THE FASTEST WAY HOME: Rehabilitation Makes a Difference

“The Cedars has risen to the challenge of offering very high level programs with excellent therapies and recovery rates. I’m grateful, I know my patients are grateful, and I feel very lucky to live and work in a community with these kinds of options.” –BRIAN J. MCGRORY, MD

IF YOUR DOCTOR RECOMMENDS joint replacement surgery, you have a lot of decisions to make. The Cedars provides rehabilitation to over 600 Maine seniors every year, more than any other facility in the state. We want every patient to be empowered, informed and prepared. So we sat down with two experts—Brian J. McGrory, MD, and Michael W. Becker, MD, of Maine Medical Partners Orthopedics—and asked what they felt seniors should know about rehabilitation. As a recent Medicare study placed their practice in the top 1% nationwide for quality of care, we knew they had important insights to share.

Plan Ahead

“In elective surgery, preparation is key,” Dr. McGrory explains. One of Maine’s most experienced joint replacement surgeons and talented researchers, Dr. McGrory works closely with patients and their families to plan for a successful surgery and a swift recovery. “I’m a surgeon. I don’t leave anything to chance,” he laughs.

Dr. Becker agrees. As the Medical Director of the Joint Replacement Center at Maine Medical Center, he joins discharge planners, nurses and other caregivers in informative, pre-operative meetings with patients and their families. “These classes connect patients and their families with their medical team, and gives them the chance to ask questions about all aspects of their care,” he says.

Continued >
"I'm very grateful for the work The Cedars does. They do a great job. They're very dedicated to making people better, and you can't ask for more than that." — MICHAEL W. BECKER, MD

Get the Level of Rehabilitation You Need
Your doctor’s recommendations for post-operative care are based on many factors. The type of surgery, the amount of support at home, and other medical conditions that require treatment are just some of the considerations these surgeons discuss with patients and their families. “It’s a shared decision-making process,” says Dr. McGrory. “We work together to find the right pathway to recovery.”

While most patients want to recover at home, if your doctor recommends inpatient rehabilitation, you should listen. “For patients who need inpatient rehab, recovery is faster—and patients swear by rehab giving them that edge,” says Dr. Becker.

See Rehabilitation Facilities for Yourself
Both surgeons encourage patients and their families to visit potential rehabilitation facilities before making their choice. “We tell patients and their families to visit. If you have that comfort level, it makes a real difference,” says Dr. Becker.

What You Should Look For During Your Visit
One of the most important considerations is patient convenience. How easy is your rehabilitation center for family and friends to visit? How close is it to your hospital and your surgeon’s practice? “The Cedars is so conveniently located,” Dr. Becker points out. “It’s easy for me to go there or for patients to get here without specialized transport.”

Seniors should also demand a high standard of care. “The clinical judgement of the staff is critical to us,” Dr. McGrory emphasizes. “Therapists and nurses need to be able to determine when their expertise is adequate or when we need to be involved. Good clinical judgement gives me such peace of mind.”

Both physicians give The Cedars high marks. “The Cedars is known to have a very good therapy staff and a very good gym, and they have a dedicated crew and a program geared towards the patients we are operating on. I’ve heard so many good things from patients over the years about their stay there,” reports Dr. Becker.

“We’re often asked for our recommendations,” adds Dr. McGrory. “The Cedars is on top of patients’ lists for convenience and care. It’s on top of doctors’ lists for its staff.”

For Dr. McGrory, these accolades aren’t just professional—they’re personal. When his father needed both knees replaced, Dr. McGrory recommended Dr. Becker for the surgeries ... and The Sam L. Cohen Rehabilitation Center at The Cedars for both his recoveries. “My dad is 75 years old and he just went to Antarctica with my mom,” Dr. McGrory says. “He’s very active and really wanted to recover quickly, and was very hands-on with his own recovery. The Cedars did a really nice job.”

