

# 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" 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

Administrator ..... Terry Granger  
 Operations/Finance ..... Phil Friedlan  
 Business Development Director ..... Tom Ballard  
 Director of Admissions ..... Janet Etzel  
 Director of Nursing ..... Maureen Karwin  
 Assistant Director of Nursing ..... Barbara Harrison, LPN  
 Director of Social Services ..... Lori Beers  
 Health Information Manager ..... Sharon Beal  
 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  
 Medical Director ..... David Ben-Aviv

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### From the Desk Of... Executive Director Terry Granger

Right now on Capitol Hill the President and members of both houses of Congress are working on ways to cut the budget, and all involved agree that "everything is on the table" – including entitlement reform, which means both Medicare and Medicaid could be cut.



No one is suggesting that times are good, or that it's going to be easy to get our nation's financial house back in order, but we must do so carefully, considering the real-world implications of the cuts we make as a nation. In his State of the Union address in January, President Obama said that spending cuts must not be made on the backs of our most vulnerable citizens, and we agree.

Residents, caregivers, families and staff of Choice Rehab Care came together on June 15th to sign a 10-foot long petition urging the federal government not to cut any more funds from nursing homes that care for our nation's most vulnerable elderly residents. I've been a skilled nursing facility administrator for more than 25 years and am very impressed with the dedicated staff and the quality care we provide for our seniors here at Choice Rehab. I have come to know many of our caregivers and have observed their interaction with our elderly residents. This is a facility which attracts committed individuals to the noble profession of nursing and nurse assistance and I am proud to work with each and every one of them.

We want to make certain our federal lawmakers in Washington know that skilled nursing care cannot sustain any more funding reductions. We want their support. We need their support. Our vulnerable elderly

residents deserve nothing less than their full support.

Our Arizona congressional delegation must understand that the Medicare cuts we are already absorbing, the five percent Medicaid cut from our state legislature due to be enacted this October 1st, and the funding which expired at the end of June have all combined to create havoc in our industry. It will be nothing short of disastrous if more funding reductions are implemented.

There are thousands of Medicaid and Medicare beneficiaries in Arizona who depend on high-quality nursing facility care. Another massive loss of funds will wreak havoc on several levels; it will severely impact our most frail citizens, harm our state's economy by triggering job losses, cause potential facility closures, lead to residents relocating, and lead to a decline in the employment rate and tax revenue base.

It is our sincere hope that the voices of our elderly residents and the caregivers and families who care for them will be heard and listened to by members of Congress. I want to thank all the residents, family members, and our caregivers and staff who signed the petition asking federal lawmakers to protect Medicaid and Medicare funding to nursing homes. That petition was forwarded to Arizona's congressional delegation in Washington, D. C. and we'll be keeping a close watch on their response.

**Terry Granger, Executive Director**

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## Made to Order Omelet Day

Every month, our residents look forward to “Made to Order Omelet” day. They absolutely love the chance to watch a chef prepare omelets right at their table, using the freshly prepared ingredients they chose, cooked in a small frying pan over a small portable stove.



“Made to Order Omelet” day is traditionally one of the most popular ongoing events at Choice Rehab Care, with some residents literally counting

down the days until the next one. Residents enjoy the chance to choose their own ingredients and the pleasure involved in watching their meal being prepared right before their eyes. As the aroma of freshly-prepared omelets wafts through the dining room, you can feel the excitement level rise with each bite.

This innovative approach to mealtime goes against the stereotype of the familiar, “institutional” approach to food preparation and service, and greatly enhances the dining satisfaction of our residents.



Recently, our “Made to Order Omelet” program was honored with the prestigious Linda Crandall and Associates Dietary Award for innovative practice at their annual state conference for dietitians and food service directors. While we are honored by this recognition, for us the real validation of this program is on display each month in the hearty smiles of our residents, as they savor the chance to have a hand in creating meals, and memories.

Be on the lookout for Tableside “Baked Potato” and “Fajita” days!

## Employee of the Month: Sandy Grandaw

According to the old saying, “You never get a second chance to make a first impression.”



If that’s true (and we happen to think it is) Choice Rehab Care is extremely fortunate that our “first impression” is Sandy Grandaw! As our Concierge, she is often the first person new residents deal with when they come to Choice Rehab, and her

job is ensuring they get properly settled in and acclimated to living at Choice Rehab.

