Life Care at Home ensures safety in hot weather

“The hot weather of late summer can pose significant risks for people with asthma, mobility challenges and chronic conditions,” said Kathy Semrow, R.N., director of Life Care at Home [LCAH]. “So, it’s a good idea to rely on a companion or home health aide who can assist with getting to medical appointments and who can quickly call 911 if an emergency arises.”

Many people already know to schedule medical appointments before or after the hottest times of the day—10 a.m. to 4 p.m. —but sometimes traversing an expansive blacktop parking lot in withering heat is unavoidable. For safety’s sake and peace of mind, Semrow recommends asking a relative or home service worker to accompany someone with a chronic condition or who is recuperating from a medical incident.

“Weather extremes—hot or cold—also can isolate people who are experiencing health challenges,” Semrow said.

Yet spending time outdoors is still important for maintaining emotional and physical health. “People who rely on a wheelchair or walker can benefit from the assistance of a home service worker or companion who will accompany them on morning or early evening walks,” Semrow said. “Even sitting outdoors on a patio or in a park can lift a person’s spirits, but caution is necessary. Many people tend to doze off in the warm sun, so it’s a good idea to have a companion present,” said Kathy Semrow.

As part of their orientation and then annually, all employees receive training to help people with dementia. Registered nurses conduct supervisory visits during the first two weeks, after one month and every three months after that.

Established in Chicago’s Hyde Park neighborhood in 2006, LCAH is a Chicago-based not-for-profit that provides private-in-home personal care and domestic services for older and other adults throughout the Chicago area who prefer to remain in their homes.

Located at 5550 S. Shore Dr., the organization is inspired by the good works of an Episcopalian pastor, who began in 1888 to serve the elderly in the Hyde Park neighborhood. For more information, call 773-358-7438 or visit LifeCareAtHomeChicago.org

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Established as a not-for-profit organization in 2006, Life Care at Home is locally owned and managed.

5550 South Shore Drive | Chicago, IL 60637
773-358-7438 | LifeCareAtHomeChicago.org

Senior LIVING
Susan Quaintance is the new director of the Center for Life and Learning at Fourth Presbyterian Church. Having served as CLL Program Coordinator for the last four years, she knows the “lay of the land” in addition to having ideas about how extended collaboration and curriculum design could strengthen the program in the future. As a Benedictine Sister form St. Scholastica Monastery, and a former teacher at St. Scholastica Academy, Susan brings a lifetime of experience to this position.

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Senior LIVING

“Oh, what a beautiful morning…”

Community service day creates caring connections between leaders, seniors

BY LYNNE KORNECKI

The Hugh O’Brien Youth Leadership (HOBY) World Conference convened recently in Chicago for one week at the Loyola University Chicago Lake Shore Campus, hosting 420 teens ages 15-18 from 16 countries and 48 states. HOBY’s mission is to inspire and develop a global community of youth and volunteers for a life dedicated to leadership, service and innovation.

An important aspect of this conference is setting aside one day for the teens to participate in a citywide community service project. By partnering with GlamourGals several months before the conference and then Infinity Health Care Management in Hillside the focus of the service day soon took shape. The teens would bring beauty care and conversation stations to six Chicago-area skilled nursing facilities under the Infinity umbrella, including Continental Nursing & Rehabilitation, 5336 N. Western Ave.

GlamourGals, a national nonprofit, helps reduce senior isolation by organizing teen volunteers to provide ongoing companionship and complimentary beauty makeovers to women residing in senior homes.

At Continental, about 30 teens quickly set up four service stations in a large, airy dining room. The stations included make-up sampling, nail polish application, hand massage and conversation. The teens provided all of the supplies at no cost, and the services were open to both men and women residents at Continental.

Columbus, Ohio, teen Katie Masko, 16, first learned about HOBY through her English teacher, who invited anyone interested in the leadership organization to write an essay to submit with their application. Masko took the challenge and was accepted, opening the doors for her to start attending local leadership seminars.

She was delighted to learn that her community service day in Chicago was in partnership with GlamourGals.

HOBY’s mission is to inspire and develop a global community of youth and volunteers for a life dedicated to leadership, service and innovation.

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Susan Quaintance
The Terraces at The Clare: Healthcare for residents and the community at large

The Clare, the stunning 53-story retirement community located in the heart of the Gold Coast on Rush and Pearson streets, has been redefining retirement living since opening its doors in 2008.

