

McLean

a continuum for healthy aging

McLean is the Rolls Royce of Rehab Centers

I am so impressed with the staff, to a person—therapists, aides, nurses, the doctor—they are all so caring, kind and considerate of both of my challenges. Moving through the various services of the Comprehensive Joint Rehab Program was seamless as McLean knew me and what my surgeon wanted. I did not need to reintroduce myself, and my special challenges, to each new therapist from wellness, to post acute to outpatient.

Based on talking with others, as far as I'm concerned McLean is the Rolls Royce of Rehab Centers and the warm water pool is truly a luxury.

Carole Pagani



Carole Pagani made the decision to try to get in better shape before her knee replacement. She was in a lot of pain, so she thought warm water exercise could help her without putting stress on her knee. Carole enrolled in the McLean Healthy Living Program for a month and a half enjoying the pool and doing exercises personalized for her by a Physical Therapist. After surgery, Carole spent a week in McLean's Post Acute Rehab Center and went home having made wonderful progress.

She then decided to accept her neighbors' help to bring her to Outpatient Therapy skipping Home Care. Carole understood she needed to get out of the house having lost her husband six months prior. She explains that all the McLean staff and the McLean Hospice bereavement group were very supportive of her two challenges—recovery from the surgery and grief. Carole continues in Outpatient Therapy and is using the free membership in the Healthy Living Program, which all McLean Outpatient clients are given, to continue with her warm water exercises.

Shirley Heintzelman lives with her daughter Lori who brings her mother to the McLean Adult Day Center for a day of programs, medical care, companionship and her lunch. Shirley needs a safe setting while Lori works. Shirley's favorite programs are Trivia, Pearl's baking group, and Mary Mitchell's Reminiscences. Shirley loves living with her family especially with her granddaughters who run joyously into the Day Center to greet *Grandma* at the end of the day. The support from the Adult Day Center program and staff permits the family to stay together, as Lori explains, and keeps Shirley living in the community rather than a facility.

McLean Provides Comfort and Companionship

The Adult Day Center provides my mother a place where she is comfortable. She enjoys the activities and companionship of people her own age. The Adult Day Center is a safe and healthy environment for my mother so I can work, do volunteer work and be involved with my young family. The McLean ADC is special because of the staff who are all so caring. And the clients love the atmosphere whether sitting by the fireplace on a chilly day or enjoying the warm sun on the beautiful, flower filled patio in the nice weather. My mother really misses going to McLean on the weekends. I guess that says it all.

Lori Gaily





Imagine 14 couples dressed in their Sunday finest celebrating their marriages of 49 to 66 years at a very special Valentine's Day Luncheon organized by the McLean Therapeutic Recreation staff in the newly renovated craft room. A small ensemble from Sweet Adeline's serenaded the couples. The dining services staff served special beef filet dinners. The ladies each wore a rose corsage. A photo editor from Channel 30 filmed the couples telling stories of how they courted and how they are still very much in love even when one of them lives at McLean and one is in McLean Village or living out in the community.

Harry Deaton told us at the luncheon that it was love at first sight, but Mary laughed that it may have taken her a couple of dates. Harry lives in East Hartland and is one of the most frequent visitors to McLean sharing each day with Mary. They have been married for 66 years. This was a very special date.

McLean Staff Goes the Extra Mile

To me this was an example of how McLean staff goes the extra mile to make elders feel important. In a society that values youth, beauty and health, this party honored us for just staying married for so long. The realities of age and disability were forgotten for a few hours. All we have managed to do was to keep to our vows "till death do us part," but McLean made us feel very special. Everyone at McLean seems dedicated to making older people feel special by giving them special attention such as this dinner. I love all of them.

Harry Deaton

Jane Schlichter worked for McLean many years as Director of Human Resources. She was retired by the time the Village apartments were built, but she reports she toured them and remembered how lovely they were. Jane stays active on the Auxiliary Board and chairs the selection committee for the Auxiliary Scholarship for a McLean employee each year. When her husband was deteriorating, Jane found the burdens of running the house while caring for him were too much. So she decided to move to the next available apartment in McLean Village having been on the waiting list for a while.