Sandy is originally from northern Wisconsin. While she loved the Badger State, she grew tired of the long, cold winters and decided to set out for sunnier climes, ending up in The Valley of the Sun. Despite her love of Arizona, Sandy remains loyal to her home state and still cheers on her beloved Green Bay Packers and eats plenty of Wisconsin cheese. In her spare time, Sandy enjoys golfing, bowling, swimming, camping, fishing and riding motorcycles. She also spends as much time as possible with her two lovely daughters and five grandchildren. Sandy is happily preparing to welcome a great grandchild who is due this September.

Sandy has been a certified nursing assistant for many years and truly loves working with senior citizens and feels rewarded each and every day with their bright smiles, hugs and kisses. She takes the time to relish their life stories and even their good advice. Sandy says it is all of these things, and more, which make it such a pleasure to work with our residents. There’s no doubt in our minds that Sandy brings a little brightness into their lives on daily basis, as well!



## Solaria - Behavioral Health Program

Choice Rehab Care has become a contracted provider for Behavioral Health Services!

Depending on bed availability and some physical plant modifications, we will soon begin providing behavioral health services for those who require care for moderate to advanced dementia in our secure “Solaria” wing. Once we get up to speed, we’ll have a capacity for twenty residents in ten semi-private rooms. We’ll also have a dedicated primary care physician and an advisory physician who specializes in geriatric dementia-specific behaviors, as well as a consultant psychiatrist credentialed to follow these residents.

There is a considerable need for behavioral health service beds in the Northwest Valley and, with the opening of our “Solaria” wing, Choice Rehab Care will be poised to become the premier provider of these services.

## Are There Senior Health Issues Which are Specific to Women?

**Yes.** As women age, they are four times more likely than men to develop osteoporosis, which leads to fragile bones which are easily broken. To help prevent and treat this potentially debilitating disease, older women should definitely have an open dialogue with their doctor and family.

Older women are also frequently afflicted with depression, as they deal with widowhood and attendant feelings of despair and loneliness. Again, older women who are experiencing depression for any reason should communicate their thoughts and feelings with their doctor and family.

Source: [www.todaysseniors.com](http://www.todaysseniors.com).

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## Visit Your National Parks for a Lot Less Money: Get a Senior Pass

If you're looking for a great way to spend your time and save a lot of money at the same time, you should get a Senior Pass from the National Park Service.



The Park Service offers an annual pass for \$80, but if you're at least 62 years old, you're eligible for a Senior Pass, which is good for admission to more than 2,000 recreation sites managed by five Federal agencies, in all 50 states. **The best part is – it costs only \$10, and it's good for the rest of your life.**

You can pick up a Senior Pass in person by going to a participating recreation site or office. To find a list of those locations, log onto the National Park website at [www.nps.gov/fees\\_passes.htm](http://www.nps.gov/fees_passes.htm).



### Here are just a few of the benefits of having your own Park Service Senior Pass:

- In National Parks which charge an entrance or standard amenity fee, the Senior Pass admits you and the passengers in your car or other private vehicle.
- In parks where a "per person" entrance fee is charged, the Senior Pass admits you plus three other adults (who need not be seniors). This is an especially good deal if you are also traveling with grandchildren, because children under 16 have free admission.
- The Senior Pass gives a 50 percent discount on federal use fees charged for camping, swimming, boat launching, parking and tours.
- In some cases where use fees are charged, only the person named on the Senior Pass will be given the 50 percent discount.
- The senior pass is non-transferable and does not cover or reduce special recreation permit fees or concession fees charged by private companies.

**A few things to keep in mind:** you must be a permanent U.S. resident, or a U.S. citizen with identification. Passes are non-transferable. The Corps of Engineers and Tennessee Valley Authority may honor the Senior Pass for entrance or camping discounts.

Source: [www.nps.gov](http://www.nps.gov).

## Resident Spotlight: Jerry and Sylvia Bordeaux

We think all of our residents here at Choice Rehab Care are special, of course, but we'd like to introduce you to one couple who we are especially fond of: Jerry and Sylvia Bordeaux.



