



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 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.

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.

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

Winter 2016



SALTER HealthWatch

salterhealthcare.com

CELEBRATING 60 YEARS
 The First Choice In HealthCare

Celebrating 60 years of service.



It's not too often that one gets to celebrate a 60-year anniversary. In today's day and age of corporate mergers and business acquisitions, we are feeling very blessed.

It all started in 1956 when Gershon Salter had a vision to bring a higher level of healthcare services to the North Shore. Since then we have provided rehabilitation and skilled nursing care to thousands of patients and families from throughout the Boston metro area, and we couldn't be more proud of the work we've done.

This year, we invite you to celebrate alongside us as we honor the spirit of community. Over the next year, we'll be recognizing others like us who are committed to making our communities a better place to live and work. *(cont'd. p. 2)*

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GREETINGS FROM OUR CHIEF OPERATING OFFICER

I am fortunate that my office is the first people see when they enter Winchester Nursing Center. This visibility gives both visitors and patients easy access to stop in and tell me their stories, many of which don't always get heard.

Like Margaret who, after one of her rehab sessions, stopped to share her story of immigrating from County Kerry, Ireland just like my own grandmother. She exuded joy when she told me how she was able to send each of her grandchildren on an all expense paid trip to Ireland when they graduated. *(cont'd. p. 2)*

[See More »](#)

Winter Safety Tips for Seniors:

1 Watch your step! Ice and snow on sidewalks are a #1 cause of slips and falls. Avoid fractures, head trauma and lacerations by wearing shoes with good traction, non-skid soles and stay inside until roads are clear.

2 Stay toasty! Low temps can lead to frostbite and hypothermia. Don't let indoor temperatures get too low and dress in layers, even when indoors. When going outside, add additional layers, never leave bare skin exposed and cover your mouth to protect your lungs.

3 Avoid the Winter Blues! Less contact with others can lead to loneliness and isolation. Stay as social as possible using services available in your community and don't hesitate to reach out to friends for daytime get togethers and/or weekend excursions.

4 Prepare for Outages! Winter storms can sometimes mean loss of power. Stockpile and make sure you have easy access to things like flashlights, battery-powered radios, warm blankets and canned food for extended periods without electricity.

5 Prevent Carbon Monoxide Poisoning! Using fireplaces, gas heaters and lanterns can lead to carbon monoxide poisoning. Make sure you have a detector properly installed with working batteries to ensure you get the proper warning if levels get too high.



(Celebrating 60 years continued) But, we need your help! Do you know someone who is always lending a helping hand? Is there a special person who is always the first to step up to the plate? We invite you to nominate the special people you know through our Gershon Salter Community Excellence Award. Submit your nomination online at www.salterhealthcare.com.

Thank you in advance for helping us make 60 years that much sweeter!

(Greetings continued) Then, there was Jane who took a break from rehab outside my office to share with me her bucket list. She had traveled extensively to check off those places in the world she wanted to see. At the tender age of 80 something, she still had a long list. She wasn't sure if her family would go along with the parachuting idea but hadn't given up yet.

One day, a physicist who, at 90, was still teaching at Boston College, walked into my office and said, "your job must give you great satisfaction" to which I replied I enjoyed it greatly. After recommending I not retire, he thanked me for the work we had done to return his wife home.

Every day, our staff hears the stories of our patients and families and becomes a part of them as we work to get a loved one back home or settled into a new place.

As we celebrate 60 years of business, myself and the rest of the Salter staff are proud to be able to bring to life the powerful stories we hear in our facilities and out in the communities we serve every single day. Each month we are excited to be recognizing people on the North Shore who give back through our Gershon Salter Community Excellence Award as well as our residents who are redefining aging through the Salter Seniors with Attitude program. It's going to be an epic year and we are thrilled to have you on this journey with us!

In good health,

Robert F. Driscoll, COO, Salter HealthCare

THANKS TO LAHEY HOSPITAL FOR THE KUDOS!

"Lahey Health is proud to partner with Salter Healthcare to provide our patients with high-quality care. Now more than ever, hospitals rely on post-acute facilities for expertise in high quality continuing care for patients at the lowest cost possible. Salter knows the value of a true partnership in achieving the best outcomes for the patients we both serve. Lahey Health expresses its deepest appreciation to Salter for its ongoing support and congratulates the team on 60 years of service in our community!" -James Thompson, Sr., VP Philanthropy



Lahey Health



To help our very own Staff Coordinator, Hilary Anderson, raise funds for Mass General Hospital as a member of their Boston Marathon team, Winchester Nursing Center recently held a home-made grilled cheese lunch fundraiser. Go Hilary!

We Provide:

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

Did You Know?

70
70% of accidental deaths in people over the age of 75 result from falls.

79
\$79 billion is spent each year in medical costs attributed to accidental falls.

40
40% of all nursing home readmissions are attributable to repeated falls at home.