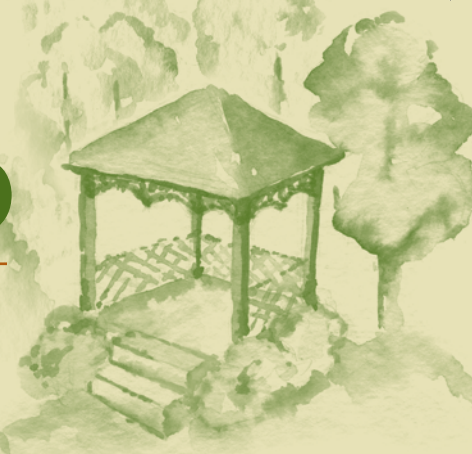


Our NEIGHBORHOOD news



FALL 2011



A quarterly publication of

Botsford Commons Senior Community

Subacute Rehab Answers the Call

Subacute rehabilitation is a relatively new concept and frequently inspires questions.



Resident Jane Lang's recovery is one of our many success stories.

Q: What is Subacute Rehabilitation?

It is for individuals who need medical care at a lower level than delivered at the hospital or acute level, yet require therapy in a daily setting before safely returning home.

This short-term rehab helps individuals regain strength and build endurance. The patient will learn how to use adaptive equipment, compensatory techniques and about safety. Families and caregivers may also receive training so they can assist at home.

Q: Who benefits from Subacute Rehabilitation?

Patients recovering from joint replacement, surgery, injury, stroke, heart attack, cardiac or orthopedic problems – anyone experiencing a decrease in function affecting daily living will benefit.

Q. Does Botsford Commons offer Subacute Rehabilitation?

Yes. Our specialized facility provides comprehensive subacute rehabilitation with highly trained, licensed therapists in physical, occupational and speech pathology in a compassionate, patient-centered setting.

We offer therapy six days a week. Our therapists are caring, knowledgeable professionals. We have exceptional outcomes for wound care. Oxygenated rooms promote respiratory health and comfort.

Q. What can individuals expect from their stay?

Our therapy team specializes in geriatric and orthopedic rehabilitation. We provide comprehensive treatment tailored to each individual. Treatment plans are set with a team approach, enlisting the opinions of nurses, physicians,

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Health Care Reform Bring Experts Together

Botsford Hospital invited area nursing home owners and administrators to join their discussion on best practices for acute and subacute patient care in light of health care reform.

The breakfast, hosted by Dr. Paul LaCasse, President and CEO of Botsford Hospital, highlighted the importance of collaboration in an effort to improve coordination of care and reduce patient rehospitalization. Nancy Vecchioni, VP of Medicare Operations at MPRO, Michigan's Quality Improvement Organization, spoke to the group about a nationwide initiative to avoid hospital readmissions. She says acute and subacute facilities need to work together across the continuum of care to: teach effectively, perform comprehensive post-hospital need assessments, create follow-up care plans as well as inspire patient and family-centered communication.

"These are both exciting and challenging times," says Margaret K. Lightner, President and CEO of Botsford Commons. "Health care reform will drive significant changes in the delivery of health care services. Events like this present a perfect opportunity to begin the clinical integration dialogue between the acute and post-acute providers."



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Every Penny Counts

The ties binding Botsford Elementary School and Botsford Commons pull on the heartstrings of faculty, students, parents, residents and caregivers.

Over the years, students and seniors have bonded over countless projects, events and special moments: reading together, Christmas parties and back-to-school backpack drives, to name a few.

When the school learned the Commons was in need of a new bus to facilitate these meaningful events, they decided to help the fundraising efforts with a "Penny War."

"We wanted to do something each child could participate in," says Patricia Gregg, Botsford Elementary School Secretary.

"Everyone has at least a penny to spare and we told the students that one penny was just as good as 500."

Collection jars were placed in every classroom. As they quickly filled, they were replaced with new ones. In the end, the enthusiastic student body raised nearly \$800 in pennies to put toward the new bus.

