

# HealthMatters

Volume 4, Issue 1, 2012

Leaders in Short-Term Rehabilitation

*Ambassador*  
NURSING & REHABILITATION CENTRE  
313-821-3525  
www.AmbassadorHCC.com

*Father Murray*  
NURSING & REHABILITATION CENTRE  
586-755-2400  
www.FatherMurrayHCC.com

*Imperial*  
HEALTHCARE CENTRE  
313-291-6200  
www.ImperialHealthcareCentre.com

*Regency*  
HEALTHCARE CENTRE  
734-287-4710  
www.RegencyHCC.com

*St. Joseph's*  
HEALTHCARE CENTER  
313-874-4500  
www.StJosephsHealthCare.com

*Westland*  
NURSING & REHABILITATION CENTRE  
734-728-6100  
www.WestlandCC.com



## St. Joseph's Healthcare Center Hosts a Physician Meet & Greet for Family Members

By Debra Smith, Director of Activities

In an effort to provide family members and the guardians of our patients an

opportunity to meet the Medical Director and physicians at St. Joseph's, a

"Meet & Greet" was held at the facility on

Wednesday, September 14, 2011 from 6:00 pm - 8:00 pm. Our Medical Director wanted to provide guests an opportunity to meet each physician on staff and allow them a chance to present questions.

It was an open forum, very casual and beautifully decorated by Natalie Poole, Regional Marketing Director. A variety

of delicious foods were prepared by Simone Heath, Regional Director of

Food Service, and Fazal Mahmood, Dietary Manager. It was an enjoyable and enlightening experience for all who attended.

We would like to express our thanks to the physicians who participated, including the Medical Director, Dr.

L. Ellison, Dr. K. Ibrahim, Dr. W. Ishaqsei and Dr. K. Gross, Therapy



Services.

What a way to bridge the gap!

## Stepping It Up with a New Therapy Program

By Robin Parrott, COTA/L TPM & Veronica Lewis, OTR/L

We are proud and very excited to announce a new treatment, Diathermy,

being offered for our patients. We now have the ability to provide wound care services, as well as CHF and COPD management, fall protocol and urinary incontinence training. Basically, this

treatment will increase circulation to the affected wounds and will ultimately decrease the actual healing time. These

treatments also aid in pain relief with acute injuries, wounds and contracture

management. It can also assist with edema reduction to allow patients to regain daily living functions. As a part of our continued training to achieve excellence, therapists attended seminars in these related

areas. For additional information, please contact the Therapy Department at (313) 874-4500.



## Look What's Happening at . . . **Ambassador Nursing & Rehabilitation Centre**

### Multi-Talented Entertainer Damon Terrell Performs for the Patients

*By Barbara Allen, Activities Director*



Carolyn Dupree, a wound nurse at Ambassador, had gone out one evening for a relaxing time to one of her favorite clubs and was entertained by a young performer named Damon Terrell.

As she sat back and listened to the very talented performer strumming on his instruments, she began to think about the patients at Ambassador. So, at the end of his performance, Carolyn requested one of his business cards and asked if he would be interested in performing for our patients. He proudly agreed!

Mr. Terrell visited our facility and performed for our patients, staff and family members. He received rave reviews from everyone and as one family member

described him, he's "new, strong and dynamic." Those are the only words to describe the sounds from this new and most talented artist. Multi-talented Damon Terrell, is not only an outstanding performer, but he composes, arranges and produces all his own lyrics and



music. He has been named "Mr. Versatile" for his amazing talent to combine the tunes of guitar and piano, while bringing a fresh, new approach to the musical arena. "Inspirational" best categorizes his style of music, with a mix of Blues, Rock, Jazz and Classical music. Since so many in the

audience had asked for him to return, we will be scheduling a return visit for Mr. Damon Terrell. Stay tuned for upcoming details.

### Patients Enjoy an Outing to Motor City Casino

*By Barbara Allen, Activities Director*



Patients went on a "Lunch and Slot Outing" at Motor City Casino.

Some won, some lost, however, regardless of the

outcome, they all had a great time. There was an



elaborate buffet for lunch, lots of shopping and everyone got to check out an old model car on display. With everything they did, they all admitted to enjoying the slot machines the most.



