



MARCH/APRIL 2022 NEWSLETTER

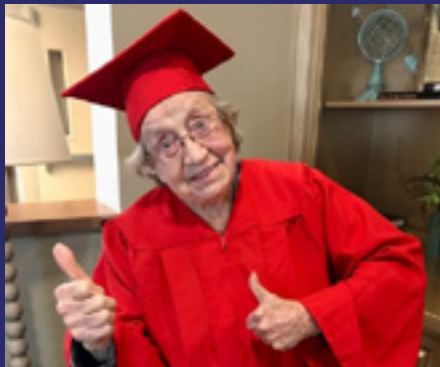
KEEPING YOU IN-THE-KNOW

In this video we recently shared on our Facebook page, James McKinney, Certified Occupational Therapy Assistant, demonstrates some of the adaptive equipment and techniques our patients might use to return to activities of daily living following hip surgery. At Highland Meadows, our goal is to get patients back to independent living as quickly and safely as possible. **Click on the image to watch the video!**



MORE REHAB SUCCESS STORIES!

After fracturing her left femur at age 91, Margaret came to us with pain in her leg, requiring extensive assistance with activities of daily living and mobility. She's now a happy 'graduate' of a personalized rehab program that has allowed her to return home to live independently and with increased safety awareness!



At 91, Janet came to us following multiple rib fractures, pneumonia, and acute respiratory failure. Look at her now! She recently 'graduated' from a personalized rehab program that has allowed her to return home, able to live independently and perform her regular daily activities - with no assistive devices!

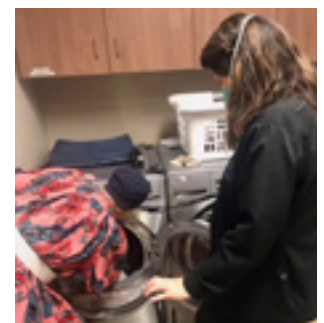


Congratulations, Margaret and Janet – and thank you to our amazing therapy team for working with our patients to achieve their goals.

Functional Rehab

At Highland Meadows, one of our main goals is to get patients back to functioning the way they were prior to hospitalization, so we simulate activities like putting dishes in the dishwasher and doing laundry. We watch for things like balance and endurance, so when we send patients home, they are safe.

Click on the image to watch the video to learn more about our comprehensive rehab services.



www.highlandmeadowshealth.com

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EMPLOYEE OF THE MONTH



Please join us in celebrating MICHAEL ROELL, our February Employee of the Month! Michael displays character, integrity, and dedication to his work in Environmental Services! We appreciate you, Michael, and the difference you make daily for those in our care.

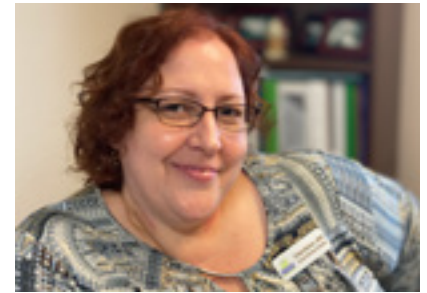
CELEBRATING SOCIAL WORKERS

March was Social Work Month, a time to celebrate the professionals dedicated to enhancing well-being and meeting the most basic and complex needs of communities and people – especially the most vulnerable.

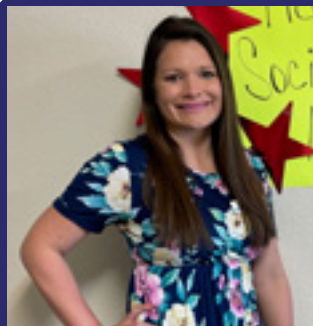
As a child, Christa and her grandmother (Nanny) made daily trips to a nursing home to visit Mama Bird, her great grandmother. Christa would help the Activities Director entertain residents and spend time visiting.

In junior high, she became a 'Ladybug Volunteer' and participated in the 'Adopt a Grandparent' program. When her adopted grandmother passed away, Christa was filled with such sadness that she considered giving up volunteering. But Nanny encouraged her see the positive difference it made, and she opened her heart to a new adopted grandparent.

"I truly believe that being a Social Worker is a calling...It is about carrying in your heart the knowledge that what you did for them and their families mattered. What a privilege and honor it is to be able to help and serve someone, even if it just involves something as simple as listening to what they have to share and validating their incredible worth or becoming the voice for someone who has lost theirs. I love being a Social Worker and I am so very thankful to Nanny and Mama Bird and for the life experiences that led me here."



Christa, LBSW, Director of Social Services



Nicola Quillen, LMSW, ACM-SW, Rehab Social Worker

As a Rehab Social Worker, Nicola facilitates discharge planning for patients returning to the community. She's worked in the field for 12 years.

"I grew up wanting to be a dental hygienist, so call becoming a social worker a God thing; it was just His plan. When I pivoted to His plan and not mine, everything started to fall into place," Nicola says. "In college, a friend's mom became a widow and I saw how difficult it was for her to continue navigating everyday life without her partner. This is where my love for the aging population and my desire to help others was born."

Nicola enjoys linking patients to resources to instill hope for a continued healthy life at home, despite whatever setback they had that brought them to Highland Meadows.

"I was not fortunate enough to live near my grandparents growing up, so I like at my patients as an extension of them, and I treat each one as my own," she said.

NATIONAL NUTRITION MONTH

In March we also celebrated registered dietitian nutritionists and dietary health professionals. For Dietary Manager Lisa Ross, making sure our residents eat right means so much more than managing the kitchen and providing wholesome meals.

"When a new patient comes to Highland Meadows, we receive their diet from the hospital. We not only know their specific dietary needs, but I interview each and every referral to find out their likes and dislikes. I keep notes when they like something in particular, so we can offer it again."

What happens if residents don't like something? "We have a big assortment of alternates. They can choose something else if they don't want the regular meal. A lot of facilities don't do that."

Lisa is quick to point out that residents will always remember meal times and will never forget a bad meal. "Meals are at the heart of what we do, because meals are the heart of our residents' daily life."



Lisa Ross, Dietary Manager

