



Poet's Seat

HEALTH CARE CENTER

Quarterly News - Summer 2010

In Celebration of Our Nursing Staff



An anonymous author once described nurses as “angels in comfortable shoes.” That pretty much describes our staff of nurses and certified nurse’s aides (C.N.As). There’s no doubt that they are the backbone of Poet’s Seat Health Care Center.

“I do know how your facility got its name, but before a few weeks ago, I had no idea that you actually lived it. The wonderful care you took of my dad was profound. Your support for us, his family, was sublime. And your willingness to open your hearts and love him was truly poetic.”

In fact, our nursing staff is one of the top reasons cited of why people chose our facility for their health care needs. This finding mirrors our reputation in the local healthcare community where we are respected for the high quality care that we offer.

“I’d come back to Poet’s Seat in a minute! I appreciate everything the staff has done for me. They staff is exceptionally skilled and friendly.”

I can think of no way better to celebrate and thank our nursing staff than with these following quotes from residents and their families about the exceptionally skilled and compassionate care they received here at Poet’s Seat. Here’s to you for all you do.

“Being cared for at Poet’s Seat was transformative on so many different levels. Not only am I able to walk again, the entire staff, top to bottom, was so compassionate. It feels like a caring family. My three weeks here have opened up my heart. Your staff is exemplary, both highly skilled and kind. You can’t do any better than the Poet’s Seat staff. I feel blessed to have chosen Poet’s Seat for my care.”

Sincerely,

Patrick McManus

Patrick McManus, Administrator

“Thanks for taking care of me during my stay at Poet’s Seat. Your care and concern was the best!”



“I want to thank you for the wonderful care you gave my dad while he was at Poet’s Seat. He was a great dad and I miss him very much. You made him comfortable and safe and that was truly what he needed.”

“Our family wants to acknowledge your nursing staff for their wonderful care of our mother. She felt as though she was being cared for by an extended caring family.”

“Thanks for your wonderful care of my sister. Those who cared for her went out of their way to be helpful and upbeat, and the entire staff was respectful of her needs.”

“On behalf of our family, please convey to your entire staff our appreciation for the loving care our mother received while a resident at Poet’s Seat Health Care Center. Your multi-disciplinary team found ways to make her comfortable, and always included us in treatment options and decisions. You cared for our mother and our family’s psychological needs as well. Poet’s Seat is the best!”



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

What's Happening at Poet's Seat...

You Should Know...



... that a recent study published in *Journal of American Geriatrics Society* suggests that residents at small nursing facilities are more satisfied with their care and report a better quality of life than those at larger, traditional nursing facilities?

Poet's Seat Health Care Center is a small, 63-bed facility conveniently located near Baystate Franklin Medical Center and downtown Greenfield. We take pride in our intimate, homespun setting and friendly atmosphere.



Residents and family members, including Russell Bontempi and his wife, enjoyed making pillows this past June.

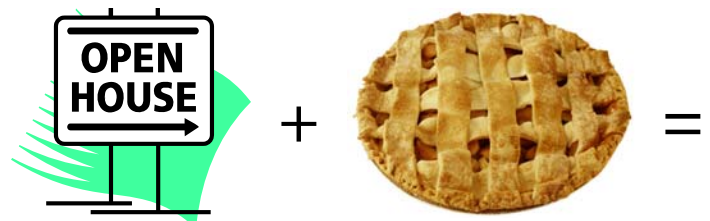


Ruth Pluff, along with other residents and Poet's Seat staff, had a great time at Magic Wings Butterfly Conservatory this July.

Our Residents are Volunteers too!



Residents enjoy sending letters and care packages as part of their volunteer work for the Adopt-A-Soldier program. In this photo are SPC Michael Radzuik, Pauline Porlier and Eleanor LaPlante.



Apple Pie Rehab Room Open House

Poet's Seat Health Care Center is expanding its services with a new, fully renovated physical rehabilitation room at our warm and family-friendly residence.

Come join us for apple pie made by our kitchen staff and to see the new rehab room on Wednesday, September 22 between 4:30 and 6:30. Have that pie a la mode with delicious Greenfield-based Bart's Homemade Ice Cream.

Why expand our rehabilitation services? To best meet the changing needs of our community for attentive, comprehensive inpatient rehabilitation and short-term care. That's why. We offer the highest-quality physical, occupational, speech and respiratory therapy conveniently close to home, not to mention the finest skilled nursing care.

So stop by for treats and music by Americana musician Dan Daniels on the porch at 359 High street in Greenfield.

