



## Greetings from our Chief Operating Officer

As the gray sky and chill of winter blanket us all in New England, our Salter HealthCare team has been busy creating new clinical programs as well as building a brand-new, state-of-the-art rehabilitation gym at our Woburn location. As opposed to hunkering down for the winter, we are energized by the anticipation of rolling out new programs and services.

The ability to create new programs and generate new ideas can only be accomplished with a highly skilled professional team. Here at Salter HealthCare, we recognize that our teams are exceptional and with their dedication to patient care, we are able to provide outstanding service to the many patients we serve each year.

Should you or a loved one need rehabilitation services such as physical, occupational or speech therapy, please make Salter HealthCare your first choice.

In good health,

Robert F. Driscoll, COO, Salter HealthCare

## Kudos Team Woburn For Another Perfect Survey!



We are pleased to announce that our Woburn facility has earned a perfect survey by the Massachusetts Department of Public Health for the third consecutive year. Every nine to fifteen months, our facilities undergo rigorous unannounced performance evaluations to assess compliance with state and federal regulations. The survey performance tool investigates 132 items in five categories including adequacy of staffing, quality of care, cleanliness, comfort and safety of the facility, medication management, patient privacy and confidentiality and complaints and incidents occurring in the facility. The survey was developed to aid consumers with the nursing home selection process. Once again, thank you to the entire Woburn team for the exceptional care and outstanding service you provide to our residents each and every day!

## February is Heart Month

### Keep Your Heart Healthy

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease, the leading cause of death in the U.S. Here are some steps you can take to lower your risk of heart attack and heart disease.



- Eat healthy & be active
- Watch your weight
- Quit smoking & stay away from secondhand smoke
- Control your cholesterol & blood pressure
- If you drink alcohol, drink in moderation
- Take steps to prevent type 2 diabetes
- Manage stress

Making changes in any one of these areas can make a huge difference in your health and your quality of life!

## Three Cheers for our Cardiac Rehab Program!

We are pleased to announce that Winchester's ACO physician group has recognized Salter HealthCare as a preferred provider for patients requiring post-acute cardiac rehabilitation and management.

According to Robert Driscoll, Salter HealthCare's COO, "After reviewing our clinical capabilities, Winchester's ACO physician group has selected our Aberjona, Winchester and Woburn Centers for inclusion in the skilled nursing facility cardiac rehabilitation pilot study. We are very proud of this affiliation and know that our Cardiac Rehab teams and programs will meet and exceed the expectations of the Winchester ACO physician group and the patients who come to us for care."



**Salter HealthCare**

**Aberjona | Winchester | Woburn**

Rehabilitation and Nursing Center

P.O. Box 490, Winchester, MA 01890

**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

[www.SalterHealthCare.com](http://www.SalterHealthCare.com)

**About Us**

Proudly serving the North Shore and surrounding communities since 1956, Salter HealthCare operates three health care 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 health care 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.

**We Provide**

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

**Insurance**

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

**Admissions**

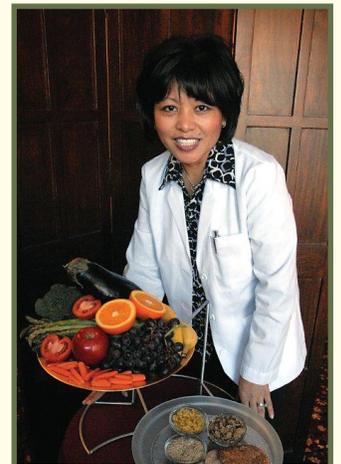
For Admissions information, or to schedule a tour of our Centers, please call the **Salter HealthCare Central Admissions Line at: (781) 729-2200.**



**GET TO KNOW OUR TEAM! Meet Jessy McNeil, MSRD, LDN**

With 25 years of experience in acute and post-acute care, Jessy has worked for Salter HealthCare for the past 16 years. As a Consultant Dietitian, Jessy participates in patient menu planning, individual inpatient nutrition counseling and provides staff education for our Woburn and Winchester facilities.

Raised in New York, Jesse received a Bachelor's degree from San Diego State University, completed a clinical internship at Emory University and earned a Master's degree from the University of New Haven, CT. You may recognize Jessy as she has been a guest lecturer at Boston University, several Boston hospitals and Lahey Medical Center and has conducted nutrition classes in many local community centers. She has also been a guest on local radio and television programs. The mother of two, Jessy enjoys photography and has recently begun writing for a local town newspaper. Jessy's motto is, "Food is medicine; it has the power to heal. Many thanks to Jessy for all she does to promote health and nutrition at Salter HealthCare and in the local community!



*Jessy McNeil, MSRD, LDN*