



# Poet's Seat

## HEALTH CARE CENTER

### Quarterly News — Winter 2010



#### Administrator's Note: Restoration & Rehabilitation in the Winter Season



*We hope everybody is keeping warm and active this season, although "hibernating" is not such a bad thing to do this time of year as we wait and wish for warmer weather. The focus of this season's newsletter is rehabilitation and the services we are happy to offer.*

According to [www.medicinenet.com](http://www.medicinenet.com), rehabilitation is defined as "the process of restoration of skills by a person who has had an illness or injury so as to regain maximum self-sufficiency and function in a normal or as near normal manner as possible. For example, rehabilitation after a stroke may help the patient walk again and speak clearly again." Rehabilitation is hard work, but well worth the strenuous effort. Poet's Seat Health Care Center understands this. We try to make our services and environment as safe, supportive and comfortable as possible.

Many of our residents need rehabilitative services as well as skilled nursing assistance. To this end, Poet's Seat Health Care Center offers a number of in-house rehabilitation services. Residents get to know our rehab staff very well as part of the Poet's Seat Health Care Center family, and our rehab team gets to know our residents individually and when working in

conjunction with our around-the-clock nursing staff. Led by a dedicated team of therapists with collectively over 100 years of experience, our rehabilitative services are tailored to ensure resident success. In a nutshell, our offerings include:

- Physical Therapy
- Occupational Therapy
- Speech and Language Pathology, and
- *Breathe Easy* Inpatient Pulmonary Rehabilitation

Depending on the need of the resident, rehab sessions range from intensive one-on-one sessions to group sessions to specifically-designed support groups.

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 function and to train members of the team for continuity of care.

Please call us if you have any questions about our rehabilitation services, or you can visit our website as [www.pshcc.com](http://www.pshcc.com) for more information.

Sincerely,

*Patrick McManus*

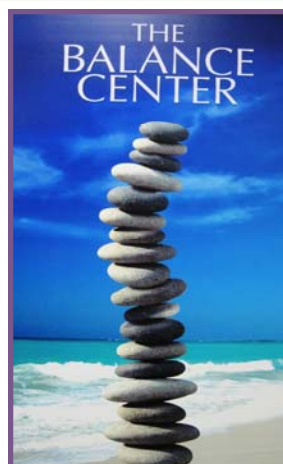
Administrator

#### Getting in Balance: The Balance Center

For many of us, life is a constant balancing act; but, imagine if you had the extra ordeal of keeping your physical balance! That's a challenge some of our residents and many elder citizens face each

day of their lives. Taking a small fall may have large consequences, which is why good balance is so important.

Poet's Seat currently has a new assessment tool called "The Balance Center," and we offering Free Balance Screenings as part of the YMCA in Greenfield's community health education series, at the Greenfield Y on Wed., March 3, 9:30 a.m. 12:00 p.m.!



In the YMCA mini-lobby, participants can test their balance in a safe environment with the assistance for a certified physical therapist.

The Balance Center contains multiple evidence-based balance tests that allow a therapist to evaluate a person's standing balance and predict their risk of falls. It also serves to measure progress made in the rehabilitation process.

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

## What's New at Poet's Seat...



### Upcoming Special Events

Here is a sampling of some of our calendar events. To see our complete Activities Calendar chock full of daily happenings, visit [www.poetsseathealthcarecenter.com](http://www.poetsseathealthcarecenter.com)

#### February

- 2/5- Hula in the Coola Luau with Chuck Wilson. Time to sport those sunglasses and Hawaiian shirt!
- 2/7- SUPER Super Bowl Party with popular sports-watching fare and delicious beverages.
- 2/12 Music with Drew Paton. Back by popular demand!
- 2/12 Valentine's Day Social with entertainer Bernie Gonyer. Music from the 40' and 50s. Plus, we'll be choosing a Valentine's Day King and Queen.
- 2/14 Valentine's Day Movie. Special viewing with treats and gifts. Romantic movie to be announced.
- 2/17 Mardi Crafts with Northfield Mount Herman and Stoneleigh Burnham School students. A Mardi Gras Parade to follow with masks, beads & more!
- 2/18 Flower Arranging Workshop
- 2/19 Monthly Birthday Party with one-man-band Norman Duguay. New entertainer!

#### Our regular weekly/biweekly events include:

One-to-One with Allen Adie, Sensory Stimulation with Nina Bohdannowicz, BINGO with Dolly Letourneau, Gentle Movement and Chair Yoga with Judy Fontaine, and Art Therapy with Madeline Liebling.



