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POTOMAC CENTER

POTOMAC TIDINGS

## NATIONAL NURSES WEEK AND NURSING ASSISTANTS WEEK

*National Nurses Week* was celebrated from May 6 to May 12. These permanently designated dates are for the observance and recognition of Registered Nurses and Licensed Practical Nurses. Nurses protect and nurture all of the people living at Potomac Center.



*National Nursing Assistant Week* is celebrated June 15 to June 22 as a way to focus on the difference that nursing assistants make in the lives of the people in their care. Every day, 2,500,000 caregivers provide hands-on care to our nation's frail, elderly, or chronically challenged citizens in nursing homes and other long term care settings. At Potomac Center, these workers are Certified Nursing Assistants (CNAs). CNAs bring wisdom, patience, humor, and a general caring to the daily lives of the people they serve.

Potomac Center is fortunate to have a skillful and committed team of nurses and a staff of dedicated and caring CNAs. The lives of those they touch each day have truly been enriched and made better through the services they provide.

## New CPR Guidelines Cardiopulmonary Resuscitation (CPR)

The American Red Cross has issued new guidelines on *Cardiopulmonary Resuscitation (CPR)*, that advise giving 30 chest compressions for each two breaths, instead of the 15 compressions to two breaths.

It is estimated that 300,000 Americans die every year of cardiac arrest. Ninety-five percent of victims die before they get to the hospital. Early chest compressions and defibrillation can reduce this number. Early and effective CPR can double a victim's chance of survival. Chest compressions have been shown to create more blood flow to the body's vital organs until a defibrillator and/or EMS personnel arrive.

Potomac Center has two CPR instructors who have been trained on these new updates. The new guidelines will be introduced in the July 2006 Mandatory Training Day.



POTOMAC CENTER

1380 Marshall Street  
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“QUALITY IS OUR QUEST...”

## DENTAL CARE TRAINING

On May 31, Dr. Robertson, a Hagerstown dentist, trained staff on dental care in general and oral challenges experienced by people with developmental disabilities. Dr. Robertson advocated for the use of electric toothbrushes whenever possible. Also, dipping a toothbrush in Listerine before brushing can produce excellent hygiene results.



## GOLDEN TREASURE OVERLOOKED

In looking for ways to support people with developmental disabilities, we often overlook a treasure that can be found in everyday life. This treasure, called *Social Capital*, is the opportunity to develop friendships with the people we meet on a regular basis.

Over the past six years, several people from Potomac Center have attended the “Blue Grass Country Jam” held at the Zullinger Community Center. This event involves people from the surrounding area who get together to play their instruments and dance. People from Potomac Center are warmly greeted and have become a welcomed part of the regular group.

Returning to the same place where the same people go has enabled friendships to grow and develop. By sharing their interest in music and a desire to meet new people, those from Potomac Center have enjoyed a wealth of fun and interaction and have broadened their *Social Capital* at the same time.



## WARM WEATHER WARNINGS. . .

- Everyone ages six months and older should wear sunscreen. Apply about two tablespoons of sunscreen and reapply every two hours.
- Stay out of the sun, particularly from 10:00 a.m. to 4:00 p.m.
- Look for shady areas. Sit under trees, shelters, beach umbrellas, etc.
- Remember you are still at risk on cloudy/hazy days.
- Cover up with a loose fitting, cotton long-sleeved shirt and pants.
- Wear a hat with a brim 3-4 inches wide.

## SPRING PLANTING

With the arrival of spring, it is time to think about planting flowers to spruce up the areas around the Center. Penny enjoys gardening and has planted flowers in the container that holds the palm tree that sits on the patio of Cottage 1.

