

# GOOD Life News

at Westchester Gardens

OCTOBER 2018

www.westchestergardens.com

## The Value of Skilled Nursing

The Center for Medicare and Medicaid Services (CMS) is focusing squarely on two key initiatives that are affecting the flow of patients back into the community. These are 1) hospital readmissions and 2) costs per Medicare beneficiary. CMS deserves a great deal of credit for their focus on these two patient care issues. For example, unplanned hospital readmissions present risks to patients for infection and cost the Medicare program billions of dollars per year.

Likewise, costs per Medicare beneficiary have been skyrocketing. These costs, along with the rising number of baby boomers that will need skilled nursing services in the coming years, threaten to cripple the Medicare program. Medicare has long been working on reducing these costs through means such as bundled payment programs, accountable care organizations and encouraging beneficiaries to switch to Medicare Advantage programs. These cost containment efforts have been effective in slowing the growth of Medicare from prior projections with the “graying of America” that we’ve been hearing about.

Although laudable, my concern with these cost containment efforts is that in some cases it’s the elderly Medicare beneficiary that may get short-changed. Just a couple years ago, the norm was for a resident who fell and broke their hip or was hospitalized for a bout of pneumonia to transfer to a skilled nursing facility for a short stay to get rehab and then discharge home. Now, because of the costs involved, these same patients are in many cases being sent directly home with home health.

While it is true that “there is no place like home,” the quality and amount of physical and occupational therapy that is typically provided in the home setting pales compared to the therapy that we provide. Our therapists have the equipment, the time and the expertise to help residents reach their goals and to thrive once they return home. The amount of therapy we are able to provide is substantially more and, I would argue, of a better quality than what a home health agency can provide. In addition to the therapy, we offer round-the-clock nursing care, with nurses and CNAs supporting the resident’s efforts to safely recover.

Westchester Gardens fully supports CMS’s efforts to be more cost effective in the care that is provided. It’s important. We also, however, recognize that there is a time and place for skilled nursing services. We pride ourselves on being the leading provider of skilled nursing care in north Pinellas County. It is our contention that in many cases it is penny-wise and dollar-foolish to rush home when a transitional stay with us helps to ensure a return to an independent lifestyle that may reduce the risks of falling, for example. Just like there is no place like home, there is also no place like our skilled nursing facility!

J. David Fitts, Executive Director



**Our Talk.  
Our Walk.  
Every Day!**

**Health  
Literacy  
Month**

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one’s own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group’s informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## Nursing/ Health Care

### The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6-12.



## Food and Beverage/ Dining Service

Instead of a Dietary article, we thought you would like to know about your Certified Dietary Manager. Bob was born in New Hampshire. He is married to Diane, and they have a daughter, Heather, and a Jack Russell named Bentley. Bob was a Volunteer Firefighter for over 15 years in New Hampshire. He has been a Chef for 20 years and has been a CDM since 1996. Bob's hobbies include fishing, hunting and riding his Harley Davidson motorcycle. Since 9/11, Bob has donated over 22 gallons of blood. Bob has been a Mason for 30 years and was the Master of his Lodge. Bob is also known to enjoy a good cigar once in a while.



## Welcome New Residents

Welcome to Westchester Gardens. Although there is no place like home, we hope your stay is quite pleasant.



## Monthly Quote

"Success is going from failure to failure without losing enthusiasm."

— Winston Churchill

## Resident Birthdays

Paula P., 3rd  
Doris L., 4th  
Jack S., 17th  
Doreen R., 19th

Maria B., 20th  
Richard C., 25th  
Eugene E., 26th  
Willa B., 30th

## Employee Birthdays

Lovelett Luckett, 1st  
Lesley Amaral, 3rd  
Kenneth Memken, 5th  
Maria Labayen, 9th  
Hanna Cybula, 13th

Sandra Campbell, 13th  
William Burk, 14th  
Margie Lozada, 15th  
Ceranek Przemyslav, 17th  
Gretchen Ramirez, 24th

## Happy 28 Year Anniversary!

On Sept. 11, we celebrated Harriet Head's 28th year anniversary with Westchester Gardens. Harriet presently works in our Therapy Department assisting our Therapists. Harriet started out working as a CNA, then went to work for the Restorative Department. Harriet also has won Employee of the Month several times. Harriet very much enjoys working with her residents as well as the staff here. Harriet, a big thank you for your many years of service as well as your dedication here at Westchester Gardens.



## FIT Functional Fit Programs

Please feel free to join this very beneficial program! It includes weights, pedaling, stretching and balance. See the Life Enrichment Department if you have any questions regarding these programs.



## Employee Spotlight

Donny Nguyen has been nominated for Employee of the Month for October. Donny works in Dietary and has been here almost three years.

Several of our Residents as well as staff have nominated him as he is helpful to them and always so kind. Donny was born at Mease Countryside Hospital. He is 24. He recently came back from a trip to Japan, where he got engaged. He moved into a new house for the first time and became a sponsored Yu-Gi-Oh player for Sunshine Games. His is very tech savvy and helps out with computer issues here. His hobbies include Anime, video games, especially Fortnite, card games, Pokemon and Weiss Schwarz. He likes to analyze people and he enjoys memes. Donny, thank you very much for all of your hard work and dedication.





# WESTCHESTER GARDENS

Health & Rehabilitation

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SNF #1596096

MANAGED BY  
 The Goodman Group

## Staff

### **Executive Director**

J. David Fitts

### **Assistant Executive Director**

Maggie Fisher

### **Director of Nursing**

Heather Wagner, RN

### **Life Enrichment Director**

Ann Padovani, ADC

### **Director of Admissions**

Maryanne Zingalie

### **Dietary Director**

Bob Harris

### **Housekeeping Director**

Tammy Pennington

### **Maintenance Director**

Dennis Stephens

### **Rehab Director**

Frances Skinner,  
BScPT

### **Social Service Director**

Dee Montanez

### **Resident Services Coordinator**

Tiffany  
Chiaromonte, LPN

### **Resident Services Coordinator**

Angela Friedly, RN

### **Receptionist**

Margie Lozada

### **MDS Coordinator**

Susan Kleiss, RN

### **Quality Coordinator**

Rhiannon Potter, RN

## Life Enrichment

It's that time of year again! Fall will bring us some cooler weather and several upcoming holidays. We will have our Annual Halloween



Party and are still in need of costume donations. The residents look forward to dressing up, as well as the staff. We will have a costume contest as well for both staff and residents. We are also planning to have a cookout in the courtyard with an Oktoberfest theme. The date will be announced. Another thing to look forward is the Lunch Bunch, which will resume in October. If you have questions, please feel free to stop by the Life Enrichment Department anytime.