

555 West Carpenter

Springfield, Illinois

217.525.1880

January / February
2010

Inside This Issue

- 1 Message from the Administrator
- 1 Message from Dr. Pepper
- 2 Special Edition Success Stories –
Troy M, Part 1 of 2
- 3 Senior Spotlight – Dialysis Transport
- 3 Announcements
- 3 Upcoming Events

Capitol Care Center is beginning a new partnership with WoundRounds™. This partnership help our nurses assess, prevent, and treat wounds in a more efficient and accurate manner than ever.

A new soup and social hour is being offered just before lunch from our Dietary Department! It offers a light snack just before lunch and its launch has been quite popular with the residents.

Message from the Administrator

The New Year is here and we're off to a fast start! We'll be implementing some new nursing tools for wounds by joining together in a partnership with WoundRounds™. This partnership will allow us to use new technology to assess, prevent, and treat wounds in a much faster method than before by eliminating the need to hand chart multiple times. This process will also eliminate un-needed redundancy in the documentation process. This gives our nurses back the time they lose in these processes by streamlining and improving their accuracy, which allows them to reinvest that time in patient care. You can find out more about WoundRounds by clicking [here](#).

Our dietary department has begun to offer a soup and social hour just prior to lunch being served with soup available through the lunchtime hour in conjunction with the main meal. Because some people tend to get hungry early or crave a small appetizer, this program seemed like the perfect fit. Residents have a choice between two soups being served each day. Those soups vary from day to day. The program has launched with quite a bit of excitement and the Residents have had nothing but great feedback. We intend to keep the program as a permanent option available to our residents and will continue to find more ways to enhance their dining experience.



Message from Dr. Pepper

We've been busy! Between getting a jump start on the New Year and planning for upcoming events, we are off to a running start. Our annual Valentine's Day Party is coming up in a few short weeks and it's always a hit with our guests. This year we will once again be crowning a king and queen, and votes are being cast now for prospective candidates. We'll tally the votes soon and announce it at our party.

As the Spring starts to arrive we'll be looking to ramp up our community involvement starting and are looking forward to annual outings such as Senior Celebration. We'll be looking to make a big impact this year with the many seniors that attend. We'll also be looking into new ways to involve Capitol Care with some new ideas in the community. We'll keep you posted as we partner with new events and keep you updated of new opportunities.

Capitol Care Success Stories!

Troy M.

Part 1 – Learning to Live Again

2005 – Troy is 35 years old. His daughter, Rachel, is just 4 years old and the center of his universe. Unfortunately, Troy has Parkinson's disease and Multiple Sclerosis. This would be the year that Troy would be admitted to Capitol Care Center with a grim outlook for a 35 year old man...long term care.

Cherri Slaughter was the nurse on duty when Troy arrived 6 years ago. "He was total care when he came in. He was sleeping on a low air loss mattress, he couldn't do any self care, and he couldn't even roll over in bed without assistance. It was just tough to see such a young guy in that kind of situation." Cherri said.

Troy was completely bed bound. He couldn't get up, he didn't interact with anybody, and his muscle contractions were beyond bearable and worst of all, his little girl was not there with him. The depression that settled in was nothing short of what could be expected for anybody that age that was living in a nursing facility at such a young age. Nonetheless, with a bleak outlook and a lot of people behind him, Troy wasn't done just yet.

"You can't help but admire how he handles everything with such grace. No matter what gets thrown at him, he just handles it amazingly well and keeps pushing forward. You can't help but just admire something like that." Capitol Care Administrator, Cindy Schaaf, said of Troy.

Undoubtedly, Troy has had many obstacles thrown in his way, but that didn't mean that the fight was over just yet. Dr. Michael Bova evaluated Troy when he first arrived at Capitol Care Center and noticed immediately that his Parkinson's medication was not correct. After ordering a few adjustments for Troy's medications, Troy's rigidity started to subside and Troy was starting to show signs of improvement for the first time in a very, very long time.

Gradually over the course of several months and years, Troy started to become less reclusive and more social. With the help of the Capitol Care Therapy and Nursing staffs, He began being able to sit in his wheelchair and move around on his own for the first time in years. Later, and amazingly, he began to walk with his wheelchair as an assistive device so that when he would become tired or feel a bout of tremors coming on, we would be able to sit without experiencing another of the many falls caused by his condition.

