



SIReader



Albany Care ♦ Applewood Rehab ♦ Bryn Mawr Care ♦ Columbus Park Nursing & Rehab
Decatur Manor ♦ Elmwood Care ♦ Fairview Nursing Plaza ♦ Greenwood Care ♦ Maplewood Care ♦ Neighbors
Regency Rehabilitation Center ♦ Rock Island Nursing & Rehabilitation ♦ Wilson Care ♦ SIR Management

Spring 2011

Specialists In Rehabilitation, Experts in Caring

Issue 32

Extending Caring Hands, Growing in New Directions

The days are growing longer, warmer and sunnier as we transition to what is for me the long awaited spring season. It can't arrive too soon as I yearn for the colorful vistas which replace the cold, dark and vanilla landscapes of winter.

I hope you enjoyed the winter season, especially during the holidays with your family, friends, colleagues and most importantly the residents for whom you care.

As you are aware, the holidays are traditional for exchanging gifts with loved ones and friends. And, far too often we forget that even in our great society there are people who still suffer from poverty, illness and despair whose holidays are void of the joyful and warm sensations that we experience and take for granted.

This past Christmas was very special for me, not because of what I take for granted, but rather because of my participation in what the exceptional people who make up the staff of SIR and its client facilities decided to undertake. That is, in addition to renewing our camaraderie and love for each other, we volunteered both our time and gifts to a most worthwhile cause of bringing the holiday spirit to children suffering from cancer. People live their lives never knowing what legacy they will leave, for me it will be this and many such future moments of generosity, compassion and love that will endure. In this light, it is my extreme honor to shout out to all of the staff who not only gave of their time, but their generosity as well, be it either at the Stroger Hospital event or their respective facility. This humanity further underscores the heroism that you demonstrate on a daily basis in caring for people of need suffering from chronic ailments. When you touch their lives, you brighten their day -which is by all that is good a tremendous expression of kindness and compassion.

Looking forward, I am pleased to announce we will have a new partner in our good cause with the addition of a new client facility, Applewood Rehabilitation Center, located in Matteson, IL. And in keeping with our tradition, please join me in extending a warm welcome to the Administrator-Diane O'Connor and her wonderful and dedicated staff of professionals. I can honestly speak for all of us when saying we look forward to a long, successful and prosperous relationship of providing a quality level of support services through our highly professional and dedicated staff of clinical, financial and environmental consultants.

Ending as always, I remind each of you with emphasis to continue diligently in maintaining the environments of your respective facilities clean, warm and most of all inviting. This advice I impart to you as it will by empirical evidence yield conditions that are most conducive to quality care and will result in an environment that is appealing to your staff and residents as well as serve as a credit to your referral sources.

Thank you for your attention and, of course, your continued commitment to the good causes we represent.

Michael Giannini
SIR Management, Inc.





A Salute to Dedicated Employees

The blizzard of 2011 produced a deluge of snow, caused power outages, paralyzed the public transportation system, jammed highways, and stranded commuters; but it did not deter Elmwood Care employees from coming to work.

Wanda Celsor, a Registered Nurse, and Lila Massip, a Respiratory Therapist, who both work on the ventilator unit began their travels the morning of the blizzard at 4:00am to make sure that they would get to work on time. Ms. Celsor walked 4 miles and Ms. Massip 2 miles. Some people said they were crazy, but dedication and love for their residents were the motivating factors that made them do what they did.

Ms. Celsor and Ms. Massip were not the only ones who walked the miles that day. Kim Shelton from SIR and Kim Lewis, Activity Director, volunteered to pick up stranded employees. Family members of two employees did the same. Pat Mc Diarmid, Elizabeth Shelton, and Mary Kurtzrock helped in the Dietary Department. Several employees stayed over 24 hours to make sure the resident were cared for. The maintenance crew headed by Jean Claude Francois stayed until after the snow stopped falling, working non-stop to ensure that the walkways were clean and cars could get in and out of the parking lot. They even prepared midnight snacks for all.

I would like to thank all Elmwood Care employees as well as our SIR Management Consultants for creating such a positive environment, even during times of crisis. We may have been a skeleton crew that day, but excellent care was provided throughout. Someone once said that "no problem is insurmountable." With a little courage, teamwork, and determination a person can overcome anything. It is that individual commitment to a group effort that makes Elmwood Care a winning team!!!

Arleen Siap
Administrator
Elmwood Care

R Regency Rehabilitation Center

Nobody Does it Better

I have always felt that those of us that deliver care to our residents continue to do this because we are committed to this population. All providers purport to "provide Quality Care", but I am sure "Nobody Does it Better".

