



# Connections

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## At Concord Healthcare: Looking and Feeling Our Best – At Any Age!

On our recent Spa Day, our residents enjoyed a pampering experience with an array of beauty treatments offered on-site including facials and manicures.

## Hello, Friends!

The arrival of Spring is always a special thrill, and this year, after a winter full of nor'easters, we are certainly ready for milder weather!

It was nice seeing all the family members who came to visit Concord Healthcare during this year's spring holidays. We always encourage family members to visit and take delight in memories of the past, while creating new and long lasting memories with their loved ones.

ISAAC SONENBLICK,  
ADMINISTRATOR

Up close  
& personal  
with our  
ADON  
**Catherine  
Heuschkel**



Catherine Heuschkel is an integral member of the Concord team. As our Assistant Director of Nursing, Catherine works hard to provide the ultimate in quality care to our residents. With her 13 years of geriatric experience, Catherine knows what each patient needs to help them recuperate and feel their best. She is also a part of our wound management team, conducting weekly wound rounds together with our wound specialist.

Beyond her duties at Concord, Catherine has been part of the nursing team taking care of the Miss America Pageant contestants. Participants representing every state converge in Atlantic City for this annual event.

Says Catherine, "Meeting these young & talented beauties from all over the Nation is a late summer treat that usually takes place around Labor Day. We get to know them well and make sure their health is in optimal condition through the pageant: From treating the sprains and blisters caused by hours of

dance rehearsals to making sure the diabetics among them have everything needed to keep their blood-sugar levels in check".

"At the Pageant we are reminded that, regardless of age, health & wellbeing are everyone's most cherished possessions".

— CATHERINE HEUSCHKEL





In Recognition of OT Month

### SPOTLIGHT ON: Occupational Therapy

Occupational Therapy concentrates on gross motor skills and fine motor coordination. Our OTs focus on improving muscle strength and tone, visual/perception, wheelchair management, cognition and activities of daily living.

Various treatments include range of motion exercises, splinting, coordination exercise, compensatory training, positioning devices, and ADL practice in a real-life setting.

#### PATIENT PROFILE:

Mr. Y., a 59-year old male came to Concord Healthcare following hospitalization for low levels of potassium and sodium. Upon admission, he had difficulty following directions due to decreased cognition, as well as a hard time with activities of daily living such as getting dressing.

**"I've been doing this for 40 years and I find that it's all about the connection with people and getting them to function at their highest level. Everyone deserves an opportunity to enjoy improved quality of life, no matter what setting they will be returning to."**

- OT AT CONCORD

Undergoing extensive occupational therapy 5 to 6 times a week, he participated in weight lifting, OMNI cycle and NuStep to increase his strength and endurance – improving his ability to dress himself. To strengthen his lower body, therapists challenged his equilibrium with dynamic balancing acts such as reaching for cones, tossing a ball, and balloon "tennis". As part of his treatment, he was retaught the proper sequencing for dressing.

Thanks to the patience and excellent clinical skills of our expert therapy team, Mr. Y. was discharged enjoying a new level of total independence.

## Recreational Highlights

There is so much going on here at Concord, with activities tailored to meet the varying needs of both our subacute and long-term care residents.

Recent exciting events included our **inaugural Zumba class, Spa Day**, and a **St. Patty's Day Celebration** with a bagpiper. Our **Easter Parade** took place on March 29, with entertainer Dan Herman at the helm and our residents modeling their Easter Bonnet creations.

#### NOTED & QUOTED

"OUR 89-YEAR-OLD DAD, SPENT APPROXIMATELY SIX WEEKS AT YOUR FACILITY REHABBING FROM A VARIETY OF CONDITIONS. INITIALLY WE WERE WORRIED ABOUT HOW HE WOULD BE TREATED AND HOW HE WOULD RESPOND TO SPENDING WEEKS IN A REHAB FACILITY.

**Our concerns almost immediately started to ease as we entered Concord. It was sparkling clean and reminded us of a nice hotel rather than a nursing home!**

**The staff all introduced themselves with a big smile and each echoed what seemed to be Concord's motto: 'If you need anything just ask!'. Over the next six weeks, we witnessed firsthand that "just ask" was all we had to do."**

-THE C. FAMILY

#### CALENDAR HIGHLIGHTS

**APRIL 13 & 27:** Chair Yoga

**APRIL 16:** Resident Council Food Forum

**APRIL 17:** AC Poker

**APRIL 18:** Spa Day

**APRIL 19:**  
Breakfast With The Chef | Birthday Party

**APRIL 25:**  
Magic Show | American Legion Event

**Cooking Club**  
Every Monday | 2:00 pm

**Men's Club**  
Every Monday | 2:00 pm

**Ladies' Social**  
Every Friday | 2:00 pm

**NEW! Gardening Club**  
Stay tuned for details

