

CHOICE — Rehab Care —

News & Views

Since we opened our doors in June of 1985, Choice Rehab Care has given residents consistent, dedicated and reliable service. This is because we believe a nursing center should provide a pleasant, home-like environment where superior nursing, supportive and quality of life services are delivered by professional, caring, friendly and dedicated staff.

We are proud of the standards we have set here at Choice Rehab Care and hope that when the time comes for you to find a placement for your special loved one that you will allow us to help.

Choice Rehab Care is an Arizona licensed, Medicare and ALTCS certified Skilled Nursing Facility in the heart of Sun City West.

- Rated "Excellent" for SEVEN CONSECUTIVE YEARS by the Arizona Department of Health Care Services
- Locally owned and operated
- We welcome visitors

**Call or stop by for a tour:
(602) 584-6161**

Administrative Team

Executive Director Terry Granger
 Operations/Finance Phil Friedlan
 Business Development Director Tom Ballard
 Director of Admissions Janet Etzel
 Director of Nursing Maureen Karwin, RN
 Assistant Director of Nursing Barbara Harrison, LPN
 Director of Social Services Lori Beers, RHIT
 Health Information Manager Sharon Beal, BSW
 Activities Director Ginger Dawson, BS, ADC
 Rehab Program Manager Wendy Koprivec
 Plant Operations Manager Mark Opel
 Director of Food Services Char Frantzve
 MDS/Care Plan Nurse Cindy Becker, RN
 Medical Director David Ben-Aviv

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From the Desk Of... Executive Director Terry Granger

I read an article recently in the e-newsletter "Seeds of Success" which captures my thoughts about the challenges we face as a nation, as an industry, as a facility, and as individuals. I was so impressed by this piece that I wanted to share it with you as our feature article.



The Ant Philosophy by Jim Rohn



I think everybody should study ants. They have an amazing four-part philosophy. **Here is the first part: ants never quit.** That's a good philosophy. If they're headed somewhere and you try to stop them, they'll look for another way. They'll climb over, they'll climb under, or they'll climb around. They keep looking for another way. What a neat philosophy, to never quit looking for a way to get where you're supposed to go.

Second, ants think winter all summer. That's an important perspective. You can't be so naïve as to think summer will last forever. So ants are gathering their winter food in the middle of summer.

The third part of the ant philosophy is that ants think summer all winter. That is so important. During the winter, ants remind themselves, "This won't last long – we'll soon be out of here." And the first warm day, the ants are out. If it turns cold again, they'll dive back down, but then they come out again the next warm day. They can't wait to get out.

And here's the last part of the ant philosophy. How much will an ant gather during the summer to prepare for the winter? All he possibly can. What an incredible feat, the "all-you-possibly-can" philosophy.

Wow, what a great philosophy – the ant philosophy. Never give up, look ahead, stay positive and do all you can.

If we can all adopt this philosophy, then maybe we can overcome what lies ahead of each of us this next year.

**Terry Granger,
Executive Director**

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A Rehabilitation Success Story

Our rehabilitation department does a fine job of getting folks back on their feet. One recent success story involves Anna, an 84-year old woman who came to us from the hospital after having back surgery to repair a disk protrusion in the lumbar region of her spine. Anna's goal was to return to her independent living apartment in a local retirement community. However, before she could do this, she had to overcome her inability to sit up, transfer and walk, and perform basic grooming and dressing tasks. Anna also had back pain issues. One huge advantage she had going for her was her motivation to succeed. Working daily with our physical and occupational therapists, Anna made steady gains over the course of three weeks. With the help of pain medication and back precautions combined with therapeutic exercises, she reached her goals of independence and was able to return home. In her thank you note, Anna wrote, "My heart is so full of love for all of you. I do not think you know how much good you do for us. May God continue to bless your work. Love, Anna."



Recent Comments from Our Feedback Surveys

"I was so thankful Choice Rehab Care was able to take my husband as a patient short notice. Janet (in admissions) was of tremendous help to me and really put me at ease. She is a "GEM." – Ethyl B.

"All of the nursing staff was very good. Tim and Christy were especially pleasant and efficient." – Bob B.

"The food was top-notch and the servers very pleasant." – Delores B.

"I want to commend Roger in your transportation department. He was very caring and took such good care of the people while transporting them." – Gladys W.

"Sun City West is lucky to have such a caring place for their loved ones. Check out the place and save yourself the stress of looking for a care center. You will never regret choosing Choice Rehab Care!" – Alicia. L.

