

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



**Mary Aseltine with
Windsor's Jean
Copeland, LPN**



**Windsor Skilled Nursing &
Rehabilitation Center**

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“I Wholeheartedly Recommend” Windsor Skilled

85-year-old Mary Aseltine, of East Dennis, never could have anticipated what happened to her earlier this summer while shopping at one of her favorite retail stores in the Berkshires. Even after she fell, she didn't realize that her hip was broken, and even bought a great pair of shoes before heading to the hospital. For Mary, who owns a timeshare at Oak & Spruce in Lee, and loves everything in the Berkshires – from the fall foliage and Tanglewood to what she calls an absolutely “wonderful” Fourth of July Parade in downtown Pittsfield – she knew she could also count on the region for great medical care. She arrived at [Berkshire Medical Center](#) in Pittsfield and after consultations with [Herbert Boté, MD, of Berkshire Orthopaedic Associates](#), it was clear that surgery would be needed. [Dr. Boté](#) performed a successful surgery. But, clearly, Mary would need time to heal and a goal-oriented rehabilitation program to get back on her feet and on with her life. She chose [Windsor Skilled Nursing & Rehabilitation](#) to meet her needs.

Interdisciplinary Team Treatment Plan

After arriving at [Windsor Skilled](#), Mary began a daily regimen of physical and occupational therapy.

Physical Therapy & Occupational Therapy

- Initially physical therapists used the **E-Stim** therapy daily to help Mary regain movement and flexibility to the hip and leg areas.
- Stretching further improved mobility of the leg and hip and standing on one leg with assistance improved balance prior to weight bearing.
- Once weight-bearing on her repaired hip, walking for greater distance and on stairs improved endurance and agility.
- OT work on ADL and in the OT Kitchen helped Mary adapt to living more independently.

Outcome: Mary improved and eventually was able to regain a greater level of independence and was discharged for home, looking forward to resuming a busy life of traveling and enjoying life.

In the Patient's Own Words: “I would wholeheartedly recommend Windsor. They are wonderful, caring at every phase from the top to bottom. I can't give them enough praise. They all seem to have a great sense of humor and admiration for each other.”

