

## Happy Holidays!



**We are honored to announce that Concord has been awarded 5 Stars by CMS for the fourth year in a row!**

Special thanks to our incredible staff members who have made this amazing distinction possible with their dedication to our residents. We're proud that Concord continues to stand out as an exceptional facility because of our exceptional programs and caring staff.

We are also pleased to highlight the launch of our new stroke recovery program which utilizes cutting-edge equipment to help bring an acute level of rehab to our community. Many of our residents have already seen remarkable results. Read more about this innovative program in our featured story.

Although the cold weather is upon us, residents have been keeping warm with many lively activities over the past couple of months. I would like to take this opportunity to wish everyone a safe and enjoyable festive season with family and friends, and a most joyous New Year!

*Isaac Sonenblick*

ISAAC SONENBLICK,  
ADMINISTRATOR

## STROKE RECOVERY AT CONCORD

# Introducing Acute Level Rehab With Groundbreaking Robotics

At Concord, we are devoted to the continuous development of our residents' strength, mobility and independence, especially after a serious medical condition such as a stroke. We know that the journey to recovery can be challenging. We're here to assist residents on their journey – easing the way in our supportive environment with the most advanced technology and equipment.

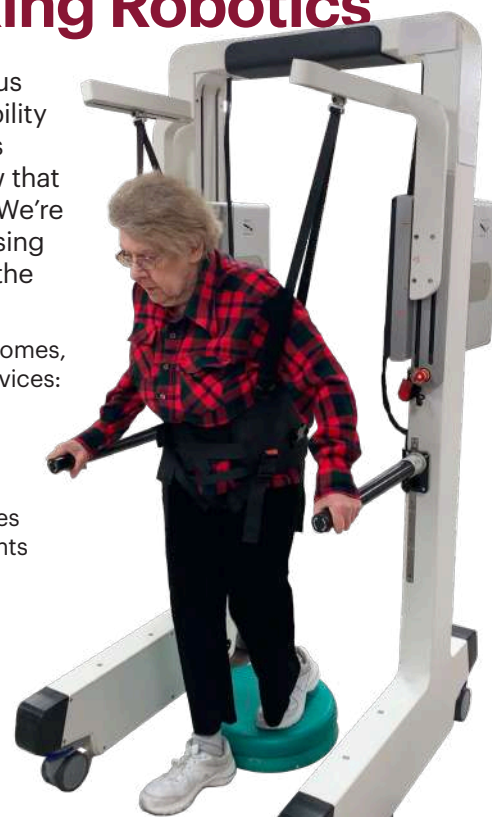
To help our residents attain the best possible outcomes, we have recently introduced the following new devices:

**Our Robotic Gait Trainer** is a new, incredible technology that allows patients to safely practice walking at their own pace while providing body weight support as needed. The Gait Trainer reduces the perceived difficulty of walking and gives patients a renewed sense of freedom.

**Our 3D Arm-Weight Apparatus** is skillfully designed to mimic everyday movement patterns. This sensor-based device encourages patients to fully retrain their arm and hand functions. It allows patients to self-direct game-like exercises and gradually develop a better range of motion.

With cutting edge equipment and constant support from our therapy team, we are pleased to see our patients benefit and get stronger every day. We look forward to assisting more acute rehab patients, as well as those recovering from neurological or other orthopedic conditions who need assistance regaining their strength and mobility.

**We love being a part of your success stories!**



***"This machine is amazing. I'm actually walking and not afraid of falling."***

***"My husband is now able to do so much more for himself. Shaving, dressing & feeding himself are no longer issues. Initially his motions were restricted due to his contractures. This machine has solved over 40% of his problems!"***

***"My arm is so much stronger now! I really enjoyed using this new, high-tech machine and am now better able to dress and care for myself"***

# Benefits of Pet Therapy



At Concord we strive to provide a variety of mental and physical activities that engage our residents, and we've found that our pet therapy program provides joy and a positive impact on our resident's overall health.

Both our staff and residents look forward to the regular monthly visits from Kitchi the cat and the Golden Doodles, Kasha and Bow Ties. It's also a treat when Lea from our Recreation department stops by with her dogs, Zayda and Saucalita. Many of our residents are big animal lovers and we realize this is an important part of their care. Our pet visits contribute to the overall health and happiness of our residents.



Zayda  
& Saucalita

The benefits of pet therapy have also been recognized by the scientific community. UCLA Health shares that not only do animals help to reduce anxiety and loneliness, they also increase mental stimulation, benefiting those with memory issues or who have been impacted by diseases like Alzheimer's. Pet therapy can also help to lower blood pressure, improve cardiovascular health, and in some cases reduce overall pain.



The Golden Doodles:  
Kasha & Bow Ties



Kitchi the Cat  
on Thanksgiving

Concord residents and staff can certainly agree with the fact that petting an animal makes them happy! That's because it releases hormones like serotonin, prolactin and oxytocin which are known to improve mood and help people relax. The smiles on their faces when Kitchi, Kasha, Bow Ties, Zayda and Saucalita come to visit say it all!

## Commemorating Our Veterans Who Bravely Served Our Country

It's important to us to honor the sacrifices and services of all the individuals who have served in the US Armed Forces. Here at Concord we continue to provide for the needs of our Veterans in a variety of ways.

With the help of Grace Healthcare Services, we hosted a special program on November 13th for twenty of our resident Veterans and their families. Each Veteran was



individually introduced, thanked for their incredible service, and given a certificate and pin to memorialize their dedication and service.



### NOTED & QUOTED

**"I want to thank everyone for being so kind me. I felt like royalty at Concord."**

THE NURSES AND AIDES WERE VERY COURTEOUS. REHAB WAS GREAT, GOOD PEOPLE. I'M DOING WHAT I'M DOING TODAY BECAUSE OF THEM."

– Richard T.

### CALENDAR OF EVENTS

DEC 2: Deck The Halls & Trim The Trees

DEC 9: Monthly Birthday Party with Peas & Carrots

DEC 5: Dollar Tree & Lunch Trip

DEC 6: Cooking Club: Holiday Sugar Cookies

DEC 10: Room to Room Pet Visits with Kasha & Bow Ties

DEC 12: Dottie's Delights

DEC 18: Holiday Party with Dale & Amy/ Visit with Santa

DEC 19: Holiday Light Trip

DEC 23: Bible Study with Pastor Joe

DEC 24: Hanukkah Program with Judy N.

DEC 25: Holiday Movie, Snack & Eggnog

DEC 26: Breakfast with The Chef

DEC 30: Pre-New Year's Eve Party with DeJavu

DEC 31: New Year's Eve Social

FROM OUR FAMILY TO YOURS:

*Happy Holidays!*