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April • May • June 2010

Introducing ACP Plus

Patricia Wise of Hempfield Manor is excited to announce the addition of Accelerated Care Plus (ACP). ACP is a program that provides treatment for a number of different conditions, including: arthritis, slow healing wounds, stroke, loss of bladder control, knee or hip replacement, chronic pain, peripheral neuropathy (numbness, pain and tingling in the hands and feet), and decreased mobility. The treatment program is covered by most insurance providers, including Medicare.

“Providing great patient care is the guiding principle for all that we do,” says Kara Cassidy. “We are very excited to be a part of this program. With the outstanding reputation ACP brings with them, I know this will allow us to provide the best possible treatment option to our community. This program makes a perfect complement to our new Transitional Care Neighborhood.”

“Unfortunately, the road to recovery can be a slow one for many people who are aging or have disabilities. We wanted to introduce proactive measures to help manage these conditions for our residents,” said Patricia Wise. “We want the community and local medical professionals to know we are committed to quality care and progressive therapy techniques. Our new treatment program is just another example of that ongoing commitment.”

Accelerated Care Plus is the nation's leading provider of specialty clinical programs for sub acute, chronic and long-term rehabilitation. The programs include patented medical equipment, proprietary clinical protocols, facility training, and support. The ACP program is now used by thousands of the most recognized skilled nursing facilities and rehab care providers in the U.S.

Stop by our Transitional Care Neighborhood to learn more about this exciting program!

In Memory of Our Friend



Linda I. Trout Ramsey

She was unique in her own way. She was Scottish and had a temper and a smile to prove it. She was very proud of her Scottish heritage. She brought laughs and smiles to her fellow employees and residents. No matter how she felt, she always worried about her friends and family first. She made friends wherever she went. She was a devoted mother of 3 kids, 2 grandkids and many lambs. She would bring her lambs into work which always made the residents smile and laugh. She will be sadly missed by a lot of people. Her smile and presence will stay here at Hempfield Manor for a long time. The residents and co-workers will miss her.

Memoriam By:

Mary Jane Harbaugh &
Dawn Monstrola Dyelle

The Results are in...

Resident & Family Satisfaction Surveys

Resident Surveys: 92% recommendation to others
85% Overall Satisfaction

Family Surveys: 92% recommendation to others
90% Overall Satisfaction

A very special THANK YOU to everyone who participated in our survey. Approximately 50% of the surveys distributed were returned. From this survey we learned some of the things we are doing well which included:

- Recommendation to others
- Overall Satisfaction
- Respectfulness of staff
- Commitment to family updates
- RN/LPN Care

It is important that we also hear the concerns of our residents and families so that we continue to improve. There were several items identified that we need to improve upon. In order to identify underlying causes for concern, we will be conducting more detailed surveys to help us further identify your expectations. We will then develop an action plan to make changes where possible. We will keep you informed as to our progress. The Entire Team at Hempfield Manor is committed to going from Good to Great.

Hempfield Manor Management

Dr. Kevin Wong.....	Medical Director
Patricia Wise.....	Administrator
Betsy McFarland.....	Director of Nursing
Tracy Rebick.....	Director of Customer Relations
Kim Freeman.....	Business Office Manager
Amy Jaquette.....	Resident Services Coordinator
Kristy Mathews.....	Activity Director
James Brown.....	Environmental Services
Evelyn Gillis.....	Food Service Supervisor

Protecting Your Vision

Eye Exams Can Help Prevent One Half of All Blindness



Does it seem that print is getting smaller as you get older? Are your arms long enough to read the newspaper if you aren't wearing your glasses? When was the last time you got your eyes checked? Many seniors experience changes in eyesight and eye health. You can make sure your eyes remain healthy for as long as possible by eating a healthy diet, exercising, not smoking and wearing sunglasses.

The best way to prevent vision loss is through early detection and regular, comprehensive eye exams. According to the American Optometric Association, people age 60 and older should have a yearly eye exam and should seek immediate eye care if there are noticeable changes in their vision. However, lack of awareness of the value of preventive eye care, the cost of eye examinations and a lack of insurance keep many people from getting the treatment they need to prevent eye disease, according to Prevent Blindness Ohio.

Nearly 150,000 Ohioans currently suffer from visual impairment, and more than 43,000 are blind. Half of all blindness is preventable, yet as the population ages, the

incidence of visual impairment and blindness continues to grow in Ohio. In fact, the number of Ohioans with visual impairment is expected to double by 2030. Many thousands more face the quality of life and economic issues associated with specific aging eye diseases.

The primary causes of vision loss are undetected eye diseases, such as diabetic retinopathy, glaucoma, age-related macular degeneration and cataracts. Many eye diseases, including those associated with diabetes and age do not exhibit any initial symptoms before vision loss occurs and are only detectable through regular eye exams.