"I would give nursing a ten! They were the best. They were always caring for us". – Ramona C.

The Choice Rehab Banjo Man – Tom Ballard

Our very own, talented Tom Ballard enjoys getting out his banjo and playing old-time standards for our residents. He sometimes can be found in the main dining room or Remembrance memory care wing, entertaining residents with songs like "Yes Sir, That's My Baby," "I'm Looking Over a Four Leaf Clover" and "God Bless America." His musical interludes brings back fond memories of days gone by.



Employee of the Month - Sharon Mankey

We are proud to recognize Sharon as Employee of the Month. She is originally from the Bronx, New York and has lived in Arizona for 12 years. She has been a certified nursing assistant for over 15 years and has been at Choice Rehab Care for more than four years.



Sharon enjoys bowling and spending time with her husband Jay, son Andrew, and black lab named "Bettis". She loves and is very protective all of her residents on the South Hall and they in turn love the attention and tender care she provides them. Congratulations Sharon!

Nursing Assistant of the Month - Delores Ochoa

Delores is a prime example of the caliber of staff we are so blessed to have caring for our residents. She has been a nursing assistant for longer than she would like to admit. This hard-working Arizona native has been employed at Choice Rehab Care since August 2004. She has three grown boys and many precious grandchildren. She cares for and treats her residents just like family. We couldn't ask for more. Congratulations to Delores!



Resident Spotlight: Clara Campbell

Here at Choice Rehab Care, we think all of our residents are special, of course, but we'd like to recognize our most senior resident at 102 years young – Clara Campbell.

Clara has been a resident at Choice Rehab Care for more than four years. She was born and raised in the Rochester, New York area on February 23, 1909. Her parents were farmers. Clara married at age 19 and had two daughters, Joyce and Delores. The family moved to Arizona in 1951. After her husband passed away, Clara worked in a variety of jobs including in a canning factory, retail and as a waitress. She attended clerical school and worked as the secretary for the owner of King's Department Store in Avondale for many years.



After Clara retired, she enjoyed making ceramics and traveling, and especially liked playing the slots at local casinos. She is a deceptively quiet person who speaks her mind when provoked. She has a quick wit and infectious laugh. When asked what words of wisdom she has for everyone she replied, "Do what you can to help the poor and less fortunate because that's what I always tried to do". We are proud to have such a caring soul among us.

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Expansion of Bedside Dialysis Program

Choice Rehab Care has expanded its Bedside Dialysis program in an effort to offer our residents a more diverse healthcare choice.

The Choice Rehab Care's Bedside Dialysis Program is based on a multi-disciplinary rehabilitative approach to **renal care**. The program includes specialized care for the medically complex individual with acute/chronic renal failure or insufficiency, with multiple system complications.

Individual goals are established for functional improvement and healing under the direction of a certified Nephrologist.

This program is staffed with specially trained registered nurses who will provide gentle, daily, on-site care 24/7 so that patients do not have to be transported to dialysis centers, limiting interruptions to their daily activities, meals, and continuity of care.



Upcoming Birthdays



October Birthdays

John Iammarino	10/19
Betty Darst	10/31

November Birthdays

Kathleen Harlan	11/1
Robert Cole	11/2
Mary Osborne	11/3
William Dalton	11/8
Vernice Spangler	11/10
Betty Dandoy	11/18
Viginia Melang	11/25
Martha Hays	11/25

December Birthdays

Therese Cotee	12/3
Arthur Auger	12/20
Shirley Schiff	12/22
Loraine Wishart	12/22
Opal Luisi	12/28
James Evans	12/31

Upcoming Events

October 2011 – At a Glance

Music and Special Events

- **Sunday, October 16** - 9:30 a.m. - Keyboard Music with Dick Smith
- **Tuesday, October 18** - 2:30 p.m. - Country Music with Ron Rose
- **Wednesday, October 19** - 9:30 a.m. - Piano/Vocal Music with Dave Swaim
- **Thursdays, October 20, 27** - 6:00 p.m. - Movie Nights
- **Thursday, October 20** - 10:00 a.m. Sing-A-Long Group
- **Friday, October 21** - 9:30 a.m. - Vocal & Trumpet Music with Michelle Maria
- **Sunday, October 23** - 9:30 a.m. - Music with Klaus Sander
- **Monday, October 24** - 9:30 a.m. - Piano Music with Stan Leavett
- **Wednesday, October 26** - 9:30 a.m. - Sing-A-Long with Tony Taranto
- **Friday, October 28** - 9:30 a.m. - Piano Music with Chris Hansen
- **Sunday, October 30** - 9:30 a.m. - Music with Dave Swaim
- **Monday, October 31** - 9:30 a.m. - Halloween with Scary Mary

