

TOTAL WELL-BEING

CULTURE: RELATIONSHIPS IN ACTION



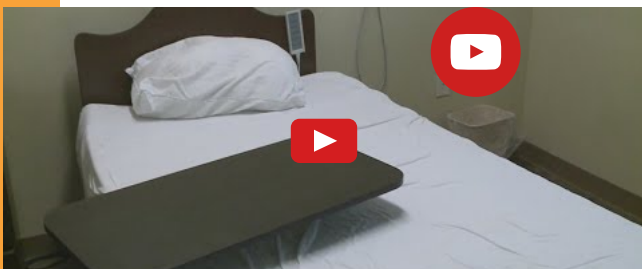
A Glimpse at Teamwork - Hurricane Harvey

On Thursday, August 24, Hurricane Harvey displaced 90 residents at Gulfe Point Plaza in Rockport, Texas. With a well organized plan in place, their transition was quite seamless given the turmoil swirling all around. Residents and staff of HMG sister property, Park Manor Bee Cave in North of Austin, opened their doors and most welcoming hearts to accommodate their unknown friends. Park Manor comfortably and ideally houses

approximately 80 residents, and in the matter of hours found themselves asking care of 150+. Residents with private rooms found themselves gaining roommates, but doing so with a smile. HMG operational, clinical teams, and team members at both Gulf Pointe and Park Manor prepared in advance and executed the plan prior to Harvey's landfall. Delivering premier health care services, through dedicated and compassionate employees, accommodating the individualized care needs of our patients was

carried out just as the HMG mission statement reads. The core value to uphold quality care was illustrated as we all witnessed a safe and streamline evacuation of 90 residents. Additionally, Park Manor turned their therapy gym into room like set-ups to provide ample space for 14 more residents. Relationships are sometimes forced upon organizations because of circumstances, yet in hindsight, the opportunity to work as a team was and is the only way to care for people when resources are minimized and responsibilities are doubled. Not only did the situation call for all hands on deck of HMG staff, the communities at large in Rockport and Bee Cave were integral components to keeping residents safe and secure. Lake Travis Fire Department was there to meet the bus filled with Gulf Pointe residents when they arrived in Austin.

Without strategically prepared leadership, selfless acts of team members and community assistance, Harvey may have done more than displace and relocate residents. There are numerous staff members who worked tirelessly to ensure the safety and comfort of others. They are not looking for acknowledgement or praise, because quite frankly it is not all that different from all the other days they repeatedly put the needs of others, the residents, as their number one focus.



COMMUNITY

My World, Your World,..OUR World

The news channel does not provide much joy for viewers, in fact, the stories of violence, divided political views, and clips that leave us asking, "Why or how could someone do that?" One thing we can all agree on is this... Humanity needs each other. We may not be the most social or extroverted individual, but humans were designed to interact with one another and extend love. Research is emerging every day about the importance of combating social isolation. As people age, it is true that often social circles become smaller and smaller. People move, people pass away, people begin to have functional issues or feel more at ease just being at home or in their own space. Science also conveys to us that there is not a magic age when we start retracting. In an effort to remain social, even when it is uncomfortable, the following list of tasks may help you open yourself up to others.

Despite living in a community setting, surrounded by neighbors, or a similar setting of care, loneliness and isolation are prevalent. As we visit with people, sometimes we forget to find out personal things that make us feel connected. The weather and food are easy to talk about, but they do not always spark a common interest between two people. The health consequences of both social isolation and loneliness have been examined extensively, although the literature is far from consistent in terms of measures used to assess the two concepts, at times making it difficult to compare results across studies. Based on research findings, the authors concluded that lack of social relationships is as strong a risk factor for mortality as are smoking, obesity or lack of physical activity. Similarly, older adults who are lonely have an increased risk of dying sooner and are more likely to experience a decline in their mobility, compared to those who are not lonely.

CALL TO ACTION

Decreasing isolation in your life takes deliberate action. Only you are in charge of putting yourself out there to engage and interact with your peers and staff members. Sometimes we may not know what to say or how to start a conversation, so here are 5 tips to try.

