



## Poet's Seat Health Care Center

*Poet's Seat Health Care Center* was named after the famous landmark, Poet's Seat Tower. In 1966, a local physician created Poet's Seat Health Care Center because he recognized the need for a comfortable place where elders could receive dedicated, personal nursing care. Through a deep sense of commitment and compassion, our facility has become a cornerstone of the community. We continue to be a leading skilled nursing and rehabilitation facility for Franklin County and its surrounding communities.

- 63-bed, privately owned
- Short-term rehabilitation and long-term nursing care
- Joint Commission Accredited
- Registered dietician services
- Minutes from downtown Greenfield
- One mile from Baystate Franklin Medical Center
- Accepting Medicare, Medicaid, Health New England, Blue Cross/Blue Shield, and other insurances

### Rehabilitation

Poet's Seat Health Care Center provides outstanding in-patient rehabilitation services to all residents. Our skilled therapists work one-on-one with you to ensure the highest level of independence.

- Physical & Occupational Therapy
- Speech & Language Pathology
- *Breathe Easy* Pulmonary Rehabilitation

### Respite Care

Our respite program is available to all individuals needing continuous support and nursing care. Whether you're in need of a few days stay, or several weeks, Poet's Seat Health Care Center offers a nurturing home-like environment. We work thoroughly with you and your family physician to establish a care plan which includes an appropriate list of medications and treatment, a healthy personalized diet and desirable short-term goals.

### Care Planning

Our experienced team of nurses, rehabilitation therapists and social service experts will provide you with an individualized plan, including therapy, medication and dietary needs. They are dedicated to ensuring that all of your goals are reached throughout your stay, so that you may return home as quickly as possible at your highest possible level of independence.

## ***Breathe Easy* Pulmonary Rehabilitation Program**

*“The clinical benefit of a pulmonary rehabilitation therapy program is outstanding. The results can dramatically improve the lives of those challenged by breathing disorders.”*

*–Dr. Joseph J. Viadero, Poet’s Seat Health Care Center*

As anyone with pulmonary disease can tell you, healthy breathing *is not* something to be taken for granted. Every breath is precious.

*Breathe Easy* is Poet’s Seat Health Care Center’s inpatient pulmonary rehabilitation program, designed to help people who suffer from pulmonary diseases and disorders that affect the quality of their lives, including:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Pulmonary Fibrosis
- Chronic Bronchitis
- Emphysema
- Cystic Fibrosis

The only program of its kind in the local area, *Breathe Easy* encompasses an integrated approach to wellness to people of all ages. The three-part rehab program includes:

**Mobility and Function:** A strengthening and pulmonary retraining regimen is lead by our knowledgeable and caring staff of professional Physical, Occupational and Respiratory Therapists. Participants strengthen proper breathing muscles that help improve their function and the quality of each breath. Participants learn proper strategies and compensatory techniques to perform day-to-day functions that will lead to better lifestyles within their communities.

**Nutritional Counseling:** Active and informed support is given by our trained nursing and dietary staff to help *Breathe Easy* participants maintain proper weight and adequate nutrition. This counseling component aims to boost the body’s immune system to improve the overall well being of participants.

**Wellness Education and Lifestyle Management:** *Breathe Easy* participants are educated about their conditions and the medications used for treatment. They are taught ways to control discomfort and achieve better health while improving ways to live within limitations. Relaxation techniques, medication management, self-administered breathing exercises and lifestyle choices are explored as ways to promote independence and improving health after discharge from our program.

*Breathe Easy* is available to people of all age groups affected by pulmonary disorders. Participants can enter treatment through a physician’s referral, through hospitals or through other healthcare communities. This program is reimbursable through Medicare and is covered by many insurance plans.

For more information about Poet’s Seat Health Care Center’s *Breathe Easy* program, please contact us at (413) 774-6318, by e-mail at [inquiries@pshcc.com](mailto:inquiries@pshcc.com), or visit [www.poetsseathealthcarecenter.com](http://www.poetsseathealthcarecenter.com).

## Rehabilitation Programs

Poet's Seat Health Care Center provides outstanding rehabilitation services to all of our residents. Our therapists work one-on-one with each resident to ensure the highest quality of rehab therapy to maximize functional abilities and increase their quality of life. We offer individualized **occupational, physical, pulmonary** and **speech/swallow** therapy up to seven days a week.

We treat residents with various diagnoses including:

- **Orthopedic:** total hip replacements, total knee replacements
- **Neurological:** Parkinson's strokes, multiple sclerosis
- **Cardiac:** Coronary artery bypass surgery, coronary artery disease
- **Respiratory:** Pneumonia, CHF, COPD

Our emphasis for short-term residents is to maximize their safety and independence in order to be discharged home. Our long-term care goal is to achieve the resident's highest level of independence and to train members of the team for continuity of care.

Our therapy program includes:

- Community re-entry and home assessments
- Family and caregiver education
- Developing self care skills
- Gait, transfer, bed mobility and wheelchair mobility training
- Strengthening, range of motion, and balance activities
- Cognitive retraining
- Wound management
- Orthotic and prosthetic fitting and training
- Seating and positioning
- Speech/language therapy and use of communication aids
- Swallow retraining
- Utilizing adaptive equipment
- Modalities to treat pain, edema, wounds and contractures
- Sensory re-education
- Respiratory exercise, counseling and retraining

Poet's Seat Health Care Center's experienced staff of therapists is an integral part of the team, working in conjunction with the residents and their families, our on-staff social worker, nurses, doctors and activities staff to ensure that the best quality care is provided. Together, we are able to achieve the residents' potential and strive to discharge them to the safest environment possible.

## Respite Care

At Poet's Seat Health Care Center, our respite program provides short-term relief to those caring for a family member at home, and is available to all individuals needing continuous support and nursing care. We thoroughly work with you and your family physician to establish a plan of care that addresses:

- An appropriate list of medications and treatments
- A healthy diet with attention to any dietary restrictions
- A desirable short-term goal
- An estimated length of stay and a potential date of discharge

Whether you require a three-day, or a month-long stay, we are here to support you, offering a home-like, nurturing environment to residents, their caregivers, families and friends. Our respite guests receive:

- Around-the-clock nursing care
- Rehabilitation services
- Three individually planned meals a day
- Recreational services

To learn more about our respite care program, contact our Admissions Director, Heidi Shattuck, or our Director of Nursing, Megan Wheeler at (413) 774-6318.