Don't let a lack of funds or insurance put your vision in danger. Less than half of eligible Ohioans are aware that Medicare will cover medical eye care expenses. The "Welcome to Medicare" physical includes screening for glaucoma. The glaucoma medical benefit

qualifies many people for 80 percent coverage of the doctor's screening fee. This includes people with diabetes who are at a higher risk for diabetic retinopathy, glaucoma and cataracts. Medicare even has cataract surgery benefits.

You can call the Ohio Senior Health Insurance Information Program at 1-800-686-1578 to talk with a trained representative about Medicare and what it covers.

Some organizations, such as Vision USA-Ohio Optometric Association (1-800-766-4466), the Opticians Association of Ohio (1-800-661-5367) and EyeCare America (1-800-222-3937) provide free eye exams, glasses and surgical care to eligible individuals. Ohio Lions Clubs (614-539-5060) may be able to provide free or reduced cost eye care, glasses and low vision aids. Prevent Blindness Ohio (1-800-301-2020), through its vision care outreach programs, provides access to comprehensive donated eye exams, glasses and aftercare for those who qualify.

Don't let a preventable eye disease rob you of your sight or your quality of life.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Dietary Reminder to Families

Because of state regulations, all food brought into the facility from outside must be re-heated by the family. Fresh vegetables and fruit must also be prepared by the family (ex: strawberries, tomatoes). Please remember to label the food item with the resident's name and the date. Also, due to limited space in the refrigerators, please limit the amount of items bought in.

Special Events

- May 6 Custard Trip
- May 9-15... National Nursing Home Week
- May 9 Mother's Day Tea
- May 10..... Italian Day - Entertainment with Kevin Solecki
- May 11..... Wear Your Pajamas Day!!! Belgian Waffles with Toppings at 2:30
- May 12..... Olympics Day!! Special Games and Events Throughout the Day.
- May 13..... Casino Day!! Gambling, Drinks and Snacks.
- May 14..... Carnival Day!! Car Show, Picnic Lunch, Cotton Candy and Games.
- May 15..... May Mayhem All Day Bingo 10-2
- May 17..... Music with Craig Zinger
- May 21..... Caviar And Crackers
- May 21..... Night Owl Bingo 6:30-8
- May 27..... Trip to Phipps Conservatory
- May 31..... Memorial Day Patio Social

Annual Mother's Day Tea, May 9th from 1-3 PM in the Dining Room. Refreshments will be provided. Donations of cookies or other sweet treats are always appreciated.

Tuesday, May 11 at 6:00 PM, Susanna Lisotto from Vitas Hospice will do a special presentation called "Spring into Action." Susanna has done numerous other presentations here and they are always fun and interesting. Please call Kristy for further details.

Friday, May 14th, we will have a Car Show & Carnival starting at noon. We are also having a picnic lunch for residents which will be catered through Food-O-Rama in Madison. Families and visitors are welcome. **Picnic lunch will be served at 11:00 AM.** If you have an older car and would like to bring it here for the day, you are also welcome!

Families are always welcome to join us on bus outings. Signs are posted outside of the activity room on the wall with times and locations. Often, we are limited in how many residents we can take due to staff available to assist with wheeling residents on these outings. Please see Kristy with any questions.



Introducing Michael Hess

Hello, my name is Michael Hess. I was born on July 13, 1976, in the small town of Coudersport, PA, where I lived

until I completed my college education. Ironically, this is the home of another HCF facility, Sweden Valley Manor.

I graduated from Indiana University of Pennsylvania with a Bachelors of Science in Dietetics. After graduation, I worked as a Diet Tech/Manager for Bethany Village, a Continuing Care Retirement Community located in Horseheads, NY, in their 120 bed Skilled Nursing Facility. Thereafter, I spent six years as a Clinical Dietitian at St. Joseph's Hospital located in Elmira, NY. While working full time at the hospital, I went back to school and received my MBA in Healthcare Administration. I then took an opportunity to work for a software company called The CBORD Group Inc, located in Ithaca, NY, which developed software for the Healthcare, Senior Living, and College and University markets. After a little over two years of employment at CBORD Group, I came to the conclusion that I really missed being in the facilities with residents as well as the other various healthcare disciplines. This brought me to the decision to pursue a career as a Licensed Nursing Home Administrator. I am currently an Administrator in Training at Hempfield Manor and upon completion of the required additional practical hours of experience, I will then be able to take the state and national exams to become a Licensed Nursing Home Administrator.

I met my wife when I was living in New York State while at a friend's 4th of July picnic and the rest is history. We have a boy named Benjamin who will soon be two years old and another boy on the way that is due June 5th.

My hobbies include hunting, fishing, yard work, including lawn maintenance and landscaping, and I absolutely love spending time with my family and friends.

I am very pleased to be part of the HCF of Hempfield Manor team and look forward to getting to know each of you. Make it a great day!