

# WILLOWBROOK



## HAPPY LABOR DAY








Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



## GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground 
- Look through old photos or create a scrapbook 
- Listen to each other's favorite songs/music 
- Draw or make a craft together 
- Make a video of them interviewing each other 

# Short-Term Therapy Success Story: Mr. R.

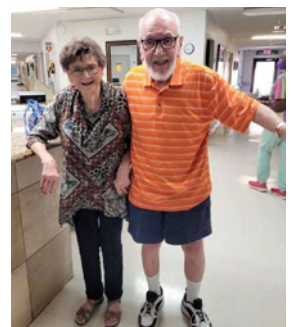


**Mr. R** is a 87-year-old male who was admitted to Willowbrook Nursing & Rehabilitation

Center on 3/3/2023 from an acute care hospital after experiencing shortness of breath while outside at his home resulting in him being admitted with an Acute Kidney Injury and acute respiratory failure with hypoxia. PT evaluated Mr. R on 3/3/2023 and was able to complete all bed mobility tasks and transfers requiring Contact Guard Assistance. PT also focused on reducing risk of falls as evidenced by a decreased score on the TUG to 26-seconds and presented with a baseline of 38-seconds. He was unable to ambulate and required a wheelchair for mobility with Max A for propulsion. Prior to his hospitalization, Mr. R was Independent with all areas of daily living and was able to ambulate with no assistive device needed. He enjoyed working in his garden and maintained an active lifestyle that incorporated much in the areas of IADL's. PT set goals to focus on improving balance, functional transfers, and gait with the goal of discharging home with support of his husband. OT evaluated Mr. R on 3/6/2023, and he required Minimal Assistance during hygienic care and for Upper-body Dressing. He needed Moderate Assistance to perform all toileting tasks and toileting transfers. Mr. D required Minimal Assistance for upper body dressing and Moderate Assistance for lower body dressing and with shower/bathing. OT set goals

to address increasing standing balance and activity tolerance during self-care tasks and ADLs, as well as to perform toileting tasks with Modified Independence (assistive device or extra time needed.) SLP Evaluated Mr. R on 3/6/2023 where he presented with difficulty swallowing during meals and severely impaired problem-solving skills. He also had difficulties initiating during the oral phase of swallowing requiring Moderate Assistance to safely swallow without signs of dysphagia and decrease risk of malnutrition. SLP established a plan of care for Mr. R with a focus on swallowing and cognitive communication to improve his independence during all areas of daily living. OUTCOMES MATTER Following 14 days of skilled nursing and therapy services, Mr. R made some functional gains and was unfortunately hospitalized and admitted to an acute care hospital with pneumonia on 3/16/2023. Mr. R was readmitted to our facility on 3/30/2023 and was evaluated by all three discipline. Following 30 days of skilled nursing and therapy services he received a Notice of Discharge by his Insurance company. Mr. R and his wife decided they will appeal the decision, and unfortunately lost their appeal. Mr. R was recommended 24hour care and more therapy due to his limitations and safety. He and his wife decided it would be best for him to stay as a long-term care resident of our facility to participate in more therapeutic interventions provided by our Rehab Team. Continued focus on his functional gains was placed in his plan of care under his Medicare

part B services, and after 30 days of Physical Therapy and Speech Therapy he presented the need for a recertification with Speech Therapy and was recommended OT services for continued focus on his ADL performance. After 16days of continues Speech therapy and Occupational Therapy Mr. R and his wife decided they would discharge from Willowbrook and receive home health services for continued focus on his rehabilitation needs. Upon discharge he was able to ambulate 250feet using a front wheeled walker with supervision and performed bed mobility with Supervision. He also made functional gains with OT and was now able to perform ADLs and IADL's with Minimum and Moderate Assistance, and his wife was also educated on strategies to improve his success at home. His swallowing abilities improved to severe, requiring moderate assistance during swallowing phase during trial feedings and was recommended and NPO diet at discharge with close supervision. Mr. R and his wife chose to be discharged home with his wife on 6/19/2023 and with home health services of his choice. Medical equipment recommended included a wheelchair, 3-in-1 bedside commode, nebulizer machine, formula, and feeding tube supplies. After a few weeks at home, they visited our facility and he ambulate with no assistive device freely alongside his beloved wife.



