



WASHINGTON CARE CENTER
Understanding your rehabilitation and long term care needs.

Connections

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Summer Fair Success!



Everyone had fun at the fair

The third annual “**Do the Puyallup**” at Washington Care Center was a sun-drenched success. The fair was held in conjunction with **United Way’s Day of Caring** on September 12. This year, 19 volunteers from **Nordstrom’s Marketing Department** joined with us! With the help of these volunteers and the WCC staff, over 60 residents had an opportunity to enjoy the outdoor fest.

Fair-goers were delighted to indulge in hot dogs, nachos, snow cones and fresh baked goodies. The **Haggis Brothers Band** entertained while residents, volunteers, staff and guests danced and joined a hula hoop contest. The afternoon brought an opportunity to try a little target practice—at

the dunk tank. This year’s brave dunkees were **Mike Steiner, Jill Bell and Patrick Conner!**

Fruitcake the Clown wandered the fairgrounds, creating balloon sculptures for residents, including those who were being served at the (near) Beer Garden by Resident Council President **Clyde Wailes**. Others angled for prizes at the Fish Tank or joined in ball toss games.



^ Nordstrom Volunteers



All of WCC would like to thank United Way and the Nordstrom Marketing Department. Without these amazing volunteers manning the booths and transporting and assisting residents, all this fun and games would not have been possible!

< Volunteer Mrs. Terri Ewing with Katherine Cornelius

Auntie Mary: A World of Experiences

Kishiko Mary Furukawa, also known as “Auntie Mary,” was born in Seattle in 1925. Her parents, Kano and Yosojiro Furukawa, were blessed with five children: Yoshio (Uncle Art), Hideo (Uncle Bob), Yukio (Uncle Yuke) and her sister Mae.

Mary grew up in Everett and graduated from high school in 1941. During WWII she was interned at Tule Lake Camp in April of 1942 until 1945. After her release, she traveled to San Francisco to serve as a nanny for two years. She returned to Seattle to attend Peterson Business College, where she graduated with a secretarial degree. During this time she lived with her mother, father, sister Mae and brother Yoshio and his family.

In 1949 she began working for the United States Civil Service Department of the Army as an editorial assistant. In 1978 she was promoted to Chief of the Editing Section. Her work for the Army Civil Service included six years in Japan, starting in Tokyo in 1949, with a later transfer to Yokohama, then Camp Zama. While in Japan she often took leave and traveled with many friends to Hokaido, Kyoto and Hakone.

While stationed in Germany from 1955 to 1967, Mary found time to travel to France and Switzerland. From 1967 until the end of her career she served in Seoul, Korea, with

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Estine Ervin and Mary Furukawa

Management Team

Scott Hale
Executive Director

Helen Sikov
Administrator

Gary Engelmann
Controller

Betty Rogers
Director of Nursing Services

Karen Aguilar
Director of Social Services

Mike Steiner
Director of Admissions and
Marketing

Lori Graham
Dietician

Jerry Smith
Environmental Director

Richard Lowery
Director of Housekeeping/
Laundry

Sharon Nienow
Health Information Services
Director

Lora Ray
Therapeutic Recreation
Director

Anita Lin
Rehabilitation Manager

Kathleen Mulron
Business Office Manager

Ruby Vergara
Food Service Manager

Rehab Is Our Middle Name

Although we now do business as Washington Care Center (WCC), the “Comprehensive Rehabilitation” that was removed from our name has not been removed from our services. In fact, this year has shown an increased participation in not only the skilled therapies we deliver, Physical, Occupational, Speech and Respiratory, but also the number of residents served in the Restorative Therapy Program.

Anita Lin, Physical Therapist, is the manager of our Skilled Therapy Program. Currently her team is comprised of two physical therapists, one physical therapy assistant, three occupational therapists and one speech therapist. And in addition to her management responsibilities, Anita also participates in patient treatments. The majority of our rehab patients return to their prior residence or to a setting of lesser care.

The primary therapy gym is in the new Transitional Care Wing of WCC, providing optimal space and state-of-the-art equipment. The Transitional Care Wing has 49 spacious private and semi-private rooms. Due to the transitional nature of the unit, and typically higher acuity of care, all of the rooms come equipped with electric beds, telephones, televisions, and individual air conditioning/heating units.

An outside agency, Pinnacle Consulting, conducts random interviews with residents and families who have been discharged from WCC. The results have been overwhelmingly positive. Here’s a sample of the comments: “I really value people who know how to value their patients in a way that helps them progress and feel good about what

they are doing.” “It was a lot of fun. They didn’t make it seem like it was work.” “I like someone who can take my teasing and someone who can cope with a patient being angry.” “They treat the patient like they are not just a number and that they are genuinely concerned.” What a tribute to this phenomenal group of professionals.

