

Capitol Care E-Letter

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Inside This Issue

- 1 Message from the Administrator
- 1 Message from Dr. Pepper
- 2 Department Profile – Nursing
- 2 Physician's Prescription
- 2 Success Stories – Gerald H.
- 3 News from HR
- 3 Announcements
- 3 Upcoming Events

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video presentation of
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each department,
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Message from the Administrator

Spring brings so many new and great developments every year. With the season of Easter and Passover behind us, we are heading into the time of year when it seems like we go into overdrive at Capitol Care Center. This is the time of year when we are able to work double-time on building improvements because of the weather and double our daily resident activities as well.

This May, we'll be taking advantage of as much nice weather as possible (hopefully) during National Nursing Home Week. Our activities department has doubled up on previous planning so that our residents can enjoy a host of different activities each day.

We've also done some internal restructuring, given some promotions, and made tremendous strides in the streamlining of our management and operations structure. I must say, these changes have had such a positive and lasting effect on an already great facility! Our staff and residents seem to be enjoying the change just as much as they are also enjoying the warm weather. As always, thank you for your referrals and have a great month!



Message from Dr. Pepper

Welcome to the warm weather! You may have noticed that there was not a newsletter last month in observance of Easter and Passover. The month of May will see the launch of Capitol Care Center 2.0! This is our newly designed website that has been under development for several months. This content rich sight offers a guided video presentation of our facility, a virtual tour, in-depth explanations of each department, spotlights on specialty care, resources within and around the community and so much more. Surf over to www.CapitolCareCenter.com and explore all of the tools and information available. There is so much more content available for download as well! You'll not only find our information packet, but archived editions of our newsletter, informative articles and more, all available for download.

In the coming months we'll be rolling out hard disks of our DVD Welcome Video in our new and improved information packets along with updated content and material for new and potential guests! If you have questions on your estimated delivery date or are currently needing more packets, give out marketing guy a call @ 525-1880 or email us at PR@platinumhc.net.

Department Profile: Nursing

Capitol Care Center is proud to offer the highest rated skilled nursing facility in the area. Our nursing department plays a critical role in ensuring that we maintain that reputation. Recently, our nursing department was streamlined and restructured to ensure that each employee's skill set was being maximized based on their strengths. We also have re-evaluated and restructured our management of the nursing department to put the most dedicated management in place that Capitol Care Center has seen since its conception.

With an ever-growing need for specialized care, Capitol Care Center is aggressively expanding its total base of RNs and LPNs in each department while maintaining our integrity for providing top-notch quality healthcare to every individual.

During the expansion of the nursing department we are also exploring other options that have never been available to a skilled nursing facility in Springfield. We'll keep you updated as we make these changes!

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

Every spring, the first thing that most seniors think about is getting their lawn and garden back up to snuff. While your lawn seems to renew itself every spring, your body doesn't stay young forever. During your lawn work this spring, ensure that you are properly utilizing safe standards for lifting, standing, and other physical activity. While this sounds a bit elementary, you'll be surprised how vulnerable our bones and joints get as we age. Tasks that we've considered second nature could easily lead to a hip fracture or sprained knee. Just be self-conscious of how you are treating your body while keeping your lawn manicured to perfection.

As you're doing your yard work, also make sure that you are properly maintaining your intake of water and good nutrition. Dehydration and heat exhaustion set on much more quickly for senior than any other age group. Ensure that you are sipping water throughout the day even if you aren't exactly parched. Sipping water maintains the proper flow of fluid through our body and helps to prevent other health hazards as we are physically exerting ourselves. For more tips on healthy senior living call your primary care physician or simply go online to find simple tips to stay healthy this summer!

Remarkably, Gerald is now able to walk long distances with someone nearby for safety, which was impossible before.

Capitol Care Success Stories!

Gerald H.

Gerald was admitted to Capitol Care Center with Parkinson's-like symptoms and was faced with the enormous task of overcoming those symptoms to undergo his therapy. Gerald was experiencing difficulty in initiating movement, difficulty with trunk rotation and proper weight shifting, and stepping. He also experienced difficulty with his balance as a condition of his trunk rotation. However, Gerald was resolved in his attitude to overcome his obstacles and make huge strides in his assigned therapy.

Gerald was given the tasks of learning home exercise programs to help him learn independence in conjunction with a strict physical therapy regimen to build strength and re-teach proper weight shifting and trunk rotation. To say that Gerald experienced great results in his therapy would be putting it mildly. Gerald would often undergo therapy while around distracting noises. Which, for a person experiencing parkinson's-like conditions, is enough of a challenge.

With intense therapy and determination, Gerald has successfully learned his home exercise program and continues it today. Remarkably, Gerald is now able to walk long distances with someone nearby for safety, which was impossible before. Gerald previously needed to be held and assisted during gait and ambulation. He has even learned facial exercises to assist with his speech. Gerald is not only a great success story for our Lynn Gannar Therapy Center, but is the picture of what determination can overcome for any individual hoping to improve their health.

We are extremely proud of Gerald's continued progress and the therapists that have aided in his remarkably improved health.

News from Human Resources

Our new website contains information for staff! If you have internet access, surf over to www.CapitolCareCenter.com and click on the Human Resources section under About Us. There, you'll find in-service dates, staff announcements, and more. You'll also find a link to your employee benefits page so that you can easily access all of your employment material online!

Please see the Announcements section below on CPR Certification renewal or visit our webpage for more information.

Capitol Care Center is hiring RNs and LPNs for our 3p-11p shift. For a complete description or to apply online, go to www.CapitolCareCenter.com and click on Career Opportunities in the Contact Us section at the top of the page!

Announcements

Senior Celebration is May 19th and Capitol Care Center will be there. Encourage seniors that you know to stop by the Capitol Care Center booth to learn more about our available services, and catch up with all of the changes happening at Capitol Care Center. As usual, we'll be sure to have goodies to pass out as well. The Capitol Care Center shuttle will also be available at the Illinois State Fairgrounds to give free rides to seniors heading to Senior Celebration.

Capitol Care Center will be partnering with Medics 1st Mobile Intensive Care during the month of May (14th, 17th, & 26th) to provide CPR training to those employees that need to renew their license. Medics 1st has graciously offered their time and talent free of charge as one of our preferred providers. If your CPR certification needs to be renewed, please see your supervisor or sign up in the scheduling office. Thank you to the highly trained professionals at Medics 1st for your invaluable partnership with Capitol Care Center!

Upcoming Events

For a detailed listing of daily events, you can download our activities calendar on the activities page of our website, www.CapitolCareCenter.com. For further information please call 217.525.1880 or email NMclntosh@platinumhc.net.

National Nursing Home Week Begins May 10th!

Bonfire & Smores by the Fire	May 10
Sock Hop w/ DJ & Julio from Salsa 29	May 11
Day of Magic w/ Mario Manzini	May 12
Fun in the Sun Day	May 13
Capitol Care Center Annual Cookout	May 14
UPDATE! Catholic Weekly Services	Every Monday @ 10am



"First we're going to run some tests to help pay off the machine."

