

TOUCHING *Lives*

Thank You, Don Pote
TWH EXECUTIVE DIRECTOR
TO RETIRE IN APRIL



The
Williamsport Home

A CONTINUING CARE RETIREMENT COMMUNITY

U.S. NEWS & WORLD REPORT RANKS THE WILLIAMSPORT HOME AMONG BEST IN PA

In November, The Williamsport Home was named a “Best Nursing Home” for 2024 by U.S. News & World Report. The Williamsport Home earned this status by achieving a rating of “High Performing,” the highest possible rating, for both Short-Term Rehabilitation and Long-Term Care.

US News & World Report gives the designation of Best Nursing Home only to those that satisfy U.S. News’ assessment of consistent performance in quality measures. For the 2024 edition, U.S. News rated more than 15,000 nursing homes across the US using a variety of quality measures including staffing levels, infection rates, health inspection reports, use of antipsychotic drugs, and success in preventing ER and hospital visits.

“U.S. News’ Best Nursing Homes ratings give patients, senior residents, their families and caregivers an objective assessment of quality, to help them choose the facility that best fits their individual needs,” said Ben Harder, chief of health analysis and managing editor at U.S. News. “Nursing homes that have earned the recognition of U.S. News have a track record of achieving better outcomes for patients and residents, and maximizing the amount of care they receive from nurses and other staff.”

For more information about the 2024 U.S. News & World Report Best Nursing Homes ratings, visit <https://health.usnews.com/best-nursing-homes>.

Independent Living Apartments
Two Licensed Personal Care Programs
Skilled Nursing Care-Ravine Ridge
Short-Term Rehabilitation Care
Dedicated and Secured
Memory Support Care
Respite Care
End-of-Life Care Suites

Scan this QR code with your
phone camera to visit our website!





TWH DIRECTOR

Donald Pote

TO RETIRE IN APRIL

In December 2023, The Williamsport Home Board of Directors announced the retirement of The Williamsport Home's Executive Director, Donald Pote. Don will remain with TWH through April 2024 as a search for a new Executive Director takes place and leadership transitions.

*"While serving at The Williamsport Home...I feel my life has been enhanced, and truly blessed."
-Don Pote*

Don has spent his entire career in the long-term care field, and 23 years with The Williamsport Home. Prior to joining The Williamsport Home, Don held several administrative positions as a licensed Nursing Home Administrator and Personal Boarding Home Administrator and worked in two separate Area Agency on Aging Programs in PA. Since joining The Williamsport Home, Don has led the organization through many changes, opportunities, and challenges, including the COVID-19 pandemic.

"I feel fortunate to have had the opportunity to work with so many dedicated and talented individuals during my time at the Williamsport Home and for the achievements we were able to accomplish," Pote said. "From current and past Board Members, staff, residents, family members, to my coworkers and the many people I met while serving at The Williamsport Home, including friendships developed, I feel my life has been enhanced, and truly blessed. I hope the work we accomplished will serve as a building block for future growth."

"It is difficult, if not impossible, to sum up Don's achievements over his 23 years of dedicated service," added Dewar. "We are most grateful for his unwavering commitment to our mission, vision, and values in leading our organization and continuing our long-standing tradition of caring and providing compassionate service."

TWH has organized several events to honor Don and his achievements at The Williamsport Home. Please join the Board of Directors and staff in extending best wishes to Don as he prepares for his next life chapter.

"Over the past 23 years, Don has tirelessly served our residents, employees, and community. His dedication, grace, and congeniality have been hallmarks of his leadership and will certainly be missed," said TWH Board Chair Candy Dewar. "Don's many accomplishments will always be valued and serve to remind us of his positive impact on our community for years to come."

Don has spent his entire career in the long-term care field, and 23 years with The Williamsport Home. Prior to joining The Williamsport Home, Don held several administrative positions as a licensed Nursing Home Administrator and Personal Boarding Home Administrator and worked in two separate Area Agency on Aging Programs in PA. Since joining The Williamsport Home, Don has led the organization through many changes, opportunities, and challenges, including the COVID-19 pandemic.



Executive Director Donald Pote and Residents of Edgewood Apartments



Gay and Doug Johnson and their dog, Emily

Doug and Gay Johnson moved to TWH's Deerfield Building from Bermuda Run, North Carolina this past fall. Their goal was to be closer to their sons, who live in Port Matilda, PA and Ravena, NY. The Johnsons found The Williamsport Home was halfway between both of their sons, and because of this, they can now visit them much more frequently. Joining the Johnsons on their move was their dog, Emily.

The Johnsons report that they are very happy with their decision to move to The Williamsport Home for many reasons, but especially the friendliness of their new neighbors and staff. According to Doug and Gay, everyone at TWH has been so welcoming to them and to Emily. Emily is the first dog to live on campus since TWH became pet friendly last year. Both the residents and staff have welcomed Emily and have enjoyed seeing her on campus.

Gay says that she loves TWH's wellness activities, and that she has joined our ABC Singers group. Doug loves the social events at TWH and is looking forward to resuming his painting.

To learn more about life at The Williamsport Home, or to schedule a personalized tour, please call us at 570-323-8781. You can also get more information at www.thewilliamsporthome.com.

