

Back on Her Feet

The Spectrum family helps a new resident to walk again

By Caren Ermel, Senior Vice President of Operations

LILLIAN DITTRICH IS A TESTAMENT to dedication, hard work and determination to live life to the fullest.

Lillian arrived at the Gardens at Westlake, a Spectrum Retirement Community in Westlake, Ohio, in a wheelchair. Moving from New Jersey, Lillian came to be near her sister after having a health crisis. Lillian was not with any rehabilitation services and had been confined to a wheelchair for more than a year. With the help of the Spectrum team and rehabilitation services, along with Lillian's determination to succeed, it

was time to "get Lillian moving!"

The therapy team, caregivers and activities staff immediately jumped into action as they knew Lillian was ready for a "round two" comeback. Week after week, day after day, the staff worked with Lillian to increase her strength, with the goal of helping her to walk again and keeping

her active in the community. It was slow at first—a few hundred feet of walking down a hallway with assistance from staff and some attendance at exercise activities. The team, giving Lillian encouragement, would not let her give up, even on those days when she did not feel up to it.



LILLIAN DITTRICH



Gradually, she increased her strength, walked farther distances (still with help from staff) and attended more activities. Now, she attends every activity and is walking on her own! It is truly amazing that only months ago, Lillian was wheelchair-bound and dependent on staff for almost everything. Today, she is walking on her own without any assistance.

When asked what most helped her to walk again, Lillian's immediate reply was: "Determination. I didn't want to be stuck in the wheelchair for the remainder of my life. So, I set my goal to walk again, and I am now able to do that." She also stated that going to all the exercise activities made a big difference as well.

Lillian proclaims, "What helped me the most was being surrounded by the friendly, supportive staff who cheered me on...they are fantastic!"

Only 30 percent of all senior communities nationwide offer on-site therapy services that can assist in helping seniors regain or maintain their mobility. Caren Ermel, Senior Vice President of Operations, states, "Spectrum has a focus on preventive and rehabilitation programs making them unique in many of their markets. When selecting a senior community, look for programming that encourages active living!"

THE
INTERNATIONAL
COUNCIL ON
ACTIVE AGING
REPORTS:

- ★ Only 30% of senior communities nationwide offer on-site physical and occupational therapy services
- ★ Only 30% of senior communities use program management or care management software
- ★ Only 40% have resident computers available
- ★ 91% will say they have a wellness program
- ★ 53% offer spa services, such as massage or manicures

Source: 2009 ICAA Wellness Trends Buying Survey Results

A Jivin' Cuppa Java!



Spectrum introduces a tasty new blend of coffee

By Robert Landau, Vice President of Fun

DO YOU SAVOR THE TASTE OF A GOOD, HOT, FRESH cup of coffee? You certainly aren't alone. A large percentage of Spectrum residents start their day with a fresh cup of coffee, as do millions of people across the country. A large variety of coffees are also available throughout the day at most Spectrum communities. But if Spectrum residents thought they'd heard the last word in great tasting coffee... boy, have they got another thing coming!

Douwe-Egberts coffee will now be served at all Spectrum communities. What's so different about this coffee? Everything! We asked Spectrum's Vice President of Dining Services, Dennis Van Wynsberghe, to explain:

DENNIS: Douwe-Egberts Coffee has been around for more than 200 years. They've really got it down when it comes to coffee production and coffee taste. We taste-tested a lot of coffees and this was truly the best—eleven to one. We thought we'd let our residents and staff make the decision, so we set up taste tests at three of our communities and the results were unanimous.

SPECTRUM: Why change the coffee in the first place?

DENNIS: Even though this new coffee is more expensive, it's brewed on demand. There's nothing worse than stale coffee that's been sitting there all day. This coffee will be available to any resident or guest any time they want it, freshly brewed on demand. That's a huge difference in taste and quality.

SPECTRUM: A good cup of coffee really makes a difference.

DENNIS: What I also like about Douwe-Egberts is that they are a totally green company in the way they operate their plant in Suffolk, Virginia. We look forward to our residents and guests experiencing the difference that this coffee will make.