

## Spotlight Employee of the Month

### Milagro Ortiz

Milagro has been employed at Rockville Nursing Home since December 2008. She works with the Nursing Department. Milagro is happily married with three children. She enjoys bicycling, running, reading and shopping.



Favorite type of Music: Salsa  
Favorite Color: Peach  
Favorite Food: Salad, Fruits, and Salmon  
Hometown: El Salvador  
Idea of a Perfect Day: "Being with my family"

*"She's a good, loyal worker. Warm and caring."*

*-Anonymous Resident*

*"Milagros always goes above and beyond for the residents at RNH. She sets an excellent example for her fellow staff members. She is compassionate and a strong advocate."*

*-Alex Campbell, BSN, RN  
2<sup>nd</sup> Floor Unit Manager*

*"Milagro, Thank you for being such a dedicated and valuable employee. We sincerely appreciate your hard work."*

*-Margaret Armah, BSN, RN, CLTC  
Director of Nursing*

## Did you know?

The first parade in celebration of St. Patrick's Day was not held in Ireland at all, but in Boston, US in 1737. This was followed by an "official" parade in New York in 1766.



## Welcome Our Newest Staff!



Augustine Aryeh, GNA

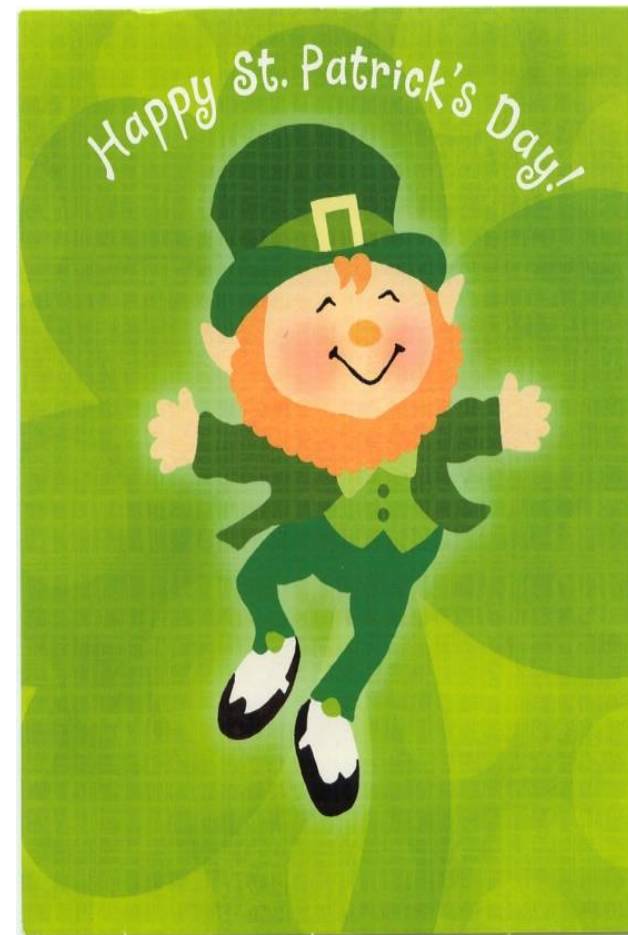


Abeba Mamo, CMA

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# The Happenings

at Rockville Nursing Home



# MARCH

*"Providing superior care for our residents and peace of mind for families."*

## March Staff Birthdays

Nelson Vazquez – 1<sup>st</sup>  
Robert Lockman – 2<sup>nd</sup>  
Jay Carpenter – 4<sup>th</sup>  
Reemy Akakpo – 6<sup>th</sup>  
Jan Rosen – 8<sup>th</sup>  
Irene Kabba – 12<sup>th</sup>  
Magdala Pierre – 15<sup>th</sup>  
Naveeta George – 16<sup>th</sup>  
Linda Green – 19<sup>th</sup>  
Phailath Sayavong- 20<sup>th</sup>  
Jany Suryadeth – 20<sup>th</sup>  
Josephine Bobie – 23<sup>rd</sup>  
Pierre Noulaye – 24<sup>th</sup>  
Guirlaine Selon – 25<sup>th</sup>  
Mahn Boutsady – 28<sup>th</sup>



