Laurels Patients Credit Anti-Gravity Treadmill for Impressive Rehab Progress

Since The Laurels of Toledo introduced the state-of-the-art AlterG® Anti-Gravity Treadmill to their repertoire of therapeutic offerings, many of their inpatient and outpatient clients have achieved impressive rehab outcomes using this technology and are enthusiastic about sharing their experiences with others who might benefit from it.

Robert Fey is one such patient. After undergoing total replacement surgery on his left knee, Fey came to The Laurels of Toledo for rehabilitation in February with the primary goal of getting back to the game of golf and rejoining the Old Phonies, a league consisting of retired telephone company employees. He also hopes to shoot his age (83) and make yet another hole-in-one before hanging up his golf bag. When Fey arrived at The Laurels, he was using a walker and did rehab on an inpatient basis for just a matter of days. He’d heard about the AlterG from his son-in-law, Thomas Allred, who was at The Laurels a week ahead of him, and decided, “I want that too!”

The AlterG, developed by NASA engineers while studying the biomechanics of exercise in space, uses differential air pressure technology to “unweight” (or “unload”) patients as they walk, stand, or perform various exercises on the treadmill under the close supervision of a therapist. The unit can unweight patients as much as 80% while allowing normal gait mechanics.

To use the unit, patients put on special pants that zip into an inflatable chamber on the treadmill. The therapist then calibrates the machine and increases the air pressure in the chamber to the desired level. Video cameras located at the front and on either side of the treadmill allow the patient and therapist to observe on a monitor exactly what’s going on with the patient’s gait from multiple vantage points.

Within three or four days of beginning inpatient rehab, Fey was able to return home and replace his walker with a cane. He’s currently continuing his rehab journey at The Laurels on an outpatient basis and looking forward to getting back on the links.

Using the AlterG has also made a tremendous difference in Thomas Allred’s gait. He says that when he came to The Laurels, he was walking completely bowlegged, but he was able to relearn how to walk with much more normal mechanics with help from the AlterG’s video monitor system.

However, Allred emphasizes that his impressive progress wasn’t just about the AlterG. “I have to thank all the people at The Laurels as well. Everyone here is incredibly nice, professional, and well versed in what they do. If I have any question at all, I can stop anyone here and they’ll be happy to help. It’s like you’re in their family now,” he says.
Often, Laurel Health Care Associates go above and beyond the call of duty, reaching out in the communities they serve and demonstrating The Laurel Way of Caring. Here are a few of the letters of appreciation we have received.

**The Laurels of Defiance**

I don’t know where to begin or if I can find the right words to express my gratitude for the efforts of those at The Laurels that were extended for Joyce Miller. From the initial apprehension and uncertainty to the positive outcomes and genuine care/concern for Joyce. I am extremely grateful. Please express my appreciation to the staff. Thank you for giving my wife and my life back to me. Most sincerely,

Jim Miller

**The Laurels of Sandy Creek**

I decided to write and say thank you for helping me increase my strength while I was with you. It certainly has been a time of transition with being sick plus moving plus selling my mobile home. Being at Sandy Creek helped to smooth that transition just a bit. There are two individuals that I would especially like to mention. They both work the night shift. One is a man who goes by the name of Curly and the other is Jaime Hayes. Both were very patient with me, especially the first few nights I was there. They were kind and considerate no matter how many times I had to use the restroom those first few nights. Please give Jaime and Curly a special thank you for me. Again thanks for helping to smooth the transition for me.

Linda Joy Wierenga

**The Laurels of Mt. Pleasant**

Words seem inadequate to accurately convey our deep gratitude to all of you. The Physical Therapy staff, Nursing and CNAs, and Dietary.

When Jill arrived, she was weak. Everyone embraced this Special Needs Down Syndrome child, and gave her much love, support, and reassurance. Her stay here was constantly positive, and she developed strong bonds. The Laurels has the best Physical Therapy program we have experienced for Jill. The Laurels gave our child her life back, and we are forever in their debt, humbly grateful. We applaud you all. Jill says, “I love you all! XOX!” Warmest thanks,

Roger and Janet Gardner

**The Laurels of Galesburg**

I just wanted to thank all of you for the loving care Bob received there the last four months of his life. As you know, it is so traumatic to have to put a beloved one in a nursing home, knowing they will never be able to return home again. I selected The Laurels mainly because it was fairly close to my home. But it turned out to be an answer to prayer in many ways, as I saw how well he was treated and how willing everyone was to respond to my concerns. As I visited each day, the friendly smiles and cheerful greetings helped ease the pain I was feeling, and I really began to feel “at home.” I shall miss you all, but probably won’t stop to visit any time soon, as it is too painful. But again, thank you for helping make a very difficult situation a bit easier to bear.

