

Capitol Care E-Letter

www.CapitolCareCenter.com

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555 West Carpenter

Springfield, Illinois

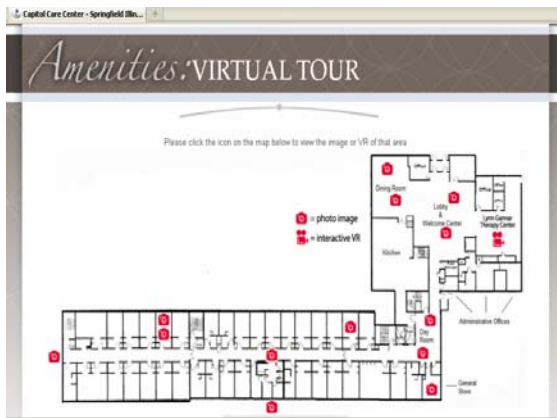
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June 2010

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Have you checked out the Virtual Tour @ CapitolCareCenter.com? It's the next best thing to a live tour.



Message from the Administrator

June has already started out as a busy month for Capitol Care Center. Our disaster preparedness conference with C.H.U.G. was a success and our Public Relations department will be out to discuss mutual aid agreements with our community partners.

Senior Celebration was a success in May, and we're glad to see that our community outreach campaign has had such a positive impact in telling our story and building our reputation as *the* place for skilled nursing care and unmatched therapy services. Of course, we couldn't help the amount of people that we do without your help!

We're preparing to enter the summer months with quite a bit of headwind as well. You might notice that we've been expanding our staff to accommodate the growth in our census. Our job postings are listed online, but if you know of qualified staff that would mesh well with our already outstanding staff, send your recommendations to us. As our partners in the community, we value your opinions and your recommendations. As always, thank you for your referrals and your trust in our care! Have a great month!



Message from Dr. Pepper

Have you been to the website yet? We've received an overwhelming amount of feedback from the public and from our partners! If you haven't had a chance, go to www.CapitolCareCenter.com and check it out! You'll notice that the site is loaded with content, information, and resources for our community partners and the general public. The #1 Skilled Nursing Facility is now the #1 Resource for Skilled Nursing Care on the web!

Thank you to all of those that visited our location at Senior Celebration this year. We had tremendous feedback from the public about the positive impact of Capitol Care Center in the community as well as wonderful feedback on our reputation as the highest rated skilled facility in the area! It was a great success and a wonderful opportunity to interact with the public.

The NEW DVD is available! Our new welcome video is perfect for those people that are curious about our facility, have general questions, or simply wanting more information on the #1 facility in the area! If you would like a video, you can request one on our information request page under Contact Us @ www.CapitolCareCenter.com.

Department Profile: Housekeeping

The Capitol Care Center housekeeping staff has large task ahead of them every day! The responsibility of cleaning this 251 bed facility, 4 floors, a dining room, several recreation rooms, general store, therapy gym, and countless other rooms as well as each resident's individual room is definitely a monumental task. However, the Capitol Care Center staff manages to go from one end to the other and top to bottom each day, multiple times and they manage to make it look easy. Their skill often stuns first time visitors who have been in other facilities. The first thing they notice....there isn't an odor like they've noticed in other facilities. It's because of the superior cleaning methods and knowledge of what works to keep this building clean that our housekeeping staff keeps Capitol Care Center spotless each day.

At the other end of the housekeeping staff is our laundry department. While most of us have trouble cleaning, folding, and putting away a single load. Our laundry department cleans not only the bedding, but also the garments and other laundry of each resident. This superior staff of non-stop housekeepers helps set the appearance of our facility far beyond that of our competition and they remain an integral part of the difference in each resident's general happiness and overall satisfaction in our facility.

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

During the summer months, it becomes necessary to remind ourselves of simple tasks to stay healthy and safe. The hot Illinois summers are notorious for being especially hard on the senior population. Proper prior preparation prevents unhealthy or sometimes even deadly outcomes. Prior to the "dog days" of summer arriving, each of us should be sure that we have done the proper maintenance needed for proper ventilation or air conditioning in our own homes and/or the homes of seniors that we know. This step is often overlooked and during the high point of the heat in the Midwest is often the perfect time for these things to encounter maintenance issues.

The other obvious preventative step is proper hydration. Consuming decent amounts of water throughout the day is not only a healthy step to eliminate fluids that are not exactly health out of our diet, but also help the body replenish the necessary fluids needed to keep the body properly hydrated with plenty of fluids. When seniors start their summer with these two simple steps, they are well on their way to surviving the brutal heat of Illinois summers.

Larry discharged home in May with complete independence in his self-care tasks and was able to ambulate with the help of a rollator walker.

Capitol Care Success Stories!

Larry B.

Larry B. came to Capitol Care Center in March of this year, following a hospitalization due to residual weakness after having suffered a stroke. Larry's stroke had multiple negative effects which caused him to have difficulty in performing his self-care tasks as well as basic ambulation.

Upon meeting the Capitol Care Center Therapy staff, it was clear that Larry would require multiple disciplines of therapy and was assessed to have need for strength training, gait training, and self-care training.

Larry would be utilizing multiple methods to help him regain his strength, including the omni cycles. Gradually, his progress was visibly clear and his demeanor became more and more positive as he noticed himself making huge strides in record time.

After a home evaluation by our therapy staff, Larry returned after a short therapeutic stay to focus on the remaining therapy that would be needed to help him smoothly transition back into his home life without difficulty.

Larry discharged home in May with complete independence in his self-care tasks and was able to ambulate with the help of a rollator walker because of his dedication coupled with the knowledge and dedication of the Capitol Care therapy staff. In his wife's words:

"Thank you for the excellent care my husband Larry received from the therapy center at Capitol Care Center ...Their patience and knowledge and caring helped him on his road to recovery. He is now home and doing well."

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News from Human Resources

Capitol Care Center is looking for new talent! We have various positions open in different shifts. In the coming weeks we'll also be looking to fill a vacancy that will be left by our Activities Director as she prepares to enter nursing school. Go to our webpage to learn more about our various career opportunities!

In-Service dates, times, and topics are now located on the Human Resources section of the webpage. Please continue to check back often for updates to mandatory in-services and also opportunities that you may be able to take advantage of!

Please remember to register to view your employee benefits and past pay stubs online. You can register and view all of your current and past information by clicking the link on the HR page of our website at CapitolCareCenter.com!

Announcements

Capitol Care Center will be contacting area partners and other facilities within the next several weeks to build upon our disaster preparedness plan. Cohesive and mutual aid agreements with our area partners and even our competitors ensure that we are all prepared in the event that the people in our care are well taken care of if disaster strikes.

National Nursing Home Week was a great success thank you to all who helped make it a wonderful week for our residents!

Senior Celebration was great! Thank you to those that stopped by the Capitol Care Center booth to meet and greet with staff and share your stories of success that you've had because of our care!

If you know of a company that is a useful resource to list on our resources page of our website, please email their information to PR@platinumhc.net

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.

Garden Club	June 8 @ 2pm
Fishing Field Trip	June 10 @ 12pm
Kitchen Korner	June 16 @ 2pm
Pizza & Beer for Father's Day	June 18 @ 2pm
Movie & Popcorn Afternoon	June 28 @ 2pm
UPDATE! Catholic Weekly Services	Every Monday @ 10am

AFTER CONSULTING WITH THE BEST MINDS HERE AT THE HOSPITAL, THE ONLY THING WE CAN COME UP WITH IS THAT YOU SHOULD GO OUTSIDE AND EAT GRASS...



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