

THE ALDEN LEADER

Special Needs

Village North Joins Alden's Special Needs Family

Alden's commitment to those with special needs was one of the reasons Village North recently became the company's sixth facility to offer comprehensive programs and services for individuals with developmental disabilities. Formerly known as Mosaic Living Center and renamed *Village North Health Facility for Children and Young Adults*, the 150-bed health care center is located in Chicago's Rogers Park neighborhood.

"We want to be able to continue to provide a comfortable, safe and home-like environment for developmentally disabled children and young adults," says Robert J. Molitor, chief operating officer for Alden Management Services. "The goal is to bring our knowledge of caring for people with special needs to Village North."

Among the special offerings at Village North are a School/Work Program and a Ventilator Unit. Staff members are currently undergoing intensive training in Alden policies, procedures and expectations, and renovations to the three-story building are scheduled in upcoming months. "The staff has been very receptive to the transition, and everyone is

positive about the changes that are taking place," says Suzanne Huxel, Alden regional director.

Changes are also apparent in west suburban Bloomingdale, home to *Alden Village Health Facility for Children and Young Adults* and four 16-bed residences that Alden has built for young adults with developmental disabilities. Nearing completion, a 37,600-square-foot addition to Alden Village features larger bedrooms, additional activity and

The goal: To enable each individual to develop to their fullest potential

family visiting areas and a 24-hour closed-circuit security system. The next phase of the two-year project includes upgrading heating, air conditioning, electrical wiring and plumbing in the original building and redecorating.

Recognizing that special needs residents have differing abilities and needs, Alden's philosophy is to promote programs and services that enable each resident to develop to their fullest potential.



Juwan Franklin 'swims' with the help of rehabilitation aide 'Miss Rose' Lafayette in a Rompa ball pool at Village North. The pool is part of a multi-sensory room that uses Snoezelen therapy to help children with developmental disabilities enjoy and control a variety of sensory experiences.



Spring Comes to Alden Alma Nelson Manor

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Alden Holidays: A Time for Giving and Receiving

From Cub Scouts delivering free meals for homebound seniors in McHenry to a Chicago alderman's gift to rehabilitation and health care center residents in Lincoln Park, holidays at Alden are a time for giving and receiving.

Nearly 40 homebound and frail seniors got a free meal last December—including a turkey, mashed potatoes, stuffing, vegetables, cranberry sauce, vegetables, fresh fruit, candy and dessert—because of an idea suggested by *Alden Terrace of McHenry Rehabilitation and Health Care Center's* advisory board, which includes representatives from community organizations.

The free holiday meals, made possible through a partnership with Helping Hands Food Pantry in nearby Spring Grove, "allowed all of us at Alden Terrace of McHenry to play Santa for needy seniors in our community," says Lesley White, administrator. One of the advisory board's primary goals, she adds, is to find opportunities to give back to the community.

Sharing Tree initiative celebrates its 12th year

The Sharing Tree initiative is a holiday tradition that benefits children and young adults who live in Alden facilities for the developmentally disabled. Each year, hundreds of employees voluntarily participate in donating gifts. As part of the initiative, wish lists are filled out by residents of Bloomingdale's *Alden Village Health Facility for Children and Young Adults*, as well as four nearby residences for disabled young adults, then hung on Christmas trees in Alden facilities throughout Chicago, surrounding suburbs and Rockford.

The wish lists are selected by employees and community members who purchase items ranging from clothes and bath products, to DVD players and books. The gifts are wrapped and handed out by 'Santa' at holiday parties.

"It's nice to see faces light up when our residents open their presents," says Suzanne Huxel, regional director for the special needs facilities. "From the oldest to the youngest, everybody is a child at Christmas." Since the Sharing Tree began 12 years ago, nearly 10,000 gifts have been donated.



Cub Scouts join Alden Terrace of McHenry staff in delivering holiday meals to needy seniors. The boys belong to Cub Scout Pack 351, whose den leader is a member of the facility's advisory board.

For the second consecutive year, *Alden Valley Ridge Rehabilitation and Health Care Center* was invited to decorate a tree for west suburban Bloomingdale's Annual Community Decorated Holiday Trees Program. The trees were on display outside the public library through New Year's Day.

Residents of *Alden Lincoln Park Rehabilitation and Health Care Center* received a \$1,000 food donation from Chicago's Ann Sather restaurant for their annual Christmas Party. The food was donated by 44th Ward Alderman Tom Tunney in whose district the facility is located.

Facility Happenings

Vets Attend I-355 Opening Alden Naperville

When Jeff Russell opened his invitation to the dedication of the I-355 Veterans Memorial Tollway, he knew exactly who he wanted to join him. As a veteran and then administrator of *Alden Naperville Rehabilitation and Health Care Center*, Russell arranged to have seven of the facility's veterans of WWII, the Korean War and the Vietnam War attend the tollway's grand opening ceremonies.