Thea McNeilage
That's the Spirit!

Keeping Up the Pace at The Laurels of GreenTree Ridge

The Laurels of GreenTree Ridge has decided to “keep moving forward”—not by walking, but by running! Matt Roane, Director of Maintenance, Suzy Young, Physical Therapist, and Jessica Hauser, NHA ran on The Laurels of GreenTree Ridge team for the Asheville Chamber of Commerce 5k. The event promotes being active and encouraging employers to get their employees moving. Jessica Hauser and DON Angie Black also participated in the Bethel Half-Marathon. Matt Roane, Director of Maintenance since 2001, ran in the annual Mt. Mitchell Challenge, a 40-mile run with a 4500 ft. elevation gain in the first 20 miles! Matt consistently places in the top finishers in the ultra-distance races.

The Laurels of GreenTree Ridge is also a top sponsor for Girls on the Run, a physical activity-based positive youth development program designed to help girls in grades 3-8 recognize their inner strength. During the 10-week afterschool program, girls make new friends, celebrate all that makes them unique, and experience confidence through accomplishment by completing a 5k event. Laurel Associates organized a Cheer Station for girls participating in the 5k. Sponsorships help pay for scholarships for girls who cannot afford to participate otherwise. One fourth grader who participated in the event said in a thank you note, “At Girls on the Run, I learned how to be myself, how to stand up for myself, and how to RUN LIKE A GIRL!”

Angie Black, Director of Nursing since 2001, cheering on more than 1,500 participants in the Girls on the Run race in May.

Celebrating 100 Years at The Laurels of University Park

Guest Helen Weatherford turned 100 years old on Wednesday, May 18th. The Laurels of University Park threw a big birthday bash in her honor, complete with cake, ice cream, and live entertainment. Her family members and all of the Associates were personally invited to attend the party. She wore a birthday sash, tiara, and button at her party.

Minnie Chaney celebrated her 102nd birthday at The Laurels of Toledo in March.

A Very Special Birthday at The Laurels of Toledo

Minnie Chaney, a long-term care Guest at The Laurels of Toledo, celebrated her 102nd birthday on March 1. Guests and Associates celebrated with a special party. Ms. Chaney previously celebrated her 100th and 101st with The Laurels of Toledo. This year, she was also interviewed by the local Channel 11 News WTOL.

Minnie Chaney celebrates her 102nd birthday at The Laurels of Toledo in March.
Celebrating National Nursing Home Week at The Laurels

Laurel Health Care Associates know how to make things fun! Each year on National Nursing Home Week, many of our facilities have special activities for Guests and families. Here are a few highlights!

**The Laurels of DeKalb**

*The Laurels of DeKalb* had a very successful 2016 celebration of National Nursing Home Week. The fun-filled week included a comedy magic show by “Sweetcakes Entertainment” and a live animal show from “Marks Ark.” Other items on the agenda that week included a scavenger hunt, horse races, carnival games, and a photo booth. They also had food that included elephant ears, homemade ice cream, and lemonade shake-ups. Guests, families, and employees actively participated and enjoyed each day. *The Laurels of DeKalb* ended the week with a party outside on the patio.

**The Laurels of University Park**

*The Laurels of University Park* does National Nursing Home Week up right! They started the week off with their annual Red, White and Blue Cookout, and followed up with other tasty activities through the week. Pictured (1): Activity Director Catherine Blanche (left) and Activities Assistant Delores Edloe show off their patriotic spirit at the cookout. Pictured (2): Guest Ronald Kimler and family enjoyed “Taco Tuesday” during National Nursing Home Week.

**The Laurels of Norworth**

It was a real zoo at *The Laurels of Norworth* for National Nursing Home Week! Sunshine Farms visited with an array of animals including alpacas, bunnies, and a baby goat. Guests enjoyed visiting with the animals while petting and feeding them.