Jerry and Sylvia have been married 20 years and chose to make Choice Rehab their home just a few months ago, this past April. This energetic couple were originally from Michigan, and moved out west about four years ago, to be closer to Jerry's sisters. In fact, it was one of those siblings – Carol – who introduced Jerry to Sylvia, setting them up on a blind date. To say the least, the sparks flew for Sylvia, who was a graphics designer, and Jerry, a former police officer and retired postal worker. Now, the couple are inseparable, and are well-known around Choice Rehab Care for their positive, upbeat outlook on life. They also enjoy oil painting, watching television together and community social activities, especially those involving musical entertainers.

Jerry and Sylvia's optimistic outlook on life is infectious, and their genuine love for each other and those around them cannot be measured. We here at Choice Rehab Care are lucky to count them as members of our community, and wish them many more happy years together!

## Employee Profile: Maureen Karwin, RN, Director of Nursing

Maureen Karwin is Choice Rehab Care's Director of Nursing. She has been a Registered Nurse for more than 34 years and brings an incredible wealth of experience to her position.



Maureen was born and raised in Massachusetts, where she graduated from MassBay Community College and continued her education at Northeastern University in Boston. Her extensive experience includes work at Brigham Women's Hospital in Boston, New England Sinai Hospital in Massachusetts, and as Manager of the American Red Cross, New England Region.

She was married to a wonderful, caring and intelligent husband, Robert, for 25 years and with whom she had two children, Michael and Samantha. Maureen still roots for the Boston Red Sox and likes to spend her spare time traveling, playing golf and dancing.

Maureen has incredible compassion for those who are most vulnerable, and credits that for her love of caring for senior citizens. She derives great satisfaction from watching Choice Rehab Care residents regain their ability to function at their highest functional levels of independence. Maureen likes to live by these original words of wisdom: "Work hard, play harder, be proud of your accomplishments, learn from your mistakes, own up but don't drive the bus."

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## Upcoming Events

### July 2011 – At a Glance

#### Music and Special Events

- Sunday, July 17 – 9:30 a.m. – Music with Dick Smith
- Tuesday, July 19 – 2:30 p.m. – Music with Tony Taranto
- Wednesday, July 20 – 2:30 p.m. – Music with Dave Swaim
- Thursday, July 21 – 10:00 a.m. – Sing-A-Long Group
- Friday, July 22 – 9:30 a.m. – Piano Music with Chris Hansen
- Sunday, July 24 – 9:30 a.m. – Piano Music with Klaus
- Wednesday, July 27 – 9:30 a.m. – Music with “Big Jim”
- Friday, July 29 – 9:30 a.m. – Music with Michelle Maria

#### Bingo and Games

- BINGO, Mondays, 2:30 p.m. – July 18, 25
- BINGO, Tuesdays, 6:00 p.m. – July 19, 26
- BINGO, Thursdays, 2:30 p.m. – July 21, 28
- BINGO, Saturdays, 9:30 a.m. – July 16, 23, 30

#### Spiritual Services

- Sundays, July 17, 24, 31 – 2:00 p.m. – Non-Denominational Worship
- Tuesdays, July 19, 26 – 9:30 a.m. – Traditional Worship
- Thursdays, July 21, 28 – 9:30 a.m. – Catholic Communion
- Friday, July 17 – 2:00 p.m. – “Above and Beyond” Youth Group
- Monday, July 18 – 9:30 a.m. – Catholic Mass
- Saturdays, July 16, 30 – 2:00 p.m. – Bible Study with Chaplain Debra

#### Outings

*(All outings require Pre-Registration)*

- Wednesday, July 20 – Walmart – 9:00 a.m. – 12:30 p.m.

#### Food Committee

- Wednesday, July 27 – 1:00 p.m.