State-of-the-art healing.
Cutting-edge therapies, faster recoveries, better outcomes ... and an 85-year commitment to Maine seniors. For a personal tour, call (207) 221-7100.
A Vision of Health: Dynavision 2

“The Dynavision can be used by all three of our rehabilitation disciplines ... it really helps motivate everyone.” — HEIDI GRAF

The Dynavision 2 is a cutting-edge therapeutic tool designed to improve the visual and motor skills of professional athletes. It builds strength, balance and range of motion, decreases reaction time and sharpens cognition.

Today, you’ll find a Dynavision in over 1,000 hospitals and athletic departments nationwide. Thanks to the fundraising efforts of The Cedars Auxiliary, you’ll also find one in the Rehabilitation Center’s therapy gym.

The Dynavision 2 had an immediate impact on our therapeutic programming. “It can be used by all three of our rehabilitation disciplines,” raves Heidi Graf, OT, Rehabilitation Manager. “It can be graded to give each patient a successful experience. It really helps motivate everyone.”

Occupational Therapist Kelsi Royer is working on her clinical doctorate in occupational therapy while working at The Cedars. She studies patients with vision deficits and helped establish a Vision Program at The Cedars. The Dynavision 2 has become a key assessment and treatment tool in this exciting new program.

The Cedars Vision Program benefits seniors who have suffered a stroke, or who have macular degeneration, cataracts or vision loss. The Dynavision 2 helps stroke patients with visual field loss and their ability to sustain attention, and all patients with visual processing and hand-eye coordination.

“We pre-program the Dynavision according to the abilities of the patient,” Heidi explains. “We can decide to light any or all of the quadrants. If you want to work on divided attention, for instance, you can add math problems in the center screen.”

The Cedars thanks The Cedars Auxiliary and its donors for helping our patients visualize a healthier tomorrow.

Join The Cedars Auxiliary.

BE A PART OF A DYNAMIC GROUP OF MEN AND WOMEN SERVING MAINE SENIORS. To join The Cedars Auxiliary or renew your membership, call (207) 221-7007.

Meet Elena Brandt, Our New Director of Development

This February, Elena Brandt joined The Cedars as Director of Development. She begins her tenure committed to fostering a strong and vibrant philanthropic culture that is welcoming, inclusive and rooted in the Jewish ideal of tikkan olam (repairing the world). “Elena brings entrepreneurial spirit and hands-on philanthropy to The Cedars,” says Kathryn Callnan, President and CEO.

Elena has led philanthropy programs for over 25 years, most recently as the principal of Brandt Associates and from executive positions at Planned Parenthood of Northern New England, the University of Maine School of Law Foundation, the Southern Maine Community College Foundation, and more.

Elena volunteers her expertise to the Association of Fundraising Professionals, Making Tomorrow, the Cape Elizabeth Land Trust, Maine Initiatives, the Maine Jewish Film Festival, Children’s Theater and Museum of Maine, the Maine Writers and Publishers Alliance and the International Visitor Program of the World Affairs Council of Maine.

Elena received her Masters from Middlebury College and lives in Cape Elizabeth, Maine.
Celebrating Cathy Cohen
A Lifelong Legacy of Giving

“Cathy was deeply kind and thoughtful, and we have truly been blessed by her presence here at The Cedars.” – KATHRYN CALLNAN

The Cedars lost a stalwart supporter in July 2013, when Cathy Cohen, a longtime member of The Cedars Auxiliary, passed away. Today her incredible legacy of giving lives on in the form of a generous gift to The Cedars from her estate.

A registered nurse, Cathy worked at Maine Medical Center for most of her career, running the operating room for decades until she retired in 1993. She met Cuddy Cohen, a longtime trustee of the Jewish Home and The Cedars, on a skiing trip at Sugarloaf. They were married shortly thereafter, and Cathy enjoyed spending time with Cuddy’s daughters Lori and Martha.