The transformation over the last 18 months at Regency has been amazing. As the Administrator, it was an honor to watch this building being transformed in to an exquisite environment for our residents to call home. At every point in the planning and construction of the facility, the focus never left providing more comfortable and beautiful surroundings for our residents and their families to enjoy. As I would walk around the project with the owners, at all phases I was proud to work for owners that continually questioned what would be best for the residents.

As I now walk through the building, I can see a change in some of the people working here. Staff, taking more pride in their own work because of the pride we feel to work in such a beautiful facility. Residents and families that grumbled through the construction, getting very tired of me telling them how wonderful it would be and how it would be worth any temporary inconvenience. Now, as I walk through the facility I am told how beautiful everything is and how quiet it is again!

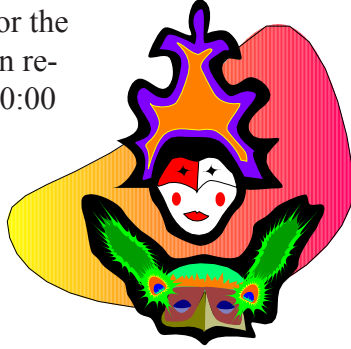
It is because of the commitment of the owners to truly improve the quality of life for our residents, while giving "Quality Care" that keeps me sure "Nobody Does it Better" and no matter how difficult it gets some days, makes me proud to say I am the Administrator at Regency.

Lori Barrish
Administrator
Regency Rehabilitation Center

Mardi Gras - Neighbors Style!

Boy oh Boy, we didn't even have to go to New Orleans to enjoy Mardi Gras. Our Mardi Gras Maquerade Dance and Party was a huge success!

On "Fat Tuesday" (Mardi Gras) we celebrated in grand style. The dance featured a disco ball and oldies music. Wheelchair dances were provided a big thrill for the residents! One resident even reported "sleeping in" until 10:00 the following morning!



Upon entering the dance, all attendees were given a mask and beads to wear at the festivities. Prior to the big day, many of our residents were busy beading necklaces and creating masks with staff and volunteers. Many wore purple, green and gold - the official colors of Mardi Gras. Did we mention the food? Our attendees really enjoyed the refreshments at the party after the dance. We served shrimp, jambalaya, hors d'oeuvres, cream puffs and the traditional King's Cakes. Just a note: the Babies in the Cakes were found by activity staff, so guess we host the party again next year?!

I have to do a little pitch here for my great staff and volunteers...without them we would not have been able to have such a great time.

We hope all is well at the other buildings in the SIR group. Have a great Spring!!!

Kim Hughes
Activity Director
Neighbors Rehabilitation Center



MARDIGRAS

Required Notice of For All Nursing Homes in the State of IL: Identified Offender Notification Procedures

All staff, it is your right pursuant to Public Act 094-0752, Section 2-216 to ask this facility's administrator if any residents are identified offenders as defined in the Nursing Home Care Act 210 ILCS, 45/1-114.01 Information regarding registered sex offenders may be accessed through the IL State Police Web site at www.isp.state.il.us Information regarding persons serving terms of parole or mandatory supervised release may be accessed through the IL Department of Corrections Web site at www.idoc.state.il.us



Building a Rapport with Seniors; Destroying the Myth About Nursing Homes

Nursing homes have long been perceived as places, among other things, where people go when no one cares about them while staring into space all day and eating Jello-O. As Activity Director at Columbus Park Nursing & Rehabilitation Center, I'm here to debunk that myth and to help one gain a better understanding of some of the excellent love and caring that goes on in our wonderful home.

Three years ago, I began a marketing strategy of making phone calls to several area senior living buildings, meeting with their building managers, program managers, and pitching the idea of building a relationship with seniors who may one day transition from senior housing to a nursing home. Selling the idea was not hard when your first statement is, "there is no cost to you". We offered participation in our fine activities such as bingo, pokeno and theme parties, all with everything provided by our facility. No signatures were needed, no personal information needed to be divulged. The idea is to just have fun and experience for themselves, the fun we have in a nursing home environment. Over the past few years we have hosted events at Roosevelt Towers Senior Apartments, Elois McCoy Senior Apartments, and Senior Suites of Gage Park. We have also held events at our home here at Columbus Park where we have provided transportation to the residents of the senior living buildings. In early March, 2011, we hosted a Mardi Gras party at Roosevelt towers with residents from Columbus Park, Elois McCoy, and Senior Suites all in attendance. The turnout was outstanding! Our activity department decorated the halls with purple green and gold decorations. Kudos to Nennette Guzman and Monita Stewart for the delicious Mardi Gras feast which included New Orleans style gumbo, Cajun fish, chicken and more. Over 70 guests participated in a raffle, received

Mardi Gras beads and party favors, and danced to the delightful sounds of DJ Court Hines. After the party the guests had nothing but smiles on their faces and compliments about how great a time they had. That's exactly the idea.

