



# WINDOW ON WESLEY

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Welcome to The Wesley Community. Since 1972, Wesley's unique continuum of care community has been providing services and programs to meet the individualized needs of the elderly, active seniors and adults. We offer independent and assistive living, affordable senior housing, adult day services, short-term rehabilitation and long-term nursing care, as well as outpatient therapies for all ages.

Our 36-acre community is located in the heart of historic Saratoga Springs and affords a perfect opportunity to enjoy the beauty and cultural offerings of this graceful, elegant city.

*For further information call 518.587.3600, ext. 1564 [www.wesleyhealth.com](http://www.wesleyhealth.com)*

# WESLEY participates in National Study

According to many surveys, 3-6% of residents in acute and chronic care facilities throughout the United States develop a pressure ulcer at some time during their stay. The cost to manage and treat these pressure ulcers runs into the billions of dollars each year.

Wesley Health Care Center, The Wesley Community's skilled nursing care provider, is the only health care facility in New York State and one of only seven sites in the country chosen to participate in a study on preventative wound care. The research project is designed to gather data on the cost benefits of using a unique ultrasound scanner called the EPISCAN I-200 to help prevent, detect and manage pressure ulcers in long term care residents.

Longport, Inc. ([www.longportinc.com](http://www.longportinc.com)) of Glen Mills, PA, an ultrasound technology company, developed the EPISCAN I-200. This hand-held ultrasound scanner produces a high-resolution image of human skin and its underlying two centimeters of soft tissue, the place where pressure ulcers begin. The image can be captured and stored on a computer or transferred electronically for archiving or interpretation at another location, such as a doctor's office. Digital photos of the image can be placed in the resident's medical record.

**“...We believe that our work on this project will not only benefit Wesley's residents, but help all nursing home residents in the future.”**

**— Cindy Labish, RN, MS, CWOCN  
Director of Nursing**

Standard protocol has always dictated that all new residents at Wesley Health Care Center be assessed for risk of pressure ulcers upon admission. Now each new resident is also considered for the EPISCAN study. Qualified high-risk candidates are asked to take part in the program. Medical and other interventions are begun immediately for new residents whose scans show an accumulation of fluid under the skin, the precursor of a pressure ulcer. The resident's skin is re-scanned every fourteen days thereafter to measure and document the healing process.

Wesley nursing staff members have been trained to perform the scans, which take a bit of computer preparation for the nurse and then only 10-15 minutes with the resident. There is no pain or discomfort for the resident because of the non-invasive nature of the scan. Images are sent via the Internet to a radiologist for evaluation.

Jackie Hunt, RN, technical coordinator of the project at Wesley, explains the Wesley staff's reaction to the EPISCAN program: “At first a nurse or an aide might see it as extra work to do the scans and the paperwork, but soon they enjoy the positive reinforcement that comes with visible verification of results.”



# for EPISCAN I-200

While the research project's purpose is to provide empirical data to answer questions about how cost effective it is to treat a pressure ulcer before it's full fledged, other benefits of using the EPISCAN I-200 at Wesley Health Care Center are clear. Scanning provides early and reliable detection of developing pressure ulcers and better monitoring of the effectiveness of interventions to prevent them. Treatment plans for pressure ulcers can be based on objective, visual findings. Clearer documentation of progress in treatment and healing is possible.

The Wesley Community has always led the way when a new opportunity to help residents is discovered. Cindy Labish, RN, MS, CWOCN, Wesley Health Care Center's director of nursing, who is a certified wound

ostomy continence nurse specialist sums up

the project this way: "Early detec-

tion gives Wesley an

enormous advantage in

the prevention of

pressure ulcers and

enables us to have

far better outcomes

in the care of our

residents. Finally

our staff is able to

see actual evidence

of the effectiveness of

their hard work in preven-

tion and this is exciting for us

all. We believe that our work on this

project will not only benefit Wesley's

residents, but help all nursing home residents in the future."



