



Skilled nursing centers in California are filled with short-term residents in need of physical, occupational or speech therapy following joint replacement, strokes, falls or other serious injuries. With skillful rehabilitation, most individuals return home after a few weeks or months of therapy.

To demonstrate the power of focus and commitment on the part of the patient and the therapist, check here each month to learn about a successful California rehabilitation story.

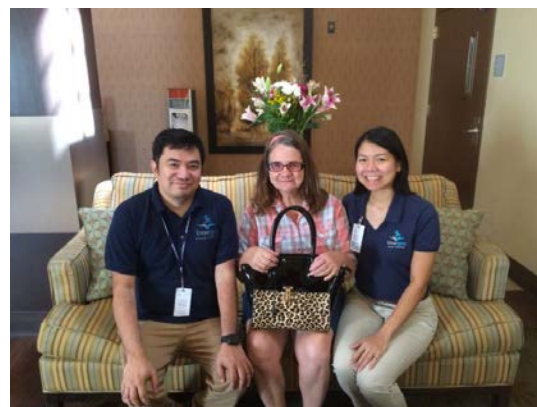


Mr. RT was admitted to **Los Feliz Healthcare Center in Los Angeles** following a reimplantation of his left knee replacement. He lives in his house with his family and was independent in the community. After his knee surgery, Mr. RT had a long cast on his left leg and needed maximum assistance getting in/out of the bed, standing up and getting around. He has progressed to where he can walk in the community with a front-wheeled walker. He is so happy to be returning home. He says he can't wait to go grocery shopping again. We were very fortunate to be a part of his recovery.

Alice Field has always enjoyed life's simple pleasures. One day, Alice had a bad fall and sustained a very complicated fracture on her right ankle. She had to undergo a major orthopedic surgery and was prohibited from putting any weight or pressure on her right foot.

After surgery, Alice was admitted to the **Rehabilitation Center of Bakersfield** to work with Intergro Rehab Services. The temporary setback did not dampen Alice's spirit at all. On the contrary, she used her condition as a driving force to work really hard in therapy, get right back on track, and go back to doing the simple things she has always enjoyed.

Alice is now reaping the rewards of all her hard work. She has been coming back to the Center to say hello to everyone, to provide encouragement and support to her friends, and to show how happy she is with her unique fashion finds - like the purse she bought at a great bargain.





Patricia began a long recovery from post-op shock and respiratory failure at **Vintage Faire Nursing and Rehabilitation** in Modesto in mid- 2016. She was dependent on a feeding tube but motivated to get stronger and return home. After working with a speech therapist, she was able to transition to thick liquids. Weeks later, with the help of her registered dietician, (pictured) she was able to decrease her dependence on the feeding tube and progressed to thin liquids and finally to a regular diet. Patricia was able to return home and she now enjoys visiting some of her favorite local restaurants.

Lisa Coatney suffered from respiratory failure after a rare diagnosis of wound botulism and was ventilator dependent when she was admitted to **Capital Transitional Care** in Sacramento. Unable to eat, drink or speak, she worked with physical, occupational and speech therapists to regain her strength and ability to eat and speak. Through hard work and motivation, her team was able to wean her off of the ventilator and tube feeding. Amazingly, within a month, she regained full independence and was safely discharged back into the community.



Anna suffered from acute pancreatitis when she arrived at **NorthPoint Healthcare and Wellness Centre** in Fresno. She needed help with most of her activities of daily living. After a short time, her therapy team was able to help her walk as much as 350 feet and ascend and descend 15 steps. Her smile and positive attitude helped the healing process progress quickly and she has returned home.



Jason was admitted to **Montecito Heights Healthcare and Wellness Center** in Los Angeles following a below knee amputation. He was always in good spirits and very motivated. He progressed from requiring extensive assistance with transfers, bed mobility and daily activities to being completely independent.