Building a rapport with seniors is not a hard task if you listen first, don't sugar coat, be factual, offer choices, be understanding, and allow them to shine in their own unique way. During this process, we have offered a much different view of nursing home living and established a relationships in the community that have led to Columbus Park Nursing & Rehabilitation Center becoming "home", and many inquiries for choosing Columbus in the future.

Phyllis Thomas
Activity Director
Columbus Park Nursing & Rehabilitation Center



Greenwood Care's Spring Fling Talent Show

For the past two months residents and staff have been preparing for Greenwood Care's 2011 Spring Fling Talent Show, which will be held in mid March. The show will include performances by talented singers, pianists, guitarists, bass and trumpet players. While preparing for the show, staff members with a few hidden talents of their own have come forward to offer assistance, such as receptionist Chad Ratcliffe and activity staff member David Benjamin. Chad has been playing the piano for over 14 years and has studied classical music in a specialized program in High School and in college. He has offered to assist residents who need piano accompaniment and there is even talk of him giving piano lessons to interested residents in the future. David has played a major role in helping residents prepare for the show, both in staging acts and in decorating. His own talent in music and the arts has proven to be extremely helpful in organizing the event. We are all looking forward to the upcoming show and hope for a big turn out. There is no doubt that it will be an entertaining evening!



The Keun Report

Overview of 2010 Pinnacle Quality Insight Interviews and Responses

2010 has been a memorable year for SIR Facilities. Elmwood Care had their remodeling/renovations followed by a grand scale open house. Rock Island completed their remodeling and hosted a professional networking event last January 2010. Columbus Park completed their remodeling and showcased the brand new Rehabilitation Room and state of the art equipments last November. Bryn Mawr Care finished remodeling the lobby area and all of 1st floor, new furniture and a new coat of paint for resident rooms and hallways. Regency, Greenwood Care, Albany Care, Wilson Care, Neighbors, Decatur Manor, Maplewood Care and Fairview can look forward to a modern, pioneering appearance in 2011.

In addition to beautifying our facilities we're focused on the business landscape of staying competitive and profitable...a few steps ahead of others. "Taking Care of Our Residents" one day at a time has truly provided SIR Facilities leverage from the rest. And to continue our journey together caring for our residents and to excel in what we do, we utilize Pinnacle. They provide us with insight and customer perception of value for the services rendered. The reports provide us with feedback and impressions to better improve our services and resident quality of life. Important to know: when customers do not perceive true value from our products, services, and brand, they ultimately go elsewhere. Therefore, we strive to meet or exceed customer expectations in all that we do.

In this newsletter, we want to highlight a summarized report for November, December and recap of the year. Each facility can score between one to five and five being the best. In addition, each facility is measured in the following categories by company average, Pinnacle average and Best in Class.

Overall Quality

Bryn Mawr, Greenwood Care, Rock Island scored the

highest in the last two months ranging from 4.67-5.00. Five of the twelve facilities exceeded Best In Class averages in 2010.

Nursing

Bryn Mawr, Neighbors and Regency scored the highest in the last two months ranging from 4.85-5.00. Five facilities exceeded Best In Class averages in 2010.

Dining

Bryn Mawr, Greenwood and Rock Island scored the highest ranging from 4.57-5.00. Three of the twelve facilities exceeded Best In Class averages in 2010.

Food

Decatur and Greenwood Care scored the highest with 4.33-5.00. Five of the twelve facilities exceeded Best In Class averages in 2010.

Cleanliness

Bryn Mawr and Regency ranked the highest 4.80-5.00. Four facilities exceeded Best In Class averages in 2010.

Individual Needs

Neighbors did the best the last two month with a score of 4.75-4.80. Four facilities exceeded Best In Class averages in 2010.

Laundry

Bryn Mawr, Greenwood Care and Neighbors scored perfect scores of 5.00 the last two months. Five facilities exceeded Best In Class averages in 2010.

Communication

Greenwood Care, Neighbors and Wilson Care scored perfect scores of 5.00. Six facilities exceeded Best In Class averages in 2010.

Response/Problems

Regency and Rock Island scored the highest with 4.57-5.00. Five of the twelve facilities exceeded Best In Class averages in 2010.

