



PRIME TIME

Another Rehab Success Story-“Look at Me Now”

By: *Lori Heavener, Director, Rehabilitation*



Our goal at WCRC is to return patients back to their home environment as quickly and safely as possible. Last year 90% of our short-term rehab candidates on average returned home within 30 days.

David (pictured above) entered our Rehab program in August 2007. An acute illness left him dependent for all daily tasks. Upon admission, the rehab team evaluated his cognitive level, range of motion, functional mobility and activities of daily living. He was dependent on all tasks and required 100% assistance. He was non-verbal, unable to eat, and required a feeding tube. With extensive speech services, he is now able to eat independently and communicate verbally. Speech Therapist, Enid Flaisher, SLP, states, “He went from non-verbal to using phrases to communicate his thoughts. His ability to control his own speech is increasing daily.” Mary Kay Kreutzfeld, LPN, suggested he enjoys a good joke and is strong willed.” At admission, David was unable to walk and required staff to transfer him from his bed to a wheelchair. Today he requires minimal assistance from physical therapy to transfer and he is able to ambulate 100 feet with a hemi cane for support. Jeff Troop, PTA, states, “I see dramatic progress in

terms of his determination, optimism and attitude in achieving his personal goals.” Dana Kaczmarek, CNA, aids with his daily grooming and enjoys communicating with him. Dana states, “He has opened up, accepted our help and he is working very hard towards his independence.” Wendy Brumley, COTA, works on leisure activities and verbal responses to increase his communication with his children and family members. He continues to make progress daily with progressive treatment from our rehab team.

WCRC has recently doubled the size of its therapy department. A variety of new programs that rotate monthly has been implemented, which include: ageless yoga, safety in your environment and energy conservation classes for our patients and staff. Together, our rehab team has over 106 years of experience, providing patients with a vast array of knowledge and



professionalism. One-on-one treatment sessions are regularly provided for WCRC patients to enhance therapy delivery, while ensuring every patient is treated with care and compassion. We provide individualized treatment which includes: cooking, leisure, and sporting activities. The Therapy staff also makes home visits when needed to ensure a smooth discharge home.

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Short Term Rehab

We provide a wide variety of services to promote recovery from:

- Orthopedic Injuries, including Fractures, Dislocations and Hip/Knee Replacements
- Surgery
- Acute Onset of Medical Condition
- Neurological Disorders such as Stroke and Traumatic Brain Injury
- Neuromuscular Disorders and other Complex Diagnoses

Our goal is to promote a quick recovery by offering quality care in a congenial, supportive environment.

Influenza (Flu) - An Infectious Respiratory Disease

By: Merrilee Spry, BS, LPN, Infection Control Nurse

The Centers for Disease Control and Prevention (CDC) announced the designation of the week after Thanksgiving as National Influenza Vaccination Week. This event is designed to raise awareness of the importance of continuing influenza (flu) vaccination, as well as foster greater use of flu vaccine through the months of November, December and beyond. CDC is recommending that people take this opportunity to be vaccinated.

Influenza viruses are spread from person to person primarily through respiratory droplet transmission (e.g., when an infected person coughs or sneezes near a susceptible person). This requires close contact between source and recipient persons, because droplets do not remain suspended in the air and generally travel only a short distance through the air. Contact with respiratory-droplet contaminated surfaces is another possible source of transmission. The typical incubation period for influenza is one to four days, with the average about two days. Adults can be infectious from the day before symptoms begin, through approximately five days after onset of the illness.

Uncomplicated influenza illness is characterized by the abrupt onset of constitutional and respiratory signs and symptoms (e.g., fever, muscle aches, headache, malaise, nonproductive cough, sore throat, and runny nose). It typically resolves after three to seven days for the majority of persons, although cough and malaise can persist for more than two weeks. Influenza virus infections can also cause pneumonia; worsen underlying medical conditions (e.g., lung or heart disease); lead to secondary bacterial pneumonia, sinusitis, or ear infections; contribute to co-infections with other viral or bacterial pathogens and possibly lead to hospitalization or death.

Hospitalizations and Deaths from Influenza

In the United States, annual epidemics of influenza typically occur during the fall or winter months, but the peak of influenza activity can occur as

late as April or May. In the United States, the number of influenza-associated deaths has increased since 1990. This increase has been attributed in part to the substantial increase in the number of persons aged 65 years and older, who are at increased risk for death from influenza complications. Immunizing people in this age group, can improve these statistics and decrease the number of influenza related hospitalizations and deaths.



WCRC's Immunization Efforts

WCRC is proactively involved each year in immunizing its staff members and residents against influenza. Approximately 48% of our employees took advantage of the free flu shot given by WCRC in the 2006-2007 flu season, as well as numerous others who received their flu shot at clinics, private physician offices and elsewhere. We offer free "flu clinic hours" for WCRC employees in an effort to enhance the immunization of our staff, which reduces the prevalence of transmission to our residents during the flu season and benefits the residents in all areas.

The Centers for Disease Control and Prevention (CDC) stress the importance of being vaccinated, to reduce the risk of disease transmission for influenza. In an effort to protect our residents from the disease, their responsible parties are mailed a consent form for influenza, outlining the risks, as well as the benefits of the flu vaccine. More than half, approximately 62% of our residents, were administered the flu shot for the 2006-2007 flu season. During the 2005-2006 flu season, the percentage of residents who were administered the shot was slightly higher. As indicated, our efforts to immunize our employees has improved over the past two years, however, the shots given for resident immunizations has decreased slightly.