The Restorative Therapy Program (RTP) has seven restorative therapy assistants (RAs), and is managed by Terri Scarnecchia, LPN. They currently see over half of our long-term residents, not only

to ensure that the residents’ level of independent mobility does not decline if that can be prevented, but also to improve their range of motion and transfer skills as well as offering other treatments like pain management. The RAs also serve those receiving palliative and comfort care. Engagement with therapy on a regular basis provides residents with physical, psychological and emotional support. RAs are assigned a specific unit so they are part of a consistent team of caregivers throughout a resident’s stay. They are experienced and knowledgeable practitioners who the residents enjoy. Their newly

remodeled and extremely spacious gym on the third floor is a place residents seek out because they look forward to the time for individualized care. Elizabeth Lindsey says, “I go twice a day to the gym if I can. It keeps me going and strong, and I look forward to it.”

And not to be overlooked are the Recreational Therapy team members who conduct a pre-breakfast exercise activity three times a week on 2 East. So while “comprehensive rehabilitation” is no longer officially part of our name, it is what we do!



Mary Eriksen works on finger dexterity and standing balance in the rehab gym.

> **AUNTIE MARY** FROM PAGE 2

travel to Southern Korea, Japan and Hong Kong. A highlight of her career came in July 1978 when she was awarded the Department of Army Official Commendation for Outstanding Performance of Duty and Outstanding Performance Rating. In 1980 she returned to Seattle to enjoy her retirement, and doing just what she wanted to do—baby sit, talk finances and investments, work with crafts, and shop.

When Mary came to WCC, she was joined by her sister Mae and other family members who visited her every day. And Mae still stops by to visit with staff that cared for Auntie Mary to express her thanks and to remember the special shared moments. According to Mae, “We were welcomed by the staff. They were kind to Mary and the family. When my family brought dinner to Mary and me each night, we shared it with the staff. Mary especially enjoyed sharing a miniature ice cream cone each night with the staff.”

Auntie Mary passed away peacefully at Virginia Mason Hospital at the age of 83. Mae expressed her gratitude for the care her sister received while at WCC, and especially how much the family appreciated Estine Ervin, one of Mary’s nurses, who spoke at her funeral. “When we think of all those who cared for Mary, we say thank you and we love them all,” said Mae.

Administrators Corner

A mission statement, using just a few words, is intended to inform people of an organization’s purpose and the services it provides. Ideally, it should reflect what the organization intends to contribute to the community and the values inherent in that commitment. The words can be powerful because they become the driving force for thoughtful decisionmaking by those who provide leadership, direction, and strategic planning. A mission should be understood and embraced by all those who are working in and representing the organization.



Helen Sikov, Administrator

The past few months I have dedicated time in collaboration with the leadership of every department to establishing a new mission statement for Washington Care Center. I felt it was important for those who are responsible for the outcomes of our services to have a voice in determining what we want the community to know about us and what those we serve should expect from us. This process required that everyone think about what inspires them about the work we do and assess what we can best contribute to the people whose lives we touch. The result was not only a new mission statement, but also individual visions for WCC as well as the core values that are our foundation. I recently shared our work with the Board of WCC to ensure our mission is in line with where it would like us to focus our efforts. I appreciated that opportunity for dialogue about direction and priorities.

WCC takes pride in the services we provide each day to our community. We have made giant leaps to improve every aspect of our resident-centered care, in part by expecting high standards of practice, closely managing systems to measure care practices, and providing the necessary training/mentoring to raise competency and awareness of customer needs. These efforts have resulted in greater customer satisfaction and positive outcomes. I appreciate all of those in our community past and present who have contributed to our success and the favorable response we receive from those we care for.

Mission • Vision • Values

Our Mission

Washington Care Center is a multicultural community committed to embracing the lives of our residents needing long term care or short term rehabilitation by consistently demonstrating high standards of practice in a therapeutic homelike environment. We aim to serve as a community resource and asset by providing jobs, training, student mentoring and exceptional services.

Our Vision

To be a premier provider of both short term rehabilitation services and long term care in the Pacific Northwest and a center of excellence among all skilled nursing facilities.

To maintain an exceptional community reputation through a highly skilled and professional staff offering total comprehensive care.

To cost effectively return each individual to the most productive and independent life possible.

To partner with all other appropriate community resources which enhance our ability to achieve our Mission.

Our Core Values

We are guided by the principles and values that embrace continual performance improvement. Care that is compassionate and professional, respectful of individuals and their rights is delivered by our healthcare professionals who creatively offer full support and teamwork at each level of our organization.

Respect We affirm the dignity and autonomy and worth of the whole person.

