

THE ALDEN LEADER

Community Outreach: A Two-Way Affair for Facilities

From hosting neighborhood block parties and wellness fairs to attending Senior Expos and raising funds for worthy causes, community outreach is a high priority for Alden's residential and health care centers.

"Community outreach is a two-way affair for our facilities," says Robert J. Molitor, chief operating officer. "We devote considerable time, effort and resources to making a positive impact on the communities we serve. In return, we have the opportunity to showcase our facilities and the services we provide."

Alden's community involvement is multi-faceted. In the first six months of the year, Alden facilities took part in more than two dozen senior expos and health fairs attended by thousands of seniors. "It's a real service to be able to provide answers to the questions seniors and their families have about their health care options," says Carrie Luttrell, resident and community liaison for *Alden Alma Nelson Manor* Rehabilitation and Health Care Center in Rockford.

In addition, several Alden facilities have formed Advisory Boards, made up of representatives from civic groups, churches and other community organizations, which meet regularly to explore ways to develop community partnerships that enrich the lives of both residents and those in the community.

The Advisory Board at *Alden Orland Park* Rehabilitation and Health Care Center, for example, organized a block party this summer featuring a magic show, live entertainment and an arts and crafts fair. The weekend event, now in its third year, was enjoyed by residents and more than 300 people from the community. Nearly \$4,000 was raised for leukemia research and a homeless prevention organization.

Other recent Advisory Board initiatives include *Alden Estates of Naperville* Rehabilitation and Health Care Center's 'This is Your Life' program and a Memorial Day

cookout and parade at *Alden Lincoln Park* Rehabilitation and Health Care Center on Chicago's North Side (see *Facility Happenings*, page 2.) While Alden's advisory boards focus on how to bring the community into their facilities, the company is equally interested in developing relationships that enable Alden to give back to the community in meaningful ways.



Community Liaison Jo Petruncio answers questions about health care at a Senior Lifestyle Expo in Oakbrook

"Our reputation in the community is key to earning the trust and respect of the families that we serve," says Kathy Beedle, community liaison for *Alden Gardens of Waterford* Assisted Living Community in Aurora. To meet that goal, adds Beedle, who volunteers for everything from raising funds for the Lions Club to calling Bingo at Jaycees events, "we need to work closely with a variety of groups and service organizations."

Although Beedle and the other staff members consider it part of their job to volunteer off-work hours to service organizations, they do so willingly. "It's the best of both worlds," explains Beedle. "We are fortunate to work for a company that cares and gives back to the community."

Visitors encounter lilly pads, waterfalls and brightly colored Koi fish as they cross a bridge that leads to Alden Estates of Barrington

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**Banner design:
Photo of Alden Northmoor's
'Main Street' Promenade**

Facility Happenings



St. Elizabeth Seton students present 'This is Your Life' for Alden Estates of Naperville resident Beverly Cizek.

This is Your Life Alden Estates of Naperville

It's not often that young people get to hear first-hand about what it was like to live through the Great Depression or fight in World War II. But 31 residents of **Alden Estates of Naperville** Rehabilitation and Health Care Center shared those memories and many more with Catechism students from the City of Naperville's St. Elizabeth Seton Catholic Church.

As part of an intergenerational program called 'This is Your Life,' more than 100 seventh graders visited the residents over a period of three months this year—interviewing them, collecting and taking photographs and gathering mementos.

"The students divided into teams and really got to know the residents," says Administrator Clara Leonard. "They asked questions about their families and jobs, what it was like growing up without television or the Internet and what was happening in the world during certain times in their lives."

Theresa Gilbert, who sits on Alden Estates of Naperville's Advisory Board and is also a volunteer at St. Elizabeth Seton, views 'This is Your Life' as "a wonderful opportunity for students to get a sense of history as seen through the eyes of people who lived it."

The students' visits culminated in two afternoon programs in May attended by overflow crowds of residents, staff, families and visitors. Each team chronicled a resident's life, using story board displays, scrapbooks and memorabilia to illustrate their presentations.

"The programs made our residents feel special and gave them a real sense of self-worth," says Activity Director Gail Haviland. "One resident told me, 'I can't believe these kids did all this for me,' and many families were so touched they were in tears."

After the presentations, staff members commented that the students had done such a good job that they learned facts about the residents' lives they did not even know. The response to 'This is Your Life' from both residents and students was so positive that plans are already underway to repeat it next year.

Waving the Flag Alden Lincoln Park

Vietnam veteran and **Alden Lincoln Park** Rehabilitation and Health Care Center resident Robert Alcaraz kicked off this year's 46th Annual Wellington-Oakdale Old Glory Marching Society (WOOGMS) parade on Chicago's North Side with remarks about what it means to be a veteran.

Afterward, more than 300 community members enjoyed hot dogs, hamburgers, corn-on-the-cob and watermelon at the rehabilitation

center's traditional Memorial Day cookout.

