

Health Matters *Regency*

HEALTHCARE CENTRE

Volume 1, Issue 1

Leaders in Sub-Acute Rehabilitation

A Message from the Administrator: *Positive Change for the Residents*

By *Tricia Tomkinson, LPN, NHA*

"You must be the change you wish to see in the world." Mahatma Gandhi.

In order to remain a leader in sub-acute rehabilitation and continue to maintain the highest standard of clinical excellence for our residents, I am very excited to announce some significant renovations that will take place throughout the facility over the next few months.

First of all, we will be adding approximately 2300 square feet to the South end of the



building. On the first floor, we will be adding a Movie Theatre for our residents to enjoy. They will be able to select a movie of their choice. The theatre will also serve as an Executive Conference Room.



On the second floor, we will be redesigning a new Rehab Unit with state-of-the-art equipment. Since the sub-acute unit is also on the second floor, this will make it easy to transport the residents to therapy. We will also be adding the hit video system Nintendo Wii to therapy. The game will be available for fun, as well as therapy.

We will continue to install 26" Flat Screen Toshiba TV's in the third floor

resident rooms, so eventually all rooms will have flat screen televisions.

Finally, we will modernize all the elevators, so the cars move faster.

We look forward to our exciting new changes to make our facility a better place for our residents.

Inside this issue:

What is Harmony Place?	2
Important Information from the Alzheimer's Association	2
All About Nutrition	3
Activities for Everyone	3
News & Notes	4
Just a Reminder	4

Announcing our new Clinical Nurse Evaluator



Rhonda Korte, who has been a nurse for over 25 years in long term care and who has held various

positions, including Assistant Director of Nursing at Imperial Healthcare Centre, will be assisting our facilities and area hospitals as the new Clinical Nurse Evaluator.

In her new role, Rhonda will

perform on-site evaluations; assist with placement to any of our facilities; meet with patients and family members to ease the transition between hospital and sub-acute or long term care; act as a liaison between the hospital, patient, physician and facility; arrange transportation; provide quick response to bed availability and complete all necessary admission paperwork. For an on-site evaluation, please contact Rhonda Korte at (734) 558-6606.

A healthy attitude is contagious, but don't wait to catch it from others.

Be a carrier.

— Tom Stoppard; British Playwright



What is Harmony Place?

By Michele Polce, Dementia Coordinator

Harmony Place at Regency Healthcare Centre is a 61-bed Alzheimer's unit that provides a quiet, low stimulus atmosphere for people with dementia.

Harmony Place is dedicated to the care of people with memory impairment using a "People Centered Care" approach. Our belief is that care should be designed with the family member to meet each individual's needs, as well as supporting their unique level of development.



Eleanor Novak, 98, shows off her talent as a painter.

Various specialized programs, such as music appreciation (instruments), spiritual activities, cooking corner, chair exercise and flower arranging are a few of the many daily activities that are provided for residents by our trained Alzheimer's Activity Assistants. Individual snacks and beverages are provided throughout the day and at each program. Monthly special events are provided, such as: live entertainment, a men's club, painting classes, the Red Hat Club and a celebration of monthly birthdays.

Shadow boxes are designed for each resident and placed outside their room. Families provide photos and family history to assist us in creating the shadow box. It helps the residents identify their personal living space and encourage reminiscing.

Residents are escorted to the onsite park, when weather permits, to stroll the pathways and reminisce about their past, as well as enjoy the fresh air.

At Regency, our well trained staff has one goal - "to serve our residents and give the family peace of mind." It is with this thought in mind, that I conduct a monthly support group, which is held the second Monday of the month at 6:30 p.m. for the families of our residents and the community as a whole. We provide them with speakers, information and a place to let them know they are not alone in their journey.

The supportive services available at Regency Healthcare Centre, combined with our partnerships with well-respected healthcare professionals, enable us to meet the changing needs of our residents.