### Staff Sponsors a Raffle to Celebrate the Holidays

*By Barbara Allen, Activities Director*



A Christmas raffle was held for the patients, so everyone would be able to enjoy opening their own gift. The presents were passed out the week of the 19<sup>th</sup>. Some gifts fulfilled a need, others were what the patient asked for and some were even a wish come true! The cost for the tickets to participate in the raffle



were \$2.00 each, however, donations were also graciously accepted. The lucky ticket was drawn on Tuesday, December 13, 2011. The patients were excited to receive more than two gifts during the holidays and they all admitted to having so much fun celebrating with the staff.



## LEADERS IN SHORT-TERM REHABILITATION

# Look What's Happening at . . . **Father Murray Nursing & Rehabilitation Centre**

## Stepping It Up with Renovations at Father Murray's

*By Mike Richards, NHA, Administrator*

Father Murray Nursing & Rehabilitation Centre is on the move with renovations currently taking place to enhance the living space for our patients. Along with all the upcoming changes taking place within the facility, we added an onsite storage unit (pictured above) to eliminate offsite storage.



We are also waiting for approval from the City of Center Line for the expansion of the Rehabilitation

Department. The plan is to relocate the entire department to the south end of the building and enlarge the space by pushing out west onto the patio (pictured below). We hope to have the addition underway soon.



After months of planning, the interior makeover has begun. Retrofitting started on December 12, 2011 at the south end of the building and is slated to be completed by September of 2012.

Stay tuned for updates on our progress!

## Therapy Department is "Stepping It Up!"

*By Jeremy Laessle, PTA, TPM, Director of Therapy*



The Therapy Department offers physical therapy, occupational therapy and speech therapy 7 days a week. Our state-of-the-art modality system ACP, "Accelerated Care Plus", now allows us to be an integral part of the wound care team. Our state-of-the-art modalities include electrical stimulation, Diathermy and ultrasound. Electrical stimulation may be used to help decrease pain associated with dressing removal and wound debridement and can

also increase circulation to improve healing rates. Diathermy uses electromagnetic energy to increase circulation, decrease pain and edema. Ultrasound uses sound waves to increase local circulation to assist in edema and remodeling of the tissue. Each modality has specific protocols that we follow, depending on the type of wound and where it is located. Both teams, therapy and wound care, meet weekly to discuss each patient's treatment plan.



## Patients Judge Contest for National Fire Prevention Week

*By Mike Richards, NHA, Administrator*



Each year in the fall, Father Murray Nursing & Rehabilitation Centre, the city of Center Line and Peck Elementary School team up with the Fire

Department for a fire prevention event. The Center Line Fire Department then delivers a great lecture on fire prevention and safety and provides a tour of the



Department for a fire prevention event. Students from the school have a poster contest demonstrating fire prevention and the patients at Father Murray award the best poster with a gift



hook and ladder truck #49. The event provided lots of fun and enjoyment for everyone involved and concluded with cider and donuts.

## Look What's Happening at . . . **Imperial Healthcare Centre**

### Celebrating the Holidays with Caroling and Lots of Gift-Giving!

*By Mary Miller, Activities Assistant*



During the month of December, the fun rang in with good cheer and warm hearts as the patients at Imperial Healthcare Centre were serenaded by the choir at Robichaud High School. They also got in the festive spirit with a shopping trip to Southland Mall, where the patients shopped for family and friends.

The Beulah Baptist Church of Westland delighted patients with their Junior Choir, singing Christmas Carols throughout the facility and passing out gifts as they strolled the halls.

Then on December 10th, a concert was sponsored by the Heritage Church of God in Taylor and everyone also enjoyed a special performance by the "Men of Grace", with old and new songs of the season, while engaging patients in gospel song and good spirit.

On another special evening in December, the Garden of Eden Church provided us with caroling, gift-giving and a

light dinner for the staff.

Our monthly birthday party was held on Wednesday, December 21, 2011 to celebrate everyone who had a birthday in the month of December. There was plenty of good cheer, great food and festive entertainment, provided by Black Tie Affair.



On Christmas morning, some of the patients were transported to the Heritage Church of God for a special Christmas service.

Afterwards, gifts donated by family members, friends and the Imperial staff, through a gift drive sponsored by the

Activities Department, were presented to the patients.

Staff, family members, friends and patients had so much fun preparing for the holidays in the month of December, everyone was very excited to ring in the new year!