Appropriately, the celebration took place on Nov. 11—Veterans Day—with a military band playing and politicians speaking. "It was bitterly cold but the guys were so pleased to be there, at



Alden Naperville vets participate in I-355 dedication

the naming of a tollway in honor of their service," Russell says. "We sang the national anthem and had a great time. It was good to be around vets." Russell is now at *Alden Poplar Creek Rehabilitation and Health Care Center*.

Designated Driver Wins Gift Alden Gardens of Waterford

The winner of *Alden Gardens of Waterford Assisted Living Community's* premium gift basket at the annual Naperville Wine Festival couldn't have been more fitting. Cathy Strehlau, who attends the festival each year, signed up to win the 'All Things Wine' basket at Alden Gardens of Waterford's booth even though she didn't take part in the festival's main activity of wine tasting. The reason? Strehlau was at the event as a volunteer designated driver.

People IN THE NEWS

Alden Director Stays Wired During Recovery *Alden Alma Nelson Manor*

Thanks to *Alden Alma Nelson Manor Rehabilitation and Health Care Center's* private rooms for orthopedic patients, free wireless Internet access (WiFi) and top-notch therapy and nursing staff, Alden Regional Director Greg Nienaber was able to 'keep in touch' while successfully recovering from total knee surgery.

"The thing that was good for me was I got to see what it's like to be a rehab patient," says Nienaber, who was admitted to the Rockford facility's short-term rehabilitation unit on New Year's Eve. At midnight on the East Coast, Nienaber and wife Sandy watched the ball drop in New York's Times Square because Sandy spent the night on a sleeper sofa in her husband's private room.

"I really appreciated the friendly, positive attitude of the whole staff," says Nienaber, 60, whose surgery was necessitated by a college football injury. "I feel like that contributed to my rapid recovery," he adds.

In between twice-daily therapy sessions, Nienaber tapped into the facility's WiFi network to check his e-mails. "Lots of patients take advantage of our free Internet access to stay in touch with their families," says Nienaber, "and some of us, like me, even use it to stay current with our jobs."

Of course, Nienaber, who oversees Alden Alma Nelson Manor and other facilities in Rockford, Clinton, Wisconsin and Hoffman Estates, was closer to work than most. "Due to this experience," Nienaber smiles, "I can personally vouch for the excellent therapy, nursing and services we provide."



Regional Director Greg Nienaber keeps in touch with friends, family and work while recovering from knee surgery

Spanning the Generations *Alden Town Manor*

Florence Dombald and Cassie Birmingham are friends, even though one has never sent a text message and the other can't imagine life without communicating electronically.

Dombald, 97, is a retired nurse and resident of *Alden Town Manor Rehabilitation and Health Care Center* in Cicero, while Birmingham is an eighth grader at the suburb's Unity West Junior High School and aspires to become a nurse some day. Dombald has middle-stage Alzheimer's disease, and Birmingham was one of 15 students who participated in Town Manor's most recent Memory

Bridge initiative. Over the course of the initiative, which is in its third year, students develop one-on-one 'best buddy' relationship with Alzheimer's residents. In particular, they are taught how to bridge the communication gap by talking to residents in their own 'time zones' and asking leading questions. "The program gives our Alzheimer's residents an opportunity to laugh and have fun," explains Peggy Mahoney, director of dementia services. "The students really motivate them to take a trip down memory lane."

For Dombald and Birmingham, the initial common thread was nursing. By its conclusion, though, it was clear that the Memory Bridge program had benefited both 'best buddies.' In addition to learning what nursing was like years ago, Birmingham developed emotional and social skills that will one day help her in her career as a caregiver.



Town Manor's Florence Dombald (left) talks with 'best buddy' Cassie Birmingham about nursing

Recognizing Excellence

ALDEN SALUTES THE DEDICATION OF ITS EMPLOYEES. THE FOLLOWING EMPLOYEES WERE ELIGIBLE FOR 5, 10, 15, 20, 25 OR 30-YEAR SERVICE PINS DURING THE FOURTH QUARTER OF 2007.