It is so imperative to have our residents protected from this infectious respiratory disease, so we urge everyone to contact us if your loved one has not yet received their vaccination.

3rd Annual Western Wayne County Senior Olympics

By: Millie Camilleri, Business Development Associate

Hundreds of seniors participated in the 3rd Annual Western Wayne County Senior Olympics, where Westland Convalescent & Rehab Center was a proud silver sponsor. In spite of the rain, the event was an overwhelming success.

We also participated in the Awards Banquet, which

was hosted by Canton Township. It was so great to see all the Senior Olympians receive their award medals for all their efforts and enthusiasm. It was truly inspiring.

Next year, Westland will be the 2008 host community.



Family Orientation



In our commitment to providing your family and our residents and guests great personalized service, Westland Convalescent & Rehab Center is dedicated to ensuring our patients and families are informed of our available services. As a means of informing families about the pertinent services provided by each of our departments, newly admitted patients' families are invited to meet with our Nurse Educator and other families for a Family

Orientation. In the past, families have reported they found it beneficial to learn more about the services provided by our nurses, social workers, environmental staff and dining service employees. Families have also found it helpful to revisit initial admission information at this time.

For additional information, please contact Linda Chon, RN, BSHA, Nurse Educator at (734) 728-6100, extension 126.

Lowering Cancer Risks & Reducing Side Effects of Treatment

From: National Foundation for Cancer Research (NFCR)

Many foods can assist in reducing the risk of cancer. Below are a few examples of foods that research has shown help prevent cancer:

- Real teas, such as green, white and oolong are rich in flavonoids, powerful antioxidants, which help protect the body against diseases by counteracting the harmful effects of cell damage from free radicals.
- Tomatoes, especially in processed food products such as ketchup and tomato sauce, contain a powerful anti-cancer molecule called lycopene, another powerful antioxidant.
- Foods rich in vitamin C, such as orange juice and other citrus fruits can help prevent mouth, esophageal, lung, stomach and colon cancers.
- Cruciferous vegetables, such as cabbage, broccoli, brussels sprouts and turnips stimulate the immune system and help protect against colon, stomach and respiratory cancers.

For more information about natural food ingredients that help fight cancer, visit our website at www.NFCR.org.

Reducing the Side Effects of Cancer Treatment
NFCR is leading the way in researching new approaches to treat cancers while reducing the debilitating impact of

current cancer treatments.

When discussing cancer treatment options, people are often divided into two groups: those who support modern medical technologies and those who prefer traditional herbal treatments.

NFCR scientists at the Yale University School of Medicine are conducting research on combining Chinese herbal medicine with current chemotherapy treatments. They have discovered four different herbs



Research for a Cure

that have the potential to help relieve the side effects of chemotherapy, such as nausea, fatigue, pain and insomnia. But

also by limiting the side effects of chemotherapy, the dosage of these cancer killing drugs can be increased without minimizing the patient's quality of life.

Please be sure to consult your physician before taking any natural remedies or natural products. Not all natural remedies and products are compatible with chemotherapies.



WCRC NEWS & NOTES

- Congratulations to Laura Singleton on her promotion to Rehabilitation Assistant. Laura previously worked the Day Shift on Station #3 as a Unit Coordinator.
- A warm note of gratitude is extended to WCRC Employees, Jeff Troop, Physical Therapy Assistant and Gani Villaroman, Physical Therapist, for donating free lunch coupons for the entire staff after having won a contest at Qdoba Mexican Grill on Warren Road in Westland.
- Best Wishes to WCRC patients, Ralph and Marilyn, for successfully transitioning to assisted living facilities utilizing the services of the Nursing Facility Transition Services (NFTI). For additional information regarding this program, please contact our Social Service Department.
- Renovations continue at WCRC with the remodeling of the Rehab Unit patient rooms. As part of our ongoing capital improvement program, patient rooms on the specialized Rehab Unit will go through a partial, yet obvious, transformation. Each room will be painted in neutral colors like Tuscan Tan and Windsor Cream with Palladian Blue ceilings to create a calming, peaceful space that permits relaxation and tranquility. New tile flooring in Doe Peach is being installed connecting bathrooms to the patient rooms, which coordinates nicely with walls and bed coverings.



Just A Reminder...

- ... Now you can see and talk with Mom, Dad, a family member or friend at WCRC from your home or office computer. All you need is internet access and a phone. Just call WCRC at (734) 728-6100 and you will be given a User Name and Password. A time will be arranged for you to see and talk live and in person. In seconds, you are united!
- ... When taking a patient out of the facility for any reason, please notify the nursing staff and sign out before leaving.
- ... Please remember to bring in clothing for our patients that is appropriate for the change in weather.
- ... Patients returning to the facility after a hospital stay are required to sign re-admission forms within 24 hours from date of return. Please contact Loretta Johnson or Lidia Muresan in the Admissions Department.
- ... Remember to send Holiday greetings to our patients via the Home-2-Home program. Visit our website at www.westlandcc.com.
- ... Remember to notify the Accounts Receivable Department, if you have any changes in a patient's insurance, since this is the time of the year for open enrollment for most health insurance companies.



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