

Elwood Care Center & Assisted Living

Physical Therapy out-patient works the Nu-Step Machine.



DPT Cindy Hobelman & PTA Jennifer Jones from our Therapy Department.

The of the Matter...

...Our Community

Did you know...

ECC was built in 1972 with the Elwood Industrial Development Corporation operating through the Elwood Chamber of Commerce?

Several groups of community-minded individuals were key to the project. Administrator Maxine Misterek, with Industrial Corp. members Glenn Seberg, Jack Bellamy, Russel Morgan, Leonard Puls, and Guenther Beckman, as well as the original Care Center Board members Maxine Leggott, Phyllis Ringenberg, Jesse Carbaugh, and Howard Wilson were credited for their commitment in creating a center to serve our community.

Today 43 years later, the same mission of serving the needs of our community holds true. We remain not-for-profit, under the Village of Elwood, serving the residents of Elwood, and our surrounding neighbors.

...People Caring for People

The healthcare landscape has changed but the delivery remains the same, people caring for people. Today, services of focus at our Center include not only rehabilitation for short-term or long-term residents but for anyone in our community. We currently serve on average twenty out-patients a month for a variety of therapy services. Physical, occupational, or speech therapy is available for conditions such as: sports injuries, orthopedic after-care for joint replacements, arthritis, shoulder or hand injuries, generalized weakness and loss of ability due to illness or injury. In addition specialized services are offered. If your doctor has ordered therapy for you, give us a call, our licensed therapists are highly trained and experienced and have been delivering services to Elwood for over the last thirteen years. Pictured above is Cindy Hobelman, Doctorate of Physical Therapy, and Jennifer Jones, Key Rehab Manager and Physical Therapy Assistant.

Board of Directors

Chairman, Betty Koenig

Nina Anderson

Dick Bennett

Bill Monter

Village Board Representative

Elwood Care Center & Assisted Living is a 2016 member of the Nebraska Nursing Facility Association and Nebraska Assisted Living Association. We are proud of this affiliation with the state's nursing facility and assisted living facility associations and look forward to working with them to improve and promote long-term care services for all Nebraskans.

Down Memory Lane

Pictured is resident Marge Schutz with Administrator Kate Reiners. Located in one of our scrapbooks, a photo was found of Marge receiving "Employee of the Month" honors. (Year unknown)

When our doors opened in 1972, Marge was one of the first original employees. She started as a nurse's aide, then 10 years later went to LPN school. Following that she worked in Medical Records for approximately the next 20 years.

Thank you Marge for serving so many residents and families over the years. It's an honor to get to care for you.



COMMUNITY SERVICES AVAILABLE

Whirlpool Baths
Free Blood Pressure Checks
Adult Day Services
Out-Patient Therapy
Bladder Retraining Program
Exercise Equipment

**IT'S OUR MISSION TO SERVE THE
RESIDENTS OF OUR COMMUNITY, IF YOU
HAVE A SPECIFIC NEED, GIVE US A CALL,
WE WILL DO OUR BEST TO HELP YOU
OUT!**

43 YEARS OF SERVICE

The Elwood Care Center & Assisted Living is a reflection of the parts that make up the whole.

Serving our residents, their families, our community, and neighbors with the highest standards is our privilege.

We acknowledge our past and present employees and community members for creating the path of service and dedication that has brought ECC to celebrate it's 43rd year in 2016.

Staff Birthdays

Coleen Schutz
Morgan Haldeen
Gabriele Graham
Elizabeth Carrillo
Sarah Smith
Carolyn Houser
Deb Hambidge
Kasey Rushton
Kate Reiners

Residents Birthdays

Bernie Bishop
Betty Prash
Carolyn Gerken
Don Foss
Pat Schutz
Patty Stickley
Larry Mak

Essential Oils

Have you ever squeezed an orange peel or walked through a garden of flowers and enjoyed their fragrances? If so, you have already experienced an example of the aromatic qualities of essential oils. Essential oils are found in the bark, seeds, stems, roots, flowers, and other parts of plants. While essential oils are vital in the development and health of plants, individuals have long been able to benefit from their natural benefits in many aspects of day-to-day life.

Essential oils have been used for centuries in many cultures for their therapeutic qualities and some say they have profound health benefits. Single oils and even complex blends are used in the following three ways: **aromatically, topically, & internally.**

Essential oils have microscopically small molecules. There are approximately 40 million trillion molecules in one drop of essential oil. Their tiny size makes it very easy for our skin and our lungs to absorb them. That's why the effects of aromatherapy can be so powerful.

When essential oils are absorbed through the skin, such as with massage, they travel into the lymphatic system. The lymphatic system then circulates them into the bloodstream. Once the oils are circulating in the blood, they can reduce inflammation, fix imbalances, fight infection and so on.
(continued)



Even when you simply inhale an essential oil, such as with a diffuser, the oil is absorbed through the mucous membranes of your respiratory tract and lungs. From there, it's transferred into the bloodstream.

Some of the oils we have enjoyed using here at ECC have been lavender, wild orange, lemon, vetiver, peppermint, white fir, an oil blend that includes cinnamon bark. This blend is to provide a natural alternative for immune support, helping protect against environmental and seasonal threats.

Another oil blend we like to use at night is Serenity, this oil blend includes a combination of oils that has a calming and relaxing aroma. This is a perfect blend to diffuse at bedtime for a restful night's sleep or to help reduce worry and stress.

Studies continue to be done to test the effects of aromatherapy. Always consult your healthcare provider before treating a health condition on your own.

-Information from Doterra.com

February Years of Service

1 year Sarah Smith