Dignity

Greenwood Care, Neighbors and Rock Island scored perfect scores of 5.00 the last two months. Eight facilities met or exceeded Best In Class averages in 2010.

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Recommend Facility

Greenwood Care and Rock Island scored the highest with 4.57-5.00 the last two months. Six facilities met or exceeded Best In Class averages in 2010.

Activities

Greenwood Care, Maplewood Care and Regency scored the highest ranging from 4.83-5.00 the last two months. Four facilities have met and exceeded Best In Class averages in 2010.

Therapy

Elmwood Care and Neighbors scored the highest with 4.67-4.80. Three facilities met or exceeded Best In Class averages in 2010.

Admissions

Rock Island scored the highest score with 4.60 two months consecutively. Seven of the twelve facilities met or exceeded Best In Class averages in 2010.

Safety

Greenwood Care, Rock Island and Wilson Care scored 4.83-5.00 the last two months. Five facilities exceeded Best In Class averages in 2010.

Overall Average

Decatur and Rock Island scored 4.60-5.00. Five of the twelve facilities met or exceeded Best In Class averages in 2010.

Submitted By:

Keun Lee, Senior Marketing Director



There are so many exciting things going on at Wilson Care. We just had our BIG Mardi Gras party where everyone danced and wore their beautifully handcrafted masks at Wilson Care's own personal Bourbon Street. We're all getting excited for Spring to arrive so we can enjoy all the fun that Chicago's Uptown area has

to offer. But more importantly, there are two of our residents that everyone should know. . .

With all of the excitement of March Madness beginning, Valerie Moore, very proud mother of Mike Shaw (to anyone who follows college basketball, this should be a household name) is really looking forward to next season when she will be able to watch her son. Shaw, who is 6'8, 220lbs with a wingspan of 78", is currently finishing up his senior year at De LaSalle Institute. Why you should know the name Mike Shaw?



Well, as proud mom Valerie will tell you, aside from being her son, he is ranked #14 for his position as a forward in his recruiting class and was given a full ride to the University of Illinois. Shaw is a combination forward who is said to attack the rim both ways and finish over or around defenders with his tremendous length and ability. We are all looking forward to seeing Mike Shaw and Valerie is looking forward to sitting courtside to cheer on her son as he helps the Fighting Illini next year!

Another resident you should know is Cortena Baker. Cortena has been attending classes at Westwood College and is very proud of her success. She recently took the Constitution Test and passed with flying colors and was given a certificate of completion. Among her greatest conquests is being published in the book put out every year, Literacy Chicago: A Collection of Essays – Words on the Page. She is a beautiful rising star.



Cortena and Valerie are doing great things and we are glad that they are a part of our Wilson Care family!

Lindsey Behr
Activity Director
Wilson Care

NOTICE TO ALL EMPLOYEES

Pursuant to Section 20 C.F.R. 656.20, you are hereby notified that an application for Alien Employment Certification has been filed for the following position:

Registered Nurse for the Nursing Home. High School completed and 2 years college with major field of study in Nursing or 2 years Nursing School. Must be registered in Illinois or have passed the CGFNS or NCLEX exam. 40 hours per week. \$800.00 per week. Must have proof of legal authority to work permanently in the U.S.

Any applicant who is interested in this position may apply to:

| | |
|---------------------------------|--------------|
| Elmwood Care, Inc. | 708-452-9200 |
| Fairview Nursing Plaza | 815-397-5531 |
| Columbus Park Nursing | 773-287-5959 |
| Maplewood Care | 847-697-3750 |
| Rock Island Nursing & Rehab | 309-788-0458 |
| Regency Rehab Center | 847-647-7444 |
| Neighbors Rehabilitation Center | 815-234-2511 |

Any individual may provide documentary evidence bearing this application, with information on available workers and information on wages and working conditions, to local State Employment Service or Regional Certifying Officer, U.S. Department of Labor whose name are as follows:

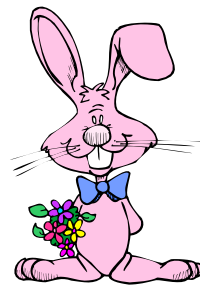
Local Office: Illinois Department of Employment Security
ALIEN CERTIFICATION
UNIT - 7 NORTH
401 South State Street
Chicago, Illinois 60605

Regional Certifying Officer:
Mrs. Sarah Carroll
Certifying Officer
U.S. Dept. of Labor
Employment & Training Admin.

Processing Center:
BCIS
Nebraska Service Center
P.O. Box 87140
Lincoln, NE 66501 - 7140



MAPLEWOOD CARE



February may be the shortest month of the year and one of the coldest of the year, but at Maplewood Care we made sure February was filled with lots of warmth and love. Residents and staff worked hard in creating Valentine's Day decorations to make sure everybody in our facility could feel the warmth and love.