Bingo and Games

- BINGO, **Mondays** - 2:30 p.m. - October 17, 24, 31
- BINGO, **Tuesdays** - 6:00 p.m. - October 18, 25
- BINGO, **Thursdays** - 2:30 p.m. - October 20, 27
- BINGO, **Saturdays** - 9:30 a.m. - October 22, 29

Spiritual Services

- **Sundays, October 16, 23, 30** - 2:00 p.m. - Non-Denominational Worship
- **Monday, October 17** - 9:30 a.m. - Catholic Mass
- **Tuesdays, October 18, 25** - 9:30 a.m. - Traditional Worship
- **Thursdays, October 20, 27** - 9:30 a.m. - Catholic Communion
- **Saturdays, October 22 & 29** - Bible Study with Chaplain Debra

Outings

(All outings require Pre-Registration)

- **Wednesday, October 19** - Walmart - 12:30 - 3:30 p.m.

Food Committee

- **Wednesday, October 26** - 1:00 p.m.

Pet Visits

- **Fridays, October 21, 28** - 10:00 a.m. - Rita & Baxter Visit

Special Events and Holidays

- **Monday, October 31** - Halloween

November 2011 – At a Glance

Music and Special Events

- **Tuesday, November 1** - 2:30 p.m. - Music with Tina & Don
- **Wednesday, November 2** - 9:30 a.m. - Accordion Music with Todd Hagen
- **Thursdays, November 3, 10, 17** - 6:00 p.m. - Movie Nights
- **Sunday, November 6** - 9:30 a.m. - Piano Music with Dave Swaim
- **Wednesday, November 9** - 2:30 p.m. - Sing-A-Long with Tony
- **Friday, November 11** - 9:30 a.m. - Music with Jackie Marx
- **Friday, November 11** - 3:00 p.m. - Veteran's Day Program
- **Saturday, November 12** - 2:30 p.m. - Patriotic Music with Ted Lee
- **Sunday, November 13** - 9:30 a.m. - Music with Dave Swaim
- **Monday, November 14** - 9:30 a.m. - Piano Music with Stan Leavett
- **Thursday, November 17** - 10:00 a.m. - Sing-A-Long Group
- **Friday, November 18** - 9:30 A.M. - Vocal & Trumpet Music with Michelle Maria
- **Sunday, November 20** - 9:30 a.m. - Keyboard Music with Dick Smith
- **Wednesday, November 23** - 9:30 a.m. - Piano/Vocal Music with Dave Swaim

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Upcoming Events (continued)

- **Friday, November 25** - 9:30 a.m. - Piano Music with Chris Hansen
- **Sunday, November 27** - 9:30 a.m. - Music with Klaus Sander
- **Monday, November 28** - 9:30 a.m. - Piano Music with Stan Leavett
- **Wednesday, November 30** - 9:30 a.m. - Music with Big Jim

Bingo and Games

- BINGO, Mondays - 2:30 p.m. - November 7, 14, 21, 28
- BINGO, Tuesdays - 6:00 p.m. - November 1, 8, 15, 22, 29
- BINGO, Thursdays - 2:30 p.m. - November 3, 10, 17
- BINGO, Saturdays - 9:30 a.m. - November 5, 12, 19, 26

Spiritual Services

- **Tuesdays, November 1, 8, 15, 22, 29** - 9:30 a.m. - Traditional Worship
- **Thursdays, November 3, 10, 17** - 9:30 a.m. - Catholic Communion
- **Saturdays, November 5 & 26** - Bible Study with Chaplain Debra
- **Sundays, November 6, 13, 20, 27** - 2:00 p.m. - Non-Denominational Worship
- **Wednesday, November 9** - 10:30 a.m. - Old Time Hymn Sing
- **Monday, November 21** - 9:30 a.m. - Catholic Mass
- **Tuesday, November 29** - 1:00 p.m. - Skyway Church Visit

Outings

(All outings require Pre-Registration)

- **Wednesday, November 16** - Walmart - 9:00 a.m. - 12:30 p.m.
- **Friday, November 18** - Walmart - 12:30 - 3:30 p.m.

