptoms for more than 6 months and it is known as "Post-treatment Lyme Disease Syndrome." Oral antibiotics have been successful in treating these patients.

As always, it is best to take preventive action against Lyme disease. Before heading outdoors, make sure to protect yourself from tick bites by avoiding wooded and bushy areas, using repellents registered by EPA, treating clothes with tick repellant and showering immediately after coming in from the outdoors. Parents can conduct full body checks on children and themselves for ticks and properly remove them if found. Clothes can be placed in the dryer using high heat for approximately one hour to kill off any ticks that may be on clothing.


Yoo Jin Kim, RN BSN
Infection Preventionist

-Anonymous

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