Our Valentine's Day Social was a delightful success and attendees enjoyed a variety of fruits dipped in chocolate from our chocolate fountain. There were "ooh's" and "aaaah's" as the flowing chocolate covered the fresh fruit pieces and were absolutely delicious! Our social also included entertainment with music and love songs. It was a great time and the residents and staff of Maplewood Care did a wonderful job sharing the warmth and love.

Thank You!

The residents of Maplewood Care would like to thank and extend our sincere gratitude to all of the employees who were stranded by the storm and stayed to ensure the quality of care was not compromised. We understand many of you have families back home and you naturally wanted to be with them during the crisis. Your compassion and dedication is greatly appreciated.

From: the residents of Maplewood Care

EASTER

E is for the eggs painted in bright colors

A is the ascension we celebrate today

S is for the spring that brings the world new life

T is for the table around which we sit and pray

E is for everyone who comes to share this special day

R is for the roads that we travel on the way

The Bryn Mawr BEAT

by:
Phyllis Gilmore

Congratulations to YOU!



Carolyn Wright has been a CNA at Bryn Mawr Care for 6 years and has recently received her LPN license. When asked why she chose to pursue nursing as a career, she simply stated, "I enjoy helping people." Her plans within the next 5 years are to continue her education and hopefully, open a consultant company that will enable her to go into facilities and train CNA's to become better help to the nurses and the residents we serve. Carolyn's hobbies and interests range from spending quality time with her family, playing cards, shopping and dining out. We wish Carolyn the best of luck in all her future endeavors.

Spring Crafts

Make these charming tin can herb pots and watch them grow all summer long!

What you'll need:

Empty aluminum can, screwdriver and hammer, liquid gesso (recommended: Liquitex Basics Gesso), acrylic craft paints in colors of your choice, acrylic sealer spray, matte finish, craft stick, thin cardboard, pinking shears, black permanent marker, 5-10 small rocks, stones or pebbles, 1.5 cups potting soil, 4-inch potted herb plant, white craft glue, Water, flower stickers (optional)

How to make it:

1. Completely wash and dry aluminum can. If necessary, sand off any rough edges from opening of can.
2. Turn can upside down. Parent should use screwdriver or other pointed object to poke holes in the bottom of the can. Use a hammer to tap the end of the screwdriver to make the holes.
3. Paint outside of can with one coat of gesso. Let dry completely.
4. Paint can in the desired color, repeat coats if needed.
5. Decorate however you like. Use a thin paint brush for long lines, dip the end of the paint brush into paint for polka dots.
6. Decorate with stickers if desired.
7. In a well-ventilated area, spray the outside of the completed can with acrylic sealer spray. Let dry.
8. Place enough rocks or pebbles in the bottom of the can to form a single layer.
9. Add enough potting soil to fill the can two-thirds full.
10. Remove potted herb from its container and transplant into the can.
11. Fill edges with remaining potting soil, gently pat down so that plant is firmly in the can but not compacted so much that it's too tight.
12. Place can on a plate (to catch any water drainage) and add some water to the newly planted herbs.
13. Paint craft stick whatever color you like. Allow to dry.
14. Cut a piece of thin cardboard into a small rectangle (about 1.5 x 3 inches) using pinking shears.
15. Paint both side of the cardboard with gesso, let dry.
16. Glue the rectangle to the top of the craft stick.
17. Use a black permanent marker to write the herb name onto the rectangle.
18. Insert your plant marker into the soil, being careful not to crush any roots along the way.
19. Place your new garden in a sunny window and remember to water them!

Tips:

- A 4-inch potted plant will be enough to make 2-3 vegetable sized cans (15 oz) or one larger tomato sauce type can (28 oz).
- This is a great project to teach kids about growing plants, especially edible ones. Take this opportunity to visit your local library and check out a book on simple container gardening or gardening with kids.
- Keep the kids involved, be sure they take care of "their" plant. Have them water their plant and show them how to check to see if the soil is too dry or just right by gently touching the soil surface with their finger.
- Eat these herbs! Your kids will light up when they get to pinch off a basil leaf to add to your spaghetti sauce.

GET YOUR REFERRAL BONUS!

Refer a caring, professional nurse to one of our facilities, RN or LPN, and receive up to \$1,500 as a referral bonus. Bonus is applicable to fulltime nursing positions, excluding registry. Guidelines vary by facility, see your Administrator for details or contact Lee Brundage.

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