Compassion We create a caring environment that supports fulfillment, companionship and empathy, recognizing that human suffering is relieved when issues of hopelessness, loneliness and boredom are addressed.

Cooperation We are aware that working together with a common purpose results in mutual benefits for our employees and positive outcomes for those we serve.

Wisdom We are guided by the knowledge and ethical foundation of our professions, utilizing good judgement, sound action, creativity and experience to guide our caring practices.

Second Graders Read to Residents

Surella Scott, a second grade teacher at John Muir Elementary School, had the wonderful idea of combining reading with community service. Because of her insight, second and third grade classes make the trek to WCC once a week to read aloud to our residents. It is such a successful liaison that one elderly participant, Mr. Cooper, made a special trip to the activities office to comment on the program. "I sure enjoyed reading with the children. They came and talked to me like I was a member of their family. It was amazing! Their reading skills were real good, as well." Two children partner to read to each resident and the rooms echo with stories of ugly ducklings, birthday parties and friendly rattlesnakes. The residents enjoy interacting with the young students and the students have an appreciative audience with whom they can practice reading aloud. It is a perfect match and one we hope continues well into the future.



Resident Joan Powell and a John Muir Elementary second grader enjoy a good book.

Out and About

Thanks to the Youth Volunteer Corps, residents at WCC were able to go on four different outings this summer. Seven volunteers ages 14-18, and one leader, accompanied us to Seward Park, Bremerton, Alki Beach Park and Coulon Beach Park. The weather cooperated all four days and 34 residents enjoyed sunshine, lake and ocean views, camaraderie and lunch out!



Residents enjoying a recent outing to Bremerton

New Landscaping

We hope you'll take just a moment to stop to enjoy our new landscaping. The trees, shrubs and decorative rocks help to create a welcoming environment for patients, residents, families and visitors. A very special "thank you" to Total Landscape for a job well done!



> **LESTER MULLENS** FROM PAGE 8

drop chemistry and even the principal stepped in with a personal letter suggesting Lester reconsider his decision to drop chemistry, and in effect encouraging Lester to keep his dream alive.

Before he could move forward with his medical education he was drafted. After a harrowing two years in the service he realized that he could use the G.I. Bill to get into medical school and so he graduated from Des Moines Still College of Osteopathy and Surgery and applied as an intern to three hospitals in Ohio. He wound up interviewing at Grandview Hospital, and, despite the fact that he didn't think the interview went well, he was accepted. He later recalled, "It was an intense year of internship, but nothing compared to life in combat."

Lester stayed in Dayton, Ohio and hung out his shingle for general practice. He had a busy practice delivering babies, serving in the emergency department at the hospital, and even making house calls. He and his wife Annie had two sons and both became policemen. His son Mark is a Seattle police officer. They had a good life and he lived his dream to become a physician. When he was asked to rate the care at WCC from a physician's perspective, he replied, "Pretty darn good."

Recipe Corner

Savory Soup

Ingredients:

- 1 4 1/2 oz. squash, zucchini, frozen
- 1 1/2 oz. peppers, green, sweet, raw, medium/each
- 3 oz. onions, yellow, raw
- 1/2 each garlic, raw
- 3/4 oz. margarine
- 1/2 tsp. table salt
- 1/4 tsp. black pepper
- 1/8 oz. thyme, ground
- 2 3/4 c. water
- 2 7/8 tsp. light vegetable base
- 1/2 c. evaporated milk

- 1) In a large stockpot, sauté the squash, onions, garlic and peppers in the margarine over low heat. Cook for 10 minutes, stirring often until the vegetables are tender but have not browned.
- 2) Add the thyme, salt and pepper.
- 3) Combine the base and water; stir into the vegetable mixture. Simmer uncovered for 15 minutes.
- 4) Stir in the milk and mix well.
- 5) And serve. Good for 5 servings.





Lester Mullens, DO

Lester Mullens had a successful career taking care of others. Now it's the pleasure and privilege of the WCC staff to take care of him. We found some very interesting information about Dr. Mullens in a book about the history of Grandview Hospital.

Grandview Hospital is one of the oldest and best known Osteopathic training hospitals in the U.S., and in 1960 Lester Mullens was the hospital's very first African American intern. This was not quite the end of his incredible journey.

Born in 1919 in Holly Springs, Mississippi, Lester grew up in an age where he was reminded on a daily basis of his place in society. He recalls having to walk to an all-black school a mile and a half outside of town, while the white children rode the buses. Everywhere he turned, society had arranged it so he was reminded of his status in the world. So in the ninth grade when he began to think about becoming a physician, he kept the idea mostly to himself.

The Mullens family moved to Youngstown, Ohio where he shared his dream with his teachers and they encouraged him to take all the science courses he could. In his senior year he wanted to

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