

# THE ALDEN Leader

## ALDEN OFFERS THE TOTAL PACKAGE

*For your health care needs*

The Alden Network is a premier provider of short-term rehabilitation and post-acute services. Alden facilities have been recognized in U.S. News & World Report over the years and have obtained the highly coveted Post-Acute Accreditation from the Joint Commission, demonstrating consistent excellence in delivering quality care.

“We serve each and every one of our patients with an attention to detail that people say they simply do not find at other places,” said Alden Estates of Skokie Administrator Ashley O’Brien.

### Exclusive Rehabilitation Achieves Results

Exclusive Post-Acute Rehabilitation Programs – only available at Alden — optimize the transition from the hospital, to rehabilitation at Alden, to home and include:

- OrthopedicPro™
- PulmonaryPro™
- MedicallyComplexPro™
- CardioPro™
- NeuroStrokePro™

“Many of our patients come to us from the hospital unable to stand or walk and very weak and unstable,” says Angela Oh, administrator at Alden North Shore in Skokie. “We provide them with everything they need to achieve maximum functionality and independence and get them back on their feet and home.”

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### Therapy Gets 10 out of 10

Alden’s short-term rehabilitation facilities receive 10 out of 10 time and again for therapy, which includes highly trained and certified physical, occupational and speech-language therapists as well as state-of-the-art equipment and modalities. One of the new additions to Alden’s Therapy Centers is the NeuroGym, which helps therapists and neurological and orthopedic patients achieve better results. The NeuroGym is utilized when patients cannot use traditional equipment due to a loss of functioning and motor skills. From the basics such as standing and static balance to walking and gross and fine motor control, the NeuroGym can help patients maintain and improve their functional independence.

### It’s the Details That Count\*

In addition to exclusive Post-Acute Rehabilitation Programs and one of the best Therapy Programs around, Alden facilities pay attention to the finer details of a patient’s stay. Such details may include infused water in the therapy centers and throughout the facilities; Happy Hour; ice cream parlors with made-to-order creations; and lounges to relax and catch up with friends and family.

“Our patients are with us for a short period of time, so they need to be focused on getting better and going back home,” says Tracy Pell, administrator at Alden of Waterford in Aurora. To that end, “we try to provide everything they need and more to ensure they meet their goals as quickly as they can so they can return to doing what they were doing before.”

*\*Excerpt from Make it Better magazine*



## FOCUSED ON AFTER CARE SERVICES

### AfterCare Services: Ensuring a Smooth Transition to Home

Alden facilities offers a full continuum of health care solutions to help individuals recover and stay healthy long after their Alden rehabilitation stay. The short-term rehabilitation centers have Transitional Care Partners that provide a variety of AfterCare services to ensure a smooth transition from Alden to independence at home.

#### *Such AfterCare services and resources include:*

- Home Health/Caregiver Assistance
- Private Home Care
- Pharmacological Services
- Home Medical Equipment
- Home Mobility Modification Equipment and Services

The extensive list of services and equipment to ensure safety and independence when individuals return to home is available to all Alden patients.

“Our goal is to provide patients with the best care, comprehensive discharge planning and at-home follow-up in the most effective manner so they continue to be healthy and happy when they leave Alden and return home,” says Stephanie Castleman, administrator at Alden Estates of Shorewood in Shorewood.

## PROMOTING FROM WITHIN

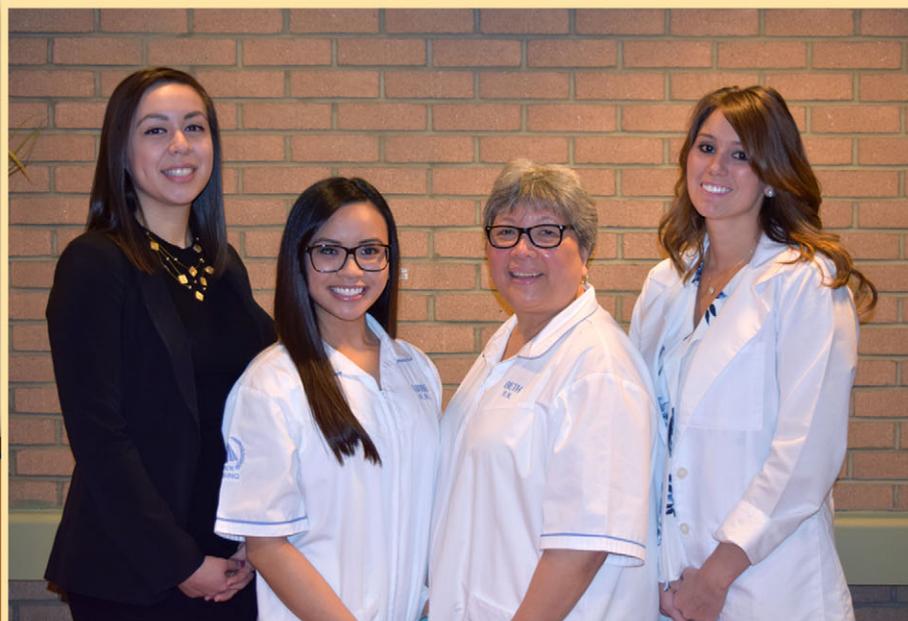
At Alden Poplar Creek in Hoffman Estates, the short-term rehabilitation and health care center believes in identifying talented front line, entry level staff early in their careers with the company and working with them to obtain the skills and knowledge needed for advancement.