"The philanthropy of the Botsford Commons residents could never be repaid," says Gregg. "They learned one family was not going to have a Christmas and they stepped right in, going above and beyond, to gather gifts for the entire family. They collect school supplies every fall to fill backpacks for kids whose families are struggling."



Botsford Elementary students pocketed pennies for their Botsford

"Most importantly," Gregg adds, "they give the gift of their time. Many of our students don't have grandparents in the area and these special seniors fill that important role. Gathering pennies to help them get a new bus is the least we could do." **To find out more about our 'Next Stop...Our Bus' campaign, please visit our website: www.botsfordcommons.org/give or call Camille Purdie at 248-426-6904.**



Residents flock to one of the many colorful fundraisers.



Bus-stopping barbecues brought employees out for the cause.

Activities/Events supporting our Bus Campaign:

- Bowl-a-Thon
- Neighborhood Booster Activities
- Employee Barbeques
- Basket Drawing
- Pampered Chef® Party
- Motorcycle Charity Ride
- Watercolor Sale Charity Preview
- Penny Wars

Road to Recovery

Success stories abound from our Subacute Rehabilitation Center. After completing their rehabilitation, 98% of our patients recovering from joint replacements, heart attacks, strokes or any other debilitating illness, are able to return home.

While the numbers are impressive, the testimonials given by the individuals themselves strike to the heart of our mission: to help patients heal so they can get back to living life to the fullest.

Jane Langa, a Botsford Commons resident,

could be the poster child for success. After several joint replacement surgeries and subsequent stays at our Subacute Rehabilitation Center, she is able to swim a mile a day. When she's not swimming, she's walking a mile around our beautiful campus.

Langa credits the care she received as a key component of her recovery. A former nurse, she knows what she's talking about.

"The therapists and nursing staff are very

good at what they do," says Langa. "They were also so friendly and positive that it made getting well a lot easier."

Although Sharon Cottenham is not a Botsford resident, she says her stay at the Subacute Rehabilitation Center enabled her to return home with confidence after shoulder surgery.

"When you are recovering you want compassionate and capable care," says Cottenham. "The nurses and therapists were very encouraging and the warm atmosphere made it a pleasant place to get well."

For information on our Rehabilitation Center, call Dawn Tellier at 248-426-6965.

Holistic Help



Donna Spiers-Dunn, Nurse Manager for Botsford Commons Chronic and Dementia programs, believes the most gifted nurses and caregivers combine clinical techniques with intuition and compassion.

Her holistic belief in caring for the whole person is also championed by her colleague, Krystal Boddie, Coordinator of Education and Training. Their way of thinking and working is contagious among Botsford Commons' staff and residents.

"I've always believed holistic techniques complement the clinical side of medicine," says Spiers-Dunn. "It's a proactive way of thinking and living that we can use in our personal and professional lives. It starts with a healthy lifestyle, nutrition, exercising and taking the time to just breathe. We can't care for others if we don't take care of ourselves."

Spiers-Dunn and Boddie use everything from healing touch, massage and Reiki to visualization and aromatherapy as an additional way to help residents deal with pain, anxiety and even anger.

"Asking permission to give the simple gift of a gentle hand or foot massage can help residents relax and cope with pain," says Spiers-Dunn.

"Reiki is totally non-invasive and can be done anywhere and any time," Boddie adds. "This spiritual therapy can help heal many diseases or imbalances, especially stress-related disorders."

Using visualization to take a trip down memory lane and reminisce about the vibrant details of a wonderful fall day – the bright yellow sun, blazing orange leaves, crisp red apples – can also do wonders to provide a few moments of respite.

Spiers-Dunn and Boddie will both share some of their holistic wisdom with staff members through Botsford University in September.

"It's not so much what you do, as how you do it," says Spiers-Dunn. "Krystal and I try to share what we've learned with our co-workers so they can give back to themselves, their families and those they care for."

