



Poet's Seat

HEALTH CARE CENTER

Quarterly News - Spring 2011

Administrator's Note: Celebrating Social Work Month



Within any health care facility, you can find a multitude of different occupational positions. Many of us know something of what most of these professionals are responsible for (i.e. the nurses, housekeeping and physical therapist). However, there are a few professional positions in the facility that some may know less about. One of these is the Social Worker.

The Social Worker's responsibilities are both diverse and challenging. They are professionals that work very closely with the residents and their families, the staff and the community. At the point of admissions, they begin assessing the resident and their family's psychosocial needs in order to intervene as necessary. These interventions may include connecting residents and families to necessary resources & support in the community, supportive counseling, grief counseling and/or home placement.

Here at Poet's Seat Health Care Center, a primary role of our Social Worker is discharge planning. She ensures that all necessary services are in place in order to facilitate a timely and safe discharge. Through care-plan meetings with a multidisciplinary team, expectations are formulated for the overall well-being of the resident to include discharge plans.

Discharge planning has its challenges, requiring the Social Worker to handle complex cases. Issues such as homelessness, multiple chronic medical & psychiatric conditions, unemployment, substance abuse and lack of transportation impede on the discharge planning process. Open communication and a close working relationship with the residents, their families, staff and community service agents are essential for the Social Worker to meet the psychosocial and discharge needs to the residents.

March is Social Work month. We at Poet's Seat are very fortunate to have such a dedicated, caring and compassionate Social Services professional with us—Jeana Bachinski, LSW.

Sincerely,

Patrick McManus

Administrator

Poet's Seat to furnish all rooms with new electric beds

At Poet's Seat Health Care Center, it has always been our goal to provide the warmest and most comfortable home environment for those entrusted to our care. Over the past several years, improvements have been made throughout the building—some obvious, others more subtle.

Our hallways have been refurbished, the dining & activity rooms have been re-decorated and the Tub/Spa room has been updated. A new roof was put on the facility, and an old boiler was replaced with a new, more efficient one. Most recently, we added a second Rehabilitation Room on the main level (first floor) to better accommodate our residents' rehabilitation needs.

In a continuing effort to improve the comfort and well-being of our residents, we are happy to report that we are in the process of replacing all resident beds with new electric beds. The beds allow the residents to personally adjust their head and leg positioning. We feel this will benefit the residents by providing them the independence of controlling their own comfort. Maintaining resident independence—in any way possible—has a positive impact on their health and self-esteem.

The replacement process will occur in two phases. The first will occur at the end of March 2011 with the arrival of 32 electric beds. The second phase will take place later in the year, replacing all of the remaining beds.

We are always looking at ways to improve our operations and physical plant. And we thank you for your support of Poet's Seat and its professionals as we continue to move forward. We are wholly dedicated to the care and well-being of each of our residents.



It's not just about the care...it's about the caring.

What's Happening at Poet's Seat...



Tasty Bakesale

On February 12, Poet's Seat Health Care Center held a bake sale in the activities room. There were lots of tasty treats offered, including pies, cakes and brownies.

Over \$130 was raised for the Residents' Fund. Thank you to everyone for their support and donations for this event.

Upcoming Special Events

St. Patrick's Day Social

On Thursday, March 17, the residents will enjoy a St. Patrick's Day Social starting in the afternoon. Musical entertainment will be provided by local musician Ron, who is sure to get everyone dancing with some memorable Irish tunes.



Breakfast with the Easter Bunny



The Easter Bunny entertains residents & guests at last year's event.

On Sat., April 16, Poet's Seat Health Care Center will be holding a **Breakfast with the Easter Bunny**, from 9-11am. It will be open to all family, friends and the community.

Admission prices: \$3 for kids / \$5 for adults

Proceeds will go to the residents' activity fund.

For more information, contact Chris at 774-6318 ext.13.

2011 Walk for Meals on Wheels

Poet's Seat Health Care Center is happy to announce that we will, once again, be participating in the **Walk for Meals on Wheels** sponsored by Franklin County Home Care Corp. This year's walk will take place on Saturday, May 7.

If you would like to join our team and participate in this year's walk, please contact Chris at (413) 774-6318.



Jennefer Swetland (left) collects the Birthday-in-a-Box from Resident Council President Virginia Taylor.

