

Fall 2016



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Salter Expands Patient Care Team with Gerontological Nurse Practitioner



Gerontological Nurse Practitioner, Anne Marie Bourque, is now bringing her 40 years of medical expertise to Salter HealthCare patients and families. In her new role, she educates Salter patients, nurses and other staff as well as coordinates patient care with physicians and healthcare systems to help reduce hospital

readmissions at all three Salter HealthCare communities.

"We want to keep our patients out of hospitals as much as possible so that they have the highest possible quality of life and education is key to accomplishing that," said Bob Driscoll, Chief Operating Officer for Salter HealthCare. "We are excited to be making a major step towards providing not just functional care, but also giving our patients and families the tools they need to stay healthy at home." (*cont'd. p. 2*)

GREETINGS FROM OUR CHIEF OPERATING OFFICER

Over the course of the past few years, the healthcare



landscape has changed dramatically for rehabilitation and skilled nursing centers

nationwide. The complexity of the individuals being admitted to Salter's centers has increased significantly.

When we first started to experience this shift, we began to employ more Registered Nurses with medical surgical experience. Recently, we decided that the absolute best way we could serve Salter patients and families, was to hire our own staff Nurse Practitioner. (*cont'd. p. 2*)

See More »

Superfoods You Should Know About:

1

Acai – A small purple berry that packs a big punch. Acai has been shown to aid in weight loss and has anti-aging properties. This berry contains the same healthy fats found in olive oil!

2

Goji Berries – While this fruit has yet to become fully backed by scientific research, it contains a large amount of Vitamin C and has been said to aid in circulation and preventing diseases.

3

Cocoa Powder - Like chocolate, this powder has been shown to lower blood pressure and increase blood flow to the brain and heart. With hardly any calories and no fat, this powder makes the perfect snack for someone with a craving for the sweet life. Look for the nonalkalized version, which hasn't been processed too much and still contains its' antioxidants.

4

Seaweed – Sea grown foods pack omega 3s, and many important minerals, and is also good for bone and heart health.

5

Chia Seeds – Packed with calcium, fiber and omega 3s, these seeds are an excellent snack, and can be easily added to meals.

With all of these foods – you should be well on your way to a healthy fall and winter!



(Anne Marie Bourque, continued) Bourque joins Salter from OptumCare/Inspiris where she was a Clinical Nurse Manager overseeing care in home community and skilled nursing facilities. Her career includes having served as a Clinical Supervisor for Charter Extended Care and a Nursing Supervisor for Mass General Hospital. She received her Master's in Nursing from UMass Lowell and a B.S. in Nursing from Salem State College.

“Salter is a wonderful place with great people who honestly care and they truly go the extra mile,” said Bourque. “I love taking care of patients and being able to be hands-on and this role has made that possible.”

(Greetings continued) The objective for hiring Anne Marie Bourque was to enhance our own staff training and to provide the clinical expertise within our own organization so that we can continue to provide outstanding care to the people who choose a Salter HealthCare Center. We are thrilled to now be one of the only skilled nursing facilities in the area to have this kind of medical expertise on staff and look forward to the positive impact it will have on our patients.

In good health,

Robert F. Driscoll, COO, Salter HealthCare

SALTER HEALTHCARE & FORMER GOVERNOR MICHAEL DUKAKIS HELP INFORM SENIORS



On October 20, we were pleased to join forces with Former Governor Michael Dukakis for the Savvy Seniors Make Informed Decisions Symposium and Resource Exhibition at the Jenks Center in Winchester. Pictured from left to right is Stephen Buckley, Executive Director of Aberjona Rehabilitation & Nursing Center, Anne Pelrine, Executive Director of Winchester Rehabilitation & Nursing Center, Dukakis and Heather Roy, Admissions Coordinator for Abejrna Rehabilitation & Nursing Center.

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?

Peak time for flu season is September 1 through April 30

Flu spikes November through January because people are driven indoors and into close quarters where germs spread.

In addition to getting the flu shot, regular hand washing, eating a balanced diet and getting enough sleep will help ward off the flu.



Salter HealthCare
Aberjona | Winchester | Woburn
Rehabilitation and Nursing Center
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Winchester, MA 01890

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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