**March 20, 9 a.m.—11 a.m. Decorate Your Own Pancake with the Easter Bunny! Open to all!**



### Now available at Poet's Seat — Overnight Pulse Oximetry!

What is Overnight Pulse Oximetry? It is a device that offers state-of-the-art monitoring of a resident's breathing non-invasively throughout the night.

The data gathered is clinically used to determine nocturnal oxygen prescriptions in individuals with chronic obstructive pulmonary disease (COPD). This monitoring equipment can screen individuals with COPD-related sleep-disordering breathing from the larger group of people with snoring and daytime sleepiness.

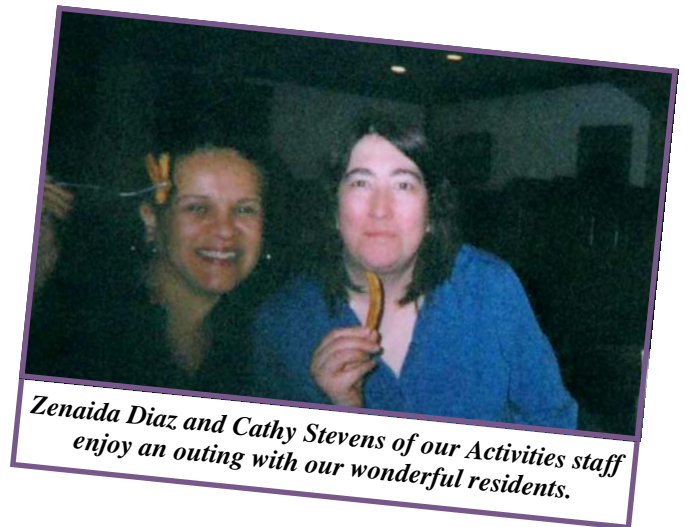
We're very happy to offer this technology as part of the inpatient *Breathe Easy* pulmonary rehab program.



*Hunter, Poet's Seat mascot and friend to all residents and staff.*



*Lucy O'Hare on Crazy Hat Day, a New Year tradition!*



*Zenaida Diaz and Cathy Stevens of our Activities staff enjoy an outing with our wonderful residents.*

### Residents Art Show at Franklin County Tech



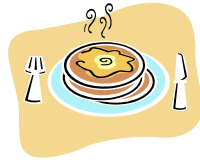
The artistic work of our residents will be on public display February 22 through April 2 at the Franklin County Technical School on Industrial Boulevard in Turners Falls.

Visitors can view their beautiful artwork on their way to a delicious lunch at The Apprentice Restaurant, a project of the students and staff of the school's Culinary Arts Program.

As a kickoff to the exhibit, Poet's Seat residents will enjoy a lunch outing and a viewing on February 23. They are all very proud of their accomplishments and we honor their hard work with this exhibit. We give very special thanks to art therapist Madeline Liebling for her inspiration and direction.

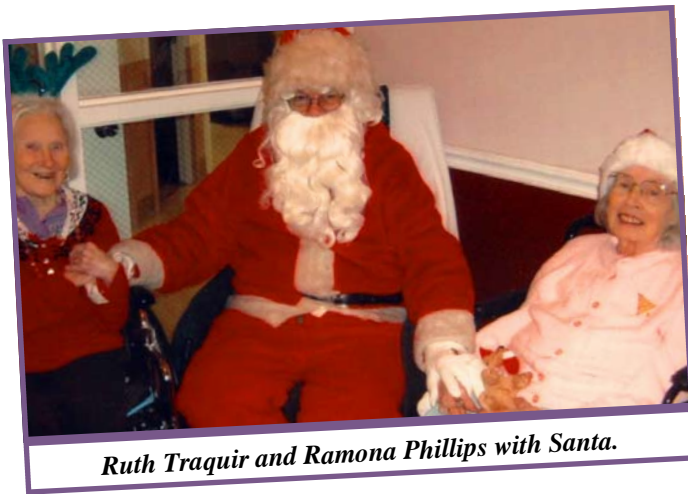
Others planning on seeing the exhibit during its run and having lunch are encouraged to call the school for restaurant hours and prices, 413-863-9561.

### **Pancakes with Santa and Adopt a Family...**



We celebrated the holiday season with a special community event – the Pancakes with Santa Holiday Breakfast! Residents invited their kids and grandkids to a scrumptious breakfast and to get their pictures taken with Santa here at Poet’s Seat. The general public was also invited to take part.