Residents volunteer to support "Birthday Wishes"

Residents at Poet's Seat Health Care Center have been working with Birthday Wishes to help prepare birthday packages for homeless children in shelters throughout Western Massachusetts.

Founded in 2002, Birthday Wishes is a non-profit organization that brings birthday parties to homeless children in the region. They provide two types of parties: an on-site party or a prepared package called "Birthday-in-a-Box."

Residents have been graciously donating their time and money (from their residents fund) to help fill a Birthday-in-a-Box package for a 14-year-old girl in a nearby shelter. The box has been filled with all the things necessary for a fun birthday party, including presents for the birthday-girl and goodie-bags for all the attending kids.

Jennefer Swetland, from the Western Massachusetts Office of Birthday Wishes, arrived on February 17 to collect the package for delivery. This was not Jennefer's first trip to Poet's Seat, as residents have been volunteering with Birthday Wishes since last Spring.

"This means the world to them," says Swetland. "Without these packages, the kids wouldn't have a birthday party, as most shelters don't have the available funds. Even the parents get excited, as it's an opportunity for them to get involved with crafts and activities with their kids."

For more information about Birthday Wishes, or to learn how you can donate, visit their website at www.birthdaywishes.org.



Meet Our Staff

Jeana Bachinski
Social Service Director

Since the summer of 2008, Jeana Bachinski has served as the Social Services Director at Poet's Seat Health Care Center. She is dedicated to helping ease the day-to-day burdens for residents and their families by providing support. Jeana strives to safeguard the autonomy and ensure quality care within the facility. She follows a resident's discharge while working closely with the interdisciplinary team.



In addition to her job responsibilities, Jeana also works with local college interns (including Elms College and Springfield College). For nearly 20 hours a week, from September through May, students shadow Jeana throughout the day to learn about the various regulations from the State Department of Health, assist in care planning for the residents, help provide support to residents & their families and participate in care-plan meetings. By the end of their semester, the students are responsible for overseeing specific patients.

Jeana is happy to see the success of these students as they move on to promising careers in the health care field. One former intern has since become the Director of Social Services at Buckley-Greenfield Healthcare Center.

Prior to joining Poet's Seat, Jeana worked as a Case Manager and Discharge Planner at Baystate Franklin Medical. Her duties included assisting patients and their families in the difficult decision around short and long-term geriatric care.

In her personal time, Jeana enjoys traveling and tending to her floral & vegetable gardens.



Volunteers recognized

Poet's Seat Health Care Center is blessed with an exceptional volunteer staff that generously donates their time and talents to bring enjoyment and assistance to all of our residents. Without their help, we could not be the best health care facility we are.

On Wednesday afternoon, April 13, we will be holding a reception to recognize and thank all of our wonderful volunteers for their continuing efforts.



Helping You Stay Informed

As a public service to the community, Poet's Seat Health Care Center currently offers three presentations focusing on healthcare.

Our **Breathe Easy Screening** focuses on good pulmonary health, and improving self-care for those with COPD. A Registered Pulmonary Therapist covers all the aspects of identifying the early stages of respiratory problems, as well as preventative measures that can be taken. The presentation includes a free breathing test & assessment for all participants to determine their current respiratory status.

The focus of our **Balance Screening** is to provide the community with education regarding good balance and fall prevention. Participants are offered free balance testing, predictions about personal fall risk and recommendations for improvement from an Occupational Therapist.

We understand that decisions can be difficult to make when you find yourself in an unexpected situation. Our **Just In Case** presentation provides all the information you would need to plan and prepare for your possible future recovery. The fun Bingo format of this presenta-

tion gets participants in good shape to make wise choices. Our experienced staff will discuss what rehabilitation centers do, what you should look for in a rehab center and financial options that may be available to you.

If you are interested in scheduling any of these free workshops, please contact Chris at (413) 774-6318, ext. 13. You can also e-mail inquiries@pshcc.com. For more information about Poet's Seat Health Care Center, you can visit our website at www.poetsseathealthcarecenter.com.

What People are saying

"The Nurses and the staff always gave a minute to give a hug and a smile to reach the residence's inner soul. I know that the love that flows through this place is so meaningful to the patient and their family. That's what makes Poet's Seat the best in the area."

- Elaine Bagley

Poet's Seat Health Care Center is managed by Somerset Health Care Management Group.

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