

Creative Aging

Summer 2013



Live Your Best Life.

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**See Wartburg’s new Adult Day Services
and Rehabilitative Center of Excellence,
opening September 2013!**

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Leading the Way to Better Senior Care

By David J. Gentner, President & CEO



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Caring for loved ones as they age isn't always easy—but here at Wartburg, we provide a helping hand. We make it easier for you with our caring staff, state-of-

the-art facilities and innovative programs.

This edition of *Creative Aging* shows how Wartburg is a local, regional and national leader in caring for older adults. In this issue, we feature an article on what to look for when selecting a superior home care agency. Our home care professionals are available 24/7. The families that work with us are so thankful that, with the help of our professional staff members, they are able to keep their loved ones in their home and community. We're proud to be on the forefront of the home care field.

Also in this issue, a resident of the Meadowview at Wartburg tells why she chose our assisted living facility and what she enjoys about living there. Assisted living is a bridge between inpatient clinical care and being able to live independently, and there are many options in our region. We see ourselves as a trusted leader in the field. Our caring staff members are committed to providing a value-driven environment for those who make the assisted living choice.

The article about our Council for Creative Aging and Lifelong Learning Program showcases how our residents express themselves via music, the arts, writing and theater. Who says that our need for expression or creativity should diminish as we age? This program, which was created by our forward-thinking staff, has been used as a model by state and national experts elsewhere.

Finally, we feature a story on why the hospital readmission rate for Wartburg Nursing Home is below the state average. It's because, in addition to our skilled nursing staff, we provide top-notch rehabilitation services that give residents the chance to work with physical, occupational, and speech therapists. This fall, our rehabilitation services will move to a new state-of-the-art facility, promising even better patient care. Simply put, Wartburg will be the market leader for post-acute rehabilitative services in this community.

David J. Gentner
President & CEO

FIND OUT MORE

We invite you to learn more about the Wartburg family and Wartburg's award-winning programs. Please call 1-855-WARTBURG or visit www.wartburg.org.

Wartburg's new Adult Day Services and Rehabilitative Center of Excellence will open in September 2013



Finding the “Perfect Fit” in Assisted Living

Even before Sister Marie Bernadette Wyman moved to Wartburg’s Meadowview assisted living area, she knew she had found the perfect fit. In two visits to Meadowview, she found the facility to be beautiful and clean. She was also impressed by the staff. “I’ve never seen them impatient with anyone. They’re just lovely,” she said. Also, other nuns were already living at Meadowview and Wartburg.

Wyman has lived at Meadowview since November 2012 and continues to be thrilled with the facility. She talks of how she took a walk in the spring past blooming dogwoods and lilacs—and suddenly came upon a special event where there was a petting zoo with lambs and goats. “There’s something always surprising here,” she said.

“I can be as active as I want to be. It’s an enriching atmosphere.”

Wyman also said she’s constantly surprised by the residents’ backgrounds. “You never know their history. I met one man who fought with General Patton in World War II,” she said.

Wyman added that her days at Meadowview go by quickly, as she takes part in the many activities. “I can be as active as I want to be. It’s an enriching atmosphere,” she said.

Complete Care for Residents

“Meadowview’s activities are just one feature that attracts residents and their caregivers,” said Janet Palazzolo, vice president of residential services. “We have a full-time wellness coordinator who creates the activities calendar,” said Palazzolo. There are both intellectual and social activities, including a group crossword puzzle, yoga, meditation, bingo, and live entertainment. One thing Wyman particularly enjoys is a reflection session.

“Four years ago, Meadowview added a Creative Aging Program that has attracted teaching artists who work with the residents,” said Palazzolo. This has led to the formation of the Wartburg choir and classes in pottery, painting, and even drumming.

“Other amenities at Meadowview include a 24/7 concierge, licensed

practical nurses available around the clock, a formal dining room that serves three meals a day, and a social worker and residency coordinator who both help new residents get accustomed to Meadowview,” said Palazzolo. Meadowview also has 15 rooms for residents with mild-to-moderate Alzheimer’s or dementia.

