



April 2010

Thoughts About Aging

You know you're (acting) old when...

- The words, “not at my age” are used more frequently to explain, excuse or defend.
- Comfort replaces style...at any price.
- You look into a mirror and only see wrinkles and grey hair.
- Things that once were not important have become the center of your life; you call it “keeping busy”.

-Chuck Adams

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A Word From the Administrator



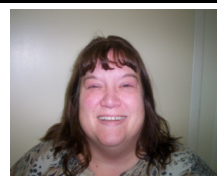
Donna Coad, BS, LHNA
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It's beginning to look like Spring outside, and it is nice to have some warm weather and sunshine again! If you have been in the building lately, you may have noticed some more new decorations added to the halls. We continue to try to find pictures, etc.

that will create a home like atmosphere for our residents. Very soon we will have Eastern Illinois University students painting murals on a section of our walls. There will be four murals altogether: one on East (Memory Lane); one on West (Nature's Way); one on the Bloedel Wing (medical theme) and one in the Beauty Shop. We hope to have the murals ready for viewing soon. If you have never attended Family Night in the past, I would like to extend a

special invitation to attend. Everyone enjoys the entertainment, visiting with others and the GOOD FOOD!

I also would like to encourage everyone to bring wall pictures, a small photo album, personal items, etc. that your loved one would like for decorating their room. If you have pictures that need hung, we will gladly assist. Picture's and personal items usually spark conversations, and assists your loved one to feel like this is their HOME. Since this is their home now (whether a short or long stay), we want their room to be as comfortable as possible.



Mamie Henderson, RN, BS
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Stress is recognized as the number one killer today. The American Medical Association states that stress is the cause of 80% of human illnesses and diseases. Stress may affect your heart, muscles, blood pressure, and many

Stress Awareness Month

other medical conditions.

Stress relievers may often help enhance health. Ways to help reduce stress:

- ◆ Take time to yourself, even if it is for only 5-10 minutes a day.
- ◆ Exercise.

◆ Find a hobby you enjoy.

◆ Write your feelings down.

Be proactive in identifying your stressful situations and learn the techniques to manage the situations.



Employee

Spotlight

Katie Myer,
Social Services

Katie has been with Hilltop for five years. She began her career as a CNA then worked in medical records and now works as the social services director.

Katie lives in Mattoon with her 14 year old daughter. She enjoys reading mysteries and photography.

Quote of the Month

Life is like a game of cards. The hand that is dealt you represents determination; the way you play it is free will.

Jawaharal Nehru

For More Information:

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April, National Occupational Therapy Month

The O.T. Promise

When shoe laces bring frustrated tears
and cooking cannot be done
When brushing teeth requires skills
and reading not much fun
When stairs become a marathon
and door knobs cannot be turned
When wounds have healed and doctors gone
and living has to be learned
I will be there, for that is what I do
to make you feel whole again
Suresh Bhavnani

MARK YOUR CALENDAR!

Wednesday, April 21 Wear Something Red Day

Monday, April 19th 7:00pm Music with Prairie Winds

Tuesday, April 27th 6:00pm Family Night

For more information on activities for Hilltop, contact Irene Carter.



Helen Pankey

Hilltop Convalescent Center utilizes a program called Quick Steps, which combines skilled nursing care with extensive, state-of-the-art rehabilitation products and protocols to assist the patients in reaching their optimal functional outcome.

Helen Pankey, just recently successfully completed Hilltop's Quick Step Program and has been discharged to return to home. Helen states, "My care was good all the way around. The therapy department was excellent." Our goal is to develop and maintain an active treatment program

that helps individuals return to their highest possible level of functioning. We want to help them regain their energy and strength so they can return home and live independently once again.

The unique skills and programs offered at Hilltop Convalescent Center provide our residents with optimal opportunity for returning to the community to live. Our Rehab Department designs our rehabilitation programs and works with the families and the patients in order to achieve a successful outcome.

Hilltop is proud to say that Helen is not the only success story of our Quick Steps Program. In 2009, there were 35 residents who were also able to recover at Hilltop and return home.



"What's Cookin'"

New Weekly Activity

Residents are enjoying a new weekly activity, cooking. So far, they have enjoyed baking cookies, making Shamrock pretzels, and baking chocolate pies.

What a wonderful aroma that fills the air!