"Wellness Touching Lives"

HEALTHY & ACTIVE LIVING

By Kaleb Roudabush

The saying, "You don't stop playing when you get old, you get old because you stop playing", resonates well here at The Williamsport Home. Several years ago, through a generous donation, the idea of chair volleyball came to life. At first there was a lot of skepticism about playing volleyball. Naturally we think of beach sand, warm summer sun and a lot of athletic movements on our feet while trying to keep a volleyball from touching the ground.



Chair volleyball looks a lot different! Here at The Williamsport Home, it is played like regular volleyball and the new upcoming trend, "Foot-volley"! It's a very exciting way to get upper and lower body activity while sitting, providing peace of mind that you won't fall chasing a ball on your feet. Played with upwards of 12 players with the common goal of, outscoring your opponent.

Over the years chair volleyball has greatly increased in popularity, and residents have formed a league and now play every week. Both independent living and personal care residents also participate, playing a more casual, less structured game. Residents who signed up for the volleyball league have formed 3 different teams, and play with a more competitive spirit. Both levels of play are fun, exciting and provide an enjoyable social activity for residents.

Wellness at The Williamsport Home is always focused on providing the highest level of care, identifying resident's needs, creating a personalized journey enabling residents to embrace new concepts and experiences at any age.





UNDERSTANDING YOUR SKILLED NURSING *Medicare Benefits*

If your doctor or hospital team has recommended that you consider utilizing a Skilled Nursing Facility (SNF), you may have questions about next steps or what benefits you are eligible for under Medicare. We put together the following Frequently Asked Questions about Medicare benefits for Skilled Nursing, based on the questions our staff are asked regularly at The Williamsport Home. We hope these answers will help you better understand your benefits.



WHAT SNF BENEFITS DO I HAVE UNDER MEDICARE?

Under your Medicare A benefit, you have up to 100 days of coverage during each benefit period. A new benefit period is one in which you have not used your SNF benefits for 60 days or more. The length of your stay (up to the 100 days) is determined by your individual needs while at the SNF. Wound care, receiving IV antibiotics, and physical, occupational, or speech therapy are some of the services that are covered by the Medicare A benefit.



HOW DOES MY BENEFIT PERIOD BEGIN?

Your benefit period begins after a 3-night inpatient stay at an acute hospital. “Observation” days do not count toward your 3-night stay. After 3 nights, if the medical team recommends a post-acute stay, a referral will be made to a SNF of your choice and once accepted, you will be transferred to the facility, where your benefit period will begin.



WHAT DOES MEDICARE COVER AT THE SKILLED NURSING AND REHAB CENTER?

Medicare covers a semi-private room, meals, skilled nursing care, medications, medical supplies, social services, dietary counseling, and physician-ordered therapies.



DO I HAVE ANY CO-PAYS OR OUT-OF-POCKET EXPENSES?

Medicare benefits pay up to your first 20 days in full during your qualified stay. If you are still receiving therapies or treatment after day 20, there is a \$200/day co-pay for days 21-100. Supplemental insurance and/or Medicaid often covers this portion, however if you do not have either, the co-pay is paid to the SNF directly out-of-pocket.



IF I GO HOME FROM THE SNF AND DECLINE 2 WEEKS LATER, DO I HAVE TO GO BACK TO THE HOSPITAL FOR 3 MORE NIGHTS?

NO. If you haven't exhausted your 100 benefit days when discharging from the SNF, Medicare has a 30-day window that allows you to re-admit to continue with rehabilitation under your original benefit period. Often patients feel they are ready to go home and later realize they may need a little more time in therapy.

We hope we answered some of your questions about Medicare benefits. If you have any other questions or would like to talk more about what services are covered at The Williamsport Home under Medicare A, please contact our Director of Admissions and Marketing Matthew Watkins at 570-323-8781 ext. 1121.

TWH REOPENS THE SUITES AT *Woodland Vista*

In January, The Williamsport Home reopened of The Suites at Woodland Vista. The Suites at Woodland Vista are designed for seniors who would like to live on their own, but may require assistance with daily tasks or with medications.



“At The Suites at Woodland Vista, our certified staff work with residents to develop an individualized care plan that will address their specific needs, while giving them the ability to be as independent as they would like,” said Yvonne Laubach, administrator of the Suites at Woodland Vista. “Our staff provides all meals and laundry services, and are available to assist residents as needed with medications, bathing, and dressing.

Additionally, residents of The Suites at Woodland Vista also have full access to all of The Williamsport Home's campus amenities and activities, including on-site rehabilitation services. To arrange a personalized tour, call 570-323-8781, or visit www.thewilliamsporthome.com for more information.



A COMMITMENT TO REACH FOR CONTINUOUS
IMPROVEMENT WITH A GOAL OF OPEN AND
RESPECTFUL COMMUNICATION.



Welcome Open Communication
Empathy for Situations/Relationships
Compassion in Our Daily Actions
Actions Speak Louder than Words
Respect One Another
Exceed Expectations

We **welcome your feedback** and
value your comments to share
"How are we doing?"

The
Williamsport Home
A CONTINUING CARE RETIREMENT COMMUNITY

*1900 Ravine Road
Williamsport, PA 17701*

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 144
WILLIAMSPORT, PA

A Tradition of Caring