#### Pet Visits

- Wednesdays, July 20, 27 – 10:30 a.m. – Rita & Baxter Visit

#### Special Events and Holidays

- Tuesday, July 19 – July Birthday Party

### August 2011 – At a Glance

#### Music and Special Events

- Tuesday, August 2 – 2:30 p.m. – Birthday Party – Music with Big Jim
- Wednesday, August 3 – 9:30 a.m. – Accordion Music with Todd Hagen
- Friday, August 5 – 9:30 a.m. – Music with Jackie Marx
- Sunday, August 7 – 9:30 a.m. – Piano Music with Dave Swaim
- Monday, August 8 – 9:30 a.m. – Piano Music with Stan Leavett
- Tuesday, August 9 – 2:30 p.m. – Music with Dick Smith
- Wednesday, August 10 – 9:30 p.m. – Piano Music with Tony Taranto
- Saturday, August 13 – 2:30 p.m. – Music with Ted Lee
- Sunday, August 14 – 9:30 a.m. – Piano/Vocal Music with Dave Swaim
- Thursday, August 18 – 10:00 a.m. – Sing-A-Long Group
- Friday, August 19 – 9:30 a.m. – Vocal & Trumpet Music with Michelle Maria
- Sunday, August 21 – 9:30 a.m. – Music with Donnie Boyd
- Monday, August 22 – 9:30 a.m. – Piano Music with Stan Leavett
- Wednesday, August 24 – 9:30 a.m. – Piano/Vocal Music with Dave Swaim
- Friday, August 26 – 9:30 a.m. – Piano Music with Chris Hansen
- Sunday, August 28 – 9:30 a.m. – Piano Music with Klaus
- Monday, August 29 – 9:30 a.m. – “Broadway Hits and Music Greats” with Mary Hollan

#### Bingo and Games

- BINGO, Mondays, 2:30 p.m. – August 1, 8, 15, 22, 29
- BINGO, Tuesdays, 6:00 p.m. – August 2, 9, 16, 23, 30
- BINGO, Thursdays, 2:30 p.m. – August 4, 11, 18, 25
- BINGO, Saturdays, 9:30 a.m. – August 6, 13, 20, 27

#### Low Vision and Reading Programs

- Monday, August 1 – 9:30 a.m.

#### Spiritual Services

- Sundays, August 7 – 14, 21, 28 – 2:00 p.m. – Non-Denominational Worship
- Tuesdays, August 2, 9, 16, 23, 30 – 9:30 a.m. – Traditional Worship
- Thursday, August 11 – 10:30 a.m. – Old Time Hymn Sing

- Thursdays, August 4, 11, 18, 25 – 9:30 a.m. – Catholic Communion
- Monday, August 15 – 9:30 a.m. – Catholic Mass
- Saturdays, August 6 & 27 – 2:00 p.m. – Bible Study with Chaplain Debra

#### Outings

*(All outings require Pre-Registration)*

- Friday, August 12 – Walmart – 9:00 a.m. – 12:30 p.m.
- Wednesday, August 17 – Walmart – 9:00 a.m. – 12:30 p.m.

#### Resident Council

- Wednesday, August 10 – 1:00 p.m.

#### Food Committee

- Wednesday, August 24 – 1:00 p.m.

#### Pet Visits

- Mondays, August 5, 12, 19, 26 – 9:00 a.m. – Rita & Baxter Visit

#### Special Events and Holidays

- Tuesday, August 2 – 2:30 p.m. – August Birthday Party

### September 2011 – At a Glance

#### Music and Special Events

- Sunday, September 4 – 9:30 a.m. – Piano Music with Dave Swaim
- Monday, September 5 – 9:30 a.m. – Labor Day Program
- Tuesday, September 6 – 3:00 p.m. – Music with Tina and Thelma
- Wednesday, September 7 – 9:30 a.m. – Accordion Music with Todd Hagen
- Friday, September 9 – 9:30 a.m. – Guitar/Vocal Music with Jackie Marx
- Saturday, September 10 – 2:30 p.m. – Music with Ted Lee
- Sunday, September 11 – 9:30 a.m. – Music with Dave Swaim
- Monday, September 12 – 9:30 a.m. – Piano Music with Stan Leavett
- Thursday, September 15 – 10:00 a.m. – Sing-A-Long Group
- Friday, September 16 – 9:30 a.m. – Vocal & Trumpet Music with Michelle Maria
- Sunday, September 18 – 9:30 a.m. – Piano/Vocal Music with Tony Taranto
- Wednesday, September 21 – 9:30 a.m. – Piano/Vocal Music with Dave Swaim
- Friday, September 23 – 9:30 a.m. – Piano Music with Chris Hansen
- Sunday, September 25 – 9:30 a.m. – Music with Dave Klaus
- Monday, September 26 – 9:30 a.m. – Piano Music with Stan Leavett
- Wednesday, September 28 – 9:30 a.m. – Music with Big Jim

#### Bingo and Games

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

#### Low Vision and Reading Programs

- Monday, September 5 – 10:00 a.m.