## Pre-Surgical Specialty Program

*By Chris VerHulst, LPN, NHA, Vice President of Business Development*

Our Pre-Surgical Specialty Program is designed to provide benefits before, during and after surgery. We specialize in total joint replacement services, as well as meeting the care needs of all rehabilitation patients, both surgical and non-surgical.

### ➤ Pre-Surgery Patient Benefits

**Education** - A specially trained nurse will meet with the patients at home to inform them of what to expect and answer any questions.

**Assessment** - We evaluate the need for pre-operative services, identify environmental barriers and recommend adaptations if necessary.

**Peace of Mind** - When patients are educated about their surgery and post-operative program they are able to focus more on their recovery.

### ➤ Post-Surgery Patient Benefits

**Continuity of Care** - The same nurse will see patients at the hospital one day post-surgery and will remain in

contact with them throughout their rehabilitation.



**Monitoring** - We maintain contact with the physicians regarding their patients' progress.

**Instruction** - While supervising their progress, we provide instruction with appropriate exercise programs.

### ➤ Physician Benefits

**Direct Communication** - A coordinator works personally with physicians and their staff.

**Case Management** - The nurse meeting with the patients will be available to coordinate the plan of care 24 hours a day, 7 days a week. Updates are provided to the surgeon and coordination of post short-term care is arranged.

**Customized Care** - We develop customized programs to meet physicians' needs and specifications.

**User-Friendly** - We feature a simple and convenient referral process and we do all the "leg work."

**Efficiency** - We save time for physicians and their staff.

Through our Pre-Surgical Specialty Program, we are able to provide positive patient outcomes and decrease length of stay. For additional information, please contact Chris VerHulst at (313) 299-9200.

# Look What's Happening at . . . **Regency Healthcare Centre**

## Stepping It Up in Food Service with a Fine Dining Program

*By Elisabeth Pressley, CDM, CFPP, Director of Foodservice*



The foodservice staff at Regency wanted to “*Step It Up*” for the patients, so they recently developed a Fine Dining program. The *new* program is open for breakfast, lunch and dinner seven days a week. Since, meals are served from

a steam table in the dining room, it has increased the quality of the food by 100% because the food is steaming hot and served immediately to the patient.

What has made this program so popular with our patients, is the fact that they are given choices in the dining room, which has increased their overall satisfaction and nutritional intake.

The patients are served “restaurant” style at their table and a staff member passes beverages, soup, salad, meals and their dessert upon request.

To make their experience more enjoyable, the tables are covered with a tablecloth. Salt, pepper, butter & creamers can be found on the tables as well, which creates a real home-like environment for them. The patients have been



very pleased!

The east dining room has been filled to capacity and we are very proud to report that patients who have lived at Regency for many years and have never come out of their rooms for a meal, are now choosing to join other patients in the dining room for a special dining experience too.

The staff near the west dining room, which is the rehabilitation unit, were very skeptical, so they decided to start with only seven patients. To everyone’s amazement, the good word of an enjoyable new experience spread and we are now serving 20 patients per meal in that dining room alone.

We also encourage family members to join their loved ones for this new and very different dining experience. “The foodservice and nursing staff have embraced this program whole-heartedly and they are the reason its been such a huge success. On behalf of our patients, I can’t thank them enough.”



## Facility Fundraisers Help Raise Money to Celebrate Christmas

*By Barb Vagt, Customer Service*



Regency Healthcare Centre staff decided to sponsor several fundraisers to help provide the funds necessary to purchase Christmas gifts for all Regency patients.

Some of the fun events included a “Jean Day” on Fridays and a “Sloppy Joe Sale.” Employees provided the buns, potato chips and Sloppy Joes.

Several “50/50 Raffles” were also held. The winners graciously returned their prize money back to the facility



for the patients. Our second fundraiser was a “Chili Sale” and again the employees brought in chili, crackers and assorted desserts. The prize money was again generously donated towards the fund. Our last fundraiser was a “Taco Sale.” Desserts were provided by staff members, while the Dietary team prepared delectable tacos, with all the fixings.

Everyone enjoyed the variety of fun events being held, even the patients were able to partake in the excitement.



## Regency Patient Celebrates Milestone Birthday!

*By Shelby Hensley, Sub-Acute Coordinator*



Regency patient, Mrs. Florence Major recently celebrated her 86<sup>th</sup> birthday with three of her closest friends. She was proud to admit their friendship has lasted over 65 years and she was happy they were with her to help celebrate her

special day. In the past, it was typical for these gals to meet on a monthly basis to play Bridge. Still, after all these years, with only a short break to raise their families, their friendship remains just as strong as it was when they met at the University of Detroit.