**The Laurels of Sandy Creek**

*The Laurels of Sandy Creek*’s theme for the week was “fair.” They celebrated each day by organizing special events for the Guests and Associates, including clowns, a petting zoo, a local high school choir and a carnival!

**The Laurels of Bon Air**

What a week! On day one, *The Laurels of Bon Air* hosted Jammin’ with Jill, a high energy exercise jamming time for the whole facility. On the second day they had Magic with Mickey. Day three was Jonathan the Juggler. They enjoyed a great praise concert on day four, and rounded out the week on Friday with a street fair with games, food, and prizes. They ended the week on Saturday with an afternoon of horseracing.
**That's the Spirit!**

**The Laurels of Hillsboro Honors Longest-Serving Volunteer**

The Laurels of Hillsboro was honored to recognize Carol Harless as one of their longest serving volunteers. Carol has devoted two days a week for 14 years to the Guests, Associates and families of The Laurels of Hillsboro. In her honor, and in recognition of National Volunteer Week, Carol was treated to lunch at one of her favorite restaurants, Red Lobster, and was given a personalized Laurel jacket, a $225 gift card, and some treats from Bob Evans. Her efforts and work do not go unnoticed by the Hillsboro team: they say they are so proud to call her “theirs” and so thankful for her service. She is a true example of Exceeding Expectations!

**Maplewood of Marshall Associate Honored with Minuteman Award**

Tom Whitesell, an Associate at Maplewood of Marshall, was recently honored with The Minuteman Award at the annual Heritage Day Breakfast, a community celebration of Michigan Week. Tom works part time at the facility as an Activity Assistant and Maintenance staff member. But his dedication to our Guests and his community is full time. Tom plays keyboard and volunteers his musical talents at many community events. Each week, Tom provides music for Guests at Medilodge, Marshall Rehab and Nursing and Maplewood of Marshall. He takes note of those who really enjoy his music and makes sure they are in attendance, even if that means he goes to get them himself. Director of Marketing Karin Gallagher nominated him for the award, which recognizes community service. Thank you, Tom, for exemplifying The Laurel Way of Caring!

**The “Care Deputy” Keeps Things Humming at The Laurels of Toledo**

Dale Barringer, a long-term care Guest at The Laurels of Toledo, lives to serve. Dale is one of our many Guests who love to help the Associates and other Guests throughout the day. He does so much for everyone that Associates at The Laurels of Toledo decided to honor him this past March as their “Care Deputy” for all his hard work and effort. Dale helps with everything, from helping Guests to activities, to assisting the housekeeping staff, to assisting the nursing department with minor needs. Administrator Edward Beatrice says, “Without Dale, things just wouldn’t be the same around here.”

**The Laurels Mission Statement**

Creating a Legacy 
By Exceeding the Needs and Expectations Of Those We Serve, 
While Embracing The Laurel Way
Reflections

The Laurels of Coldwater
Peter Cottontail came hoppin’ down the bunny trail to The Laurels of Coldwater during the annual Easter Egg Hunt. The children were divided into three age groups to search for dozens upon dozens of candy-filled eggs in the courtyards. There were two special eggs per age group, which held the ticket to a new bicycle or Easter basket. After the Easter Egg Hunt, the Easter Bunny visited and took photos with the children and Guests.

The Laurels of Steubenville
The Easter Bunny recently visited the Guests at The Laurels of Steubenville. He gave each Guest a big hug and a handmade Easter card. Guests loved getting their pictures taken with him. The Activity Director printed the pictures for the Guests to hang on their bulletin boards. Pictured: Edith Sinclair smiles with the Easter Bunny!

The Laurels of Canton
The Laurels of Canton held their annual Easter Egg Hunt. This year, Associate Kelly Massey-Bryant, who has been in Medical Records for 17 years, dressed up as the Easter Bunny. Associates and Guests were encouraged to invite their young ones in for photos with the Easter Bunny, candy, and (of course) an Easter egg hunt! Also pictured is Chloe, Activity Director Jan Baggett’s granddaughter.

The Laurels of Bon Air
For the past three years, the Laurels of Bon Air Activity Group has been giving back. They have made Christmas stockings and Easter baskets for the boys and girls who live at St. Joseph Villa. This year they made 25 girls and 25 boys Easter baskets with pure joy and delivered them in our van for the children to enjoy. They can hardly wait to start on our Christmas stockings!