#### Spiritual Services

- Sundays, September 4, 11, 18, 25 – 2:00 p.m. – Non-Denominational Worship
- Tuesdays, September 6, 13, 20, 27 – 9:30 a.m. – Traditional Worship

*(continued on next page)*



## Upcoming Events (continued)

### Spiritual Services (continued)

- **Thursday, September 8** – 10:30 a.m. – Old Time Hymn Sing
- **Thursdays, September 1, 8, 15, 22, 29** – 9:30 a.m. – Catholic Communion
- **Monday, September 19** – 9:30 a.m. – Catholic Mass
- **Saturdays, September 3 & 17** – 2:00 p.m. – Bible Study with Chaplain Debra

### Outings

(All outings require Pre-Registration)

- **Friday, September 9** – Walmart – 12:30 p.m. – 3:30 p.m.
- **Wednesday, September 14** – Walmart – 9:00 a.m. – 12:30 p.m.

### Resident Council

- **Wednesday, September 14** – 1:00 p.m.

### Food Committee

- **Wednesday, September 28** – 1:00 p.m.

### Pet Visits

- **Fridays, September 2, 9, 16, 23, 30** – 9:00 a.m. – Rita & Baxter Visit

### Special Events and Holidays

- **Monday, September 5** – Labor Day
- **Sunday, September 11** – Grandparents Day
- **Tuesday, September 20** – 2:30 p.m. – September Birthday Party
- **Friday, September 23** – Autumn Begins
- **Thursday, September 29** – Rosh Hashanah Begins

### Upcoming Birthdays

#### July Birthdays

|                   |      |                 |      |
|-------------------|------|-----------------|------|
| Joann Dodge       | 7/01 | Edith Linkler   | 7/25 |
| Ruth Schaefer     | 7/01 | Dan Boone       | 7/29 |
| Marion Vanderhalf | 7/06 | Jackie Hunt     | 7/29 |
| Donna Sutton      | 7/11 | Natalia Ordonez | 7/29 |

#### August Birthdays

|                    |      |                   |      |
|--------------------|------|-------------------|------|
| Arnold Tellez      | 8/01 | Asuncion Eleaszar | 8/15 |
| Roquizeinha Dcunha | 8/06 | Denise Finkler    | 8/15 |
| Elizabeth Wright   | 8/09 | Joe Valdez        | 8/22 |
| Dora Trotter       | 8/10 | Don Yee           | 8/28 |

#### September Birthdays

|                |      |                |      |
|----------------|------|----------------|------|
| Mae Robertson  | 9/04 | Pearl Maurino  | 9/20 |
| Marie Todd     | 9/04 | Alton Harrison | 9/25 |
| Gloria McGinty | 9/07 | Grace Russell  | 9/29 |
| Tim Le         | 9/09 |                |      |



## Helping Seniors Avoid Internet Scams

**No matter how old you are, you should always remember the old saying, “If it sounds too good to be true, it probably is.”**

While adults of all ages fall for Internet scams, senior citizens are particularly vulnerable because some scammers go out of their way to take advantage of older people.

Here are some tips for all of us – but especially seniors – to keep in mind while they’re online:

**Watch out for “phishing”.** That’s when scammers send out e-mails asking for personal information, especially about a bank or other account, like passwords or Social Security numbers. These often look official (with legitimate-looking logos) and purport to come from banks or other institutions, even government agencies.

**Remember,** no real bank, reputable company or agency is going to send you an e-mail asking you to update or correction information, validate your identity or reset your password.

**Never trust a link sent to you by someone you don’t know and trust.** Scammers will set up phony website addresses that look real, but are anything but. When a person clicks on one of these phony websites, they are directed to what looks like a real bank or company website but is, instead, a site set up by scammers designed to drain their victims’ bank account.

**If you ever do need to contact a bank or other company on-line,** make sure you type in their web address yourself, and don’t click on a link sent to you in an e-mail.



### Don’t fall for warnings about not falling for scams.

Some scammers are now including such warnings in their e-mails to potential victims, to make those e-mails seem more sincere and legitimate. Don’t believe notices which include phrases such as “If we don’t hear by tomorrow your account will be closed” and “This offer won’t last long, so order now!”

**Of course, one of the oldest tricks around is the e-mail from a person in another country** who you’ve never heard of, promising you gigantic riches if you first put some money up front, for “processing fees” or to “help transfer funds”. If you do get involved, the only person in line to get gigantic riches is the scammer behind the whole thing.

Source: [www.atg.wa.gov/](http://www.atg.wa.gov/)

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## Scrapbook