## Q: What is a pressure ulcer?

**A:** When constant pressure on the skin reduces blood supply to the area, the affected tissue may die, causing a pressure ulcer. The first sign of a pressure ulcer is reddened skin, which can progress rapidly to blisters, an open sore, and finally a painful, crater-like wound that may cover a large area. Sometimes pressure ulcers happen when someone is in bed in one position too long without shifting his or her weight. Other times, pressure ulcers are the result of something as simple as a brace or splint pressing on an area of skin.

Pressure ulcers commonly appear over bones that are close to the skin, such as heels, coccyx (tailbone at the lower end of the spine), elbows, and shoulders.

**Wesley**  
*The name you know and trust!*

This is a publication of The Wesley Community operated by United Methodist Health and Housing, Inc.

For further information about The Wesley Community or to schedule a tour, contact Deborah Crotty, director of marketing, at 518-587-3600, ext. 1564.

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# THE WESLEY FOUNDATION

## 2006 Annual Campaign

**The Wesley Community** leads the Capital-Saratoga region as a continuum of care community for older adults and has specialized in developing facilities and programs to meet the needs of the aging and chronically ill since it was sponsored by the Troy Annual Conference of the United Methodist Church in 1972.

**The Wesley Foundation** is the philanthropic arm for The Wesley Community - Wesley Health Care Center, Wesley Outpatient Therapies, Embury Apartments, Evergreen Adult Day Services and Woodlawn Commons Senior Living. Created in 1999, **The Wesley Foundation** is a public charity under section 501 (c) (3) of the Internal Revenue Service.

**The Wesley Foundation** is committed to broadening the mission of The Wesley Community by conveying the needs of its residents and clients and by building relationships to provide resources to enhance the quality of their daily living and well-being. Those resources are raised through special events, major gifts, planned gifts and donations to our Annual Campaign fund. The 2006 Annual Campaign started October 1 and runs through the end of the year.

In order for our donor supporters to feel a part of the decision making when they give a gift, **The Wesley Foundation** has a list of places or "funds" where their gift can be designated. Gifts to these funds during the Annual Campaign may be given as a memorial of a loved one or an honorarium to pay tribute to someone or some group that has excelled in some manner.

Here is the listing of **The Wesley Foundation** funds:

- **Wherever The Need Is Greatest** provides a critical source of private funding for The Wesley Community. Donations are used to purchase therapy equipment, wheelchairs, replacement beds, as well as items to maintain and improve our physical plant.
- **Embury Apartments** provides subsidized senior living. Gifts to Embury support resident activity programs, building upgrades and other needs.
- **Evergreen Adult Day Services** is an adult day care program providing adults with a variety of health and social services. Gifts are used for equipment, programming and other needs.
- **Project Homecoming**, our community beautification program, allows residents and staff together to find new ways to make The Wesley Community more home-like for everyone.

- **Erwin L. Levine, PhD Fund** provides for special events on a regular basis. Our independent residents enjoy events from theater to music to educational lectures, and the events are always free of charge.
- **Meinhardt Partnership** provides funds for The Wesley Community employees to advance their careers. This fund is a living memorial to a man who held a great belief in the value and process of health care education.
- **Neil Roberts' Staff Enrichment Fund** was established to provide emergency resources to our staff members in their time of need.
- **With A Heart Choose A Friend** fund provides for resident enhancements from outings outside the community, individual requests for personal items, and ensures all residents are included in the holiday exchange.
- **Woodlawn Commons** offers independent apartments for seniors, as well as assistive living apartments for those who might need additional services. This fund provides support for resident activities and programs, building upgrades, and other needs.

Please go to our new website, [www.wesleyhealth.com/foundation](http://www.wesleyhealth.com/foundation), and you will find more details on how you can support **The Wesley Community** by giving to **The Wesley Foundation's** 2006 Annual Campaign or through planned giving.