It Feels Like Home

It just felt like home right away. I thought I'd miss my trees, but McLean is full of trees. I enjoy them every day on my walks. While Walt was alive, I picked up our dinners from the dining staff and took them to our apartment so we could eat together.

I was so pleased with the excellent care and support from McLean Hospice to keep Walt here with me. Then when Walt passed away, I was so happy to have the companionship of friends in the Burkholder restaurant. We have such a nice group of ladies I often dine with. The Village is a special independent living community. No one intrudes on you, but they are there when you need them.

Jane Schlichter



Pat and Den Healy, of Canton, owned the Western Auto store in Simsbury for a decade then came to work for McLean—Den for 10 years and Pat for 23 years. When they retired in 2002, they took on a weekly Meals-on-Wheels route in Granby and East Granby. Most volunteers drive a route once or twice a month, but the Healy's love this time together each week. They do not just deliver food. They deliver a friendly visit to a home-bound person and a safety check.

We Help People Live Independently

We enjoy talking to the people as we deliver their meals. It is a pleasant experience that we are helping people to be able to live independently. If someone does not answer the door, we notify McLean so a safety check can be made. Every once and a while we deliver to friends or former customers, and it is so nice to see them again.

Pat & Den Healy





June Murli is a young, 51 year old, nurse who had a debilitating stroke one day while working. Luckily she was at work at UConn Hospital and had life saving surgery that day. After her care at UConn and six weeks at the Rehab Center at Mt. Sinai, June chose McLean for Post Acute, Home Care and Outpatient Therapy.

Everyone With McLean Is So Caring

I choose McLean because I had heard such good things about McLean and I live in Simsbury. After six weeks of making good progress in McLean Post Acute, I went home with McLean physical and occupational therapy. Mary and Mary Jo are so special. Their personalities are great. They were a perfect match for me and were determined to make me succeed since I hope to go back to nursing someday. Being in my home was so good, but safety was a concern. So Mary arranged for a McLean Home Health aide to come in for my showers.

Now I'm in McLean Outpatient Therapy. Again the Physical Therapist Dot and Occupational Therapist Laura are a great match. They keep pushing and, even better, motivating me. I hate to single out some staff, because everyone at McLean is so caring.

June Murli

McLean Annual Report in brief:

Healthy Living Program/Wellness Programs

- 315 members with 14,582 visits

Adult Day Center

- 90 clients
- 6,016 days of care

McLean Village Independent Living

- 98 current residents of apartments & cottages
- 11 new residents over the year

The Robinson - Assisted Living

- 16 Assisted Living residents over the year—average 12
- 16 new residents over the year
- 10 Home for Aged residents

Sorenson Adaptive Technology

- 253 individuals served

Meals-on-Wheels

- 155 clients served in Simsbury, Granby, East Granby, Avon, and Canton
- 28,096 meals served

McLean Health Center

- 168 patients served over the year with long term care
- Plus 582 Post Acute patients

Hospice

- 168 patients—a 42 % increase
- 27.8 average daily census
- 10,124 days of service—a 49% increase

- 53% of our Hospice patients resided in their own home and 47% resided in Skilled Nursing facilities: McLean, Duncaster, Cherrybrook and Avon Health Center
- 192 family members received bereavement support

Outpatient Rehab

- 783 new clients
- 11,259 total visits—8% increase

Home Care

- 1,288 patients served—18% growth in admissions
- 9 local towns serviced
- Recognized nationally as one of the TOP 25% HomeCare Elite agencies based on our clinical and fiscal outcomes

Auxiliary & Volunteers

- 275 volunteers
- 3,984 volunteer hours

McLean Auxiliary:

- Gift Shop, open seven days a week, staffed by more than forty volunteers, raised in excess of \$30,000
- 325 members
- Provided \$25,250 in grants proposed by staff

McLean Foundation Golf Committee:

- Raised \$66,600 for Hospice in honor of Barry Loucks



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