

Capitol Care E-Letter

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Capitol Care Center is hosting a Wound Care Seminar on October 25th at the Crowne Plaza. All healthcare providers are invited. Click here for more details.

The 1st Annual Capitol Care Center Turkey Tour begins NOW! Find out how to get your free 15lb Thanksgiving Turkey in 15 minutes or less!

Message from the Administrator

It's going to be a busy couple of months for us in September and October. We are hosting a Wound Care Seminar at the Crowne Plaza here in Springfield on October 25th and have invited everyone in the healthcare community, partners and competitors, to attend. Capitol Care Center is taking the lead in the skilled nursing community when it comes to paving the way to exceptional nursing care. Help us get the word out. Information is available at our website by clicking [here](#) or you can request the information immediately by emailing pr@platinumhc.net. We'll also be launching the 1st Annual Capitol Care Center Turkey Tour starting in October! Simply take a quick tour of Capitol Care Center on your lunch break, before or after work, or whenever you have some free time, and you'll receive a gift card for a 15lb Turkey on us! A flyer is attached to the email that you received for this newsletter or you can click [here](#) to view the document on our web page.

As you can see, we are keeping ourselves quite busy over the next few months, and we've got some big things planned for the holiday season as it approaches! We're looking forward to sharing those developments with you in the next newsletter!



Message from Dr. Pepper

Capitol Care Center is launching a new project! In the month of September, Capitol Care Center will be launching a new educational resource project to enhance our resident experience and provide another tangible benefit to each resident's experience after leaving our facility. That's why we are launching the Capitol Care Center Technology & Learning Lab! We are expanding our reading collection by nearly 1000 new titles and creating a designated library with an adjoining room for a computer lab complete with internet, gaming, printing, and networking capabilities to allow for a very cool experience for our seniors! What about those that don't know the difference between a computer and a refrigerator? Well, we'll be giving classes to bring them up to speed with today's technology so that they can enjoy the benefits of this new perk along with those that are wired in to our wireless network with their own laptops. We plan on implementing webcams in the near future so that they can communicate with their family and friends wherever they are! Everybody is excited about this project and we can't wait until it's finished!

Department Profile: Marketing & Public Relations

The Capitol Care Center Marketing & Public Relations Department operates as the first contact between our staff and prospective guests to our facility. This department is primarily focused on bringing our message to the Springfield area to educate and inform the public of why Capitol Care Center is the clear choice for nursing and rehabilitative services. Marketing is responsible for all of our branding, imagining, creative content, and media while also creating new ways to interact with the public, our partner vendors, and other healthcare providers.

Public Relations is responsible for all contact of a non-marketing nature with our guests, potential guests, families, members of the press, media and outside agencies. Public Relations is also responsible for enhancing different aspects of the Capitol Care Center experience, such as the installation of the new library and learning lab, and a new Christmas program that will launch this holiday season. For Capitol Care Center, an active public relations department equates to satisfied guests and ultimately, a more pleasant experience, proving why we say the difference is the care.

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

The month of October is Breast Cancer Awareness month. With that in mind, let's talk about risk factors and prevention along with some early detection steps.

There really isn't a magic bullet to prevent breast cancer. Of course, there are steps you can take that may reduce your risk of breast cancer, but we all know people that brush their teeth religiously and still end up with a cavity. This being said, early detection is currently our most effective way of combating breast cancer. For women over the age of 40, the Susan G. Komen Foundation, American Cancer Society, and National Cancer Institute all recommend having a mammogram once per year. Women should conduct regular self exams in order to identify lumps, changes in color, formation, or texture of the breast in order to detect possible risks.

If you are interested in more information about breast cancer, get involved with a local event or research foundation. Go to www.cancer.org to find organizations that are at the forefront of fighting this deadly disease. Together, we can win the fight for all of the women that we love in our lives.

If you have questions about how to help identify possible breast cancer risks, please contact your physician or healthcare provider.

Within only a matter of 2 weeks of rigorous therapy, Barbara was completely independent with her transfers...

Capitol Care Success Stories! Barbara H.

Barbara H came to Capitol Care Center during the first week of August this year with a number of ailments that were preventing her from performing even the most basic of self-care tasks. Barbara was having tremendous difficulties to the point where she required maximum assistance with transfers, self-care tasks, bathing, toileting, and other tasks. Her dynamic standing balance, weakened strength, and lowered tolerance for activity were all barriers from preventing her recovery.

Upon evaluation, the Capitol Care Center therapy staff created a tailored program designed to quickly build Barbara's strength and expedite her recovery beyond what was originally expected. Within a matter of a week, Barbara was showing vast improvement as both the physical and occupational therapy staffs were working with her, giving her a double shot of therapy.

It was not long before her evaluations were showing marked improvement and a faster return to home was appearing to be the result of Barbara's hard work with the therapy team.

Within only a matter of 2 weeks of rigorous therapy, Barbara was completely independent with her transfers, required minimum assistance in dressing and self-care tasks, made vast improvements in bathing, and was independent in her toileting.

A few days later, Barbara had worked hard enough to show complete independence without assistance in all of her tasks. Her determination coupled with the superior skills of the Capitol Care Center staff adds another great rehab-to-home story to our ever expanding list of successes thanks to The Capitol Care Lynn Gannar Therapy Center!

News from Human Resources

Congratulations!

We would like to congratulate two employees who have recently gone to complete their CNA training and have come back to join our nursing department. Congratulations to Terrance Richards and Yana Jones!

We're proud to encourage our staff to continue their education to enhance our staff from the inside out.

That being said, we would also like to say good luck to Kelly Bell, who will leave the Capitol Care Center housekeeping department in October to pursue her CNA training. Good Luck Kelly!

Capitol Care Center T-Shirts

T-Shirts have been completed. We look for them to be delivered at the end of this week and distributed next week.

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 or click [here](#). For further information please call 217.525.1880 or email AMcNeil@platinumhc.net.

Alzheimer's Assoc. Memory Walk	Sept 18 @ 8 am
Bowling	Sept 22 @ 7 pm
Coffee Talk	Sept 25 @ 10 am
Bingo Field Trip	Oct 7 @ 10 am
Halloween Party	Oct 29 @ 2 pm
Mobile Store	Every Day @ 9 am
Catholic Services	Every Monday @ 10 am
Chapel Worship Services	Every Thursday @ 10 am