“We have several staff members who have been with us since the beginning of their careers,” said Jeff Russell, Senior Administrator. “We even have a mother and daughter nursing duo who are wonderful examples of recognizing talented individuals who make a difference in the lives of our customers and helping them advance for their careers.”

Liane Salazar, RN, started as a Receptionist at Alden Poplar Creek in June 2009, received her CNA license and worked as a CNA while pursuing a Bachelor Degree in Nursing and her RN license – thanks to an Alden Nursing Scholarship. When she received her RN license in 2015, she began working as a Floor Nurse and was promoted to Assistant Director of Nursing in May 2017. Liane now represents Alden at Nursing Fairs and speaks to CNA students about the benefits of working for a company such as Alden.

Liane’s mother Elizabeth (Beth) Salazar, RN, has been working as a Floor Nurse since July 1988. Tiana Ng, RN, joined Alden Poplar Creek as a CNA while still in high school. She received her RN license in 2014 and was promoted to Restorative Nurse on May 2015 and became an Assistant Director of Nursing (ADON) in May 2016.

“Employees at Alden are rewarded when they ‘stick to it’ and don’t job hop,” said Russell.



Left to right: Daisy Moreno; Liane Salazaar, RN; Elizabeth (Beth) Salazaar, RN; Tiana Ng, RN

## PATIENT THANKS ALDEN

### After Serious Accident

Nihad Greene, an active mother of four from Highland Park, never imagined a fun scooter ride with her teenage daughter one afternoon would land her in the hospital with several broken bones and a visit to Alden Estates of Evanston for short-term rehabilitation and therapy.

“I fell onto the metal bar on the scooter and broke my leg and wrists,” said Nihad. “The doctor said I didn’t have regular broken bones. He said they were shattered to pieces and he had to put them back together like a puzzle. My healing process was very painful and difficult.”

Nihad was given a list of Rehabilitation Centers and her family researched several before choosing Alden Estates of Evanston.

“I couldn’t have been happier at Evanston,” said Nihad. “The staff were always helping, always pushing me to do as much as I could to get better and getting me everything I wanted.”

At her follow-up visit with her orthopedic surgeon, Nihad said the specialist was impressed with her progress.

“My surgeon said I was doing so much better than other patients he has seen who haven’t gone to Alden,” said Nihad. “He said I moved better and did things a lot of his other patients could not at the same stage.”

“We (therapists) worked together to help Nihad get better and not need a walker,” said Physical Therapist Peter Szczygiel, PT.

“The whole place is great,” said Nihad. “The nurses were wonderful – so amazing. They checked in on me without me having to call them. They all gave me the time I needed. Alden made a very tough and painful recovery so much better for me and my results are amazing.”

To show her thanks, Nihad returned to Alden Estates of Evanston a couple of months after she went home and catered a luncheon for the therapists to thank them – and made all of the food herself.



Nihad with her Therapy Team



Floyd and Ina Schlossberg, recipients of the Leukemia Research Foundation’s Star Award

## CONGRATULATIONS!

Congratulations to Floyd and Ina Schlossberg, recipients of the Star Award, the Leukemia Research Foundation’s (LRF) highest recognition of gratitude and respect. The Schlossbergs have been supporters of the LRF since 1978. Floyd A. Schlossberg is the Chairman and past president of The Alden Network.

“Our company is committed to finding a cure,” said Randi Schlossberg-Schullo, president and oldest daughter of the Schlossbergs. “From the time I was a little girl and my family got involved with LRF, Alden has hosted events such as Fishing Derbies, Skee-ball Tournaments, Nacho Sales and so much more to benefit such a worthy cause. The Star Award is a special acknowledgement for my parents and I am honored my parents were recognized for all of their contributions over the years.”

With the help of the Schlossbergs and so many others, the LRF raised over \$2.2 million in the past fiscal year.

“Floyd and Ina have been the driving force in helping the LRF raise more than \$9 million to fund worldwide medical research since the Davidson-Brin Chapter was formed in 1978,” said Kevin Radelet, Executive Director of LRF, at an awards luncheon where the couple was honored (shown). “They are wonderful people who work tirelessly to help us find a cure.”

*Experience the Difference*

## CONSTRUCTION ON TRACK

### Alden of Huntley

Huntley Horizon recently welcomed its first residents! Alden Courts of Huntley and Alden Estates of Huntley are on track to open next summer.

*Alden of Huntley will be offering:*

- SHORT-TERM REHABILITATION & POST-ACUTE CARE
- MEMORY CARE
- INDEPENDENT SENIOR LIVING COMMUNITY

Sign up for updates to find out about open houses, special events and community health education presentations by calling 847-961-7500 or visiting [www.AldenofHuntley.com](http://www.AldenofHuntley.com)

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**Alden of Huntley**

Regency Parkway and Princeton Drive, Huntley, IL 60142

*Enjoy personalized attention with*

# Respite Care

*for yourself or your loved one*

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Call us to learn more about how Alden can provide the finest short-term care for your needs.

### **Alden Gardens of Des Plaines**

1227 East Golf Road, Des Plaines

**847-294-0644**

### **Alden Courts of Shorewood**

700 West Black Road, Shorewood

**815-230-8600**

### **Alden Gardens of Waterford**

1955 Randi Drive, Aurora

**630-851-1880**

- Safe, secure environment
- 24/7 nursing care and assistance
- Daily activities
- Well-trained, compassionate staff
- Memory Care options

