

# Capitol Care E-Letter

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*Our new information packet is available! "A new in-depth brochure...that now helps prospective guests have a better understanding of what they can expect from our facility."*

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## Message from the Administrator

Welcome to February! Capitol Care Center has been a busy place since the first of the year, and we've welcomed quite a lot of new residents to our facility as well as faces we've seen before. In February, we will be continuing to improve our quality of life by gearing up for the implementation of our banquet dining into our lunch program in March. Much like our breakfast buffet, our lunch banquet dining will be one where residents are allowed to choose their meal and portion sizes. We've noticed a great change in weights for the better, in part because of our breakfast buffet, and we believe that the new lunch serving style will only enhance the quality of life and health of our residents. We're hearing nothing but good feedback so far!

February also brings one of our biggest parties of the year with Valentine's Day. The residents really get in the mood for this as it's a lot of fun. Voting has already begun for King and Queen and it's really a delight to see how excited they get over the party each year. We're always looking for volunteers for this particular party, so if you're interested just give us a call. We'd love to have you! As always, thank you so much for support, referrals, and business!



## Message from Dr. Pepper

New Brochures are available! Our Marketing Department has developed a new in-depth brochure that works to departmentalize our brochure. A brilliant new informational resource that now helps prospective guests have a better understanding of what they can expect from our facility. Each department from Admissions to Activities, along with our interactive brochure, and a directory of key contacts; our new information packet provides more information and insight than ever before. From the reaction and feedback that we have seen in the short term, it is one of the most useful new tools available to families and prospective residents when comparing nursing facilities. We are glad to be their source of expertise!

In the coming months, we'll be rolling out new changes and creative tools to help our partners not only streamline the referral process, but provide better information to their patients. We look forward to letting you know when to expect the next batch of upgrades to how we are working with the community and you!

## Department Profile: Social Services

Jack of all trades, master of none...Social Services. For Capitol Care Center, our Social Services team operates as the glue that holds our departments together seamlessly. From discharge planning to eye glasses repairmen, group therapist to point person; social services is the department that wears more hats than almost any other. From the moment a resident enters our doors, Social Services begins the work of preparing them for home. Not only by tracking their progress and serving them within our doors, but in some cases, by preparing equipment for their arrival home or arranging services to pick up where they left off when they discharged from Capitol Care Center.

A myriad of other services are provided through social services to ensure that each resident receives the highest quality of care. Services such as in-house doctor, dentist, podiatrist, and psychiatrist visits allow residents the ability to receive their treatment without transport, but in the case that services must be utilized off-site, our free transportation to and from medical appointments is just another way that CCC Social Services makes a difference in your care.

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

February is American Heart Month, and as such it's always a good idea to revisit some useful tips on how to be proactive against the #1 killer in America today. Simple steps such as eating fresh vegetables, especially broccoli and cauliflower can counter bad habits that we already know we don't need. For instance, by including fresh water fish once a week instead of red meat, you'll increase your intake of omega-3's which reduce cardiac death. Throw in a glass of red wine once a week in order to get the proper amount of antioxidants and you're on your way to heart healthy living.

Other steps are well known but seldom consistent in our daily habits. Remember to choose dark chocolate over milk chocolate, try steaming your vegetables instead of microwaving or boiling them, and the best medicine of all...exercise. Remembering a light walk each day can help burn those extra calories. If you have questions or would like more tips on how to increase your heart health, be sure to ask your physician or simply go to the American Heart Association website for other great tips!

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*Today, Randall is home  
and back to life as  
usual...after walking out  
of our doors thanks to  
the exceptional care  
provided at the hands  
of the CCC Therapy  
Staff!*

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## Capitol Care Success Stories!

### Randall S.

In October of 2009 Randall S. was admitted to Capitol Care Center with a fractured right ankle after touring the available facilities in Springfield. When he arrived, we was at a non-weight bearing status. Furthermore, his recovery would be slowed by some of his comorbidities that included diabetes and renal failure. Throughout his therapy process, Randall made quick progress and soon learned to transfer with the assistance of one aide. He eventually was able to remove his cast and from that point forward made quick progress.

Along with his usual dialysis, Randall was a quick study, making huge strides in ambulation and transfers. He quickly began ambulation with the assistance of an aide and prior was walking independently with an assistive device soon after that. After 75 days, Randall had made a great recovery and was discharged home with his wife on January 13.

During his time here, Randall's wife submitted an Op-Ed in the dialysis digest commenting on the exceptional care given to her husband and the reasoning why Capitol Care Center was their facility of choice for Randall's. One of the major factors contributing to their choice was the free transportation to and from doctor appointments. Sylvia stated that "Capitol Care Center was the only facility that provided this service for free."

Today, Randall is home and back to life as usual with his dedicated wife, after walking out of our doors, thanks to the exceptional care provided at the hands of the Therapy Staff at Capitol Care Center!

## News from Human Resources

WE'RE HIRING!!! Since the beginning of the year, we've been growing our staff as our census has also grown. We're looking for:

RNs	3p-11p & 11p-7a Shifts
LPNs	3p-11p & 11p-7a Shifts
Receptionist	Weekends (Part Time)
Dietary Aid(s)	Various Shifts

If you or somebody you know is a highly qualified, professionally grounded individual that is integrity centered and ready to hit the ground running, we'd love to talk to you! Feel free to stop by our facility to drop off your resume and fill out an application at your convenience! For more information, please feel free to call or visit.

## Announcements

Valentine's Day is finally here! Our Valentine's Day party is one of our biggest events of the year with a king and queen, live music, food, friends, family and fun. Because this usually turns out to be one of our biggest events, we always welcome the community as volunteers. This year, our Valentine's Day party will be held on Thursday, February 11<sup>th</sup> @ 6pm. We usually begin set-up about 30 minutes prior and the party typically lasts between an hour and a half to two hours. If you would like to lend your time/talent for a few hours, we'd love to have you! Just give us a call and let us know that you'd like to sign up. Call 217-525-1880 to sign up or to ask for details.

H1N1 Vaccines were distributed over the month of January and our staff and residents that have elected to receive the vaccine have been vaccinated and all necessary measures have been taken to protect against the threat of H1N1. We'll keep you updated if more details arrive.

## Upcoming Events

For a detailed listing of daily events, our activities department will be happy to offer monthly calendar of events. For further information please call 217.525.1880

Silver Steppers	Feb 3 @ 2 pm
Valentine's Day Party	Feb 11 @ 6 pm
Movie Day w/ Popcorn	Feb 10 @ 2 pm
Ice Cream Social	Feb 12 @ 2 pm
Resident Birthday Parties	Feb 24 @ 2 pm
Wag-N-Tails	Feb 24 @ 10 am
Chapel Worship Services	Every Thursday @ 10am

1. CALL DENTIST ABOUT MISSING DENTURES.
2. CALL DOCTOR ABOUT EMBARRASSING NEW DISCOMFORT.