Illinois Secretary of State Jesse White joined hundreds of marchers in the parade, which begins each year in front of Alden Lincoln Park. Sixteen residents who are veterans of conflicts from World War II to Desert Storm watched the parade from the front porch and waved flags at parade participants.



Alden Lincoln Park Resident Cordell Morgan joins veterans watching WOOGMS Memorial Day parade.

'East Wing' Debut Alden Long Grove

Alden Long Grove Rehabilitation and Health Care Center's new Extended Care Unit was unveiled at an Open House attended by community members, facility residents and their families and special guests.

The 25-bed unit on the rehabilitation center's East Wing offers a complete range of services from 24/7 nursing care and therapy services to fine dining and complimentary wireless Internet (WiFi) access. An interdisciplinary team of health care professionals develops personalized plans of care tailored to the needs of each resident.

After touring the unit, guests at the Open House were treated to refreshments, mini-massages and a 'De-Stress Yourself' lecture.



A room on Alden Long Grove's new Extended Care Unit.

Move Over Bingo...

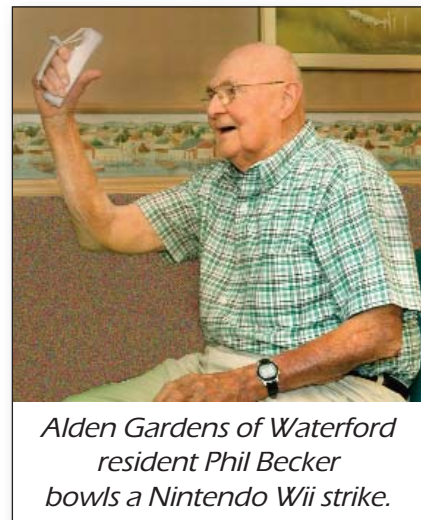
Nintendo Wii is Here

Nintendo Wii hasn't quite replaced Bingo, but 'virtual reality' games—ranging from bowling and baseball to music and fitness—are skyrocketing in popularity among short-term and long-term residents of Alden health care and senior living centers.

Played on television or projection screens with hand-held controllers, the games “develop motor skills and eye-hand coordination in addition to being lots of fun,” says Katie Maniatis, administrator at **Alden Orland Park** Rehabilitation and Health Care Center. The rehabilitation center holds regular 'Mario Kart Wii' competitions, where residents smash into virtual walls and careen around a virtual track without sustaining a single injury. “It's the best therapy because it makes us laugh and it makes us think,” exclaims Alden Orland Park resident Vickie Kozacek.

Alden Poplar Creek Rehabilitation and Health Care Center in Hoffman Estates recently held a 'Wii Fiesta' sponsored by the local library's youth group. And at Bloomingdale's **Alden Valley Ridge** Rehabilitation and Health Care Center, a friendly rivalry has developed between the men's Wii bowling team ('The Huns') and the women's team ('The Ballbusters'). Afterward, the losing team typically treats the winners to ice cream sundaes.

Therapy departments are also discovering the benefits of utilizing Nintendo Wii as a restorative tool. “Playing the games really helps with upper body range-of-motion,” says Mary Ann Bauer, activity director at **Alden Gardens of Waterford** Assisted Living Community in Aurora, who estimates that more than 20 Alden Gardens of Waterford residents are Wii enthusiasts. “One of our residents used to get (steroid) shots to help her shoulder,” adds Bauer, “but she hasn't needed them since she started Wii bowling.”



Alden Gardens of Waterford resident Phil Becker bowls a Nintendo Wii strike.

Recognizing Employee Excellence

ALDEN SALUTES THE DEDICATION OF ITS EMPLOYEES. THE FOLLOWING EMPLOYEES WERE ELIGIBLE FOR 5, 10, 15, 20, 25, OR 30-YEAR ALDEN SERVICE PINS DURING THE FIRST HALF OF 2009.

Alden Alma Nelson Manor

Sandra Belmontes, 5 yrs
Estela Garcia, 5 yrs

Alden Estates of Barrington

Patricia Camarena, 5 yrs
Leonel Jaimes, 5 yrs
Justine Laki-Pitts, 5 yrs
Mavis Poole, 5 yrs

Alden Estates of Evanston

Victorino Mariano, 10 yrs
F. Seda-Cauca, 10 yrs
Hannah Inusah, 5 yrs
Dorothy Panaflorida, 5 yrs

Alden Estates of Naperville

Emily Tojeno, 30 yrs
Carolina Garcia, 25 yrs
Rose Resendez, 10 yrs
Juliet Panganiban, 10 yrs
Jared Panganiban, 10 yrs
Maxima Bogaoan, 5 yrs
Joseph Arceo, 5 yrs
Maria Vega Nunes, 5 yrs
Yujie Wei, 5 yrs

