

NEWSLETTER

CHARLOTTE HALL VETERANS HOME

FROM THE ADMINISTRATOR

Memorial Day signifies a time to commemorate the brave men and women who sacrificed their lives to preserve our civil liberties. As Charlotte Hall Veterans Home begins to celebrate National Nurses' Week, National Nursing Home Week, and Memorial Day this month, I would like to acknowledge the heroes that live here, the heroes that work here, and the heroes in the community that have acted as allies to our home. Your patience, support, and perseverance have genuinely helped guide us through these unprecedented times. I hope that the month of May brings brighter days and continuous strides toward our new normal. As always, stay safe.

-Zena Merchant, MHA, LNHA

CONQUERING COVID!

As of April 31st, 97% of residents and 61% of Charlotte Hall Veterans Home staff have been fully vaccinated. Vaccinating over 560 of our CHVH family was no small feat. However, through our partnerships with Walgreens Pharmacy, Washington DC VA Medical Center, and the Maryland Department of Health Technical Assistance Team, we reached this milestone. We are proud to announce that we have received our first 100 doses of the Moderna vaccine for our in-house pharmacy, ensuring continual vaccine availability for our residents and staff. These accomplishments are a direct result of our team's dedication to protecting the Veterans we have the pleasure of caring for.

LET US ALL WELCOME:

William "Bill" Y. Mehdaova, CDM, CFPP



William Y. Mehdaova serves as our Director of Food and Nutrition Services. He oversees a large dedicated team of employees responsible for serving over thirty thousand meals per month. His training programs help meet our veterans' unique nutritional and dietary needs.

With over twenty-five years of experience, his career began working as a professional chef in New York City's fine-dining restaurants. He later joined the healthcare industry and worked for high-volume scale corporations such as Sodexo, Life Care Centers of America, & Morrison Healthcare.

Mr. Mehdaova graduated from Cornell and North Dakota University. He is a nutritionist and a certified dietary manager, the author of the book "The Gourmet Guide To Modern Hospital And Long Term Food," and other culinary and nutrition articles. He enjoys the outdoors, hiking, and traveling around the country.

Bill is humbled and proud to serve those who served.

VETERAN SPOTLIGHT

"MY NAME IS LEON GEORGE GOLABOSKI. [THEY CALLED ME] GOLI."



"I was born in Baltimore. I'm a cold war soldier. We were surrounded by Russian and East German tanks. We thought we were going to have to fight them. I slept with a loaded carbine for three days and three nights. It's a wonder that I didn't blow my head off. [Laughs] I went into the army half-blind and had a concussion. When I first went into the Army, we [received] \$57 a month. When I was overseas, I [received] \$151 a month. I was in Signal Corps. I got the Berlin medal [and] I studied navigation in the Army. I had 42 weeks of advanced infantry. I was in the 351st Regimental Combat Team. I was on Operation Sagebrush 65 years ago."

-Interview by Tori R., Activities

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OUR PARTNERS IN THE COMMUNITY

MDVA PROJECTS

COMPLETED & ONGOING:

- new Security System containing 131 cameras, 41 access card readers, and 11 nursing station monitors
- C-Wing Awning donated by The Maryland Chapter of the Sons of the American Legion
- New Elevators 1, 2, and 3 in Core Building
- New flooring in the HMR administrative offices
- Seal Coat for Parking Lots A & B
- new Resin Tank and Water Softener and control system to C-Wing and Core Building
- Removed and Replace the HVAC unit for the Chapel



IN THE WORKS:

- new HVAC System and Cooling Towers
- Parking Lot Light system to update to LED lighting
- new elevator in the maintenance building (old CBOC)
- canopy to both the Main and D-Wing entrances
- new washing machines



FEATURED DEPARTMENT:

SOCIAL SERVICES

Unmet psychosocial needs are related to mental health disorders such as depression and anxiety. Many residents in facilities experience loss of relationships, loss of personal control and identity, and adjustment difficulties. These adjustments can be very challenging for residents. When their psychosocial needs are met, they thrive as it is essential to our residents' overall health.

The Social Services Department takes great strides in supporting our residents from admission and beyond. From day one, we gather the information that gives us a glimpse into their individuality and life experience. We assess mental and emotional health, assist in discharge planning or end-of-life care, and clarify their advance directives. Our team goes beyond the paper and promotes resident advocacy, care collaboration, and quality of life. We aim to develop meaningful relationships with the residents and their loved ones.



During these trying times of COVID, we continue to play an enormous role in connecting our residents with their families. Our department, like many others, went beyond the call of duty. One case manager delivered groceries to the wife of a resident who had no family and could not get out.

Our Social Services Department is a strong team that believes that mental wellbeing is just as important as physical wellness.

This monthly newsletter is a joint effort of the MDVA & HMR Maryland for the whole CHVH community. For article ideas and contributions, email Carole Lewis at clewis@hmrmd.



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