Getting to Know You...



Meet Our Staff *Megan Wheeler*

Megan Wheeler has been an integral part of Poet's Seat Health Care Center for over 12 years beginning as a C.N.A.

while finishing nursing school. She completed her education at Greenfield Community College and has spent most of her nursing career at Poet's Seat Health Care Center.

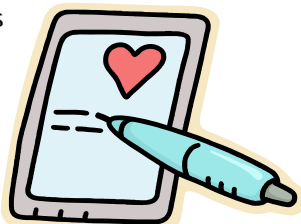
Megan has had a desire to be in nursing from a very young age. She has a special compassion for the elderly and a drive to see them live life to the fullest as long as they are able.

In her free time, Megan enjoys spending time with her family, "beaching" it, doing crafts, and working with youths at her church. Megan considers Poet's Seat her home away from home and has enjoyed the many residents and families whose lives have become part of hers over the years.

Megan is grateful for the loving nursing staff that truly put the "care" in healthcare and love what they do in a deep and personal way.

Good Advice from a Nurse...

Believe it or not, flu season is just around the corner. Everyone knows that hand washing is key in preventing the transmission of germs, but there's another way to keep healthy and prevent flu virus — getting vaccinated!



At Poet's Seat Health Care Center, we take protecting our residents against flu seriously. Over 90% of our employees get vaccinated against seasonal flu; that means our residents have a better chance of avoiding illness due to influenza.

So stay healthy this flu season; get vaccinated early, and remember to use excellent hand hygiene.

— Terry Suchanek, RN, ICN

Look for our float at the Franklin County Fair Parade, September 9th!



Two of Poet Seat's occupational therapists Diane Morrison and Tammy Provencal gave an education and entertaining balance workshop at the Erving Senior Center in August.

Free Health Presentations Offered...

As a public service, Poet's Seat Health Care Center has been offering three, free health presentations to educate the community about health care issues:

Balance Screening. This presentation provides education about balance and falls prevention, general safety, good health, and Poet's Seat's rehabilitation programs. Participants are offered free balance testing, predictions about personal fall risk, and recommendations for improvement.

Breathe Easy Screening. To educate people about the importance of good respiratory health and improving self-care for those with COPD (chronic obstructive pulmonary disease).

Just in Case Bingo: Planning Your Recovery. Decisions can be difficult to make when you find yourself in a last-minute situation. For this reason, taking a little time to plan ahead is important. This workshop with a fun Bingo format gets participants in good shape to make wise choices, just in case rehab or short-term nursing care is ever needed.

So far, we have given free presentations at places including the YMCA in Greenfield, the Gill/Montague Senior Center, the Arbors at Greenfield, and the Erving Senior Center. Please see the back cover of this newsletter for upcoming presentations. If you are interested in scheduling a free workshop or two at your organization, please call Laurie at 413-774-6318, ext. 13, or email her at inquiries@pshcc.com.



Here's to our Nursing Staff!

"Nurses are angels in comfortable shoes." ~Author Unknown

"Constant attention by a good nurse may be just as important as a major operation by a surgeon." ~Dag Hammarskjold

"Caring is the essence of nursing." ~Jean Watson

"Nurses dispense comfort, compassion, and caring without even a prescription." ~Val Sainbury

"Nurses are the heartbeat of health care." ~Author Unknown

"After two days in the hospital, I took a turn for the nurse." ~W.C. Fields

"When you're a nurse you know that every day you will touch a life or a life will touch yours." ~Author Unknown

"Nurses are patient people." ~Author Unknown

"If love can't cure it, nurses can." ~Author Unknown

Upcoming Community Health Events

Breathe Easy: Free Breathing Screenings

- ⇒ Northfield Senior Center—September 9, 12:15-1:15 p.m.
- ⇒ Bernardston Senior Center—September 28, 10:45-11:45 a.m.

Just in Case Bingo: Planning Your Recovery

- ⇒ Bernardston Senior Center — October 19, 10:45– 11:45 a.m.

Free Balance Screenings

- ⇒ Bernardston Senior Center — October 26, 10:45—11:45 a.m.

Don't forget...

Apple Pie & Rehab Open House

Drop by and see our new first-floor rehab room.

Pie a la mode with Bart's Homemade Ice Cream with music on the porch by Dan Daniels. Wed., September 22, 4:30—6:30 p.m. here at Poet's Seat.



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

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POET'S SEAT HEALTH CARE CENTER

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