

RELIABLE

Health Care

*Providing the highest quality care
for the residents in our facilities.*

Reliable Newzz Quarterly

4th Quarter 2008

Resident Centered Care



The Cedartown City Commission cleared the way October 13th for rezoning of property to allow Cedar Springs Health and Rehab Center to relocate from its current location on Cason Road. The new location will be a complex of houses and support buildings.



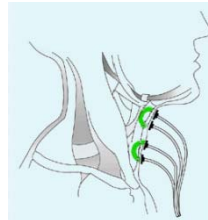
The plan is to replace the more than 40-year-old building that now serves as home to patients who need long-term nursing care. The new facility will have separate housing for residents. Currently, many share four-bed wards and our goal is to provide a higher quality standard of care, getting away from the institutionalized feel of a nursing home, and instead create a community. Plans are modeled after a similar nursing community in South Carolina. The vote was met with cheers from the packed audience, made up largely of Cedar Springs staff, residents and family.

Reliable Rehab Introduces



Reliable Rehab is proud to announce that we have added Vital Stim therapy to our Speech Therapy services and we have 5 speech therapists serving 6 of our facilities who are certified to incorporate Vital Stim in the already excellent services that they provide to our residents with swallowing dysfunction. The Vital Stim unit will move from facility to facility and be used for 6 to 8 weeks at each facility. Residents that can benefit from this therapy service are identified by the speech therapists and will receive the treatment when the unit is in their facility. Another benefit that has been noted while treating swallowing dysfunction is that the residents' voice quality has also improved as a result of the Vital Stim.

A small, carefully calibrated current is delivered by specially designed electrodes. The current stimulates motor nerves in the throat and the muscles responsible for swallowing contract. The quality of the swallowing function improves and with repeated therapy, muscles are re-educated. Congratulations to all the SLP's for becoming certified in this advanced qualification. October is also Physical Therapists month. It takes a team effort to provide quality care and a quality of life. Thank you for being part of the team.



“ReliaBowl 2008” Winner



Congratulations to the “Fabulous Fifth” bowling team from Fifth Avenue Health Care in Rome, GA. After several games in three different heats, they managed to beat out Friendship Health & Rehab’s team “MJ&S” from Cleveland, GA. Fabulous Fifth will defend their championship title next year at “ReliaBowl 2009”. A great time was had by all who participated.

Essay Contest

“Why I like to work in a nursing home” is the theme of Reliable’s essay contest. First prize is \$500 and second prize is \$250. Essays will be judged by outside judges and winners will be announced during the facility Christmas parties. There is no essay length limitation & it may be hand written or typed. All employees of Reliable are eligible.



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