The building offers one-, two- and three-bedroom apartment homes; an extensive array of amenities, including casual and fine dining; an active social community; and a responsive, professional staff—all designed to offer the best in retirement living.

As a Continuing Care Retirement Community (also known as a Life Plan or Life Care community), The Clare also provides its residents with the security of on-site health care. Rehabilitation, respite care, skilled nursing, assisted living and memory care can be found on six floors of the building designated as The Terraces at The Clare. Independent living residents receive preferred access and rates for these health care services.

Many people are surprised to learn that they have the opportunity to be a resident of The Clare to take advantage of the health care services available. Area hospitals recommend The Terraces at The Clare for residents who may need rehabilitation services or long-term care. In fact, The Terraces has established a powerful alignment with Northwestern that allows access to the hospital’s labs and electronic record systems, which deliver real-time information sharing with the doctors there.

The Terraces has earned multiple five-star Medicare ratings and is staffed to deliver significantly more one-on-one care than other providers.

One key member of The Terraces’ staff is transition manager Amy Klem. Klem was a social worker for the skilled nursing residents at The Terraces at The Clare for five years before taking on her new “transition” role two years ago.

“In my position, I am the first point of contact for folks who are interested in coming to The Terraces for skilled rehabilitation,” she said. “I facilitate their admissions from either the hospital or home and see them through their rehab stay and return.”

Klem often gets asked questions about The Terraces and how the organization works. Here, Klem answers some of the most common questions she’s asked on a regular basis.

**How would you describe The Terraces at The Clare?**

We have 48 beds available and two more soon to be added for short-stay rehabilitation and long-term care needs. We provide 24-hour nursing care by well-qualified registered nurses who specialize in medication management and coordinate care with patients’ doctors. Our certified nursing assistants provide assistance with activities of daily living, such as getting dressed and bathing. We offer physical, occupational and speech therapies to help people get stronger so they can resume their prior activities. We also have a variety of clinical programs including, but not limited to, wound, respiratory and cardiac care, as well as joint replacement care.

**What differentiates healthcare at The Terraces from similar service providers?**

Our smaller size allows us to take a resident-centered approach on a daily basis. Our multi-disciplinary team has the opportunity to really get to know each resident and his or her unique health care needs.

**How do staffing levels stack up at The Terraces?**

Our staffing ratios exceed state and national averages. We have a director of nursing, an assistant director of nursing, a dietitian, a social worker and a life enrichment team that creates programming, plus our RNs and CNAs. We are all led by our associate executive director.

**How do independent living residents at The Clare access the services at The Terraces?**

Our independent living residents have priority access to the services at The Terraces at The Clare. If any of our residents are at the hospital, I am in communication with their assigned hospital social worker to facilitate their transfer over to The Terraces and eventually return to their own apartment.

**If you’re not currently living at The Clare but are in need of healthcare services, what’s the process for being admitted to The Terraces for rehab or skilled nursing?**

If someone is in the hospital, he or she can ask the assigned social worker or case manager to contact me at The Terraces directly at (312) 784-8026. We can then work with the social worker or case manager to review medical needs and insurance and discuss admission.

**Which hospitals and service providers do you work with?**

We work with a wide variety of providers. The main hospitals we tend to work with are Northwestern, RUSH, Shirley Ryan Ability Lab, University of Chicago and St. Joseph’s. We have also received referrals from out of state and outside the country. We are always open to working with any hospital that has a patient who might benefit from our services. We also work with a wide variety of home health agencies and hospice agencies.

Klem is proud of the work that The Terraces does, but she’s even prouder of the connection the staff makes with everyone who comes to The Terraces, no matter if it’s for short-term rehabilitation or long-term care.

“We have a staff that is very dedicated to our residents,” she said. “We really get to know all of the residents and their families during their stay.”

Klem acknowledges that the job comes with challenges. She says the hardest part can be “the emotional struggle.”

“We sometimes have to help the resident or their families get through very difficult times,” she said. “I have seen some truly amazing recoveries over the course of my seven years here at The Terraces at The Clare.”

Just as The Clare is redefining retirement living, The Terraces at The Clare is redefining how health care is experienced, delivered and organized and making a difference in the lives of patients, residents and their families.

For additional information on assisted living, skilled nursing, rehabilitative care, respite care and memory care at The Terraces at The Clare, please visit TheClare.com.