

# connections

L I F E   A N D   N E W S   F R O M   W E S L E Y   W I L L O W S

*A Faith-Based Community*

FALL 2016

## Help When You Need It

At Peterson Meadows, Wesley Willows East Side independent living campus, all of our residents are active and independent. But even when living independently, sometimes, we need a little help. With this knowledge, Wesley Willows developed our Here to Help services. Here to Help provides professional staff, including licensed nurses and certified nursing assistants (CNAs) to help residents in the comfort of their own home.

“Extra help after a joint replacement or surgery is very common,” explains Melissa Wright, Director of the Peterson Meadows campus. “We can help with medications, errands, dressing – all of those things that might be difficult or unsafe for someone to do on their own right after surgery.” Here to Help services are personalized – providing care to encourage the highest possible level of independence.

Our Here to Help Team is highly trained and dedicated and provides a wide variety of customized services, including:



- Meal preparation
- Medication Reminders
- Exercise
- Ambulation
- Dressing
- Bathing
- Transfers
- Laundry
- And much more. . .

With Here to Help available, our residents and their family members don't have to worry about managing daily activities – at Wesley Willows, we are always Here to Help.

### OUR MISSION

*We promote active secure lifestyles for Seniors through ongoing personalized care.*

### OUR VISION

*Wesley Willows will be the leader in providing exceptional programs, services, and amenities for Seniors.*



*Bill Pratt, President & CEO*



## A MESSAGE FROM *the* CEO

Dear Friends:

In June, Wesley Willows celebrated 50 years of providing exceptional programs and services to Seniors.

As we prepared for our anniversary celebration, I reflected on how life in 1966 was different than life today – a stamp only cost 5¢. A gallon of gas, only 32¢. "The Sound of Music" was named motion picture of the year. It was a time when we rode bikes, played hopscotch and organized neighborhood baseball games.

Today's youth have never used a pay phone. They have never taken their film to be developed. They have never looked anything up in an encyclopedia, used a paper road map, or even had to lick a stamp.

But across the generations and our rapidly changing world, the important things remain the same: Our service to others. Demonstrating integrity in all situations. The love of family. And our faith to guide us.

At Wesley Willows we have seen many changes as well – the addition of our memory care unit; a leading edge rehab center; gorgeous homes on both the east and west sides of our campus; and the Town Center and Suites. But with all of the change, one thing remains the same: our strong commitment of being the leader in providing exceptional programs, services, and amenities for Seniors.

What does that mean for our residents and future residents? It means in the past, the present, and the future, our residents are our top priority. It means that as the world and Wesley Willows evolve, we will continue to be guided by our values and committed to creating and maintaining a community which exemplifies caring and respect.

Looking forward to the next 50 years.

Best,

*Bill Pratt*

President and CEO

## IT'S A FACT: Accreditation Matters

---

Did you know that only 16 percent of all Continuing Care Retirement Communities are accredited?

Organizations that seek accreditation strive to improve performance and consistently pursue excellence. When exploring retirement community options, accreditation is an important seal of approval to look for.

“We wouldn’t go to a hospital that isn’t accredited or send our children to a college that wasn’t accredited,” said Debra Adkins, Chief Operating Officer at Wesley Willows. “Why wouldn’t we expect the same from senior living communities? Knowing that an organization has voluntarily gone through intense scrutiny by an outside third party gives residents and families a greater peace of mind when selecting a community.”

### “ Wesley Willows has been CARF Accredited for 22 years.

To receive accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF), communities must demonstrate they consistently adhere to:

- High standards of quality
- Maintain superior financial results
- Demonstrate the best in Board Governance and practices
- Successful professional practices
- Continuous quality monitoring
- Evaluation and improvement of programs, and
- Our priority is resident comfort, care, and quality of life.

CARF is an independent international nonprofit that accredits providers of health and human services and sets exceedingly high standards for care and service. To receive CARF Accreditation, senior living communities must meet over 1,600 standards that measure effectiveness of Board/management, programs and activities, services for residents, financial standards, and much more.

A five year CARF accreditation is comparable to a five-star rating in the hospitality industry. Wesley Willows is the only CARF accredited continuing care retirement community in the Rockford region. “Having achieved accreditation speaks volumes for the services, amenities, and programs at Wesley Willows, but even more to our dedication to provide the very best in the resident experience,” added Ms. Adkins.

## JOAN STONE Memorial Scholarship

---

A lifelong caregiver, Joan Stone seized the opportunity later in life to fulfill her dream to become a nurse. Affectionately known as “The Sarge” around Wesley Willows, she retired in 2004 after 15 years of dedicated service.

In 2016, Joan’s children created the Joan Stone Memorial Scholarship Fund. The goal of the \$1,300 scholarship is to provide an employee the opportunity to fulfill the same goal she had – to become a nurse dedicated to a life of caring and service to others. Eligibility requirements include being at least 18 years old; being employed by Wesley Willows for at least a year; enrollment at a 2- or 4-year college or university, and a demonstrated commitment and compassion through work with residents. Seven applicants were evaluated on their service to residents, academic performance, and the impact the scholarship would have on their future in nursing.



We are pleased to announce Shekena Bailey is the recipient of the Joan Stone Memorial Scholarship. A CNA with two years of experience at Wesley Willows, Shekena gives residents exceptional service and care. She gets to know each of them and makes it a point to learn about their lives.

Shekena states the scholarship will impact her future in several ways. She will be the first in her family to graduate from college. She will be an example to other single mothers, encouraging them to achieve their goals. She will be a role model for her younger sister to follow her dreams. Shekena will especially share the joy with her mother who has been battling cancer.

We thank the Stone Family for making the Joan Stone Memorial Scholarship possible and congratulate Shekena Bailey as she continues her nursing studies. Through their caring hearts, each of them helps seniors celebrate life.



For more information on how to make Wesley Willows your home, please call 815.316.1500

# 10

## Easy Tips

### SENIOR NUTRITION

**1 Drink Plenty of Liquids.**

As we age, we lose our sense of thirst; keep beverages readily available to prevent dehydration.

**2 Make Eating a Social Event.**

Meals are more enjoyable when you eat with others - make sure to have a meal with friends a couple of times each week!

**3 Plan Healthy Meals.** The Dietary Guidelines for Americans is a great tool to use when planning meals for the week.

**4 Know How Much to Eat.** Recognizing portion sizes can help with maintaining and monitoring weight and staying healthy.

**5 Vary Your Vegetables.** Make sure you select a variety of colorful vegetables; most veggies are low-calorie and provide good amounts of fiber.

**6 Eat for Your Teeth and Gums.** Our teeth and gums change as we age; cooked and canned fruits and veggies provide the same vitamins and minerals.

**7 Use Herbs and Spices.** Our taste buds change with age and the use of certain medications, use herbs and spices to provide flavor to foods without the extra sodium.

**8 Keep Food Safe.** Throw out any foods left in the fridge for too long. Food-borne illness can be life threatening - especially for seniors.

**9 Read the Label.** Pay attention to important nutrients, calories, fat, carbohydrates, and sodium.

**10 Ask Your Doctor About Vitamins or Supplements.** Food is the best way to get the nutrients you need; some dietary supplements may actually interfere with medications or effect certain medical conditions.