Alden Alma Nelson Manor

Haemi Gunsallus, 15 yrs
Robert Benka, 10 yrs
Hazel Argosino, 5 yrs
Tricia Ferguson, 5 yrs
Heidi Gregory, 5 yrs
Gloria Jalla, 5
Saroj Shah, 5 yrs

Alden Des Plaines

Frank Amarillo, 5 yrs
Catalin Dragomir, 5 yrs
Remely Laguda, 5 yrs
Tracy Oglesby, 5 yrs
Vidal Vazquez, 5 yrs

Alden Estates of Barrington

Janet Caccamo, 5 yrs

Alden Estates of Evanston

Generoso Cadiante, 10 yrs
Carine Jeanty-Metellus, 10 yrs
Anne Smith, 10 yrs

Alden Lincoln Park

Nellie Vega, 30 yrs
Jesusa Galarion, 5 yrs

Alden Meadow Park

Nancy Flora, 5 yrs

Alden Northmoor

Clevonne James, 10 yrs
Berda Kelly, 10 yrs

Alden North Shore

Dino Gales, 5 yrs
Barbara Lockett, 5 yrs

Alden Orland Park

Patricia Mendoza, 10 yrs
Apdiel Torres, 5 yrs

Alden Park Strathmoor

Sharon James, 5 yrs

Alden Poplar Creek

Lerma Domingo, 15 yrs
Alma Arizmendi, 5 yrs

Alden Princeton

Genett Clay, 20 yrs
Pamela Hamilton, 10 yrs
Maria Wills, 10 yrs

Alden Town Manor

Anibal Torres, 10 yrs
Jacqueline Howard, 5 yrs

Kelly Preston, 5 yrs

Tiffany Raggs, 5 yrs

Alden Valley Ridge

Celia Garcia, 25 yrs
Jai Stewart, 15 yrs

Lucena Racela, 5 yrs

Alden Gardens of Waterford

Edward Kropiwiec, 5 yrs
Martina Preciado, 5 yrs
Anthony Taranto, 5 yrs

Alden Wentworth

Hattie Nance, 10 yrs
Alice Richardson, 10 yrs
Veronica Janvier, 5 yrs
Michael Jones, 5 yrs

Alden Management Services

Amparo Torres, 10 yrs
Linda Johnson, 5 yrs
Martha Kath, 5 yrs

Alden Foundation

Erin Matty, 5 yrs

Prism

Katherine Rosner, 10 yrs

Welcome Aboard: New Faces in Top Facility Jobs

Always The First Choice

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

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

21 rehabilitation & health care centers
2 Alzheimer's residential centers
2 assisted living communities
6 special needs facilities
7 senior living communities

Circle of Values

Compassion
Integrity
Respect
Continual Improvement
Learning
Enthusiasm

Barry Gans Administrator, Alden Lakeland

As the former owner and operator of skilled nursing facilities in the Chicago area, Barry Gans has been a licensed nursing home administrator for nearly 30 years. He holds a bachelor's degree in Business



Administration. What Gans likes best about his job are "the challenges that arise every day. I've worked in nursing facilities since high school and there's never been a dull moment."

Clara Leonard Administrator, Alden Naperville

With 20 years of experience in long-term care, Clara Leonard has worked in positions ranging



from admissions to social service director. A licensed nursing home administrator, she holds bachelor's and master's degrees in Sociology and Counseling Psychology. Living with her

grandmother as she grew up, Leonard says she has always felt close to the elderly. She especially enjoys "doing things to make our residents and staff glad they are here."

Scott Mow Administrator, Alden Orland Park

Motivated to become an R.N. and certified critical care nurse by watching the TV show *Emergency* as he grew up, Scott Mow was assistant administrator at Alden Orland Park before his promotion to administrator. What he likes best is "talking with residents and families and maintaining excellent customer service."



Mike Pettinatti Administrator in Training, Alden Estates of Barrington

Almost 20 years after studying Elder Law in law school, Mike Pettinatti believes "experience, age, temperament and opportunity have converged" to lead him to choose a career in long-term care. An attorney and former Judge Advocate General in the U.S. Army, Pettinatti holds bachelor's and juris doctor degrees. "My favorite part of the day is making morning rounds and ensuring that every resident's stay is as comfortable and enjoyable as possible."



Colleen Rodney Administrator, Alden Estates of Evanston



"When I was 13, my mother had me volunteer at a nursing home. When I turned 15, I began working in dietary. My passion for this field has grown with each position I have held," says Colleen Rodney.

Promoted from her marketing role at Alden covering the North Shore, Rodney holds a bachelor's degree in Sociology and has worked in admissions, social service and marketing for other companies.

Bobbie Skudrna Executive Director, Alden Courts of Waterford

Bobbie Skudrna began her career 15 years ago as a certified nursing assistant in a nursing home. Over the years, she has worked in sales and marketing and was hired last fall as the marketing liaison/placement coordinator for Alden Gardens of Waterford Assisted Living Community. What she likes best about her new position is "the feeling of accomplishment I get from helping people."



Additional New Administrative Postings: Lindsay Broadbent, Assistant Administrator, Alden Northmoor; Katie Maniatis, Assistant Administrator, Alden Orland Park; Kara Vanderford, Assistant Administrator, Alden Terrace of McHenry.