Alden Des Plaines

Leticia Contreras, 5 yrs
Eddielin Merka, 5 yrs
Vicente Polintan, 5 yrs

Alden Lakeland

Laura Hernandez, 10 yrs
Cecilia Medina, 10 yrs
Bernadette Ramon, 10 yrs
Rheadel Acio, 5 yrs
Diorena Gozo, 5 yrs

Alden Lincoln Park

Jose Corcuera, 10 yrs
Aleth Jones, 10 yrs
Anna Moss, 10 yrs
Joselito Baltazar, 5 yrs
Monserrate Beltran, 5 yrs
Juan Grapa, 5 yrs
Virginia Martinez, 5 yrs
Alfredo Onrubia, 5 yrs
Albert Sy, 5 yrs

Alden Long Grove

Celia Juarez, 10 yrs
Daisy Cajigal, 5 yrs
Marilyn Ignacio, 5 yrs
Felipe Villamil, 5 yrs
Ryan Yasona, 5 yrs

Alden Meadow Park

Amber Torkilson, 5 yrs

Alden Northmoor

Dionisia Caipal, 10 yrs
Lucila Capitulo, 10 yrs
Linda Jackson, 10 yrs
Davisha Reynolds, 10 yrs
Barbara Sawicka, 10 yrs
Jun Bolano, 5 yrs
David Hernandez, 5 yrs
Krystal Payne, 5 yrs

Alden North Shore

Anita Weeks, 10 yrs
Ricardo Agnes, 5 yrs
Norma Bartolome, 5 yrs
Brainard Ditangco, 5 yrs
Luis Espinosa, 5 yrs
Leslie Riccardino, 5 yrs

Martina Walker, 5 yrs
Alden of Old Town East
L. Devera-Nantes, 10 yrs
Juetta Henderson, 10 yrs
Surrailya Zakaria, 5 yrs

Alden Orland Park

Larissa Johnson, 10 yrs
Patricia Kazaitis, 10 yrs
Evelyn Sedodo, 10 yrs
Christine Williams, 10 yrs
Santiago Gonzalez, 5 yrs
Olufunmilola Luckey, 5 yrs
Gloria Maranda, 5 yrs
Ismail Oyebode, 5 yrs
Herman Sampson, 5 yrs
Allison Stanley, 5 yrs

Alden Park Strathmoor

Maxine Curry, 5 yrs
Beverly Hardy, 5 yrs

Alden Poplar Creek

Mary Hrycko, 20 yrs
Marlene Gurley, 15 yrs
Debra Thomas, 15 yrs
Chander Dogra, 10 yrs
Rosaura Lopez, 10 yrs
Norma Rios, 10 yrs
Anacleto Rivera, 10 yrs
Blanca Rosales, 10 yrs
Salamma Abraham, 5 yrs
Daisy Rao, 5 yrs

Alden Princeton

Stella Monette, 10 yrs
Barbara Wilson, 10 yrs
Willie Clinton, 5 yrs

Kelly Daily, 5 yrs
Aloysius Nlekwa, 5 yrs
Samuel Oluwadare, 5 yrs

Alden Terrace of McHenry

Victor Iniestra, 10 yrs
Jennifer Kakooza, 10 yrs
Juana Rodriguez, 10 yrs
Cristina Talusan, 10 yrs
Jan Wachowski, 10 yrs
Joyci Becerril, 5 yrs
Baltazar Castilla, 5 yrs
Darina Cavazos, 5 yrs
Miriam Trevino, 5 yrs
Pilar Villa, 5 yrs

Alden Town Manor

Natalia Delgado, 15 yrs
Kimberly Harris, 10 yrs
Bridget Hutcherson, 10 yrs
Audrea Morson, 10 yrs
Anitra Thomas, 10 yrs

Alden Valley Ridge

Mirosława Jasiewicz, 15 yrs
Mary Chakuncal, 10 yrs
Felter Sepanton, 10 yrs

Alden Village

Lilians Perez, 10 yrs
Violet Pinkerton, 10 yrs
Carol Anne Corona, 5 yrs
Brenda Gonzales, 5 yrs
Eufronio Matibag, 5 yrs

Alden Courts of Waterford

Joel Padua, 5 yrs

Alden of Waterford

Ma Fe Ahrens, 5 yrs
Monina De La Cruz, 5 yrs
Linda Phillips, 5 yrs

Alden Wentworth

Regina Long, 25 yrs
Linda Birks, 20 yrs
Rose Jessup, 15 yrs
Yvette Rucker, 15 yrs
Charles Carthen, 5 yrs
Stephanie Lewis, 5 yrs
Raven Williams, 5 yrs

