



## CareOne at Evesham and CareOne at Moorestown Chosen as the Area Hospital's Choice as a Sub Acute Rehab Preferred Provider

CareOne at Evesham and CareOne at Moorestown are proud to announce that we have been selected as the preferred provider at several area hospitals. Hospitals determine the guidelines for standards of care for the rehabilitation facility that mimic the hospital's mission and standards. To make the list of preferred providers a sub acute rehab must prove that they deliver the standard of care the hospital sets forth. CareOne at Moorestown and CareOne at Evesham have met those guidelines

With one of the most tenured therapy staff in the area, CareOne is able to provide a level of therapy that exceeds the State and National average, providing **therapy 7-days a week**. We have one of the most aggressive sub acute rehab programs in New Jersey due in part to our **Nurse to Patient Ratio** in our Post Acute Units which includes **on-site physicians daily**. Our goal is to provide the best nursing care and therapy to get our patients home safely but also avoid a re-hospitalization

by ensuring upon discharge that patients have their medication, physician follow up appointment and any home care services in place by our Customer Service team. Our team also stays in contact with our patients on-going to act as a resource once the patient is home.

A family owned company, CareOne serves thousands of patients every day and admits/discharges more than 20,000 patients every year. Over the years, our company has grown to keep up with the demand for high-quality care in a number of expanding services, including assisted living, memory care, respite care and more. And with more than 29 centers, CareOne's outstanding programs and services are now conveniently located throughout New Jersey.

**Care One accepts admissions 7 days a week and most insurances, including Veterans Administration at Moorestown.**

## A Message from CareOne at Moorestown's Medical Director Dr. Andrew Pecora

**THE WEATHER OUTSIDE** may be frightful, but that doesn't mean your winter has to be anything but delightful. For many seniors and people living with chronic illnesses like COPD (chronic obstructive pulmonary disease), maintaining good health is more difficult during the winter months. Flu is prevalent this season, driving conditions can be dangerous with impending snow, and the risk of a slip and fall is higher. CareOne at Moorestown's Medical Director Dr. Andrew Pecora works with those on the path to recovery and sees first-hand what diligence, attention and care his expert tips to keeping this winter wonderful and injury-free.



**What are some common injuries or illness you see around this time of year?** People with COPD often experience exacerbations during this season and have trouble breathing. Sometimes these episodes land people in the emergency room, and depending on the severity, can result in being admitted to the hospital. Post hospital care with a provider like us is often recommended.

**What are some at-home signs that a slip and fall injury might be more severe than it seems?** Pain and swelling are the big indicators of an injury. If you experience pain or swelling, or you are finding it's hard to walk, and you're not getting better, that's a sign you should seek the opinion of a professional.

**How can a person make sure they are protecting their elderly family members this season?** When the weather gets bad, seniors tend not to go to their doctor appointments, not because they don't want to but because travel is more difficult. If you have a chronic disease or lung disease, it's a good idea to see your doctor now and make sure your medicines are all up-to-date.

## CareOne at Evesham With the Benefits of Alter-G, Who needs a Pool?



**Tina Sheets, External Liaison, demonstrates the Alter-G, a non-weight bearing, anti-gravity physical therapy device.**

At CareOne at Evesham, the therapy department provides therapy 7 days a week and is constantly seeking the latest technology to improve patient outcomes. There are a variety of body weight supported treadmills on the market that help physical therapists and athletic trainers provide a low-impact environment to walk, run, and exercise. Partial weight bearing therapy is an essential part of lower limb rehabilitation. It allows a patient to start increasing mobility sooner. The Alter-G Anti-Gravity Treadmill is the only unweighting therapy and conditioning solution that actually lets

you pick a precise body weight to walk, run, and exercise. Unlike water and harness solutions, this means you can precisely progress a patient gradually as he or she recovers and regains strength.

### Benefits of the Alter-G over pool therapy:

- Patient does not have to experience feeling wet which may be detrimental to wound care
- Patients can get into the Alter-G and actually take more weight off than water
- No need to change clothing multiple times per day for aqua therapy  
Allows ambulation without the risk of bacterial infection

## Resident Feature

High school sweethearts and CareOne at Moorestown Assisted Living Residents Harry and Elizabeth Fox are really looking forward to the



holidays. Mr. and Mrs. Fox got married in 1948 after Harry returned from Navy, and the pair have been inseparable ever since. Harry worked for Bell Telephone while Mrs. Fox worked as a secretary at St. Peters High School in Riverside. As new assisted living residents, they enjoy the comforts of a homelike environment where they “feel safe” says Mrs. Fox, and their five children have peace of mind. Both are looking forward to the Christmas Holiday at their daughter’s home with their five grandchildren and one great grandchild.