Those visiting Meadowview for the first time seem to enjoy how welcome they feel there, Palazzolo noted. “We’re very family-oriented and comfortable,” she said.

To learn more about the programs at Wartburg, call 1-855-WARTBURG or visit www.wartburg.org.

Sister Marie Bernadette Wyman



Choosing the Best Home Care Agency for Your Loved One

“Home care is a great option if your loved one is looking to preserve their independence in the community but has a need for personalized health care.”

EVELYN RAMIREZ

Wartburg Patient Services Manager



Home care professionals will work with you and your family to find the best home care fit, be it hourly, daily, or live-in care, said Ramirez. A superior home care agency will also work with you to determine if the level of care you or your loved one receives needs to change.

Questions to Ask

When considering the selection of a home care agency, there are questions you should ask. Here are a few important ones to get you started:

What types of home care professionals are available?

“Wartburg has a variety of dedicated home care professionals available to come to your loved one’s home to provide compassionate care. They include nursing staff, physical therapists, occupational therapists, nutritionists, social workers, home health aides, personal care workers, companions, and even pastoral care workers,” said Ramirez. These staff members will provide medical

care; assist your loved one with activities of daily living, like bathing, grooming, meal preparation and medication reminders; and even accompany your loved one to appointments outside the home. “We try our best to match the right worker with the patient,” Ramirez stated.

How quickly will the home care agency respond to your requests for help?

“Our 24-hour emergency response system allows us to respond to calls even on weekends and holidays,” said Ramirez. If you call outside of normal business hours, you’ll find a dedicated “live” person at Wartburg ready to answer your calls.

Can the agency provide temporary relief for a family caregiver?

“Family caregivers might need a break from time to time,” said Ramirez. “That’s where our home care staff can step in and help,” she explained.

Can the agency coordinate care for your loved one?

“Let us help you,” said Ramirez. You know the needs and wants of your

loved one better than anyone. We want to unburden some of your stress by coordinating a plan of care that best suits your loved one and you.

Will the agency help keep your loved one active? “Isolation is a natural concern for someone receiving home care,” said Ramirez. “The home care staff at Wartburg helps maintain your loved one’s zest for life through outside activities. Our staff will come to your loved one’s home, get them ready to go out, and take them to an adult day facility, like the one at Wartburg, or accompany them to the local library or activities at their places of worship, or simply take a walk,” stated Ramirez.

Will the agency help you fill out paperwork to qualify for home care? A licensed social worker at Wartburg’s home care agency will be happy to provide free assistance with Medicare and Medicaid applications, as well as the NYSARC Pooled Trust. Our entire staff has years of experience with state requirements, which will make your journey easier.

**To learn more about Wartburg’s home care programs, call
1-855-WARTBURG or visit www.wartburg.org.**

Discovering the Artist Within

Wartburg's Creative Aging Program is a growing success.

Walking around the Wartburg campus, it wouldn't be unusual to hear the thumping of African drums or the harmony of choral singers. You may even encounter people adding the finishing touches to an inspired painting or molding clay into sculpture and form. At Wartburg, keeping the creative spirit alive and well is more than just a side project—it's a way of life.

"We've made this a priority," said Ann Frey, Wartburg's director of volunteers. "We're not just here to take care of your body; we want to make sure your mind is stimulated, too."

Engaging the Creative Spirit

Wartburg's Creative Aging and Lifelong Learning Program, designed for residents of all physical and cognitive abilities, began in 2009 and has spread to every corner of the campus, from the Nursing Home to Assisted Living to Adult Day Services. The award-winning program is part of Wartburg's mission to improve residents' quality of life, setting Wartburg apart from other senior-care facilities in the region.

Since its inception, the program's creative activities

have expanded to include music, writing, painting, gardening, quilting, theater, and more. Wartburg's Council for Creative Aging meets regularly to discuss new ideas and opportunities, and council members are always working to keep the creative juices flowing.

"We never say never," Frey said. "We're open to everything and our residents are open too."

In fact, Wartburg's Creative Aging Program is a community affair. Frey and her colleagues reach out to local artists, musicians, and colleges to bring the arts to Wartburg.

