



Rehabilitation | Long Term Care  
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The Palliative Care Center at Sundale

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## January/February Newsletter

Monday, February 15th 2010

### Employee of the Month

Ellie Dunn was selected as the employee of the month for December. Ellie has been at Sundale for the past 10 years; she works as a Certified Nursing Assistant. Ellie not only takes excellent care of her residents she goes above and beyond, she brings them things she knows they would like, they become a part of her family and she sincerely cares about each one. When a recent snow storm hit our area Ellie who I should tell you is over 70 years young, beat the cold and terrible roads to come in and help out and make sure her residents were well cared for along with anything else that came along in the facility that she could do. We first thought she came out for the pizza we ordered for everyone but then quickly realized, no that is Ellie, she is here for her residents, and she does like pizza. Ellie is a perfect example of a star employee, we honored her with a certificate, \$50.00, employee of the month pin and a special party with staff, families and residents, with great pies and ice cream. Thank you Ellie for the fantastic job you do at Sundale.

### Bob Evans Benefit Night

In December we had a Bob Evans Benefit night and raised \$37.00 for the resident council. Bob Evans has this program for any not for profit agencies. On the day we had it we was going to take the residents out to eat there but the weather was bad and we was not able to go. We hope to go to the next one on February 26th. We get a percentage of the sales for the day through this program. However, patrons have to have a certificate/coupon that says you heard about the program and that is why you are there, we will have them located in the front lobby if anyone is interested in participating. Thank you for the support from that last benefit.

### Alzheimer's Association Memory Walk - April 24th

We have registered our team for the Alzheimer's Association Memory Walk. It will be held on April 24<sup>th</sup> starting at 9:30am at the Coliseum. Last year our residents raised \$1,000 for the event and this year we plan to do the same. Alzheimer's has moved to the forefront of today's medical research, the reason could be related to an increase in the disease or that we are currently recognizing more cases of dementia as Alzheimer's. Research has come a long way and new medications are coming to the market that can help slow down the process. We can only hope for a cure. Come join us as our residents join hundreds of others in a walk for a cure.

### National Alzheimer's and Dementia Week - February 14<sup>th</sup> through the 21<sup>st</sup>.

The National Council of Certified Dementia Practitioners has set aside the week of February 14<sup>th</sup> for facilities to education their staff, families and the overall community about Dementia. Alzheimer's is a form of Dementia, though there are many other types. It is so hard for families to understand why mom or dad knows them today and then tomorrow they may not. Dementia fluctuates so much that each day is different for a resident with dementia. The most important thing to remember is they can't live in our world; we have to live in theirs. We have to go back to where they are, if they think they are in their child hood years, then talk to them about that time, what was it like, who were your friends, what was the best game to play, that creates a happy time, a moment of joy, if you try to bring them to reality then your visit will not be pleasant, it will most likely start and argument. We have information on dementia that was written by Jolene Brackey that really helps families understand how to cope with their loved ones in these difficult times. You will learn that validating their lives where they are is so much more important than trying to bring them to reality. We will be showing a video on February 15<sup>th</sup> at 6:30pm called "The Forgetting" A Portrait of Alzheimer's. Please join us, the program is open to families, staff and the community. We will have refreshments provided by our dietary department that you won't want to

miss either. Please call Donna Tennant to let us know you are coming. Reservations not necessary though, please come.

#### Random Acts of Kindness Week

The week of February 15<sup>th</sup> is the week of Random Acts of Kindness. We encourage everyone to *pay it forward* with a kind act. When we take a look at what is happening in Haiti and other part of the world we have to be thankful for all the blessings we endeavor. There are so many that are not as fortunate as we are in the United States. Take time and do something kind for someone during Random Act of Kindness Week. We will have kindness cards located in the lobby.

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#### HANDBOOK 2010

Health:1. Drink plenty of water.

2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.

3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.

4. Live with the 3 E's -- Energy, Enthusiasm and Empathy

5. Make time to pray.

6. Play more games

7. Read more books than you did in 2009 .

8. Sit in silence for at least 10 minutes each day

9. Sleep for 7 hours.

10. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:11. Don't compare your life to others. You have no idea what their journey is all about.

