



Salter HealthCare  
**Aberjona | Winchester | Woburn**  
Rehabilitation and Nursing Center  
P.O. Box 490  
Winchester, MA 01890

## ABOUT US

Proudly serving the North Shore and surrounding communities since 1956, Salter HealthCare operates three healthcare centers in Winchester and Woburn, MA: Aberjona, Winchester, and Woburn Rehabilitation & Nursing Centers.

Family-owned and operated, the Centers offer specialized rehabilitation programs, post-acute short-term care, sub-acute care, long-term care, skilled nursing, hospice, and respite services in supportive, gracious, homelike settings.

Salter's three centers are located just a short drive from Boston's world-renowned hospitals and top-notch physicians in the Longwood Medical area.

Staffed by talented healthcare professionals who are compassionate, dedicated and highly skilled, Salter's stellar reputation has been built on its commitment to excellence and tradition of exceptional care.

### Insurance

*We work with most health insurance plans to ensure that your healthcare needs are covered. We will be happy to discuss our billing and payment policies with you.*

### Admissions

*For Admissions information, or to schedule a tour of our Centers, please call the Salter HealthCare Central Admissions Line at: (781) 729-2200.*

[salterhealthcare.com](http://salterhealthcare.com)

## OUR LOCATIONS

Aberjona Rehabilitation  
& Nursing Center  
184 Swanton Street  
Winchester, MA 01890  
(781) 729-9370

Winchester Rehabilitation  
& Nursing Center  
223 Swanton Street  
Winchester, MA 01890  
(781) 729-9595

Woburn Rehabilitation  
& Nursing Center  
18 Frances Street  
Woburn, MA 01801  
(781) 933-8175



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## Celebrating National Nurses Week



Recently we celebrated one of our favorite holidays of the year, National Nurses Week, the timing of which is centered on Florence Nightingales birthday, the most famous of all nurses whose tradition of compassionate care continues today. We paid homage to the millions of Certified Nursing Assistants, Licensed Practical Nurses and Registered Nurses, and the important role they play in healthcare.

In a time when nurses in many parts of the country are overworked and underpaid, it's more important now than ever that we all take the time to recognize the critical role that nurses nationwide play in healthcare and in each of our lives. We all have had times when we've been hospitalized, have had to undergo treatments or simply ensure we are doing what's right by way of our health. Most often, it's nurses who have made us feel comfortable and have ensured we get the exact care we need. Without them, healthcare and our health could stand to lose a lot.

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## GREETINGS FROM OUR CHIEF EXECUTIVE OFFICER

It's not every day that we hear of people celebrating 40 years of being with one company or even, 10 or 20 years, for that matter, which is why our recent



employee recognition ceremony was extra special. We are proud to have such a tenured staff and that's a big part of what sets us apart. A key part of this is the team-oriented, family environment the entire staff fosters. We're a heart-first organization, and our employees support each other and are committed to improving the quality of life for our patients.

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## Stroke Awareness & Detection

by Anne Marie Bourque,  
Gerontological Nurse Practitioner

Nearly 800,000 Americans suffer strokes annually and it can happen at any age. May is Stroke Awareness Month, a time for all of us to be reminded that 80% of strokes are preventable with high blood pressure being the #1 cause.

Stroke happens when a blood clot or a ruptured vessel interrupts the oxygen rich blood flow to the brain. Without oxygen rich blood the brain cells die resulting in the after effects of stroke.

Early recognition of stroke is critical in treatment to decrease damage caused by lack of oxygen to the brain cells. By following the FAST guidelines, you can recognize signs of stroke and get help right away. Does your FACE look uneven? Does one ARM hang or drift downward? Is your SPEECH slurred or strange? If you answered yes to any or all of these questions it's TIME to call 911!



*(Celebrating National Nurses Week, continued)*

At Salter HealthCare we are proud to have many nurses amongst our three nursing centers. It's each and every one of our nurses who ensures our patients receive the absolute best care. Whether it's our CNA's who ensure our patients get fed to our Registered Nurses who ensure physicians know exactly what's going on with each patient's health, we couldn't be prouder of our team!

If you know a nurse a simple "Thank you!" goes a long way. Things like cards, a letter to their boss, flowers, food or a much-needed massage can be a real treat. Every nurse loves to hear how you've positively impacted their loves so don't be shy to share your story. Who knows, you may just change their life too.

*(Greetings continued)*

At Salter we are fortunate to have many employees who have been with us for more than 5 years. Judy Enos, one of our superstar CNA's has been with us for over 44 years. At the Ceremony, Massachusetts Senator Jason Lewis presented her with a special citation from the Massachusetts Senate and from Governor Charlie Baker. "It's not every day that I get to recognize someone who has worked for a company for over 40 years and that says a lot about the Salter organization," he said.

Amongst those awarded was our Physical Therapy Director, Pat Shea and CNA's Natasha Auguste and Jane White, all of whom have been with us for over 20 years. Thanks to all of our employees for their commitment and for being such an outstanding part of our team!

In good health,

Robert F. Driscoll, CEO, Salter HealthCare

## SAMUEL EUGENE AWARDED GERSHON SALTER COMMUNITY SERVICE AWARD



Samuel "Sam" Eugene Toto, Ed.D., a Salter HealthCare volunteer and Medford resident, was recently presented with the Gershon Salter Community Service Award. Over 100 people attended a special ceremony dedicated to recognizing Toto for his outstanding service in catering to the spiritual needs of Salter residents, including assisted with monthly masses and the biannual anointing of the sick. His affiliation with Salter began when his mother was a resident at Winchester Rehabilitation & Nursing Center and has continued for the past 3 years.

## We Provide:

- ✓ Skilled Wound Management
- ✓ Pain Management
- ✓ Oncology Care
- ✓ Physiatry Services
- ✓ Orthopedic Rehab
- ✓ Physical, Occupational & Speech Therapy
- ✓ Stroke Rehab
- ✓ Cardiac Rehab
- ✓ Post-Surgical Rehab
- ✓ Intravenous Therapy Admissions
- ✓ Total Parenteral Nutrition
- ✓ Nutrition Counseling
- ✓ Hospice Services

## Did You Know?

Every year, more than 795,000 people in the United States have a stroke.

There are nearly 7 million stroke survivors in the U.S. with stroke being the 5th leading cause of death in the U.S.

Stroke recovery is a lifelong process.