

Capitol Care E-Letter

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555 West Carpenter

Springfield, Illinois

217.525.1880

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Throughout the month of March we will be working to implement some new measures that will hopefully streamline our admissions process in-house.

Message from the Administrator

In the month of March, Capitol Care Center will be finishing some small remodeling projects inside of our facility. We've been working on laying some new tile, giving some rooms a facelift, and painting and refurbishing other rooms that we felt needed a touch-up.

It appears that the new guidelines from our pharmacy have been integrated quite well into the normal referral process. Thank you all so very much for having us as your guests in your meetings. We not only appreciate your time, but we are so thankful that your professionalism allowed us to implement this into the referral/acceptance process seamlessly.

Throughout the month of March we will be working to implement some new measures that will hopefully streamline our admissions process in-house. Hopefully, you'll notice a difference as we work the kinks out of this new process. We look to have a faster turn-around time on referrals and to also give you some tools to help make your job easier. We'll send a special bulletin when we've got it all implemented and we would appreciate any feedback from you on how we can make the referral process simpler. As always, thank you for your referrals and for your partnership. We couldn't be #1 without such great partners in the community!



Message from Dr. Pepper

We're almost there! Our new website is under construction at this very moment. We're working to make this one of the most advanced tools for our partners in the community to educate prospective residents about Capitol Care Center and about nursing care. We're really excited to roll out a comprehensive tool that makes your job easier! We'll also be working on beefing up the recently released info packets in the next few weeks. We'll be working on supplying information about other various specialties in order to mirror the content driven approach we're taking on our website. There is so much more that is under development right now, and we can't wait to share it with you, but we don't want to ruin all of the surprises right away! We'll be contacting you to set up times to walk you through a new presentation and the functionality of our sight when we're ready for the big unveiling!

2010 Census will also be conducted in-house for the U.S. Census Bureau. More details on this and other things are in the announcements section.

Department Profile: Restorative

The Lynn Gannar Therapy Center on the west wing of Capitol Care Center not only houses our exceptional therapy department, but also includes our restorative nursing department. Because our therapy staff achieves tremendous gains in the overall recovery process, it is important to maintain those efforts once a resident's therapy coverage days end. During that period, our restorative department works tirelessly to tailor individual plans that focus on maintaining those gains through special designed programs for each resident.

Focusing on range of motion, transferring, incontinence training, and ambulation are at the core of each program that keeps each resident in the mindset of using the correct steps that they originally learned in therapy. It's because of our dedicated restorative nursing department at Capitol Care Center that the results achieved in the Lynn Gannar Therapy Center are not lost, but instead are maintained and built upon through consistent nursing practices aimed at achieving the goal of total resident health and recovery.

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

As we continue our topic of prevention and basic health tips, we should really take a look at nutrition! As we age, we already know that we have to take into consideration that our metabolism, overall health, digestion, and lifestyle will undergo changes. We aren't exactly in our 20s anymore! Some health tips to prevent high blood pressure, lower our cholesterol, and continue our heart health are below. Follow these simple steps and you're well on your way to at least feeling like a kid again.

Consuming Calcium & Vitamin D for bone health to prevent breaks and fractures, but also ensure that you're getting the correct amount of other essential vitamins and minerals. Cut back on sugars and dry foods as well as watch your fat intake to keep a handle on your cholesterol levels. Reducing your salt intake can help reduce water retention and high blood pressure. At the same time, you should increase your intake of water levels if you haven't done so already. Finally, watch what you eat. Choose foods that maximize nutrition and not so much calories. As you age, the calories you burn are not more important than the nutritional value of the food you consume. Follow these simple steps to health eating and you'll be enjoying healthy living for years to come!

Today, Steve is able to climb a flight of 4 stairs, he stands without assistance, is performing successfully with his balance activities, transfers independently, and performs his self care tasks.

Capitol Care Success Stories!

Steve D.

In September of 2009, Steve D. was admitted to Capitol Care Center with multiple health issues such as CHF, Diabetes, Dyspnea, and Obesity. When he was first evaluated by the Capitol Care Therapy Staff, they noticed that whenever Steve would stand up or do any activity for more than a minute, his O₂ levels would drop into the 60s and his heart rate would decrease dramatically causing Steve to require longer periods of rest in order to regain strength.

After designing a strict therapy regimen coupled with a nutritional diet, Steve began making huge strides in regaining his strength and was visibly dedicated to seeing exactly how far he could take his recovery. Through his dedication and with the help of the Capitol Care Therapy Department, Steve's progress is truly something that he can brag about. Asked about his experience, Steve said "The Staff and Therapy Staff are extremely professional and extremely helpful. When I came, I wasn't strong enough to do these exercises with confidence, but now I can."

Today, Steve is ambulating with the help of a walker, something he has not been able to do in years. He is able to climb a flight of 4 stairs, he stands without assistance, is performing successfully with his balance activities, transfers independently, and performs his self care tasks. Moreover, Steve is clearly motivated to keep making strides to becoming even healthier. He is down 2 shirt sizes, has lost significant weight, and he clearly has more energy. Thanks to Steve's dedication and motivation and the help of the Capitol Care Center Therapy Department, we look forward to seeing Steve walk out of our doors healthier and happier than he was when he arrived!

News from Human Resources

We're upgrading to Human Resources 2.0! As we migrate toward our new website design, Human Resources will focus on delivering our information faster. For all in-service announcements and general employee information, you will be able to log on to the HR page of capitolcarecenter.com to find the latest information. We will also begin to migrate our job postings to our webpage in order to utilize more mainstream technology in recruiting the best that central Illinois has to offer. However, all sensitive information will continue to be disseminated in the same manner that it currently is. If you have any questions about the web conversion, please see our Director of Marketing & PR until the new site is launched. For any other HR information, please see your director.

Announcements

Every 10 years, our constitution mandates that a census of the people is to be taken. The U.S. Census Bureau has requested that, if possible, a designated member of any group facility is to be made available for this process. That person would be responsible for answering questions relating to the census and also would be available to assist those who may not be able to complete the census on their own for any number of reasons. This year, our Director of Marketing and Public Relations, John Laurenzana, will be the designated contact for the 2010 Census. Our residents will be assisted in completing their forms, but assistance will be available to resident's families and Capitol Care Center staff as well. If you have any questions, please contact the Marketing & Public Relations department at (217) 525-1880 or email PR@platinumhc.net.

In the coming weeks, if you have suggestions for what you would like to see in our new website with regard to functionality and interaction, please email those suggestions to JohnL@platinumhc.net.

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 or email NMcintosh@platinumhc.net.

Who Wants to be a Millionaire	Mar 2 @ 2 pm
Blueberry Popovers	Mar 10 @ 2 pm
Resident Birthday Parties	Mar 24 @ 2 pm
Movie/Popcorn (Time Traveler's Wife)	Mar 29 @ 2 pm
Ice Cream Social	Every Friday in March @ 2 pm
General Store	Every Day @ 9:15 am
Chapel Worship Services	Every Thursday @ 10am

