

## “Exceptional” Private Room Rehab at Pilgrim

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



Isaac Bruce Bears with the Pilgrim Rehab staff and (below) working on speech therapy with Lisa Primeau, MS, CCC-SLP



### Pilgrim Rehabilitation & Skilled Nursing Center

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### Case Study

For thousands of people who grew up in Boxford, Middleton and Topsfield, 82-year-old **Isaac Bruce Bears** will always be Principal Bears who served at the helm of Masconomet Regional Middle School for 20 years. That tenure rounded out a career in education that began at Tufts University and took him from a private school in Ohio, public schools in the Northeast and ultimately back home on the North Shore. Now widowed and living on his own at **Brooksby Village Retirement Living**, Mr. Bears recently began experiencing troubling symptoms, including disorientation, light-headedness, difficulty breathing and a fever. As a diabetic, he's always conscious about changes in health, and this was clearly a case that called for further medical attention. With the help of the staff at Brooksby, Mr. Bears went to the **Lahey Clinic Medical Center** where it was discovered that he was suffering from pneumonia, congestive heart failure and COPD among other diagnoses. After being stabilized with medication and IV-treatment, Mr. Bears would need significant rehabilitation to help him regain his ability to live independently. For the bridge from hospital to home, he chose **Pilgrim Rehabilitation and Skilled Nursing Center** and its short-term rehab private room.

### Interdisciplinary Team Treatment Plan

After arriving at **Pilgrim** he began a full schedule of rehab and specialized care.

### Physical Therapy & Occupational Therapy

- Mr. Bears' baseline condition includes the use of a wheelchair to help him get from one place to another.
- Hands-on stretching of his lower body and legs, strength training, standing to improve his balance and allow him to re-acclimate to independent living.
- Upper body strengthening with the use of weights and stretch bands to enhance his ability to perform transfers on his own.
- Therapists worked with Mr. Bears on ADLs to further improve independent skills as he progressed. A full home evaluation would be conducted prior to discharge.

### Speech Therapy

- In addition to the physical setbacks from his bout with pneumonia, Mr. Bears also suffered some mild cognitive deficits that needed to be addressed.
- A speech therapist worked with him on cognitive and memory exercises to help him regain full cognitive function.

**Outcome:** Mr. Bears continues to progress toward independence looking forward to enjoying a positive quality of life and spending time with his grandchildren.

**In the Patient's Own Words:** "I'm very impressed with the staff. All my interactions are exceptional. They motivate you. They keep me going to get better."

