

# Quality Care on the Cape



## Offering

**Short-Term Rehabilitation** – Transitional care to maximize recovery and help patients return home following surgery or a critical health-related event

**Skilled Nursing Care** – Just the right level of care for recuperation following a hospital stay or chronic condition flare-up

**Long-Term Care** – Around-the-clock nursing care providing supervision and assistance with daily living

**Specialty Care** – VitalStim® therapy treatment for dysphagia (difficulty swallowing)

**LiteGait® Therapy** – designed to help support a patient's weight as they work on weight-bearing therapies

**Hospice Program** – Hospice services available for compassionate end-of-life care

## Award-winning care

The American Health Care Association/National Center for Assisted Living (AHCA/NCAL) recognized Windsor Skilled Nursing with the **Silver Achievement in Quality** award, the second step toward the Gold Excellence in Quality recognition. This prestigious award is given to select facilities across the nation that serve as models of performance excellence and continuous quality improvement in long-term care services. Consistent positive feedback on satisfaction surveys, conducted by an independent national firm, placed us among the top 10% in the nation and earned us the Excellence in Action award for customer satisfaction.

Windsor earned the Bronze Commitment to Quality Award in 2011 and the Silver Achievement to Quality Award in 2012.



**Berkshire Healthcare** is a not-for-profit consumer-centered organization committed to fulfilling the health and residential needs of the population in the communities we serve. Our network of resources and healthcare professionals allows affiliated facilities to consistently deliver the highest quality of care.



A Member of Berkshire Healthcare

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Welcome  
to a  
*Community*  
of  
*Caring*  
on the  
Cape

# A Team Approach to Patient-Centered Care

Windsor Skilled Nursing and Rehabilitation Center is a rehabilitation and skilled nursing facility set on a wooded lot in a residential neighborhood just off Exit 8 of the Mid-Cape Highway. We have been caring for people in the Mid-Cape area for more than 30 years, providing top-quality, personalized rehabilitation, nursing and long-term care in a warm, homelike setting.



## A Network of Caring

Locally run and staffed by caring and attentive Mid-Cape area healthcare professionals, Windsor is backed by Berkshire Healthcare, a leader among nonprofit, post-acute care providers in Massachusetts. This affiliation gives us the tremendous advantage of access to an extensive network of top healthcare professionals and other resources to support our programs and services.

Our core team includes nurses and nursing assistants, rehab therapists, social workers, activities staff, a dietitian, and our medical director. Together these professionals create a personalized care plan based on the patients' and residents' individual strengths, needs and abilities.

## Keeping You Comfortable

Windsor provides a safe, friendly place to stay offering:

- 24-hour nursing care and supervision
- Resident rooms equipped with a bath and wired for free local telephone service
- All resident rooms include a television and free basic cable service
- Wi-Fi service
- Assistance with activities of daily living
- On-site beauty/barber shop
- Well-maintained grounds with enclosed courtyards and sprawling lawn for enjoying fresh air and nature
- Watch Mate safety system for resident safety and building security
- LiteGait® Therapy, designed to help support a patient's weight as they work on weight-bearing therapies.



## Keeping You Connected

We offer a full range of activities designed to support our residents mentally, physically and spiritually, encouraging independence and keeping them active and connected to their community.

- Gentle exercise classes
- Music
- Crafts
- Discussion groups
- Religious services
- Pet therapy
- Shopping expeditions
- Local outings.

*Portuguese-speaking residents will love being able to converse with our staff who speak their language.*