The ladies enjoyed hot ham and cheese sandwiches, a relish tray and ended the meal with a birthday cake in our conference room, specially decorated for the birthday girl. When asked, what their secret is for staying in touch after all these years? The ladies all admitted, “It has to be our common interest in our Science/Math Sorority.” Mrs. Major selected Regency’s short-rehabilitation program to recover from her recent medical setback because she was familiar with our friendly staff and comfortable with the great care the Therapy team provides.

## Look What's Happening at . . . **Westland Nursing & Rehabilitation Centre** **Stepping it Up with a "New" Pulmonary Rehabilitation Program**

By Lucy Poirier, RN, NHA, Operational Support Services

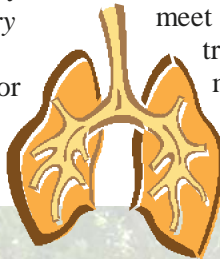


Westland Nursing & Rehabilitation Centre recently launched a "new" *Pulmonary Rehabilitation Program*.

Observing a growing need for individuals struggling with

lung disease, Patrick Warren, Respiratory Therapist, develops a plan of care for patients with Chronic Obstructive Pulmonary Disease conditions, such as emphysema and acute lung diseases, like pneumonia. Patients participating in this new program have experienced an improved quality of life.

They are initially assessed by Pat and then he assists them



with developing achievable goals, realistic to their individual condition. Afterwards, patients continue to meet with Pat for continued education about lung disease, treatment options and the purpose of their prescribed medications (i.e. inhalers, NMT treatments). Patients also engage in lung strengthening exercises.

Pat has found it will generally take 3-4 weeks to build respiratory endurance after an exacerbation of a lung disease. After endurance is regained, most patients are discharged home. Patients can receive follow-up care through their Pulmonary Specialist or Primary Care Physician.

For additional information, contact the Admissions Director at (734) 728-6100.

## Caring for the Community

By Linda Chon, RN, BSHA, Nurse Educator



Our staff recognizes economic challenges have created a greater need for help in our communities. This holiday season, the Westland staff raised money, donated toys and canned goods, and encouraged others to help people in need. We had a "Christmas in July" fundraiser for "Toys for Tots" and repeated it again in November and December. Other events included a canned food drive, with donations going to the Goodfellows. The staff also wanted to ensure each patient received a Christmas gift, so they held a bake sale to



accomplish their goal.

A tasty soup sale was also held at the facility and the proceeds were given to the winner of our "Tree of Thanks" to donate to a charity of their choice. Staff, patients and family members attached a leaf to a tree in the main lobby; on each leaf, people wrote what they were most thankful for. It became very clear during this event that our staff truly cares about the people in our surrounding communities. Through compassionate efforts, the Westland staff has been privileged to provide much needed assistance to others experiencing hardship.



## Stepping It Up with Hospitality Committee Events

By Linda Chon, RN, BSHA, Nurse Educator

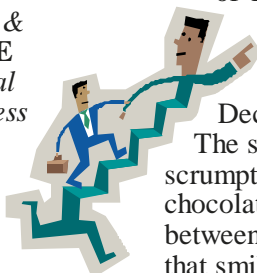
Our Hospitality Committee has been busy from October - December generating exciting events, including three impactful acronyms. October's theme was **TACKLE** (*Teamwork, Attitude, Courtesy, Kindness, Loving & Enthusiasm*). November was geared toward **GIVE THANKS** (*Genuine Interest Validates Exceptional Teamwork: Helping to Anticipate Needs w/Kindness & Sincerity*) and December was all about **SNOW** (*Smiles Nurture Our Work*).

In October, staff decorated their units for Fall, Halloween or Football to express the components of TACKLE. Station 4 tackled the main areas and was awarded a tailgate party. The courtyard was decorated for

children could enjoy a fun candy event. November was recognized with a "Tree of Thanks." Everyone wrote on a leaf what they were most thankful for and attached it to the tree.

December was a time of joy and treasured memories. The staff had a wonderful time, serving everyone a scrumptious meal, that included shrimp cocktail and chocolate fountain appetizers. The joyous interaction between our patients, their families and our staff proved that smiles do nurture our work.