12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.

13. Don't over do. Keep your limits.

14. Don't take yourself so seriously. No one else does.

15. Don't waste your precious energy on gossip.

16. Dream more while you are awake.

17. Envy is a waste of time. You already have all you need.

18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.

19. Life is too short to waste time hating anyone. Don't hate others.

20. Make peace with your past so it won't spoil the present.

21. No one is in charge of your happiness except you.

22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.

23. Smile and laugh more.

24. You don't have to win every argument. Agree to disagree...

Society:25. Call your family often.

26. Each day give something good to others.

27. Forgive everyone for everything..

28. Spend time w/ people over the age of 70 & under the age of 6.

29. Try to make at least three people smile each day.

30. What other people think of you is none of your business.

31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!

33. Get rid of anything that isn't useful, beautiful or joyful.

34. GOD heals everything.

35. However good or bad a situation is, it will change.

36. No matter how you feel, get up, dress up and show up.

37. The best is yet to come.

38. When you awake alive in the morning, thank GOD for it.

39. Your Inner most is always happy. So, be happy.

#### Northern Hemisphere Hoodie-Hoo Day

When: Always on February 20

On this winter day, people go out at noon, wave their hands over their heads and chant "Hoodie-Hoo".

It is a day to chase away winter and bring in spring. After all, everyone in the northern hemisphere is sick and tired of winter at this point and a little crazy being cooped up inside all winter and not seeing the sun. Join us at noon, go outside where ever you are and yell "Hoodie Hoo"

Employee of the Year for 2009

A well deserving award was presented to MaryAnn and Dorsey. They have both been working at Sundale for several years as Certified Nursing Assistants; they helped to form the Employee Catastrophic Fund which has been a great benefit to many employees in the short time that it has been active. Both of these ladies work on the one west wing and take very good care of the residents they serve. Congratulations MaryAnn and Dorsey.

Quotes:

I expect to pass through this world but once. Any good therefore that I can do or any kindness I can show to any creature, let me do it now. Let me not defer it, for I shall not pass this way again...

If you had to pick one key to your success in 2010, it would be your ability to stay positive in good times and bad. It's not easy, and we'll all need a little help along the way. However, your positive attitude will help you find what you are looking for....

## Palliative Care Suites

### What is Palliative Care

Palliative care (pronounced pal-lee-uh-tiv) is the medical specialty focused on relief of the pain, stress and other debilitating symptoms of serious illness.

Palliative care is not dependent on prognosis and can be delivered at the same time as treatment that is meant to cure you. The goal is to relieve suffering and provide the best possible quality of life for patients and their families

The New Palliative Care Suites will be located on the west end of the building. The Suites will consist of 15 private rooms, a living room and kitchen area for families and a Chapel. The rooms are state of the art, with furnishing that make it comfortable for both the resident and the family as they approach end of life care. Sundale has a contract with all three area hospice companies, Hospice Care Corporation, Morgantown Hospice and TLC Hospice. They will continue to provide the services for those residents while Sundale provides the day to day care and needs of each resident. We currently average around 20 Hospice patients in the facility. The need for End of Life Care is very important and a need to our community. Sundale is the community choice in Rehabilitation and Long Term Care. Now with the new Palliative Care Suites, we hope to meet more of the needs as patient's transition to this stage in their life.

Palliative care is not a one-size-fits-all approach. Patients have a range of diseases and respond differently to treatment options. A key benefit of palliative care is that it customizes treatment to meet the individual needs of each patient.

Palliative care relieves symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. It helps patients gain the strength to carry on with daily life. It improves their ability to tolerate medical treatments. And it helps them better understand their choices for care. Overall, palliative care offers patients the best possible quality of life during their illness.

Palliative care benefits both patients and their families. Along with symptom management, communication and support for the family are the main goals. The team helps patients and families make medical decisions and choose treatments that are in line with their goals.

Please continue to walk with us on the journey of the new Suites.

## Latest Sundale News and Events

[The Palliative Care Center at Sundale](#) Thursday, September 10th 2009

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