As part of the event, we participated in Salvation Army’s Adopt-a-Family program. Because of the generosity of staff and participating families, we were able to fulfill the holiday wishes of a Franklin County family in need. What a great community we live in. We are already looking forward to next year’s holiday breakfast.



*Ruth Traquir and Ramona Phillips with Santa.*

### **Getting to Know You...**

*Meet Edgeworth Ginns*



**Edgeworth Ginns** of Ashfield, MA, has been staying with us at Poet’s Seat for a little over a month. She is a participant in our inpatient *Breathe Easy* respiratory rehab program. Edgie sat with us and talked a little bit about herself and her experience with *Breathe Easy*.

*You are a member of the New England Unit of the Herbal Society of America. How did you get involved?*

My mother was a member, and also my sister. I was Culinary Chair for six years, and I loved it. I have a circle-shaped herb garden right outside my kitchen and I love to snip fresh herbs to cook with. It’s marvelous.

*Haven’t you also worked for Deerfield Academy?*

Yes, I ran the science lab there for 13 years and my husband taught chemistry and ecology for 20 years. I did a lot of cooking in the science lab, but nothing edible!

*What has been your experience in Breathe Easy?*

I’m very happy with the program and all the rehab here. I particularly like using the Omnicycle, which we use for my arms and legs. I cycle on a path on a computer screen so I need my glasses when I use it. It’s hard work, but I’m pleased. I also like the physical balance exercises. *Breathe Easy* is a very helpful program.

Edgie looks forward to continuing her convalescence and enjoying better health.

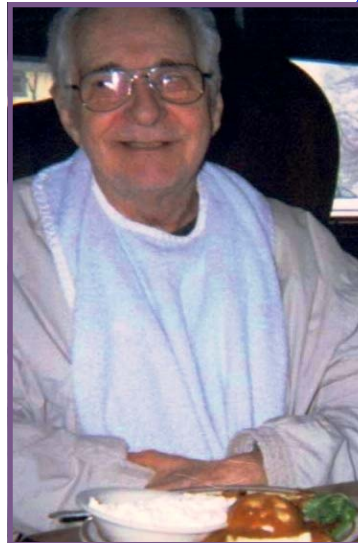
### *Meet Our Staff*



**Christine Ravish, COTA-L**, is a cherished part of our rehabilitation staff. As a dressmaker and fiber artist, she brings a creative approach to her varied occupational therapy work. “I love to help people feel better by taking control of their own wellness,” says Christine.

“For me, it’s about teaching people new skills.” Asked why she enjoys working at Poet’s Seat, she says she loves the residents and staff as well as working in a small, cozy environment. “I consider it a privilege to help when people are so vulnerable. It’s a very intimate relationship. It’s a gift they are willing to work with me.”

Christine has been a certified Occupational Therapy Assistant for ten years. Besides fiber arts, she enjoys gardening and the great outdoors.



*Robert Letourneau enjoys lunch at Denny’s Pantry.*



### Mark Your Calendar!



**Decorate Your Own Pancake with the Easter Bunny** on Sat., March 20, 9 AM—11 AM. Bring the kids, grandkids and your camera! Time to do the Bunny Hop. \$3 for adults and \$2 for children with proceeds going to the Poet’s Seat Activity Fund. Community event. Open to all! Hop to it. It will be yummy fun!

Pssst...don’t forget to also jot down Poet’s Seat’s **Free Balance Screening** at the YMCA in Greenfield on Wed., March 3, 9:30 a.m.– 12 p.m. Try out the Balance Center!

### Save the Trees

Would you like to receive the *What’s New e-News* monthly newsletter, or this quarterly newsletter in paperless form via email?

If so, please let us know.

Email us at inquiries@pshcc.com.

If no news is good news, just ask to be taken off our mailing list by email or call 413-774-6318, ext. 13. Thank you!



### MISSION STATEMENT

*Poet’s Seat Health Care Center’s staff is dedicated and committed to providing compassionate care and to enhancing the quality of life of those residents placed under our care. Through an interdisciplinary team approach our professional staff work together to provide programs and services that promote an environment of wellness and healing. Our values of compassion, justice, and respect for human dignity support our goal to bring each resident to their highest level of functioning within their individual limitations.*

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

Fax: 413-773-0060

Phone: 413-774-6318

Greenfield, MA 01301

359 High Street

POET’S SEAT HEALTH CARE CENTER

*It’s not just about the care...it’s about the caring.*