We are proud of our dynamic Hospitality Committee and supportive staff. With the New Year approaching, we look forward to more customer service building events.

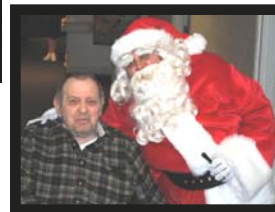
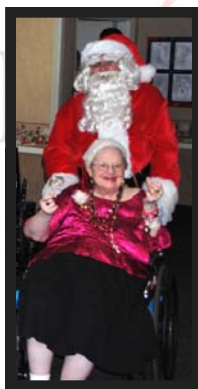


## LEADERS IN SHORT-TERM REHABILITATION

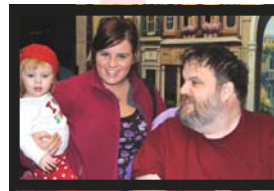
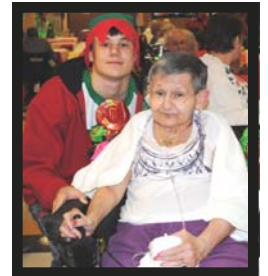
# Look at . . . **How We Celebrate the Holidays at Ambassador!**



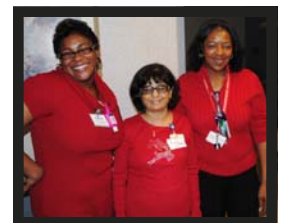
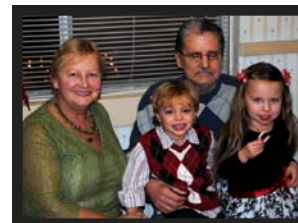
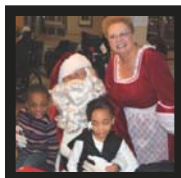
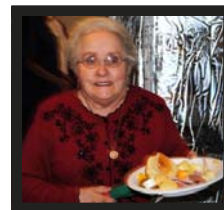
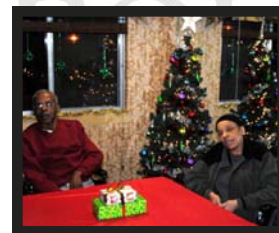
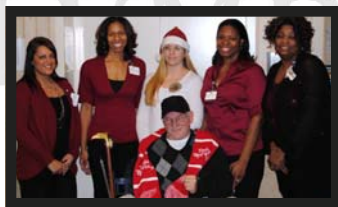
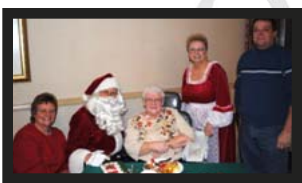
# Look at . . . **How We Celebrate the Holidays at Father Murray's!**



Look at . . . **How We Celebrate the Holidays at Imperial!**



Look at . . . **How We Celebrate the Holidays at Regency!**







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## LEADERS IN SHORT-TERM REHABILITATION

### NEWS & NOTES

*Keep up with the Latest Happenings*

Congratulations to **Christa Kelly**, who was promoted to Marketing Director in December 2011 at Regency Healthcare Centre in Taylor. Christa began her career with Olympia Group in October 2009 at Regency as a Customer Service Director. She was then promoted to the Admissions Director in February of 2010. We wish her much success in her new position.



**Scott Blackburn** accepted a lateral move from the Marketing Director at Regency to the Marketing Director at Westland Nursing & Rehabilitation Centre in Westland, effective in December 2011. We are proud to have Scott as a part of the Olympia Group team and we wish him all the best!

It is with great joy to announce the birth of Scott Blackburn's beautiful baby girl, **Madison Marie**. The baby was born on January 12, 2012 at 8:38 pm. She was 8 lbs. 12 oz. and 20 3/4 inches long. Mother, Sarah Blackburn, and baby Madison are healthy and happy. Congratulations to the proud new parents!

### *Just A Reminder...*

- ... to notify the Business Office with any changes in a patient's insurance, responsible party, address or a change in phone number.
- ... discharged patients receive Guardian Alarm Personal Emergency Response System **FREE** for 30 days and may continue service following the introductory period at a discounted rate. For additional information, please contact the Social Services Department.
- ... to provide the Admissions Department with email addresses, so you may be added to the list of emails. This will allow you to receive notification of upcoming events and announcements at each of our facilities.