



PRIME TIME



A Message from the Administrator: A New Beginning

By *Judith G. Caroselli, RN, NHA*
Fellow American College of Healthcare Administrators

In 1969, three short years after Nankin

Township became the Charter City of Westland, the doors Westland Convalescent Center, Inc. (WCC) opened. And just as that new city of 70,000 grew and modified from time-to-time so have we...one of the original, lasting namesakes in one of Michigan's largest cities. Our first big change in 1973 added a 120 bed addition to the existing 110 bed facility. Over the past many years, those who have known us for a while witnessed many changes as we adapted to the dynamics of health care.

In 2009, one year after becoming part of the premier Olympia Group, LLC Westland Convalescent & Rehab Center (WCRC) is undergoing another essential renovation to assure that we remain on the cutting edge and a leader in rehab and skilled care.

Over the next few months we ask for your patience and tolerance as some inconveniences may come your way during this project. The end result is going to be absolutely fabulous.

PHASE 1: REHAB UNIT & STATION 2:
Bedroom, bathroom & shower rooms: complete renovation

New bedroom furnishings: beds, nightstands, closets, light fixtures, wallcoverings & more.

Windows: wrapped with beautiful fabric cornice boards complementing coordinating bedspreads. All items carefully selected by a design team

dedicated to rehab and skilled care environments. Shower areas, now known as "Nankin Springs" will offer a soothing, peaceful surrounding so that each person's personal care is given with sensitive dignity in a place of comfort & serenity.

PHASE 2: NEW CONSTRUCTION will add patient rooms (eliminating all 3 & 4 bed rooms); enlarge rehab department, add office space, conference rooms, dining rooms and education center. Expand the Garden Café (main dining) and staff lounge. The expansive, yet cozy, dining room will give you the space you need to enjoy a nice leisurely dinner while visiting.

In limited writing space we cannot begin to tell you all that you will see. Just know that under the new ownership, a team of professionals who believe in what we do and who we are, you will see and feel their commitment to a lasting service to the citizens of this historic community and for many of our fine neighbors.

Thanks again for working with us during these projects. Every consideration has been given to the health, safety and well being of the persons we are honored to care for, our staff and all who visit during this process.

What a grand time to celebrate our first year under new ownership and 40 years of serving the Westland community.

Inside this issue:

Hungry in Michigan	2
Gardener's Corner	2
Announcing New Physical Medicine & Rehabilitation Physician to our Medical Staff	3
All About Nutrition	3
WCRC News & Notes	4
Just a Reminder	4

"If wrinkles must be written on our brows, let them not be written upon the heart. The spirit should never grow old."

— James A. Garfield, American President (1831–1881)



Hungry in Michigan

By Lucy Poirier, RN, Operational Support Services

Michigan's economy is the worst it has been in years. The unemployment rate has reached double digits and the automotive industry is on shaky ground. Some of us may know someone who has recently lost their job, their home and may not know where they're going to get food for dinner tonight.

Did you know 1 in 10 people in Michigan use food banks? In fact, 68% of those have high school diplomas, 45% live in rural or suburban areas. 34% are children, 13% are homeless and 8% are the elderly. This year there has been a 35% decline in food donations to area food banks, at a time when it is needed most.

The staff, families and friends of Imperial, St Joseph's, Regency, Westland and the Olympia

Corporate office became Hungry Heroes in the month of February when they collected over 800 pounds of food for Gleaner's food banks. These heroes set boxes out in the front lobby of their facilities and called upon everyone that could to make a small donation to the food drive. One can, one box, one dollar whatever they could spare. In as little as ten days the response was overwhelming. Everyone had the desire to help, and felt the need to contribute to those less fortunate.



Great job to all those involved. Thank you for your time and effort. I am proud to work with so many Hungry Heroes.

For additional information regarding Gleaners Community Food Bank, visit their website at <http://www.gcfb.org/site/PageServer> or call 1-866-GLEANER (866-453-2637).

Gardener's Corner

By Jeff Watts, C.G.F.A., Adv. Master Gardener



Winter is the perfect time to begin thinking about your future garden. Plant and seed catalogues abound at this time, making the plant selection process a little easier or more difficult, if you're a plant lover like me.

Think about using our featured plant in your garden this year. It's another one of my favorite plants: the Japanese Anemone. The scientific name is *Anemone x hybrida* and is in the Ranunculaceae family.

If you've got a shady spot in your garden, you might consider this beautiful flowering perennial plant. They produce a beautiful five

petal, 2-3" flower in shades of white to pink. They really brighten up the shade and begin



flowering in September when most other perennials have long since flowered.

Japanese Anemone require protection from the afternoon sun and prefer rich, moist soil.

Regular watering and fertilization will help them thrive as well. I hope you'll enjoy these photos and consider planting some in your own garden!

