

“It begins  
**WITH TRUST.**”

THE HEALTH CARE CENTER  
AT THE MOORINGS OF ARLINGTON HEIGHTS

A non-sectarian member of  Presbyterian Homes



“It’s about  
**YOU AND ONLY YOU.”**

Kristyn, R.N., renews spirits with her smile. Daily.



Presbyterian Homes

FROM THE FIRST DAY YOU ARRIVE  
AT THE HEALTH CARE CENTER AT  
THE MOORINGS OF ARLINGTON HEIGHTS,  
OUR CARE BEGINS WITH TRUST.

All of us at The Moorings of Arlington Heights believe earning your trust is the most important thing we do. From a nursing assistant who reads you a letter, to a physical therapist who champions your independence, to a physician who firmly believes in the medical value of a hug. And we do this by putting the residents first. Every day. Before anything else. In fact, it's part of our mission. Here, we speak a different language. And it begins with trust.

Welcome to The Health Care Center at The Moorings of Arlington Heights. We provide intermediate and skilled nursing care—short- or long-term, respite and rehabilitation—and specialized care for those with Alzheimer's disease and other memory issues. These services are available to the community at large and to the residents of The Moorings of Arlington Heights, a non-sectarian member of Presbyterian Homes.

Presbyterian Homes is a not-for-profit organization with a national reputation for creating extraordinary communities for older adults for 105 years. These communities provide a continuum of care from independent living to assisted living to long-term care.



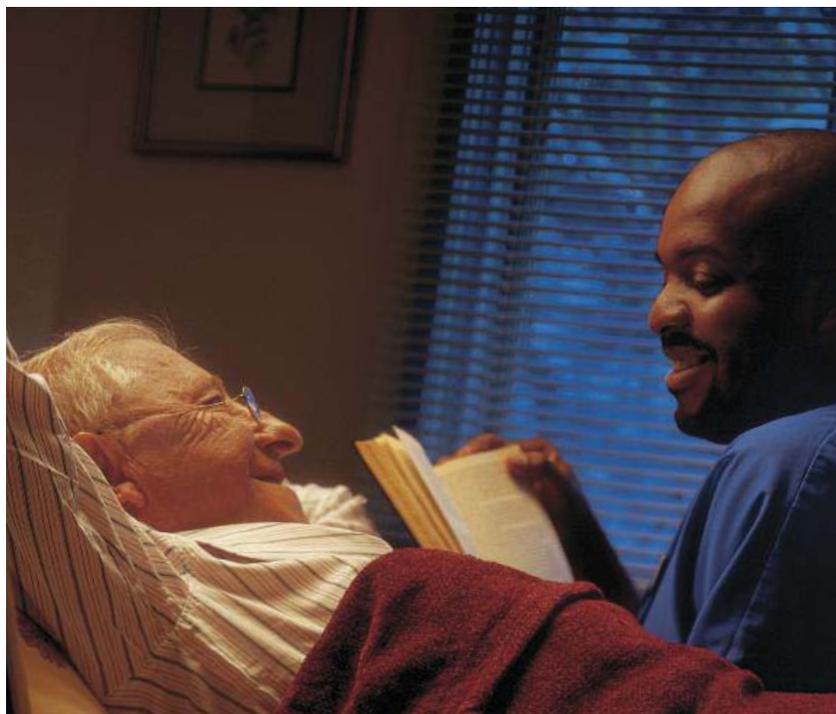
## “It’s about WATERMELON.”

Lisa, Activities Coordinator, creates 240 magic moments a year.

*Lisa’s passion is life. And she understands that an illness can make it tough for someone to embrace life to its fullest. So, she infuses the lives of the residents with a steady stream of the unexpected. A picnic indoors during February. A Bastille Day party with French pastries. A cooking class using vegetables fresh from the residents’ gardens. She finds that the laughter and friendship she builds is all she needs to spark her next life-affirming moment.*

We believe our activities program can be as important to the health of the residents as their plans of care. Each day is filled with opportunities for enrichment, growth and laughter. Residents can send e-mail or join a music therapy class. During the summer, the residents tend their own vegetable and flower gardens. Even those in wheelchairs can work on the raised-bed garden.

The activities staff keeps the action going—finding a fourth for pinochle or bridge or running a current events discussion. There’s an exercise class every morning at 10—jam-packed with residents. Participation in our activities program builds a sense of confidence and community among the residents, making their lives just a little bit richer.



## “It’s about SWEET DREAMS.”

Adrian, Certified Nursing Assistant, is the perfect gentleman,  
with an emphasis on gentle.