When you choose Harmony Place, we become an extension of your family. We take the time to get to know each of our residents and their families on a personal level. Our focus is on serving individual needs and to provide a home away from home for your loved one. As an experienced professional working with Alzheimer's disease and related dementia, I am committed to helping families and residents meet the daily challenges of Alzheimer's disease.

For additional information regarding Harmony Place or the Alzheimer's Support Group, please contact Michele Polce, Dementia Coordinator at (734) 287-4710.



Georgia Flynn, 81, a member of the Red Hat Club at Regency Healthcare Centre for the past 2 years.

Important Information from the Alzheimer's Association

Memory loss that disrupts everyday life is not a normal part of aging. It is a symptom of dementia, a gradual and progressive decline in memory, thinking and reasoning skills. The most common form of dementia is

LEADERS IN SUB-ACUTE REHABILITATION

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.



Activities for Everyone

By Cassie Dillon, Activities Director



At Regency Healthcare Centre we like to encourage our residents to maintain as much of their independence as possible. In an effort to achieve this, we encourage participation in as many group activities as they can enjoy.

This will also help them pursue their own personal interests.

We also arrange monthly outings for our residents, to give them an opportunity to get out of the building. We try to go to places that are of interest to the residents, such as the casino, the movies, basketball games, baseball games, horse races, a shopping extravaganza and a fun day at the park in the summer.



The residents have the flexibility to attend only

the outings they are most interested in. We also have beautiful gardens (pictured to the right and below), which



we try to utilize for group activities when the weather permits, so the residents may enjoy the outdoors as well.

The garden has lovely paths and walkways the residents can stroll through or they can relax on park benches to enjoy the soothing sights and sounds of a warm, sunny day. In addition, we have a small playground that is available for the children to enjoy. Also, for a few hours in the afternoon, Monday through Saturday, the gift shop and the ice cream parlor (pictured to the left) are open for the resident's enjoyment.

REGENCY HEALTHCARE CENTRE

NEWS & NOTES

Keep up with the Latest Happenings

Many thanks to all the residents, employees and family members who so generously donated to our food drive for **Gleaner's Food Bank**. With everyone's support, we were able to exceed our goal of 250 pounds of food.



A warm welcome is extended to our new nurses, **Cheryl Battaglio, LPN; Sharika Byles, LPN; Tilfeny Clark, RN; Nicholas Grafton, LPN; April Nu nu, RN** and **James Smith, LPN**. Best wishes in your new positions and welcome to our team!

Sharika Byles, LPN and **April Williams, LPN** are both enrolled in Davenport University to obtain their Associates Degree in Nursing. Good luck in your new endeavor!

We would like to welcome some new additions to the Regency family. **Amanda Prescott**, gave birth to a baby boy, named Jack Prescott. He was 7 lbs. 10 ozs. and **Jana Ball**, is the proud new mother to an 8 lb. baby boy. Best wishes to our new grandmothers **Colleen Sallmen** and **Tracy Bryant** who have new granddaughters. **Felicia Broadnax** and **Cynthia Kirby** are the proud grandmothers of new grandsons. Congratulations to all our families!

Just A Reminder...

- ...Remember our Woodward Beauty & Barber Shop is open 5 days a week. Please contact our receptionist to schedule an appointment.
- ...Remember Direct TV is available in all our resident's rooms, free of charge.
- ...Remember to tune into Channel 3 on your television for a list of special events and a menu for the day.
- ...Remember to inquire with the Social Services Department, upon admission, if you are interested in completing Advance Directives for any resident. Please contact a Social Worker at (734) 287-4710 for additional information.
- ...Remember to notify the Business Office if a resident has a change in insurance, responsible party, address or a change in phone number.
- ...Remember to contact Michele Polce, Dementia Coordinator, if you have an interest in the Harmony Place or the Alzheimer's Support Group. She can be reached at (734) 287-4710.
- ...Remember to check out our Gift Shop and Ice Cream Parlor for a special gift or to enjoy a tasty treat. If you have any questions regarding planned activities for the residents, please contact Cassie Dillon, Activities Director.



"Leaders in Sub-Acute Rehabilitation"

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