Happy  
Birthday

## Lyme Disease

Lyme disease is caused by four main species of bacteria. *Borrelia burgdorferi* and *Borrelia mayonii* cause Lyme disease in the United States, while *Borrelia afzelii* and *Borrelia garinii* are the leading causes in Europe and Asia. The most common tick-borne illness in these regions, Lyme disease is transmitted by the bite of an infected black-legged tick, commonly known as a deer tick. You're more likely to get Lyme disease if you live or spend time in grassy and heavily wooded areas where ticks carrying Lyme disease thrive. It's important to take common-sense precautions in tick-infested areas.

### Early signs and symptoms

A small, red bump, similar to the bump of a mosquito bite, often appears at the site of a tick bite or tick removal and resolves over a few days. This normal occurrence doesn't indicate Lyme disease.

However, these signs and symptoms can occur within a month after you've been infected:

**Rash.** From three to 30 days after an infected tick bite, an expanding red area might appear that sometimes clears in the center, forming a bull's-eye pattern. The rash (erythema migrans) expands slowly over days and can spread to 12 inches (30 centimeters) across. It's typically not itchy or painful but might feel warm to the touch. Erythema migrans is one of the hallmarks of Lyme disease, although not everyone with Lyme disease develops the rash. Some people develop this rash at more than one place on their bodies.

**Other symptoms.** Fever, chills, fatigue, body aches, headache, neck stiffness and swollen lymph nodes can accompany the rash.

### Later signs and symptoms

If untreated, new signs and symptoms of Lyme infection might appear in the following weeks to months. These include:

**Erythema migrans.** The rash may appear on other areas of your body.

**Joint pain.** Bouts of severe joint pain and swelling are especially likely to affect your knees, but the pain can shift from one joint to another.

**Neurological problems.** Weeks, months or even years after infection, you might develop inflammation of the membranes surrounding your brain (meningitis), temporary paralysis of one side of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement.

### Risk factors

Where you live or vacation can affect your chances of getting Lyme disease. So can your profession and the outdoor activities you enjoy. The most common risk factors for Lyme disease include:

Spending time in wooded or grassy areas. In the United States, deer ticks are found mostly in the heavily wooded areas of the Northeast and Midwest. Children who spend a lot of time outdoors in these regions are especially at risk. Adults with outdoor occupations also are at increased risk.

Having exposed skin. Ticks attach easily to bare flesh. If you're in an area where ticks are common, protect yourself and your children by wearing long sleeves and long pants. Don't allow your pets to wander in tall weeds and grasses.

Not removing ticks promptly or properly. Bacteria from a tick bite can enter your bloodstream if the tick stays attached to your skin for 36 to 48 hours or longer. If you remove a tick within two days, your risk of acquiring Lyme disease is low.

**Complications:** Untreated Lyme disease can cause:  
Chronic joint inflammation (Lyme arthritis), particularly of the knee  
Neurological symptoms, such as facial palsy and neuropathy  
Cognitive defects, such as impaired memory  
Heart rhythm irregularities

### Prevention

The best way to prevent Lyme disease is to avoid areas where deer ticks live, especially wooded, bushy areas with long grass. You can decrease your risk of getting Lyme disease with some simple precautions:

**Cover up.** When in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves. Try to stick to trails and avoid walking through low bushes and long grass. Keep your dog on a leash.

Marianne del Rosario, RN  
Infection Preventionist



Quality Assurance  
Performance Improvement

Excerpt from: <https://www.mayoclinic.org/diseases-conditions/lyme-disease/symptoms-causes/syc-20374651>