*Adrian knows your routines better than you do. His quiet ways, his kind words, and those stories he loves to read as he helps to get you ready for bed—it’s all so comforting, so reassuring. You never thought bedtime would be something you’d look forward to. Then you realize—it’s Adrian who makes your day complete.*

A professional director of nursing is responsible for all the nursing care delivered by a multi-disciplinary team, and oversees our primary care nursing, one of the special innovations you’ll find at The Health Care Center at The Moorings of Arlington Heights. While most health care centers rotate nursing assistants, like Adrian, among patients on a weekly basis, each of our nursing assistants cares for the same resident as long as he or she receives that level of care.

And an extraordinary thing occurs. Our nursing assistants and residents build a level of trust and friendship that improves the quality of care. They know your routine... and notice if you have lost your appetite. They give you that little extra encouragement to try a new activities class. And take the time to hear all about it. Our nursing assistants give each resident the time and attention he or she deserves.

PRESBYTERIAN HOMES. We speak a different language.



## “It’s about keeping THE FAITH.”

The chaplain lifts countless hearts each week.

*The chaplain sees the toll that stress may have taken on your spirit. And she knows you don’t want to hear some cookie-cutter advice. So she lets her words enfold you – a soothing song of wisdom and strength. And she lifts your heart again.*

Our chaplains regularly visit residents, but they are there for everyone—even family members who may need a little additional counsel, or just someone to listen to them. The Moorings believes that full-time chaplains provide an important level of support to our care.

We offer nondenominational services, both in our chapel and on the nursing floors. We facilitate communion services, and provide many opportunities for spiritual enrichment, including Bible study groups. At The Moorings of Arlington Heights, we welcome those of all faiths, and those with a more personal spirituality.



## “It’s about RESPECT.”

May, R.N., Assistant Director of Nursing,  
believes compassion can often be the best medicine.

*May loves spending time in our memory care community. She gently guides residents through their days, taking time to share memories with them. May is only one of many nurses and nursing assistants committed to sustaining the integrity and dignity of every resident.*

Our memory care community is a beautiful and sensitive environment specifically designed to meet the needs of adults who require memory care or who have Alzheimer’s disease. Music, games, movies, and personal conversations keep residents engaged and motivated. Whenever possible, residents and their families may take advantage of the walking paths on campus for exercise and to enjoy the beautiful gardens.

In this setting, we provide each resident with the greatest opportunity to experience joy, friendship, and the security of belonging to a larger community. Each individual benefits from this unique approach. For instance, outside each resident’s room are photographs and a brief biography—a constant reminder to everyone that the residents led rich, full lives before they needed our support.



## “It’s about COURAGE.”

Danuta, Physical Restorative Aide, strengthens the muscles of her clients and their spirits.

*Danuta treats you like a champion. She tells you that rehabilitation is one of the hardest challenges anyone can face—emotionally, physically and spiritually. She quickly learns who you are and keeps you focused on your goals. Her sessions are a motivational mix of jokes, encouragement and support. When you’re finished with Danuta, you realize what you’ve won—your independence.*

The Health Care Center at The Moorings of Arlington Heights offers an excellent rehabilitation program. Residents who enter a rehabilitation program may be recovering from a stroke, heart attack, or orthopedic surgery. Immediately, the team of physicians, nurses, and therapists develops a comprehensive rehabilitation plan that can include physical, occupational or speech therapy, plus restorative nursing. Everything in this program

promotes independence. Physical therapists provide strength training and range of motion exercises. Occupational therapists help you practice activities of daily living, using a model kitchen located in the rehabilitation room. Restorative nursing helps you maintain the benefits of rehabilitation therapy. A rehabilitation nurse leads this program, working with a team to address the specific restorative needs of residents.



## “It’s about YOUR MOM.”

Margi, B.S., M.S.W., Social Worker, knows what is not being said can be the most important to hear.

*Margi is a listener. A shoulder. An advocate. There is never any doubt about that. She knows that quality of care and clear communication go hand-in-hand. So she takes her time with residents and families. Answering questions, addressing concerns. And when a conference is over, the family knows that the care of their mom really matters to someone else.*

Social services are about the social and emotional support of the residents—and their families. We understand that the transition to The Moorings of Arlington Heights is not always easy for everyone. So our social workers meet new residents within their first days at The Moorings to welcome them to our community and to determine how social services can help them—and how to make The Moorings their home.

Our social workers all hold master’s degrees and follow strict codes of confidentiality in supporting and counseling residents. Social workers attend care-planning meetings, facilitate support groups and provide patient advocacy and family counseling. In addition, they are key to discharge planning, helping families arrange for such services as home health, grocery delivery, or the Lifeline emergency response system.