If you don't know someone, introduce yourself to a new person and catch their name before beginning a conversation.... Go ahead, shake hands and have a human touch to break the ice.

Check off the number when you achieve the "action item."

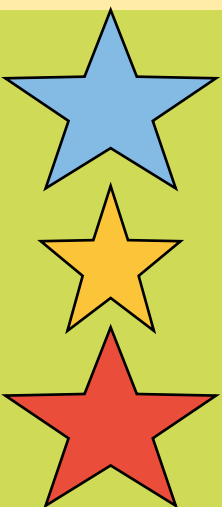
- _____ 1. What is your favorite thing about the fall season? Why? _____
- _____ 2. If there was one person you could eat dinner with who would it be? Why?
- _____ 3. What is the best thing that has happened in the last two weeks?
- _____ 4. If you were to go to the zoo, what is the first exhibit you would go visit? Why?
- _____ 5. What one piece of advice would you give a peer moving into a community?

CONTRIBUTION

When we think of contributions we often think of a skill or talent that someone bestows upon another. Often times that approach rings true. Except for Lillian Giles. Perhaps her contribution to the world around her is simply this. Her PRESENCE. In her subtle presence is a millennium of experience, wisdom, and today; inspiration to others. Ms Giles is not idly watching life pass her by. No, she is rehabilitating and going back home. At 106!. Some would argue that the best days are not those of 106, but by the looks of her smile, there is a secret in those eyes that remind us to embrace growing older in years could quite possibly hold the "best life yet." Just what is her secret is what others want to ask. How, and what do I do in order to live the best life yet years after I reach the century mark? We will find out more from Lillian and share with you her "secret to success."

Lillian reminds us all that while our skills are important and help to define our purpose and ability to nourish the world around us, they are not all we have. Sometimes the most important message or dose of inspiration you can contribute is being happy and content with what you have. It does not take a special skill to be kind, to love people, and to treat others with respect. Yet, in doing so it contributes to the welfare and happiness of others in ways far beyond what we understand.

The last month in the United States, Mexico, Puerto Rico and the Caribbean has asked more of humanity than skills or talents. While there are first responders, construction personnel, aid and relief organizations desperately needed to restore order and repair the broken structures, the greatest contribution we can give one another is kindness and love. People need to know they are not alone, that there is hope in disaster, and most of all that people deeply care and want to stand alongside them through the journey to restoration. People like Lillian Giles are here to remind us that life is not void of losses, difficult days, asking why, or trials that we did not want to encounter. Life will always happen, yet despite moments of despair, the human spirit is resilient, strong, and capable of thriving in the face of adversity. While I do not know the secret of life to live to 106, I believe older adults who have weathered the storms and come out with hope and a smile of kindness are gifts that inspire. They contribute to humanity by being present on a seemingly normal Monday morning. After all, maybe it is the HMG staff that is the greatest benefactor in the relationship of caring, serving, and loving the true winners, the residents, in this circus we call "life."



Northgate Plaze - Irving, Texas

September 7, 2017

Today we wished a truly remarkable woman, Mrs. Lillian Giles, Happy 106th Birthday!

Mrs. Giles lives an active lifestyle and after a short therapy stay returned home! She is an inspiration for all to be so high functioning and independent at this age.





 Why Physical Therapy?

Breast Cancer Awareness Month

October 20 - National Mammogram Day

 Resources & Information

 Mammograms: What to Know

National Long Term Care Planning Month

 AARP Resource Guide

An Intern's reflection on Long Term Care Staff after observing the unknown field for a few months.

 Keep At It HMG Staff.

HMG - WHO. WE. ARE.

It is the mission of HMG Healthcare to deliver premier healthcare services, through dedicated and compassionate employees, accommodating the individualized care needs of our patients

Core Values

QUALITY OUTCOMES

EDUCATE

SPECIALIZED MEDICAL PROGRAMS

RELATIONSHIPS

FISCAL RESPONSIBILITY

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