Cathy joined The Cedars Auxiliary Board in 1994 and served as Vice President of Resident Events. She helped enhance the events The Auxiliary runs for residents of The Cedars: the annual Holiday Party, the Mother’s Day Tea, and the Father’s Day Pizza Party. She worked tirelessly to make our residents feel special.

“Cathy cared deeply about each of our residents,” remembers Kathryn Callnan, President and CEO of The Cedars. “She really understood how important these events are to them. She once noticed a resident who hadn’t opened the holiday present she’d received from The Auxiliary. This resident told Cathy she wanted to save it because it was the only present she would receive that year.

Something like that might have made you or me feel sad, but Cathy went into action: she went out that evening and bought the woman several other gifts herself, wrapped each of them separately and beautifully, and delivered them personally. She was deeply kind and thoughtful and we have truly been blessed by her presence here at The Cedars.”

Thanks to Cathy’s extraordinary generosity, that presence will be felt for generations to come.

LEGACY GIFTS SUSTAIN THE CEDARS FOR GENERATIONS TO COME. To learn more about the benefits Planned Giving provides you, your heirs and Maine seniors, call (207) 221-7002.

Honor the nurse, therapist, volunteer or caretaker who made a difference during your time with us through a tax-deductible gift to The Cedars. The gift will recognize your Care Champion’s commitment to exceptional care and he or she will receive a card and a badge to wear proudly while continuing the work that touches so many.

CALL (207) 221-7007 TO MAKE YOUR GIFT.
Gifts to The Cedars
October 16, 2013 - February 15, 2014

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In honor of Dee Emple, Auxiliary President
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In honor of Pearl Gerber’s 99th Birthday
Mr. & Mrs. Michael Thaler

Cedars Care Champions
Through The Cedars Care Champions program, donors recognize staff who have “gone the extra mile.” Congratulations to members of The Cedars staff named as Care Champions!

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Our fiscal year runs from May 1 to April 30. This list includes gifts made from October 16, 2013 to February 15, 2014. Gifts to The Cedars 2014 Annual Fund will be listed in the Annual Report. These lists are meant to be comprehensive and accurate. If you are aware of an omission or other error, please accept our apologies and contact the Development Office at (207) 221-7007. If you do not want to receive future fundraising requests, please contact The Cedars Development Office at 207-221-7007, development@thecedarsportland.org, or by mail. Thank you.
See the Advantage for Yourself.

Only The Cedars offers award-winning independent living, assisted living, skilled nursing and rehabilitation on one beautiful, convenient Portland campus.

Visit thecedarsportland.org or call 207.221.7000 today.

Calendar

Pianist Tom Snow
Wednesday, March 26
The Atrium at The Cedars

Gratitude with Deb Bergeron
Thursday, April 24
The Atrium at The Cedars

RSVP 221-7100

Passover Seders
Monday, April 14 and Tuesday, April 15
The Hoffman Center

RSVP 221-7000

Advocating for Seniors At the State House

On March 5, LD 1776: An Act to Implement the Recommendations of the Long Term Care Facilities Study Commission, received a public hearing before the Committee on Health and Human Services. John Watson, Chief Financial Officer at The Cedars, was one of its presenters.

John was a gubernatorial appointee to the Long Term Care Facilities Study Commission that authored LD 1776 and was recognized for his work and leadership. The Committee concluded Maine must rectify years of chronic underfunding to nursing homes. Rural areas are hardest hit and many are in danger of closing, but even urban facilities are challenged to make ends meet.

The Commission urged the legislature to pass $2 million in relief for struggling facilities in rural Maine; a bill to study funding problems in rural Maine facilities; and a bill sponsored by LeadingAge to end the current system of MaineCare reimbursements and require the state to pay providers the $35-40 million in care costs it fails to reimburse each year.

"We need to stop relying on providers to meet our obligation to rural and low-income elders," John explains. "Everyone needs access to quality long term care."