

THE ALDEN Leader



THE ALDEN
NETWORK



Chef Sal Martinez, Executive Chef at Alden Courts of Huntley and Alden Estates of Huntley, has designed a finger food menu exclusively for memory care residents.

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Innovative Wellness Dining *for* Memory Care

As part of our Life Enrichment Program, the Memory Care Wellness Dining Program at the Alden Courts Memory Care Communities provides a quality dining experience for our residents with memory issues that preserves dignity and assists residents in eating independently for as long as possible. The program also helps address unnecessary weight loss and increases the enjoyment of eating delicious foods.

"The Wellness Dining Program is unique to Alden," says Jennifer Stelter, PsyD, CADDCT, CDP, Director of Operations of Clinical Programs for The Alden Network. "We researched best practices for eating with a dementia population and actually based a lot of our program on findings from Boston University to address the weight loss often associated with Alzheimer's."

The use of bold, colored plates at the Alden Courts Memory Care Communities — in Huntley, Shorewood, Aurora and Des Plaines — has been shown to increase food intake by 25%.

Benefits of the Memory Care Wellness Dining Program include:

- Sensory stimulation to cue meal times
- Adaptable dining equipment
- Tiered-step meal approach
- Finger food menu
- Monitoring and prompting of food intake
- Walk-to-Dine Program
- Trained and licensed memory care professionals



Tune Into The Alden Network Podcast

The Alden Network Podcast: Solutions for Seniors podcast provides helpful, practical advice for good health and living. Topics have included Medicare and Short-Term Rehabilitation, Medicaid, Hospice and End-of-Life Care, Memory Care, Respite Care and more!

You can listen on the go or from your cell, laptop, iPad or other electronic device. The Alden Network Podcast is available at www.TheAldenNetwork.com/Podcast and on iTunes, iHeart Radio, Stitcher.



Tune in at www.TheAldenNetwork.com/Podcast

Two Alden Administrators Receive American College of Health Care Administrators Leadership Awards

Two administrators – Allison Pease of Alden Estates of Northmoor Short-Term Rehabilitation and Health Care Center and Jaimee Demmon of Alden Valley Ridge Rehabilitation and Health Care Center – have received the Eli Pick Facility Leadership Award from the American College of Health Care Administrators (ACHCA).

Allison and Jaimee were two of the 38 Eli Pick Facility Leadership Award recipients who were honored at an awards luncheon at ACHCA's 52nd Annual Convocation and Exposition in Orlando, Florida in April of this year.

Based on the premise that facility excellence reflects leadership excellence, the Eli Pick Facility Leadership Award recognizes administrators whose facilities, among other things, perform in the top quartile on key Quality Measures, do well on Health, Fire Safety and Complaint surveys and include an 85 percent or greater facility occupancy rate.



*Allison Pease
Alden Estates of Northmoor*



*Jaimee Demmon
Alden Valley Ridge*



Neidi Mack – Prism Health Care Services

Helping Those in Need

Neidi Mack, Vice President of Ancillary Services for Prism Health Care Services, a Transitional Care Partner of The Alden Network, helped spearhead a drive to get medical supply donations from local companies to donate to hospitals in Puerto Rico to help with the aftermath of Hurricane Maria. After five months of persistence, networking and finally traveling there in person with a delegation that included Chicago Mayor Rahm Emanuel and Congressman Luis Guterrez, Neidi helped deliver 22 pallets of much-needed supplies to the people of Puerto Rico.

Accreditation by The Joint Commission

We are proud of our Alden Short-Term Rehabilitation and Health Care Centers that have achieved Joint Commission accreditation. Joint Commission accreditation puts our Alden facilities in a 'best of class' category among other rehabilitation facilities. The Gold Seal of Approval(TM) recognizes our commitment to the safest, highest quality delivery of care and services.

"We proudly display the Joint Commission's Gold Seal of Approval," says Robert J. Molitor, CEO. "We are always looking at ways to deliver the best possible care and service and Joint Commission accreditation helps us stay on track in meeting this goal."



Facilities accredited by the Joint Commission include:

- ALDEN DEBES – Rockford, IL
- ALDEN DES PLAINES – Des Plaines, IL
- ALDEN ESTATES OF BARRINGTON – Barrington, IL
- ALDEN ESTATES OF EVANSTON – Evanston, IL
- ALDEN ESTATES OF JEFFERSON – Jefferson, WI
- ALDEN ESTATES OF NAPERVILLE – Naperville, IL
- ALDEN ESTATES OF NORTHMOOR – Chicago, IL
- ALDEN ESTATES OF ORLAND PARK – Orland Park, IL
- ALDEN ESTATES OF SHOREWOOD – Shorewood, IL
- ALDEN ESTATES OF SKOKIE – Skokie, IL
- ALDEN LINCOLN PARK – Chicago, IL
- ALDEN LONG GROVE – Long Grove, IL
- ALDEN NORTH SHORE – Skokie, IL
- ALDEN POPLAR CREEK – Hoffman Estates, IL
- ALDEN VALLEY RIDGE – Bloomingdale, IL
- ALDEN OF WATERFORD – Aurora, IL

Family Home Health

NETWORK 

Home Health • Hospice • Home Care



Family Home Health Network delivers a variety of health care solutions for older adults to help them live as fully and independently as possible at home.

Programs and Services

- **FAMILY HOME HEALTH SERVICES**
Licensed RNs, LPNs, PT/OT/Speech Therapists and Home Health Aides available to help manage medical conditions
- **FAMILY CENTERED HOSPICE**
End-of-life care services and palliative care for pain and symptom management
- **FAMILY SOLUTIONS FOR SENIORS**
Meal preparation, housekeeping, laundry, personal hygiene, medication reminders, companionship, transportation, up to 24-hour personal care

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TRANSITIONAL CARE PARTNER OF ALDEN OF HUNTLEY

24/7 Support, Care and Services –
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Seniors Benefit *from* Horizon Living

Gene Leonas, 85 years old, moved into Woodridge Horizon Independent Senior Living Community when it opened in 2016.

"One of my daughters came for a visit soon after I moved in and she told me, 'Mom, after seeing where you are living, I know I don't need to worry about you,'" says Gene.

After her husband passed away, Gene eventually moved to Woodridge to be closer to her daughter. However, rent at the apartment complex where she was kept increasing each year.

"It was difficult to manage the increases on a fixed income," says Gene. "My daughter read that a new senior building was being built and helped me apply to Woodridge Horizon. We watched it being built."

Today, Gene says she enjoys living at Woodridge Horizon.

"I love Woodridge Horizon," she says. "We have so many amenities and I have made wonderful friends both in the building and the community. It's wonderful to have people my own age here who are able to do things. My children and grandchildren are scattered all over the U.S."

Gene enjoys the activities inside the building and is an active member in her local bank's travel club.

"I really enjoy all of the trips we go on," says Gene. "It is good to get out and about in the community."

Woodridge Horizon is one of 13 independent senior living communities of The Alden Foundation, a not-for-profit whose mission is to offer affordable housing to seniors. For information, call 630- 786-5170.



Gene Leonas – Resident at Woodridge Horizon

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