

Capitol Care E-Letter

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Inside This Issue

- 1 Message from the Administrator
- 1 Message from Dr. Pepper
- 2 Department Profile – Business Office
- 2 Physician's Prescription
- 2 Success Stories – Jeff B.
- 3 News from HR
- 3 Announcements
- 3 Upcoming Events

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Message from the Administrator

In July we saw a lot of staff leave us to go back to nursing school to complete their LPN or RN training. That means that we have temporarily lost some great staff members, but when they return it will only bolster our already great staff to an even higher level of skill. Congratulations to Nikki McIntosh, our activities director, and to Deanne Rexroad, of scheduling coordinator for going back to school to complete these nursing steps. We look forward to their return.

The month of August brings the Illinois State Fair back to the capital city and if Mother Nature isn't too harsh on us this year, we look forward to taking our residents out to take part in the fair once again.

We'll be making some internal improvements over the next few months with some exciting additions for our residents. We think that the residents will really get a kick out of the new activities available in this area and it will also offer a new learning experience for them as well as help to keep their time occupied with something worth while. You can find more details in the announcements section. As always, thank you so very much for your referrals and for allowing us to care for those you care for.



Message from Dr. Pepper

There have been some big changes in the last month and more to come in August. We're seeing a lot of new faces around Capitol Care as our staffing becomes more robust and well-rounded. We have also have an exciting new addition that we are going to make to our provided services (Read more in the Announcements section). In the last month we've upgraded our wireless network so that residents and their guests can take advantage of our free WiFi throughout the entire building. As crazy as it sounds to talk about it this early, we've also been working to complete our plans for the upcoming holiday seasons. This year, we'll be adding some exciting events as well as some that will pull on your heartstrings a little. Further details to come as the holidays approach. We'll also be conducting some in-services with area partners throughout the next month or two to keep our staff as highly trained as possible. We'll talk more about that as it happens. Keep up with all that we're doing on our webpage www.capitolcarecenter.com

Department Profile: Business Office

The Capitol Care Center business office processes all payment and is also responsible for keeping the general administration of the building running smoothly. An important function to the operation of our facility is how we handle, process, and apply for insurance for our residents. Capitol Care Center operates a Medicaid Pilot Program in conjunction with the Illinois Department of Public Health. This program allows us to apply our residents and potential residents for public assistance through an electronic program designed to expedite the process and help our underinsured and uninsured residents find the coverage they need to help pay for their healthcare needs.

While we can't always win approval for every resident, our business office is one of the best when it comes to the ins and outs of Medicaid. Additionally, when it comes to Medicare, our business office in tandem with our admissions office provides incredible knowledge and insight into the intricacies of the Medicare program taking the care we provide to the next level.

Physician's Prescription (Michael Bova, M.D.)

The month of August is notorious in Illinois for its nearly unbearable heat, and this year promises to be no different from any other Illinois summer. While we've examined how to stay hydrated and other tips during the summer time earlier this year, let's talk about one old friend that can be a common enemy to seniors, especially in the dog days of summer...Caffeine.

When we talk about Caffeine and seniors, we're mostly talking about coffee and the occasional soda with our meals. Who doesn't like a cup of coffee and a newspaper in the morning, even when it's sweltering hot outside? However, that caffeine will zap your energy by robbing your body of the needed fluids to keep your body hydrated properly. Thus, giving you the urge to drink more fluids, which is more than likely an ice cold soda.

While you should try to limit your intake of massive quantities of sugar, like the amounts that soda contains, I understand that some people just "have to have their one soda per day." If that's the case, try to stick to a caffeine free, diet beverage. 7-Up, Sprite, or Sierra Mist are good alternatives. If you must have your coffee in the morning, try decaf and perhaps one less scoop of sugar. Remember, drink plenty of clear fluids throughout the day and lighten that work schedule during extra hot days. Besides, a little extra rest never hurt anybody.

Today, Jeff continues to shed weight consistently. His diet is healthy, his exercise activity is great, and you can visibly see a more confident, happier Jeff..

Capitol Care Success Stories!

Jeff B.

Jeff B came to Capitol Care Center in July of 2009. Jeff was suffering from obesity and had just received gastric bypass surgery prior to admission to Capitol Care for therapy. Upon admission, Jeff was hovering around 600 lbs. and was wheelchair mobile. However, Jeff is about as motivated as they come when setting and achieving goals for his recovery. Together with the therapy team, Jeff's goals were to shed the weight, increase strength towards independent mobility, to perform all of his transfers independently, and to ambulate more than 50 ft independently.

Jeff quickly surpassed his goals through hard work and a dedicated therapy staff working diligently with him every day. Jeff quickly began shedding the extra pounds and was walking around the facility within weeks of admission. Jeff was discharged home, well on his way to a total recovery.

Today, Jeff returns now and again to Capitol Care Center to catch up with staff that he's befriended. Walking the halls with Jeff it's enjoyable to see people react to the new Jeff. Today, Jeff continues to shed weight consistently. His diet is healthy, his exercise activity is great, and you can visibly see a more confident, happier Jeff.

Jeff discharged from Capitol Care Center in August of last year, and he has continued his positive changes in his home life. Today, Jeff's weight checks in at 330 lbs. and is continuing to go down at a steady pace.

While this is a great success story for Capitol Care, it's more Jeff's success story than anything. His motivation and determination have led to an amazing change to his lifestyle and his health, and we couldn't be more privileged to have played a part!

News from Human Resources

If you haven't checked out the HR 2.0, then you may not be completely up-to-date on the newest in-service announcements. Go to capitolcarecenter.com and click on Human Resources in the About Us section. There, you'll find information on the upcoming all-staff in-service as well as our KCI Wound VAC in-service scheduled in August. You'll also find information linking you to our benefits page where you can log in and view all of your pay stubs, benefits, and more.

Congratulations to Amy McNeil who has taken over as Activities Director with the departure of Nikki McIntosh. Amy has been working in the activities department for quite some time and we're happy to have a familiar face continue running the department. Congratulations Amy!

Announcements

Capitol Care Announces New Technology & Learning Center

Capitol Care Center, in partnership with Computer Banc, has begun a new initiative to create a Technology & Learning Center within Capitol Care Center. The new center will begin with a network of 5 work stations equipped with Windows XP, Microsoft Office Suite, some basic programs, and a network printer. Eventually, Capitol Care Center hopes to upgrade this area to provide more seamless communication to social networking sites and to family members, possibly via Skype. The Capitol Care Center Library will also be relocated into the new area, providing a full spectrum learning facility within our doors. This addition comes on the heels of the newly upgraded WiFi network added last month. The area is expected to become operational in late August or early September.

This new area will not only provide residents with a means of learning new skills, but also provide them with a new form of entertainment throughout the day. The new center will be open M-F during normal hours, 8a-5p.

Upcoming Events

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

Silver Steppers	Aug 4 @ 2 pm
Outdoor Games	Aug 9 @ 2 pm
Garden Club	Aug 17 @ 2 pm
Resident Council	Aug 23 @ 2 pm
Wag-N-Tails	Aug 24 @ 10 am
General Store	Every Day @ 9:15 am
Catholic Services	Every Monday @ 10 am
Chapel Worship Services	Every Thursday @ 10 am