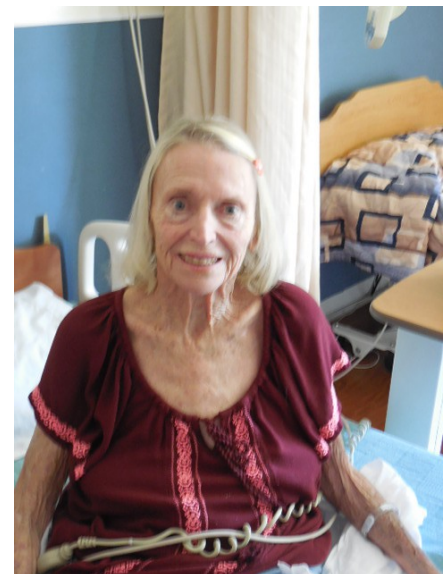
As soon as his incision healed, the rehab team started gait and prosthetic training. His goal was to walk independently without any help on his wedding day, which he achieved. He was very appreciative and thankful for all the hard work of the Intergro rehab team as well as the nursing staff. He continues to be an inspiration to other residents, showing that with motivation and determination, everything is possible!



Anthony arrived at **Catered Manor Nursing Center** in Long Beach after an injury left him unable to bear weight on his leg. He worked hard daily with physical and occupational therapists and progressed with his one-on-one exercises. Anthony was able to increase strength and return home to live independently.

Suzie came to **Windsor Chico Creek Care and Rehabilitation** after breaking her leg following a fall at home. Upon her arrival, she was not able to get up from a chair or in or out of bed. She was unable to walk. After physical and occupational therapy sessions she started walked and graduated to being able to get in and out of bed with someone standing near her.

She is now able to get dressed and do her own personal care. Suzie is now happily living an independent life at her home.





An active filmmaker and avid runner, **69 year- old T.C.** suffered peritonitis and septic shock, and underwent surgery for an appendectomy. After discharge, he was admitted to **Skyline Health Care and Wellness Center in Los Angeles**. Unable to walk, he required assistance with sitting and standing and was facing possible amputation of the tips of his toes and fingers.

T.C. was very motivated to return home, and after two months of intense physical and occupational rehabilitation, he avoided amputations, began to walk independently and went home in June, 2016. His plans include a possible run for Governor in 2018, and making films in Los Angeles.



Betty, 88, arrived at **Twin Oaks Post Acute Rehabilitation in Chico** with an infection that required IV medication that left her weak, dizzy and aggravated tremors that affected her whole body. Her dizziness would only allow her to sit for short periods of time. Although she returned to the hospital for surgeries for a fractured hip, she never wavered in her enthusiasm, confidence, and motivation to get better.

Betty diligently worked with speech therapy to help with swallowing and speaking. At her occupational therapy visits, she learned new tricks and tools. Physical therapy sessions taught her how to transfer safely and return to a strong and independent self.

Betty is strong and confident and can accomplish her daily tasks with minimal supervision. She could not be more excited to be returning home.

Albina “Beanie” Stamper, a resident of EmpRes Post Acute Rehabilitation in Petaluma, was born in Cambria, California near Hearst Castle but marriage took her to Louisiana. For many years, along with her husband, she served authentic California cuisine at their restaurant, the Grayson Café. Later in life, she developed a large blood clot in her leg which led to a four-month hospitalization and amputation. Beanie recovered from hospice care, determined to get therapy and walk again.

“Bernie’s will to live and motivation to walk is incredibly inspiring,” says Kathleen Fields, her physical therapist. Beanie plans to get back to Louisiana, and says she hopes to find a place of her own where she can fry potatoes and chicken.





Born in the Philippines, 77 year-old **Leticia Castandiello** is under the care of nurses and therapists at **Golden Living Center, Sanger**. A devoted mother, Leticia enjoys cooking and socializing with others. She was admitted from the local hospital following a history of strokes. After weeks of intense therapy at the nursing facility, Leticia was able to ambulate up to 100 feet with a front wheel walker with minimal assistance while maintaining her balance. As she continues to make progress, Leticia is now back to visiting with her friends at GLC-Sanger.



In November 2013, **Helen Plowman** was admitted to **Auburn Oaks Care Center** with a severe infection in her leg that left her unable to walk.

While at the facility, Helen, an accomplished pianist, often entertained other residents and even participated in a holiday music party. Anxious to walk again and perform some concerts, she repeatedly asked her therapists for new exercises to do on her own.



One day she told her physical therapist she was ready to walk. After a trip to the parallel bars, and with a little assistance, she took her first eight steps after two years in a wheelchair. Helen has since graduated to a walker which enables to her to travel around and share her joy of music.