

Transitional Care at Three Links

Three Links provides skilled care and rehabilitation services during the recovery period from an injury, surgery or neurological impairments on its transitional care unit. A team of highly qualified and caring rehabilitation professionals provided by Rehab Care Group address issues of mobility, performance of daily activities and communication skills to restore lost abilities that affect return to a normal independent life. Rehab Care Group was established in 1982 and is a leading provider of post-acute services, managing rehabilitation programs in partnership with over 1,250 hospitals and skilled nursing facilities in 41 states.

As we know, rehabilitation services are needed by people who have lost the ability to function normally, often because of trauma, a stroke, surgery or a progressive disorder such as arthritis. The need for rehabilitation crosses all age groups, although the type, level and goals often differ with age. Individuals with chronic impairments, such as the elderly have different goals and require less intensive rehabilitation than do younger persons. As an example, the goal of an older person that has had a stroke may simply be to regain the ability to do as many self-care activities as possible as the goal of a younger person is to regain all functions as quickly as possible. However, age alone is not a reason to alter goals or the intensity of rehabilitation, but the presence of other disorders and functions may be.

To initiate formal rehabilitation, a doctor writes a referral to the therapy department at Three Links. This referral establishes the goals of therapy, a description of the type of illness or injury or surgical procedure. Also specified is the type of therapy needed such as ambulation training (assistance with walking) or training in the activities of daily living. Once the goals are established therapy is started. Physical therapy involves exercising and manipulating the body. The goal of this is to improve joint and muscle function. Techniques include range-of-motion exercises, muscle strengthening exercises, coordination and balance exercises, ambulation exercises and transfer training for those who have had a hip fracture or a stroke. Occupational therapy may be introduced to enhance a person's ability to do basic self-care activities, useful work and leisure activities. This therapy focuses on the coordination of many activities required for simple activities such as:

- The ability to feel and move
- The ability to create an execute a plan
- The ability to want to do the task and persevere until the task is completed

The occupational therapist works with individuals with impairments to determine and prioritize goals and select appropriate techniques and activities to achieve them. For example, a memory game may improve recognition and recall. Adaptive techniques can help people use their strengths to compensate for impairments.

Speech therapy addresses oral motor function to enhance swallowing and speech, activities and exercises to improve language and communication skills, and cognitive rehabilitation.

As you can see, the role of the therapy department is integral in the best possible outcome for short-term as well as long-term residents at Three Links. As part of Rehab Care's Skilled Nursing Rehabilitation Service, Three Links is a partner in their vision of providing a clinically integrated continuum of post-acute care that helps people regain their lives.



Upcoming Events for our Residents in January:

6 Bingo with students

12 Games with the Girl Scouts

14 Twenty Questions Game
and Ice Cream Sundaes

21 Red Hat Beauties Social

26 Games with the Girl Scouts

28 "New York! New York!"
with Kathryn Bakke

The Holiday Season at Three Links



Holiday cheer came in early December to the Three Links campus as outside trees were adorned with lights, candles put in windows, wreaths hung and trees big and small were decorated with ornaments and bows. On Sunday, December 6th, the annual Open House for residents and their families was held from 2- 4 p.m. All enjoyed the foods of the season including lefse and herring as well as a visit from Santa Claus. The sounds of the season were heard though out the care center as many choral groups came to share their talents with the residents. Old holiday video favorites brought back memories including “It’s a Wonderful

Life” and “White Christmas”. A special bus trip afforded residents the opportunity to see the many wonderful light displays in several Northfield neighborhoods with a stop at McDonalds for a drive thru dinner. On Thursday, December 17th, residents and staff gathered around the Christmas tree in the lobby to read messages from friends and families of Three Links whose generosity was recognized with smiles and tears. Many families shared the Christmas Day dinner with their loved ones and reminisced of holidays past. The New Year was ushered in with a New Year Eve social and a wish for all, for a Happy and Healthy 2010.



Paula Plank, Associate DON Pathways w/cat “JOY”



Marie with Santa



Come Visit Three Link’s Towne Square Gifts!

Again and again I hear people say what a fun little gift shop we have and how you can find things there that you don’t see in most other gift shops. There’s everything from soft cuddly teddy bears to mugs that say “Harley Mama” & “Harley Dude”. You’ll find that the jewelry prices are very reasonable and with a wide variety of styles to fit any taste. There are unique gift items and snacks and seasonal decorations for the home.

Even though people love to shop in our gift shop there is one gripe that I hear again and again; “*The door isn’t open very often!*” The gift shop is staffed by volunteers and unfortunately we are never open more than 3 hours per day and some days not at all. **Have you ever considered volunteering?** Or do you know someone that might consider volunteering a few hours a week? It is often a quiet job and I have volunteers that bring a book to read or their knitting project or a crossword puzzle to finish. And a former volunteer once told me that the best thing about it is getting to know and visit with the residents and their families who sometimes come to socialize as much as browse. If you would like more information about this or any other volunteering; Carol Fredrickson at 664-8823