



## GRANT REHABILITATION & CARE CENTER

### *From the Administrator's Desk...*

Happy October to our Residents, family, and friends!

As we get closer to opening our new therapy gym, we have been introducing some new equipment to the residents at GRCC. One item of particular interest to our residents is the OmniStand Balance System. This is a balance trainer that gives our therapy department the freedom to work with residents that need assistance with balance and gait training while keeping the resident safely supported. Individuals that have a history of falling or have had a surgical procedure can benefit from this equipment because it has a fall safe design and adjusts easily for postural support. In addition to the OmniStand, GRCC has also implemented the use of the OmniVR, and engaging virtual reality therapy system that improves functional abilities through muscle strengthening and provides a real time interactive experience.

Grant Rehabilitation and Care Center and Grant Memorial Hospital are pleased to announce their collaborative efforts to improve our local community health outcomes regarding re-admissions. A re-admission is an episode when a patient/resident has been discharged from the facility and is then admitted again within 30 days.

Re-admission rates have been used as an outcome measure and as a quality benchmark for health care systems. Organizations can be fined with penalties if their re-admission rates exceed the level as determined by the state/federal government.

Re-admissions occur more frequently in our population affected by respiratory illness and/or diagnosed with congestive heart failure (CHF) or chronic obstructive pulmonary disease (COPD). In an effort to reduce re-admissions, both facilities are now in a closer relationship to ensure that proper preventative measures and staff education are provided to improve outcomes for those individuals that are at the highest risk for respiratory illness in the long-term care setting. Administrative staff members from both organizations recently met to discuss the best approach to identify at risk persons, provide staff education, and ensure that preventative maintenance is completed on the necessary equipment. By joining together through improved communication to provide better service, both facilities are prepared to meet your healthcare needs at any stage of life.



### NOVEMBER BIRTHDAYS



Ruth Judy	11-01
Eston Kesner	11-08
Nancy Hambleton	11-10
Lynne Simmons	11-16
Polly Westfall	11-16
Tammy Richardson	11-25

### DISCHARGES

Leona Thompson	09-28
Diego Espinal	10-01
Kenneth Boucher	10-03



Nina Painter  
10-09



### ADMISSIONS

Leland Thorne	10-09
Lynne Simmons	10-11



### *Employee of the Month*

GRCC's Employee of the month for the month of October is Ashlyn Hall. Ashlyn has been an employee at this facility since 2015. She began as an aide in the Food and Nutrition Services' department. From there, she moved on to becoming a CNA and has been in the nursing department since 2016.







# *We've Got That School Spirit!*

Petersburg High School's Homecoming Week was September 24<sup>th</sup>-28<sup>th</sup>. On Wednesday, the 26<sup>th</sup>, the Vikings' Football Team, Marching Band, and Cheerleading Squad visited our facility for a special, afternoon pep-rally.

Afterwards, students visited with our residents and everyone was treated to cake and punch!



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# Pep-Rally Continued...



## PHS HOMECOMING



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## Notes from Social Services

At Grant Rehabilitation and Care Center, residents' input regarding their care is a priority. One way we are able to get their input is through Resident's Council. We have Resident's Council for the Rehabilitation Center and for our Assisted Living Facility. Resident's Council is a group of our facility's residents that meet on a monthly basis to discuss upcoming activities and news. They also meet with facility's supervisors and make suggestions regarding care. They also discuss issues or problems that concern them. Resident's Council provides a link between our residents and the facility. It is a place where residents can discuss issues and obtain answers in regards to their care and their home.

Residents can choose officers for their council. At this time, our residents choose to have a social worker and an activity person to help coordinate the group, and to keep minutes. Families can participate, but only if residents agree for them to be present. Residents can choose who participates in Resident Council, including staff members.

At this time, our Resident's Council is reorganizing a little bit. Our residents are developing a goal for the group. Through their guidance and wisdom, Grant Rehabilitation and Care Center will strive to make their home the best it can be. It is what our residents want and deserve.

We have also discussed setting up a Family Council so that families, and friends can have a forum, like Resident Council to address concerns, or ideas for our facility. If you would like to participate in the Family Council, please let one of us know in the Social Services Department.

Have a blessed Fall!

Ravenna O. Redman, MSW, LSW  
Director of Social Services

## Residents' Rights Month

The month of October is Resident's Rights Month. The theme for this year is "Speak Up: Know Your Rights and How to Use Them". The facility will take this month to honor residents in our facility by focusing on and celebrating awareness of their rights. This will be achieved through various activities planned throughout the month. The planned activities will emphasize the importance of their rights and how to speak up and feel confident in speaking about what is important to them.

### Follow Us on Twitter & Facebook!

[www.twitter.com/GrantRehabNCare](http://www.twitter.com/GrantRehabNCare)  
[www.facebook.com/GrantRehabNCare](http://www.facebook.com/GrantRehabNCare)



Two of our bakers, Peggy Rohrbaugh and Beth Hall prepared three sheet cakes and one-hundred & sixty cupcakes for the pep-rally in September. They also helped serve the students on the day of the rally. A huge thank you to these ladies for their time, effort, and Viking spirit!



## Nutrition Services

### Happy Retirement



On September 28<sup>th</sup>, we said farewell to long-time employee, Sally Pownell. Sally is now enjoying retirement!

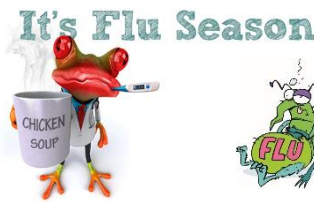


The holidays are on the way. We would like to remind you that we serve special meals on both Thanksgiving and Christmas! Menus will be chosen by Residents' Council and posted in the upcoming months. If you would like to eat with your loved ones, make your reservations as soon as possible by calling (304) 257-4233 ext. 223! Meals are \$7.00 each including dessert and drinks.

With cold and flu season quickly approaching, we are working hard to protect our residents from unnecessary illness and ask for your help. Please refrain from visiting the facility if you or any immediate family members present with any signs or symptoms of illness including:



- Fever
- Running Nose
- Cough
- Diarrhea
- Vomiting



Flu shots will begin at the end of the month for residents. Please make sure you have signed the flu shot paperwork for your loved one that was mailed out earlier this month.

*October is Breast Cancer Awareness Month!*



Volunteers of all ages are always needed, welcomed, and encouraged at our facility. If you, a friend, or family member may be interested in becoming a volunteer, please don't hesitate. Apply today!

More information on volunteering at our facility can be found on our website ([www.grantrehabilitationcarecenter.com](http://www.grantrehabilitationcarecenter.com)) or by calling the Activities department at (304) 257-4233 ext. 225.



We will be participating in trick or treat night again this year! Don't forget to stop by with your children and let our residents give them a treat!



**OCTOBER  
31<sup>ST</sup>  
6pm – 7pm**

**Visit us Online:** [www.grantrehabilitationcarecenter.com](http://www.grantrehabilitationcarecenter.com)

Grant Rehabilitation & Care Center  
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