PRESBYTERIAN HOMES. We speak a different language.



## “It’s about A GOOD HAIR DAY.”

Gail, Beautician, also weather forecaster, fashion consultant, and confidante.

*Nobody does hair like Gail. Set and comb out. A new shade of red. She’s got you covered. And while she gives you the glamor treatment, you talk about movies, politics, and, okay, a little gossip. Gail knows that you may have had to leave a few things behind when you came here, but she’ll make sure that you never give up your good looks.*

## Summary of services offered:

# THE HEALTH CARE CENTER AT THE MOORINGS OF ARLINGTON HEIGHTS

This is home to people who need care and support. Our reputation for excellent care comes from paying very close attention to the quality of life for the residents, and to the concerns and questions of their families. The Health Care Center at The Moorings of Arlington Heights offers several care options for both residents of The Moorings and for people from the surrounding communities.

- Long-term care for those who need round-the-clock nursing assistance, medical attention and security.
- Short-term care for rehabilitation following hospitalization.
- A sensitive memory care community specifically designed to meet the needs of adults who require memory care or who have Alzheimer's disease.
- Assisted Living for those who need some help with everyday activities.

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## HEALTH CARE SERVICES

### MEDICAL CARE

Medical services are led by a vice president of medical affairs, a board-certified internist with extensive training in geriatrics. He makes an extraordinary contribution to the delivery of care on all our campuses.

### ON-STAFF PHYSICIANS

In addition to our own medical director, we have physicians on call 24 hours a day, seven days a week. When you come to The Health Care Center at The Moorings of Arlington Heights, you can continue with the services of your physician, or choose to see one of ours.

### PROFESSIONAL NURSING CARE

Professional nurses, specialized in the care of the older adult, respond to the health care needs of each resident. The nurse completes a comprehensive nursing assessment and then creates an individual care plan, based on input from the resident and the family. Our registered nurses lead the multi-disciplinary teams who deliver the care outlined.

Registered nurses and licensed practical nurses are on duty on each floor, 24 hours a day. They coordinate the daily care, which may include directing resident rehabilitation, maintaining nutrition, and administering

medication. They supervise the nursing assistants to ensure every resident receives the highest level of care. Professional nurses at The Health Care Center at The Moorings of Arlington Heights coordinate the services needed upon discharge. This might include care in the home by a home health team of physical therapists, occupational and speech therapists, and nursing staff.

### RESTORATIVE NURSING

Restorative nursing helps the resident maintain the benefits of rehabilitation therapy. A rehabilitation nurse leads this program, working with a team to address the specific restorative needs of residents as recommended by the physical therapist. On a daily basis, a nursing assistant works with the resident to continue exercises and strengthening techniques, to assist with dining, and to maintain good skin care and grooming.

### REHABILITATION

The Health Care Center at The Moorings of Arlington Heights offers an extensive rehabilitation program. Comprehensive rehabilitation services, including physical, occupational and speech therapy, are available on campus. In addition, a full-time rehabilitation nurse coordinates care between nursing and rehabilitation.

Summary of services offered:

# THE HEALTH CARE CENTER AT THE MOORINGS OF ARLINGTON HEIGHTS

*continued*

## ASSISTED LIVING

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We offer one of the few licensed sheltered-care residences in the area. We have nurses on site round-the-clock, seven days a week, and certified nursing assistants (CNAs) are available 24 hours a day. Assisted living is an ideal option for those who require assistance with daily activities (bathing, dressing, medication), but cherish their independence.

## RESPIRE SERVICES

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There are times when those responsible for the care of a family member at home need relief from the demands of caregiving. They may want to go on vacation, prepare for a special event, or just take time for themselves. Our respite program allows us to care for a family member for as few as four days, up to a month.

## ESSENTIAL INFORMATION

- Medicare-certified.
- Re-accredited in 2006 by CARF/CCAC, the nation's only accrediting body for retirement communities.
- State-licensed, intermediate and skilled nursing care center, and sheltered care.
- Established in 1988.
- Admissions accepted 24 hours a day—including weekends.
- Affiliated with area hospitals.

The Health Care Center at The Moorings of Arlington Heights is open to admission to individuals regardless of race, color, sex, age, national origin, religion, and to qualified individuals with handicaps or disabilities.



