

# A Full Recovery Thanks to Exceptional Rehabilitation

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— Arleen Amstutz



(L to R) Arleen Amstutz and Kelly Yarman, PT

— written by Carolyn Abramson

On a pleasant late October day 87 year-old Arleen Amstutz was on her riding mower headed to close a gate on her farm. Unfortunately, she was suddenly thrown from the mower and this is how she described her reaction to the accident, "As I laid on the grass and watched that mower continue on its way, I prayed that it would not make it to Route 30 and cause an accident. I got up and tried to run after the mower until it made a turn into a cornfield and got tangled in the cornstalks," explained Arleen.

After the accident, Arleen had to deal with the trauma to her 14 year-old right replacement knee. Eventually she healed, and felt well until she slipped and fell. This time, the knee was badly damaged and needed to be replaced. Arleen returned to her orthopedic surgeon and was immediately scheduled for knee surgery. The surgery went well, and when she was discharged, she was told to continue her recovery by finding the best Inpatient Rehabilitation, in the Wayne County area. Her son, Mike Amstutz, accompanied

his mother on her search, and when they arrived at Wooster Community Hospital's Inpatient Rehabilitation Unit they knew they had found the right place. Mike was enthusiastic in his praise of their visit to the unit when he said, "They couldn't have been more welcoming – the nurses and physical therapists gave us a tour and they were gracious, insightful and spent a lot of time explaining their goals in working with patients. Our decision to be admitted there turned out to be the best medical experience ever, and for that we are extremely grateful!"

Patients of the rehabilitation unit receive physical therapy (PT) in the morning and afternoon, and each patient's therapy is designed for their individual needs. The patients enjoy getting to know one another while having lunch and dinner together. Arleen said, "I had to work very hard in PT and it wasn't always easy or painless. The physical therapists push you to the limit but they are so kind and gentle that they make you want to do better each time. We had some fun learning how to adjust to using the kitchen and we got to make Christmas

candy and Christmas cards as part of our therapy. I was so determined to be home for Christmas that I worked as hard as I could." Mrs. Amstutz's physical therapist, Kelly Yarman describes her patient as "determined and without complaints or demands. She was a joy of a patient who was always upbeat and positive. One day, I could see she wasn't feeling well, so I decided to change my care plan and I just massaged her. She told me that she prayed someone would send her an angel to make her feel better and then I appeared. Imagine how uplifted I felt! Working with Arleen Amstutz for a week was about as good as it gets!"

The Amstutz family was together for Christmas Eve, and dinner was served to thirty-five people with a lot of help from her two sons and their families. Arleen continued to have outpatient therapy from WCH therapists at the HealthPoint facility and has full use of her knee and has no pain.

Today Arleen is fully recovered and is thrilled to return to mowing her five acres of grass on her brand new riding lawn mower.



**Best Nursing Homes Award by U.S. News** Wooster Community Hospital's (WCH) Transitional Care Unit has recently won the Best Nursing Homes Award 2015 by U.S. News and World Report. This award is based on three different categories including state-conducted health inspections, how much time nurses spend with residents and the quality of medical care. Each nursing home receives a score of one to five stars for each category and WCH scored five stars in all 3 categories. WCH is happy to be providing such great care close to home, and we are thrilled to be recognized for our dedication to patient's health.

— written by Carolyn Abramson



"Both patients were prepared in every possible way for a safe discharge. We want all our patients to have the confidence needed to return back to their prior levels of function, it's our priority."

— Stacey Viar, Occupational Therapist at TCU



**Matilda Wentz** had hip replacement surgery in Findlay, Ohio, but when the time came for rehabilitation, there was no hospital-based extended care. She knew that WCH's TCU recently received an award by US News and World Report as a Best Nursing Home facility and decided to choose the unit for her rehabilitation needs. Mrs. Wentz said, "I would give the TCU an A plus grade. I could see that all the patients got the same excellent care. When a patient called for a nurse, the response was always quick, and our needs were attended to right away." Matilda Wentz is now home and ready to walk independently.

**DID YOU KNOW**

- Average Length of Stay: 16.5 days
- Resident Satisfaction Score: 97%, State average 85.6%
- Centers for Medicare and Medicaid Services 5 Star Rating:
  - ★ Health Inspections 5 out of 5 stars, deficiency free
  - ★ Staffing 5 out of 5 stars
  - ★ Quality Measures 5 out of 5 stars

**Frederick Vannewkirk** is no stranger to Wooster Community Hospital (WCH) where he has been hospitalized several times for medical reasons. He describes his most recent hospitalization as a totally different experience: "During my previous hospitalizations, I always felt as if I was not quite ready to be discharged. With my recent stay, I was told I needed extended care, which to me meant 'nursing home!' I was so pleased to learn that I could be moved to the Transitional Care Unit (TCU) at WCH. While in the TCU I had such a high level of care. The therapy professionals were top notch and helped me a lot with balance issues. I was on what is a usually boring low-salt diet, but the food was delicious. The employees were never too busy to take time to stop and talk with me. I really enjoyed the programs offered by the activities director, and when the time came for my discharge, I was ready to go home."