

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



**Shirley Wilson and
Windsor Skilled Nursing's
Honor Winters, CNA**



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Rehabilitation Center**

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Compassionate Long-Term Care at Windsor Skilled Nursing

For **89-year-old Shirley Wilson**, **Windsor Skilled Nursing & Rehabilitation** is home. After raising a family that has grown with five grandchildren and four great-grandchildren and running a small business with her late-husband for 25 years, she certainly has many wonderful stories to tell. As a resident for the past six years at **Windsor**, she continues to be engaged in life to the fullest with available activities, constant interactions with staff and other residents. She also enjoys some of the simpler pleasures like being able to look out her window and see the beautiful array of birds that land at her feeder that the staff helped setup for her. Each day at about 4:00 p.m. is when she loves to observe chickadees, sparrows and even the occasional blue jay or cardinal. Her daughter, Lynn, is a familiar face to the people at **Windsor**, as she visits just about everyday with the facility conveniently located near her work and home. Lynn also has the peace of mind that her mother is safe and well-cared for. Shirley, who is a diabetic, needs insulin twice a day and gets around with the assistance of a wheelchair. Periodically, when various health issues arise, the staff provides prompt care in this skilled nursing environment. In addition, when Shirley needs a little extra boost to help her maintain her strength and quality of life, the rehab staff will implement a regimen of rehabilitative therapy.

Interdisciplinary Team Treatment Plan

Periodically as needed, Shirley engages in daily physical and occupational therapy to help maintain her strength and quality of life.

Physical Therapy & Occupational Therapy

- Therapists work to improve her balance and leg strength with weights, stretching and walking.
- Upper body strength with weights, hand-cycle, and also coordination.
- Work on ADLs and other important tasks allow Shirley to improve her independent abilities.

Outcome: Shirley is continuously engaged in activities and interaction with other residents and staff members. The proximity to her daughter's home allows the two to visit often, and her daughter can spend quality time with her mother, knowing that she is properly cared for in a safe setting.

In the Patient's Own Words: "The staff is very accommodating, very trustworthy and compassionate."