## CareOne Harmony Village At Moorestown Provides Interactive Programs For Residents Living With Memory Impairments



CareOne Harmony Village at Moorestown is dedicated to serving those living with Alzheimer’s disease, dementia and related memory conditions. A pioneering assisted living community for the memory impaired, CareOne Harmony Village at Moorestown’s innovative memory care programs help residents maintain the highest possible quality of life, as well as optimal cognitive and physical functioning. Our accommodations include four distinct “neighborhoods” for residents with varying stages of memory impairment.

“As part of our unique programming, we incorporate our resident’s favorite activities into local community events,” said Rachael Wittman, MS, CALA, CDP, CareOne Harmony Village at Moorestown Executive Director. “For example, our residents love craft projects and our Program Director Lauren DeLorenzo came up with the idea to create a gingerbread Harmony Village replica to enter in the Candlelight Night in Moorestown gingerbread house contest. The residents did an amazing job and had a lot of fun working on the project, which will also enhance a community-wide event.”

**To learn more about CareOne Harmony Village at Moorestown’s memory care services, please call (856) 638-1244.**



# Winter Respite Program

The CareOne Winter Respite Program is a cost effective way to provide the comprehensive care your loved one needs. It can be used as an option that gives caregivers peace of mind while they enjoy time away, regaining their strength to continue being great care providers.



**CareOne at Evesham**

- Assisted Living
- Memory Care Assisted Living

874 East Route 70  
 Marlton, NJ 08053  
 856-988-2400

CareOne at Evesham: Traditional assisted living care combined with an intimate fifteen bed memory care program



**CareOne Harmony Village at Moorestown**

- Memory Care Assisted Living

301 North Stanwick Road  
 Moorestown, NJ 08057  
 856-914-0444

CareOne at Harmony Village: Memory Care only community with four unique neighborhoods for even further specificity



**CareOne at Moorestown Sub-Acute Rehabilitation**

- Post-Acute Care Unit
- Assisted Living
- Enhanced Assisted Living

895 Westfield Road  
 Moorestown, NJ 08057  
 856-914-0444

CareOne at Moorestown: Quaint assisted living with a specialization in higher acuties – often considered as an alternate options to a skilled nursing community.

## CareOne Assisted Living Offers

- 24-hour supervision and care
- Home-like environment
- Medication management
- Memory care
- Occupational therapy
- Patient/family education
- Personal care assistance
- Physical therapy
- Restaurant-style dining
- Speech Therapy
- Therapeutic recreation
- Variety of activities

# CareOne Gives Back Breast Cancer Research Fund

According to [www.bcrfcure.org](http://www.bcrfcure.org) every 2 minutes a woman is diagnosed with breast cancer in the U.S. Many members of our CareOne family, patients, and residents have been personally affected by this disease, and made it easy for us to decide as company to support the Breast Cancer Research Foundation (BCRF). Each center will have ongoing fundraising efforts until the end of January, both internally and within the community. We ask for your support and to encourage you to visit [www.care-one.com](http://www.care-one.com) for more details and a calendar of events being hosted by each center.



**If you'd like to send a check, make it payable to the Breast Cancer Research Foundation and mail by January 31st to:**

**Ugochi Opara  
875 Westfield Ave  
Moorestown, NJ 08057**

**No donation is too small, every dollar counts in the fight against breast cancer.**

*There's A New Assisted Living In Hamilton!*

*Assisted Living*      *Memory Care*

This program provides a perfect blend of service and attention for those who need assistance but wish to remain as independent as possible.

Residents receive aid with daily living tasks while residing in a beautifully appointed community with spacious apartments and fine amenities.

Two specialty designed secure neighborhoods for different stages of Alzheimer's, dementia or other memory impairments.

Special emphasis is placed on creating a safe, comforting and engaging environment to meet the special needs of the memory impaired.

***Newly Renovated Facilities and State-of-the-Art Programming***

*24 hr Supervision • Home-like Environment • Medication Management • Personal Care Assistance  
Continued Physical & Occupational Therapy (generally covered under insurance)  
Restaurant Style Dining • Therapeutic Recreation & Programming • Respite • On-site Fitness Center*

For more information or to schedule your personal tour call 609-586-4600

Scan for a virtual tour!

***CareOne at Hamilton***

1660 Whitehorse-Hamilton Square Road • Hamilton, NJ 08690  
609-586-4600 • [www.care-one.com](http://www.care-one.com)

CareOne at Moorestown  
• Sub-Acute Rehabilitation  
• Post-Acute Care Unit  
• Assisted Living  
895 Westfield Road, Moorestown, NJ 08057  
856-914-0444

CareOne at Evesham  
• Sub-Acute Rehabilitation  
• Long Term Skilled Nursing  
• Post Hospital Rehabilitation  
874 East Route 70Marlton, NJ 08053  
856-396-0005

CareOne Harmony Village Moorestown  
• Memory Care Assisted Living  
301 North Stanwick Road, Moorestown, NJ 08057  
856-914-0444

CareOne at Evesham  
• Assisted Living  
• Memory Care  
874 East Route 70, Marlton, NJ 08053  
856-988-2400