

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



**Susan Webb with
Windsor's Laura Strong,
COTA-L**



**Windsor Skilled Nursing &
Rehabilitation Center**

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Windsor Skilled: "Where Everybody Knows Your Name"

For 73-year-old Susan Webb, of South Dennis, being active and involved is just a way of life. Whether it's spending time with her family, including grandchildren and great-grandchildren, cooking a new dish, or making delicious jam for the visiting pastors of First Baptist Church in West Harwich. She makes everything from peach to grape, strawberry, rhubarb, plumb, pear, and of course being on Cape Cod, cranberry. However, this year, health issues have slowed her down a bit. Suffering from COPD, Susan does have challenges with her respiratory system. But, the ongoing serious cough that she contracted earlier this summer had become worse. On July 31, she sought medical attention at Cape Cod Hospital. It turned out that she was suffering from severe bronchitis. Hospitalists Richardo Nario, MD, and Munir Ahmed, MD, worked to address the bronchitis that had infected her salivary glands with intravenous antibiotics and rest. Still, while she improved, she would need more time to recover and rehabilitate. She chose Windsor Skilled Nursing & Rehab for the perfect combination to get her back to her active life. It was also ideal for her, as her husband who suffers from Alzheimer's, is a resident at Windsor.

Interdisciplinary Team Treatment Plan

After arriving at Windsor, Susan began a daily regimen of physical and occupational therapy.

Physical Therapy & Occupational Therapy

- Therapists worked with Susan to improve her balance and leg strength with weights, stretching and walking.
- Upper body strength with weights, hand-cycle, and also coordination with the use of the Nintendo Wii (Wii-Hab).
- Work in the OT Kitchen and with ADLs allowed Susan to readapt to independent living.

Outcome: Susan improved quickly and was discharged on August 23.

In the Patient's Own Words: "I feel like I'm at Cheers, 'where everybody knows your name.' They provide good care, good food and prompt medication. They do things right and they can always tell what you need – they read you well. Also, my husband has had great care here too. They encourage visitors, which is great."