*Everybody that Troy comes in contact with
at Capitol Care since 2005 instantly
becomes his friend.*

Troy M – Continued...

2009 – Troy is moved from the 4th floor of Capitol Care Center to the 1st floor. He has lived in a nursing facility for 4 years. His mobility is a night and day difference from when he first arrived. He is a sports fan, a gamer, and an actively involved parent for his daughter. However, he is still in a nursing facility, an outlook that looks to never change. His tremors have subsided to a point in which he is able to live independent of help in his basic daily tasks, but from time to time he has bouts of extreme tremors.

Troy takes an active involvement in helping the Social Services department get organized for its weekly "Optimist Club" meetings. Troy helps with research in the new computer lab and on his computer in his room and finds extra activities and trivia to liven up the group. His involvement has definitely made things even more optimistic for those involved.

No matter how difficult living with these two ailments maybe, Troy has found a way to adapt, to overcome, and to keep moving forward.

Early 2010 – Troy is able to walk with a cane most days. He goes out in to the community and sometimes meets his daughter when she gets out of school. Rachel is clearly her dad's girl and Troy is clearly wrapped around her finger. Together they carry an optimism that someday Troy will be able to do this every day and not just on special days.

Everybody that Troy comes in contact with at Capitol Care since 2005 instantly becomes his friend. His infectious personality simply leaves people that much happier in their day-to-day, and also plants a small seed of hope that maybe...just maybe...there might be a way home for Troy....

Continued and Concluded in our next Newsletter...

Senior Spotlight: Dialysis Transport

Dialysis transport can be a major expense for seniors that must dialyze multiple times each week. Often times, seniors find themselves paying out-of-pocket expenses simply to catch a ride to the dialysis office. In most cases, facilities in the area charge a fee of around \$25 each way or \$50 per round trip. For seniors that dialyze 3 times each week, they are looking at an added expense of \$150 or more every week.

Capitol Care Center is the only skilled nursing facility that does not charge for dialysis transport. We don't believe that our residents should have to pay exorbitant fees for services that we can provide at little to no cost as part of their care. This is just one of the reasons why we continuously talk about the difference of care, and we're not just talking about health "care."

Capitol Care is continually striving to exceed our resident's expectations and enhance the care experience of both our residents and their families. **Free transport to and from all scheduled dialysis and doctor appointments.** It's just another reason why we say the Difference is the Care.

Announcements

Balloon Valentines

New balloon valentines will be available through the activities department for \$10 each. These valentines may be ordered through Capitol Care Center and will be created by our activity department balloon artists. The valentines can be customized any way you like and will be delivered to your loved one on Valentine's Day.

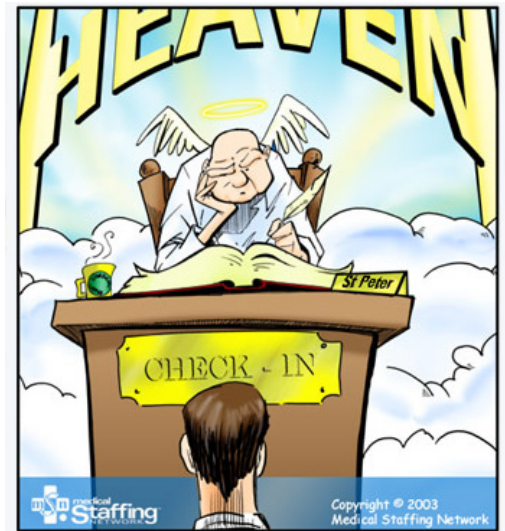
W-2s

All employees should have received their W-2 forms last month. If for some reason you have not, please contact Human Resources immediately.

Upcoming Events

For a detailed listing of daily events, you can download the full calendar at www.CapitolCareCenter.com or click [here](#). For further information please call 217.525.1880 or email AMcNeil@platinumhc.net.

Valentine's Day Ball	Feb 10 @ 6 pm
Brain Teasers	Feb 14 @ 7 pm
Ice Cream Social	Feb 18 @ 2 pm
Jazzercise	Feb 22 @ 10 am
Resident Birthday Parties	Feb 23 @ 2 pm
Mobile Store	Every Day @ 9 am
Catholic Services	Every Monday @ 10 am
Chapel Worship Services	Every Thursday @ 10 am



Well Mr. Reed, as an HMO Director, of course you get to enter. . . But, you can only stay for 3 days. . .Oh, and there's a co-pay.