"For example, students from Sarah Lawrence College come to Wartburg to teach dance therapy, theater improv, and oral history. And a local African drum musician began teaching two classes a month in exchange for storage space for his 100 drums. The drumming class began at Adult Day Services, but has been so popular that it's expanding to the Nursing Home," Frey said.



Wartburg is home to three choruses—one in Assisted Living, another at the Nursing Home, and a third at Adult Day Services. Twice a year, singers put on crisp white shirts and blue sashes, and perform for their friends and loved ones. The two choral recitals coincide with the Wartburg Arts Festival, where residents proudly display their work.

"We're always exploring and trying to bring in different classes," Frey said. "It's become part of the Wartburg culture."

Call 1-855-Wartburg or go to www.wartburg.org to learn more.

A Commitment to Keeping Seniors Out of the Hospital

No one enjoys having to go to the hospital. But for seniors, time in a hospital can be especially difficult; it can mean confusion, discomfort, and even serious health risks. That's why, at Wartburg, the staff is dedicated to keeping residents out of the hospital and comfortable in a place where they feel at home.

"In fact, Wartburg is so good at what it does that its hospital readmission rate is below the state average," said Paula C. Ress, MBA, LHNA, who oversees Adult Day Services and is administrator of the Wartburg Nursing Home.

"You're comfortable here, you know the staff and they know you," Ress said. "Many times, the hospital staff is not aware of your needs or routine. It can be like starting all over again."

Preventing Hospital Visits

The Wartburg Nursing Home and its skilled staff offer a variety of services to keep residents out of the hospital.

"A big part of accomplishing that goal is to routinely monitor residents' health. For example, Wartburg nurses and physicians work closely with residents who have diabetes to monitor their

blood sugar levels and anticipate any problems. Wartburg has a dietitian who can help develop a diabetes-friendly diet. Nurses are trained to look for the early warning signs of a problem so a doctor can intervene before a hospital trip is needed," said Ress.

"Sometimes, by monitoring and keeping someone here at the nursing home, we can eliminate the need for unnecessary medical tests and the risk of further infection, which our residents can be especially vulnerable to in the hospital," Ress explained.

Wartburg also offers rehabilitation services and the opportunity to work with physical, occupational and speech therapists. Even seniors who attend Wartburg's Adult Day Services receive the benefits of its nursing and medical staff.

"I do think we have better health outcomes," Ress said. "Residents have more of a say in their health care, and our staff serves the patients in a more holistic way. In the end, the resident is the winner."



New Rehabilitative Center, opening September 2013

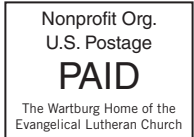
Ress noted that the relationship between Wartburg and local hospitals is changing and evolving for the better. Today, information-sharing and communication is much more extensive. As Ress said, "Now the whole health care system is working together toward the same goal."

"Better dialogue and changes in the health care industry are really driving everyone toward a patient-centered approach," she said.

Call 1-855-WARTBURG or go to www.wartburg.org to learn more.

Contact Us

Visit us at www.wartburg.org, or call
1-855-WARTBURG to learn more
about services at Wartburg



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Jazz in June a Great Success!

Mike Phillips with Sister Bette Ann Jaster and Sister Lorelle Elcock

Wartburg held its first gala event, Jazz in June: A Wartburg Celebration of Arts & Music, on June 27 at the Glen Island Harbour Club. The event, which raised over \$115,000, honored Dr. Fred Renwick, Trustee Emeritus, and featured internationally known jazz saxophonist Mike Phillips, who entertained the audience of more than 325 guests. Funds raised at Jazz in June were allocated to Wartburg's Creative Aging and Lifelong Learning Programs.



Rev. Amandus Derr, Wartburg Board Chair, presents award to Honoree Dr. Fred B. Renwick



Richard Ertel and George Bundschuh, former board members, with Rev. Amandus Derr



David J. Gentner, President & CEO, with Dr. Fred B. Renwick

Save the Date for Jazz in June 2014:

Tuesday, June 10, 2014
Glen Island Harbour Club
Please contact
mbelsito@wartburg.org
for further details.

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