Heather Health Care

Paula Johnson, 10 yrs
Daryl Chappell, 5 yrs
Cynthia Jackson, 5 yrs

AMS

Robert Molitor, 20 yrs
Linda Rosborough, 20 yrs
Debra Tumalak, 15 yrs
Steven Kroll, 10 yrs
Julieta Behbin, 5 yrs
Juan Cardenas, 5 yrs
Le Hoang-Ngo, 5 yrs
Andy Hutchison, 5 yrs
Alfredo Magpayo, 5 yrs
Margaret Mahoney, 5 yrs
Gregory Moore, 5 yrs
Kimberly Morse, 5 yrs

Alden-Bennett Construction

Ritchie Schullo, 20 yrs

Alden Realty

Christine Stelzer, 5 yrs

Heroes in Long-Term Care

Experience the Difference

Orthopedic Rehabilitation
 Neurological Rehabilitation
 Cardiac Rehabilitation
 Skilled Nursing
 Alzheimer's Care
 Respiratory Services
 Ventilator Care
 Respite/Vacation Care
 Senior Living
 Hospice Care

Mission Statement:

To be the best residential and long-term care provider for our customers

Located throughout Chicago and the suburbs, Rockford and southern Wisconsin

- 22 Rehabilitation & health care centers
- 2 Alzheimer's residential centers
- 3 Assisted living communities
- 6 Special needs facilities
- 7 Senior living communities

CIRCLE of Values

Compassion
 Integrity
 Respect
 Continual Improvement
 Learning
 Enthusiasm

As part of National Nursing Home Week, the Health Care Council of Illinois (HCCI) honored 120 'heroes' in long-term care. This year, more than a third of the dedicated employees and residents recognized by HCCI were from Alden facilities.

"This is a tribute to the meaningful contributions these individuals have made to their facilities," said Chief Operating Officer Robert J. Molitor. "We are grateful to have such caring and committed employees and residents."

Alden employees and residents named as 'Heroes in Long-Term Care' are:

ADMINISTRATOR

Dr. Michael Gottesman, *Alden Estates of Skokie*
 Colleen Rodney, *Alden Estates of Evanston*

ADMISSIONS

Gina Calalay, *Alden Estates of Evanston*

BUSINESS/OFFICE MANAGEMENT

Jessica Aponte, *Alden Courts of Waterford*
 Mary Hrycko, *Alden Poplar Creek*
 Shameka Tate, *Alden Trails*

CERTIFIED NURSING ASSISTANT

Andrew Andrada, *Alden Estates of Evanston*
 Susan Bainer, *Alden Poplar Creek*
 Rosita Drapiza, *Alden Estates of Evanston*
 April Graham, *Alden of Old Town West*
 Martha Hernandez, *Alden Town Manor*
 Hannah Inusah, *Alden Estates of Evanston*
 Jennifer Kakooza, *Alden Terrace of McHenry*
 Maria Reino, *Alden Courts of Des Plaines*
 Maria Rodriguez, *Alden Poplar Creek*
 Alfonso Valencia, *Alden Springs*
 Rhonda Williams, *Alden Village North*



Alden Estates of Evanston's 'Heroes in Long-Term Care.'

DIETARY/FOOD SERVICE

Edward Arguelles, *Alden Courts of Waterford*
 Mirosława Dziekonski, *Alden North Shore*
 Juetta Henderson, *Alden of Old Town East*
 Maria Kakates, *Alden Estates of Evanston*
 Martha Moore, *Alden Alma Nelson Manor*
 Kerrian Witter, *Alden Estates of Evanston*

DIRECTOR OF NURSING

Richelle Hofilena, *Alden Estates of Evanston*
 Rose Suplemento, *Alden Estates of Skokie*

LAUNDRY/MAINTENANCE/HOUSEKEEPING

Frank Amarillo, *Alden Des Plaines*
 Jose Bello, *Alden Estates of Evanston*
 Jaime Guzman, *Alden Village*
 Thelma Webster Johnson, *Alden Princeton*
 Lucinda Jones, *Alden Princeton*
 Herman McDaniels, *Heather Health Care*
 Reginald McFray, *Alden Princeton*

NURSE

Victoria Howell, *Alden Courts of Waterford*
 Patricia Jentzen, *Alden of Orland Park*
 Vanessa Louchios, *Alden Courts of Waterford*
 Reynaldo Magsino, *Alden Estates of Evanston*
 Glenda Montinola, *Alden Northmoor*

RESIDENT

Robert Alcaraz, *Alden Lincoln Park*
 Vicky Bell, *Alden Princeton*
 Dennis Halsey, *Alden Estates of Skokie*
 Yvonne Stowers, *Alden Valley Ridge*
 Willie Townsend, *Alden Princeton*

Alden Wentworth's 'New' Look



Sneak Preview: Alden Wentworth's top-to-bottom renovation is nearing completion. The facility's new look features an expanded therapy department and new furniture, flooring, window treatments and artwork throughout.