LEADERS IN SUB-ACUTE REHABILITATION

Announcing New Physical Medicine & Rehabilitation Physician to our Medical Staff



Jeff S. Pierce, D.O. completed his Physical Medicine and Rehabilitation residency at the University of Illinois, Chicago and obtained sub-specialty training in Musculoskeletal, Sports Medicine and E.M.G./ Electromyography, Manual Medicine and spinal Injections.

His focus for each patient is comprehensive evaluation, proper diagnosis and individualized treatment regimens. Dr. Pierce believes strongly in patient education as it relates to their diagnosis, surgery or injuries to encourage the patient to share responsibility in the rehabilitation process teaching prevention techniques to prohibit future injury and empowering patients to control their situation.

He created an aggressive, non-surgical and comprehensive spine care program which has over an 80% success rate for return to work/normal function.

In addition to his practice, Dr. Pierce is the founder of Athletes Unlimited, a non-profit organization for the support and development of athletes with physical challenges. He works hard to educate the community on disabilities, breaking down barriers

between able- and disabled bodies with a firm belief that no active individual should be restricted by any boundary. He is the Medical Director of the Michigan Sports & Spine Centers; served 3 terms on the Governor's Council on Physical Fitness, Health and Sports being an active member on the task force to create the prescription for fitness for the State of Michigan. Dr. Pierce has been the Team Physician for the University of Michigan-Dearborn Athletics, Belle Tire Hockey Teams, Little Caesar's AAA Travel Hockey, the Detroit Fury and Detroit Dogs. He authors a column in Hockey Weekly, "Ask the Doctor," which has educated and advised the hockey community for nearly 3 years. He is known throughout the entertainment community as "Doc Rock" treating entertainers who perform at local venues.

The expertise, involvement and fresh approach Dr. Pierce brings to WCRC has ignited and inspired our rehab team of professionals who work closely with and get frequent advice and leadership from one of Michigan's best specialists in Physical Medicine & Rehabilitation.

If you come to WCRC for rehab you know you are getting the best. Welcome to Dr. Pierce and his entire team!

All About Nutrition

By Simone Heath, Regional Nutrition Director



Healthy eating and physical activity are important lifestyle habits for people of all ages and they are of particular importance for the elderly. Studies have shown that 87 percent of older Americans have a chronic disease that can be improved through nutrition. Eating a healthy diet can reduce

the risk for many conditions associated with aging, including anemia, confusion, infections, hip fractures, hypotension, and wounds. And when combined with regular physical activity it can reduce the risk of many chronic diseases, including osteoporosis, type 2 diabetes, heart disease, stroke and some cancers. Our facilities employ qualified Registered Dietitians and Dietary Managers who ensure that our residents are receiving a balanced diet. Our nutrition staff is also available



for individual consults to educate our residents, as well as family members, on all aspects of nutrition and the importance of food groups. We also have rehab and activity departments to help with physical activity.

In addition to the many activities offered, the facilities have added the Wii interactive video game, which offers activities that are directed towards a core workout incorporated with fun.

We encourage our residents to participate in the posted scheduled activities. Our staff is dedicated to developing a comprehensive plan that promotes corrective and preventative measures for nutritional health and well-being of our residents.



WESTLAND CONVALESCENT & REHAB CENTER

NEWS & NOTES

Keep up with the Latest Happenings

We would like to extend a warm welcome to Susan Smith, Accounts Receivable, who joined the WCRC team in October, 2008. Susan works in the Administrative Office and assists with billing, payment posting, collections and any follow-up. We are pleased to have her as a part of our team and wish her much success!



WCRC is now accepting credit cards (VISA and MasterCard) for monthly room and board payment, as well as for making deposits into the patient's trust fund account for expenses such as the Beauty Salon/ Barber Shop, vending machines, fast food lunches, phone expense and other personal use. For additional information, please contact the Billing Department at (734) 728-6100.

Congratulations to Kathleen Tolbert, RN, who assumed the position of Station #3 Manager of Patient Care Services, upon the retirement of Thelma Shyu in December 2008. Kathleen previously held several positions at WCRC, but most recently worked as a Registered Nurse on the Rehab Unit for the past three years. Thelma was a part of the WCRC team for the past 18 years and she will be greatly missed.

Just A Reminder...

- ...Lifeline, a personal emergency response system, is provided to patients for 90 days at no cost after discharge home from rehab. To continue service after the introductory period, there will be a discount for the service. For additional information, please contact the Social Service Department at (734) 728-6100.
- ...All patients are encouraged to attend the menu planning meetings, which are held on the second Monday of every month at 10:30 am in the Garden Cafe. This is a great opportunity for clients to discuss their meal preferences.
- ...When submitting monthly room and board payments or deposits into the trust fund account by personal check, cashier's check or money order, please make sure your legal tender is not folded, stapled or taped because it is electronically deposited via a check machine. Your cooperation is greatly appreciated.
- ...Clients returning to the facility after a hospital stay are required to sign re-admission forms within 24 hours from the date of return. Please contact the Admissions Department.



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"Leaders in Sub-Acute Rehabilitation"

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