

*Providing care with  
promptness, sensitivity,  
respect compassion, and  
integrity.*



**Anna Legeres with  
Charlene Manor's Ed  
Redonnet, PT**

**Charlene Manor Extended  
Care Facility**

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## “They Watch Out for Me” at Charlene Manor

### Case Study

At 104, **Anna Legeres** says her secret to longevity includes staying out of the sun and always using an umbrella at the beach and other sunny locales. Today, she has the same amount of spunk that she had back in the years that she worked at a cotton mill in her hometown of Turners Falls for 30 years, and later at the Erving Paper Mill for 20 years. Proud of her Polish heritage, she was always a very active congregant of the Our Lady of Czestochowa Parish, known for the church's beautiful architecture and vibrant community activities. Recently, Anna began having trouble with her balance, suffering falls, and altogether she was not managing well at home. She would need a specialized combination of rehabilitation and skilled nursing care to help her regain her abilities and a greater level of independence. For Anna, it was clear that **Charlene Manor Extended Care**, which received a **perfect deficiency-free survey by the Massachusetts Department of Public Health in 2010**, would be the best match for her.

### Interdisciplinary Team Treatment Plan

After her arrival at **Charlene Manor** on February 9, Anna began a daily regimen of physical and occupational therapy aimed at helping her re-establish a greater level of independence.

### Physical Therapy

- Physical therapists were focused on increasing Anna's strength in her legs with the use of weights and stretching to enhance her agility.
- With improved strength, she progressed to standing and other balance exercises to help her realize a greater comfort level on her feet.
- Walking with assistance for greater distances improved her endurance, and she progressed to ambulate with a walker with the assistance of a therapist.

### Occupational Therapy

- Work on ADLs and hand-eye coordination exercises allowed her to readapt to more independent living.
- Upper body strength with the use of weights and other resistance further enhanced her abilities.

**Outcome:** Anna is a long-term care resident now at **Charlene Manor** and continues to improve her quality of life with the integration of rehabilitation, activities and interaction with the staff who have become family for her.

**In the Patient's Own Words:** “I have never seen anyone as wonderful as the people here. They care of me so well, you wouldn't believe it. They watch out for me all the time.”