Relax...It's Easy

- Use lavender or sandalwood scented candles, lotions and aromatherapy known to have a calming effect.
- Next time you're feeling judgmental or disagreeable, take a moment to spell out the word "Peace" or "Love" in your mind to help you embrace the positive.
- Breathe! Take a few deep, cleansing breathes to reset your day.



Donna Spiers-Dunn and Krystal Boddie were nominated for the 2010/2011 Nursing Excellence Award for doing their jobs in a way that reflects positively on the nursing profession as well as their own

Subacute Rehab *continued from page 1*

social service experts, therapists, physiatrists (physicians specializing in rehabilitation) and most importantly, the individuals and their families. This same team stays with the individual throughout the stay.

Barriers to returning home are addressed: climbing steps, bathing, dressing, preparing meals, swallowing, speech deficits, walking with an adaptive device, wheelchair mobility, getting in and out of bed and rejoining leisure activities. The goal is to help individuals return to enjoying life to the fullest.

To learn more about Botsford Commons' rehabilitation services, call Linda Bellinger at 248-426-6926.

National and State Quality Honors

A commitment to excellence propelled the Botsford Senior Living Center to a Bronze National Quality Award this year – a first step in the journey to earn national recognition from the American Health Care Association/National Center for Assisted Living.

"We're thrilled with our success on our first attempt. Many facilities have applied multiple times before winning this award level," says Zide, who will travel with her team to the national convention in Las Vegas this fall to receive this award.

The Botsford Senior Living Center was also awarded the Michigan Center for Assisted

Living's highest achievement – a Level 3 Quality Seal. The Senior Living Center is one of only 12 facilities – out of the more than 400 in the state of Michigan – to garner the award.

"In order to win these awards, we submit exhaustive reports highlighting everything from quality assurance studies and OSHA records to policies and procedures. Satisfaction surveys of residents, families, and staff also play an important part in our success," says Diane Zide, Executive Director of Senior Living Services. "It's nice to have our team's hard work recognized."

Around the Corner...

Upcoming fun and fellowship for our residents, their families and the community

Please call Cheryl Dzikowski, Senior Living Services Coordinator, at 248-426-6903 for more information.

Support Our:

"NEXT STOP, OUR BUS" CAMPAIGN EVENTS

Upcoming Events Include:

Motorcycle Ride and Fundraiser | Saturday, Sept. 10, 1:00 p.m.

Silent Art Auction | Wednesday, Sept. 28, 6:00 – 8:00 p.m.

Call Barb Smith at 248-615-2898 for more information.

Developing Meaningful Connections with People Experiencing Dementia – first Tuesday of each month at 7 p.m. followed by **Alzheimer's Support Group** | Sept. 6th, Oct. 4th, Nov. 1st | **Senior Living Center dining room** | Call Diane Zide at 248-426-6902 for more information.

Holiday Shop | Saturday, Nov. 12, 10:00 a.m. - 4:00 p.m. | **Botsford Commons Chapel.**

Alzheimer's Foundation – National Memory Screening Day | Tuesday, Nov. 15, 10:00 a.m. - 2:00 p.m. | **Botsford Town Commons** | Free memory, depression, balance and driving assessments. | *Call to register 248-426-6930.*

COME VISIT US IN THE COMMUNITY:

Total Wellness Fair: Adults 50 & Better | Tuesday, Sept. 20th, 10:00 a.m. – 1:00 p.m. | **Costick Center – Farmington Hills** | Free driving assessments.

12th Annual Solutions for Family Caregiver Expo Sponsored by *The Area Agency on Aging 1-B* | Saturday, Oct. 15th, 9:00 a.m. – 2:00 p.m. | **Suburban Showplace Collection, Novi.**



Our Resident Artists were pleased with the success of the recent exhibition



Our energetic Botsford Boosters singing



Fun drives the day at the annual Botsford Cruise-In.

Editorial Board

Margaret K. Lightner FACHCA
President and CEO

Camille C. Purdie
Executive Director, Marketing / Development Officer

Kimberly M. Gimmaro
Executive Assistant

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21450 Archwood Circle
Farmington Hills, MI 48336-4702
248-477-7400

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