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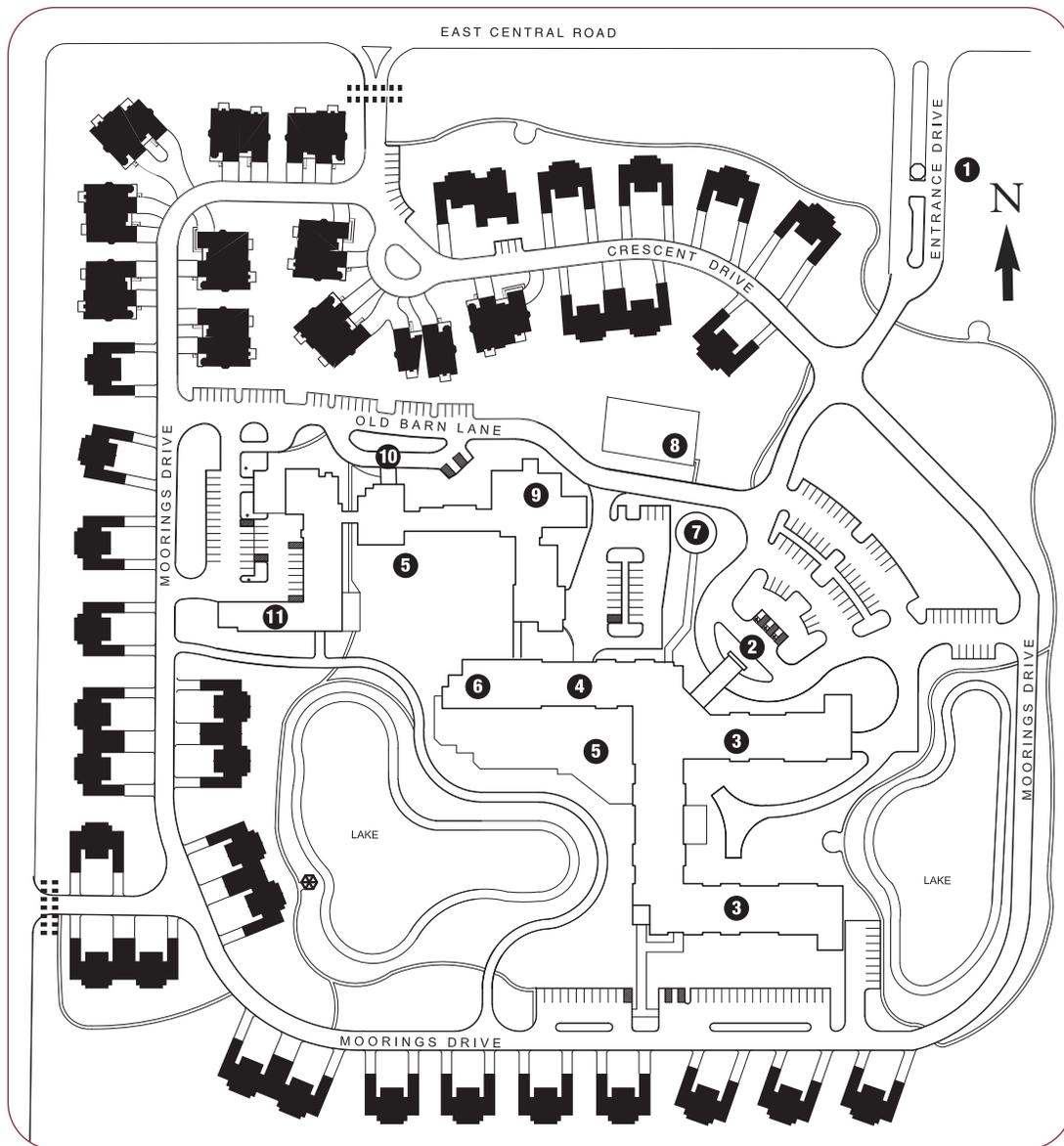
### THE HEALTH CARE CENTER AT THE MOORINGS OF ARLINGTON HEIGHTS

Intermediate and Skilled Nursing Care, Assisted Living, Rehabilitation and Memory Care



THE MOORINGS OF ARLINGTON HEIGHTS

COMMUNITY MAP



- |  |                                  |
|--|----------------------------------|
| ① Gatehouse                            | ⑦ Historic Round Barn            |
| ② Main Entrance to Apartment Building  | ⑧ Gardening Area                 |
| ③ Apartment Building                   | ⑨ Health Center                  |
| ④ Dining, Activities and Exercise Area | ⑩ Main Entrance to Health Center |
| ⑤ Outdoor Terrace                      | ⑪ Assisted Living                |
| ⑥ Indoor Pool                          |                                  |

THE HEALTH CARE CENTER  
AT THE MOORINGS OF ARLINGTON HEIGHTS

Intermediate and Skilled Nursing Care, Assisted Living, Rehabilitation and Memory Care