Resident Council

- **Wednesday, November 9** - 1:00 p.m.

Food Committee

- **Wednesday, November 23** - 1:00 p.m.

Pet Visits

- **Fridays, November 4, 11, 18, 25** - 10:00 a.m. - Rita & Baxter Visit

Special Events and Holidays

- **Tuesday, November 8** - Resident Council Election Day
- **Friday, November 11** - Veteran's Day
- **Wednesday, November 9** - 2:30 p.m. - November Birthday Party
- **Thursday, November 24** - Thanksgiving Day
- **Saturday, November 26** - Islamic New Year
- **Sunday, November 27** - 1st Sunday of Advent

December 2011 – At a Glance



Music and Special Events

- **Friday, December 2** - 2:30 p.m. - Christmas Music with Tony
- **Sunday, December 4** - 9:30 a.m. - Piano Music with Dave Swaim
- **Monday, December 5** - 9:30 a.m. - Music with Tina & Don
- **Tuesday, December 6** - 2:30 p.m. - Music with Big Jim
- **Wednesday, December 7** - 9:30 a.m. - Accordion Music with Todd Hagen
- **Wednesday, December 7** - 2:30 p.m. - Christmas with the Cameo Club
- **Friday, December 9** - 9:30 a.m. - Music with Jackie Marx
- **Saturday, December 10** - 2:30 p.m. - Holiday Music with Ted Lee
- **Sunday, December 11** - 9:30 a.m. - Music with Dave Swaim
- **Monday, December 12** - 9:30 a.m. - Piano Music with Stan Leavett
- **Wednesday, December 14** - 3:00 p.m. - Guitar Music with MJ Moore

- **Wednesday, December 14** - 5:00 p.m. - Dinner Music with Kirsten Milsap
- **Thursday, December 15** - 10:00 a.m. - Sing-A-Long Group
- **Friday, December 16** - 9:15 a.m. - Trumpet/Vocals by Michelle Maria
- **Sunday, December 18** - 9:30 a.m. - Keyboard Music with Dick Smith
- **Wednesday, December 21** - 2:30 p.m. - Piano/Vocal Music with Dave Swaim
- **Friday, December 23** - 9:30 a.m. - Piano Music with Chris Hansen
- **Sunday, December 25** - 9:30 a.m. - Music with Klaus Sander
- **Monday, December 26** - 9:30 a.m. - Piano Music with Stan Leavett

Bingo and Games

- BINGO, Mondays, 2:30 p.m. - December 5, 12, 19, 26
- BINGO, Tuesdays - 6:00 p.m. - December 6, 13, 20, 27
- BINGO, Thursdays - 2:30 p.m. - December 1, 8, 15, 22, 29
- BINGO, Saturdays - 9:30 a.m. - December 3, 10, 17, 24, 31

Spiritual Services

- **Thursdays, December 1, 8, 15, 22, 29** - 9:30 a.m. - Catholic Communion
- **Saturdays, December 3 & 17** - Bible Study with Chaplain Debra
- **Tuesdays, December 6, 13, 20, 27** - 9:30 a.m. - Traditional Worship
- **Thursday, December 8** - 10:30 a.m. - Old Time Hymn Sing
- **Monday, December 19** - 9:30 a.m. - Catholic Mass

Outings

(All outings require Pre-Registration)

- **Thursdays, December 8, 15, 22** - 5:30 p.m. - Holiday Light Tours
- **Wednesday, December 14** - 9:00 a.m. - 12:30 p.m. - Walmart
- **Friday, December 16** - Walmart - 12:30 - 3:30 p.m.

Resident Council

- **Wednesday, December 14** - 1:00 p.m.

Food Committee

- **Wednesday, December 21** - 1:00 p.m.

Pet Visits

- **Fridays, December 2, 9, 16, 23** - 10:00 a.m. - Rita & Baxter Visit

Special Events and Holidays

- **Friday, December 2** - Hanging of the Greens Party, Pictures with Santa
- **Tuesday, December 6** - December Birthday Party
- **Wednesday, December 14** - Resident/Family Christmas Dinner Party
- **Wednesday, December 21** - Hanukkah Begins
- **Thursday, December 22** - Winter Begins
- **Saturday, December 24** - Christmas Eve
- **Sunday, December 25** - Christmas Day
- **Monday, December 26** - Kwanza Begins
- **Friday, December 31** - 2:30 p.m. - New Year's Eve Party

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Scrapbook



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Scrapbook