The Laurels of Canton
Alex, a long-term Guest, wrote a letter to Police Chief Art Fowler at the Wintersville Police Department to congratulate him on his promotion and thank him for a job well done. Chief Fowler came to visit Alex personally and brought him two t-shirts and two hats as a token of appreciation for his support.

Maplewood of Marshall
The kids from the CDC had a great time hunting and finding Easter eggs with the Guests at Maplewood of Marshall. The kids and the Easter Bunny visit every year!
The Laurels of Hillsboro
The Laurels of Hillsboro is proud to announce their 2016 Valentine’s Day King and Queen. The Guests and Associates voted and chose Gail Ingalsbe as Queen and Richard Roades as King. Guests and Associates enjoyed celebrating their crowning with a party and an escorted walk through the facility.

The Laurels of Steubenville
Every month the men at The Laurels of Steubenville choose a cooking project during the Men’s Social. Recently, Guest Ralph Milewsky said he had been thinking about the wonderful banana cream pie that his wife made for him. Ralph says he never cooked a day in his life but he was willing to try, so he had the pleasure of making it for the rest of the men in the group. Other recent choices have included homemade chili, hoagies, rigatoni, and pizza and beer. The men meet once a month and enjoy the food and socialization.

The Laurels of Charlottesville
Guests at The Laurels of Charlottesville recently held a celebration of Africa highlighting Nelson Mandela. With volunteers decked out in traditional African attire, Guests enjoyed African song and dance and a brief history of Mandela. A Charlottesville Nurse, who is from Africa, prepared African food for everyone to taste.

The Laurels of Steubenville
Guests and their families attended the Mother’s Day Fruit and Dessert Bar at The Laurels of Steubenville and were treated to some fantastic music by “Two Old Geezers.” Guests danced and sang along to the oldies as they enjoyed chocolate dipped strawberries the size of golf balls, watermelon, grapes, blackberries, candies, and fresh baked cookies as well as punch, coffee, and champagne mimosas.

The Laurels of Toledo
On April 29th, The Laurels of Toledo hosted their annual Senior Prom along with students from the University of Toledo. They have a wonderful volunteer program with UT students called “Adopt a Grandparent.” Throughout the school year, UT students come to the facility and do special events with the Guests. The year always concludes with the Senior Prom. Annie Spears was the Prom Queen and Ralph Duvall was the King. Entertainment was provided by The Little Brown Girls.
The Laurel Way

We are a team of professionals dedicated to promoting the highest level of independence and quality of life for our Guests by creating a comfortable living environment and providing comprehensive health care services.

To accomplish this, we have a responsibility to:

- Treat everyone with dignity and respect
- Conduct ourselves with the highest level of integrity and ethical behavior
- Be uncompromising in our standards of quality of care and service
- Attract, train and retain knowledgeable, caring and compassionate individuals
- Challenge ourselves to grow as people, as professionals and as a company
- Earn a fair and reasonable profit for our stakeholders

We embrace these responsibilities, with commitment and enthusiasm, in our pursuit of The Laurel Way.

Congratulations to our Deficiency-Free Facilities!

Congratulations to The Laurels of Salisbury for their Deficiency-Free Survey. This is their second straight deficiency free annual survey. Great job, Salisbury Team!

Deb Amore Honored as Ohio Person of the Year

Deb Amore, who has worked at The Laurels of Mt. Vernon for 32 years, was recently honored at the annual convention for The Association for Career and Technical Education as the Ohio Person of the Year. Through Deb's help, The Laurels of Mt. Vernon has had multiple students from the Developmental Center complete Co-Op experiences, including some who were eventually hired as employees. The Co-Op experience gives individuals with developmental disabilities a hands-on experience to learn job skills. Deb has worked with the Developmental Center of Knox County for more than 25 years by hosting students for Co-Ops as well as sitting on their Advisory Board.

The Laurels of Defiance Unveils New Rehab Wing

The Laurels of Defiance has completed construction of a new Rehab wing. They now have 20 private suites for short-term Rehab Guests. Each of the beautiful, luxurious suites has a private bathroom with a shower. They held an open house for professionals on May 18 and a community open house on May 22. Check out the photos of these lovely new rooms!

If you have ideas for stories, features or photos for an issue of The Laurel Spirit, let us hear from you! Please submit your ideas to your Administrator who will pass them on to the editor. Thank you!