

Our Lady of Prompt Succor Nursing Home & Rehabilitation Center
C'est la Vie Apartments
Newsletter ~ September 2016
A Ministry of the Marianites of Holy Cross

On Your Mark, Get Ready, Set, Go!!!

We just completed the Olympics in Rio and watched with excitement and pride as our USA athletes won medals in many events. While being thrilled with the end results, we were inspired by their stories regarding their daily regimens and the time and energy they devoted to their goals. With this recent experience, now is a good time for us to assess our personal commitment to our own health and well-being. We can seize inspiration from their life choices and apply it to our own patterns of maintaining optimal health. And at Our Lady of Prompt Succor Nursing Home we can help you reach your goals of optimal levels of safety and well-being through the benefits of our therapy department! Our therapy department offers a comprehensive rehabilitation program fully staffed with licensed physical, occupational, and speech therapists who use both conventional and newly developed state of the art technology through our virtual reality system and patterned electrical neuromuscular stimulation systems.

We assist residents with both short and long term rehabilitation, and especially promote *rehabilitation to home* program. Another name for this program is the **Homeward Bound** program. It is especially designed for people who are residing in a healthcare facility and want to return home or for those who are currently living at home but struggling to continue to do so. Like training for the Olympics, **Homeward Bound** is an aggressive outpatient or inpatient rehabilitation program. It is designed to maximize each person's functional independence in the shortest period possible with the goal of returning home safely.

The **Homeward Bound** program comprises a comprehensive, interdisciplinary team of physical therapists, occupational therapists and speech/language therapists that work together with the patient and the patient's family to achieve the goal of a safe return home. Our licensed and caring therapy professionals will help you:

gain strength and balance to reduce your risk of falls; regain your ability to complete general household duties such as: planning and preparing meals, doing laundry, washing dishes, safely getting in and out of the bathtub. It will also help improve your cognitive and organizational skills such as: scheduling your doctor and other appointments; paying your bills; balancing your check book; preparing your medicines; maintaining writing and correspondence skills; and more.

The program also focuses on safety by teaching proper use of a walker at home; educating and training for the proper use of adaptive equipment; teaching safe functional transfers; assessing the home environment for additional, appropriate equipment needs.

If you want to return home or to continue living at home and if you have one of the following conditions, this **Homeward Bound** program is for you! Some of these conditions include: joint replacement, stroke, chronic obstructive lung disease, heart problems, brain injury, communication problems, challenges with decision making, fractures or broken bones, amputation, early dementia or memory problems.

In addition to the benefits of receiving therapy five (5) days a week by our licensed therapists specially trained in treating geriatric patients, the resident receives skilled nursing services 24 hours per day. Additional benefits include nutrition and activities. Nutritional needs are monitored by a registered dietician and trained dietary staff. Daily activity needs are tailored for the resident and include support by our pastoral care staff trained to meet both spiritual and emotional needs.

The basic criteria that must be met for a short term Medicare Part A stay include:

An individual has Medicare Part A insurance.

An individual stays has a 3 consecutive night stay in an acute hospital setting within the past 30 days.

A physician orders skilled rehabilitation or nursing services.

Once the qualifications are met, the short term stay includes Medicare Part A coverage for the first 20 days. After the first 20 days, most supplemental insurance policies cover coinsurance liability for days 21-100.

Let us know if we can help! For additional information, please call us at 337-948-3634.

Join the Olympic spirit for optimal health and well being!

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U **Celebrating Birthdays in September** U

C Berube 9/06/

R Botts 9/02/

Sr. L Boudoin 9/16/

L Bourque 9/12/

L Chapman 9/04/

M Chautin 9/14/

A Douget 9/28/

A Fontenot 9/18/

C Guillory 9/07/

Sr. D Hecker 9/23/

C Lavergne 9/13/

F Reinert 9/06/

N Saizon 9/16/

I Tweedel 9/15/

— Recently Deceased Residents —

Easton Stelly, Sr. 8/20/2016

May his soul and all the souls of the faithful departed
through the mercy of God rest in peace. Amen.

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