While all gifts are welcome, we encourage you to participate at a level of your choosing from the following categories:

<i>President's Circle</i>	<i>\$5,000 - \$9,999</i>	<i>Benefactor</i>	<i>\$500 - \$999</i>
<i>Foundation Fellow</i>	<i>\$2,500 - \$4,999</i>	<i>Patron</i>	<i>\$250 - \$499</i>
<i>Trustee</i>	<i>\$1,000 - \$2,499</i>	<i>Sponsor</i>	<i>\$100 - \$249</i>
		<i>Supporter</i>	<i>\$1 - \$99</i>

### Now you can donate on-line!

Go to [www.wesleyhealth.com/foundation/donate](http://www.wesleyhealth.com/foundation/donate), fill out the requested information, enter your credit card details (through our secure site) and push the submit button. It's that easy!

For more information or if you are interested in making a gift or have additional questions, please contact Dennis A. Brobston, Executive Director at (518) 691-1419 or [dbrobston@wesleyhealth.com](mailto:dbrobston@wesleyhealth.com).



## LETTER FROM OUR CEO, J. BRIAN NEALON

As another summer in Saratoga Springs fades away into a pleasant memory I am increasingly struck by how quickly they pass and how difficult it is to pause and appreciate the time of year. I hope that you were able to avoid this pitfall and enjoy some part of the season. While I appreciate the colors that fall brings us, ready or not it's time for leaf raking.

I am very pleased to introduce the inaugural issue of The Wesley Community's new newsletter *Window on Wesley*. You may have noticed that it has been a while since you received a Wesley newsletter. The changes in a couple of staff positions and our new format put us on hiatus for a time. We are back on a track to stay in touch with you on a quarterly basis. I'm hopeful that you will find this addition engaging and enjoyable. The goal for our new layout and design is to provide our families and friends an easy to read, consistently laid out, informative document that keeps you apprised of some of the many interesting and exciting events going on around Wesley. I would appreciate any comments you have. I can be reached via e-mail at [bnealon@wesleyhealth.com](mailto:bnealon@wesleyhealth.com).

As you read through this *Window on Wesley* you will see the names of a few of our exceptional staff that I am proud to have as a part of the Wesley family. Additionally, there are 570 more that I never seem to have enough opportunities to recognize for all that they do. Their gifts of caring, compassion and character, which are shown every day, have allowed us to develop our solid reputation for delivering quality aging services. I hope that you have come to appreciate these very special individuals as well.

Sincerely,

J. Brian Nealon

## Upcoming Events — *Mark your Calendar!*

### OCTOBER 2006

<i>October 13th</i>	<i>12 noon</i>	<i>Wesley Society Luncheon Longfellows Inn &amp; Conference Center</i>
<i>October 21st</i>	<i>4:00-6:00 pm</i>	<i>Community Chicken BBQ Embury Commons</i>
<i>October 26th</i>	<i>2:30-5:30 pm</i>	<i>4th Annual Women's Health Fair Embury Commons</i>

**For further information contact Deborah Crotty, director of marketing at 587-3600 ext 1564.**

# *THE WESLEY COMMUNITY*

## *Services & Programs for Every Generation*

### ○ *Chronic Care*

#### **Long-Term Nursing Care**

Quality nursing care with a commitment to compassion and excellence.

#### **Short-Term Rehabilitation**

Specialized unit designed with one goal in mind - helping patients achieve their highest possible level of function and comfort, as they work toward returning home.

### ○ *Day Services*

#### **Wesley Evergreen Adult Day Services**

A safe alternative for seniors in need of socialization and supervision.

#### **Wesley Outpatient Therapies**

Physical, occupational and speech therapies in one location, with individualized programs for all ages.

### ○ *Housing*

#### **Embury Apartments**

The opportunity for seniors with modest incomes to remain active and independent in a friendly environment.

#### **Woodlawn Commons**

Independent, maintenance-free living for seniors, as well as assisted living programs tailored to meet an individual's needs.



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