# SEPTEMBER 21: THE INTERNATIONAL DAY OF PEACE



**The International Day of Peace is dedicated to promoting peace and non-violence.** It serves as a reminder of the crucial need for conflict resolution, understanding, and compassion in today's world. Individuals across the globe are urged to come together to advocate for peaceful coexistence, raise awareness about peace-related issues, and participate in various activities aimed at fostering a more harmonious and inclusive society.

Here are ten ways to get involved:

1. **Start and end your day with a moment of silence for peace and reflection**
2. **Join or organize a peace walk or march in your community**
3. **Meditate or practice mindfulness for peace and inner harmony**
4. **Engage in acts of kindness and compassion towards others**
5. **Write or share peaceful messages and quotes on social media using #InternationalDayOfPeace**
6. **Support a local charity or organization working towards peace and conflict resolution**
7. **Read books or watch documentaries about peace and global understanding**
8. **Create and display peace-themed art or crafts at home or in public spaces**
9. **Attend virtual peace conferences or webinars to learn more about peace-building efforts**
10. **Plant a peace garden or flowers representing different cultures and countries**



## HAPPY BIRTHDAY

Jimmy A.	9/8
Walter G.	9/8
Linda P.	9/11
Dorothy D.	9/16
Tina G.	9/21
Mary L.	9/22
Patricia A.	9/26
Florence R.	9/26

## Welcome New Residents

We would like to welcome all our new Residents whether short or long term. May your stay here at Willowbrook be a Blessing to you, and much as having you here is a Blessing to us.

## UPCOMING EVENTS

Appetizer Program:  
Monday, Wednesday, Friday

Labor Day Cook-Out

Celebrating our Grandparents  
on their special day.



**Resident of the Month:** Paula Anderson has made Willowbrook her home for 13 years. Paula loves to help with Activities and visit with other residents. She also enjoys Bingo, Happy Hour and watching a good movie and enjoying some good ole popcorn. Paula has enjoyed working on Willowbrooks first cookbook, and welcoming new Residents. Join me and thanking Paula for being one of the best here at Willowbrook.



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## ARE YOU A GOOD NEIGHBOR?

Being a good neighbor benefits you, your neighbors, and your community by making your neighborhood a more pleasant place to live. Being considerate and showing that you care about your neighbors' wellbeing will often inspire others to be neighborly in return, which fosters a sense of community that helps the neighborhood thrive!

Good Neighbor Day is September 28, so here are some suggestions to become more neighborly:

*Communicate and be direct with your neighbors if an issue occurs.*

*Do your part to maintain the cleanliness and functionality of common areas.*

*Be conscientious of the amount of noise you create, whether it's from music, televisions, pets, or talking.*

*Organize fun activities to do together like an afternoon walk, luncheon, potluck or a game day.*



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

F	B	X	T	C	C	C	Q	U	H	E	A	R	T	F
S	S	A	S	N	M	K	O	S	S	Z	R	N	Y	J
E	Z	Y	L	W	A	H	C	C	I	A	Z	P	K	J
X	P	X	V	A	P	E	J	L	O	B	M	D	M	R
E	E	K	C	O	N	F	I	D	E	N	T	L	I	R
R	A	H	T	Q	Y	C	P	P	F	N	U	J	N	Z
C	C	I	V	U	Y	W	E	S	E	F	K	T	D	U
I	E	C	L	A	B	O	R	R	O	H	R	Z	F	Y
S	D	A	J	B	K	O	A	B	C	F	F	W	U	P
E	U	X	L	I	B	P	K	D	K	B	A	C	L	Y
E	F	Q	U	H	D	F	H	H	G	S	C	L	D	M
D	F	A	G	N	P	R	E	V	E	N	T	U	L	J
P	G	I	A	F	N	J	H	E	A	L	T	H	E	S
R	E	R	P	A	G	I	N	G	Q	J	U	R	E	H
N	G	G	P	D	H	A	R	M	O	N	Y	Z	N	V

### WORD LIST

AGING  
BALANCE  
COCONUT  
CONFIDENT  
EXERCISE  
FALLS  
GRANDPARENT  
HARMONY  
HEALTH  
HEART  
LABOR  
MINDFUL  
NEIGHBOR  
PEACE  
PREVENT