



*“Caring is more than just a word.”*

MCGAW CARE CENTER AND FRANK B. FOSTER PAVILION  
Non-sectarian members of  Presbyterian Homes



*“Sometimes listening doesn’t  
require a stethoscope.”*

*Rose, R.N., has been with Presbyterian Homes since 1994.*

Presbyterian Homes. We speak a different language.

*At the McGaw Care Center and Frank B. Foster Pavilion, caring is more than just a word.*

*It's alive and well in everything we do. It comes from all of us at the McGaw Care Center. From a nursing assistant who brushes a resident's hair to a chaplain who remembers a grandchild's name to a physician who listens to your heart as well as your soul. All of us put the residents first. Before anything. Long before any "bottom line." In fact, it's part of our mission. Here, caring is more than just a word. It's a different language.*

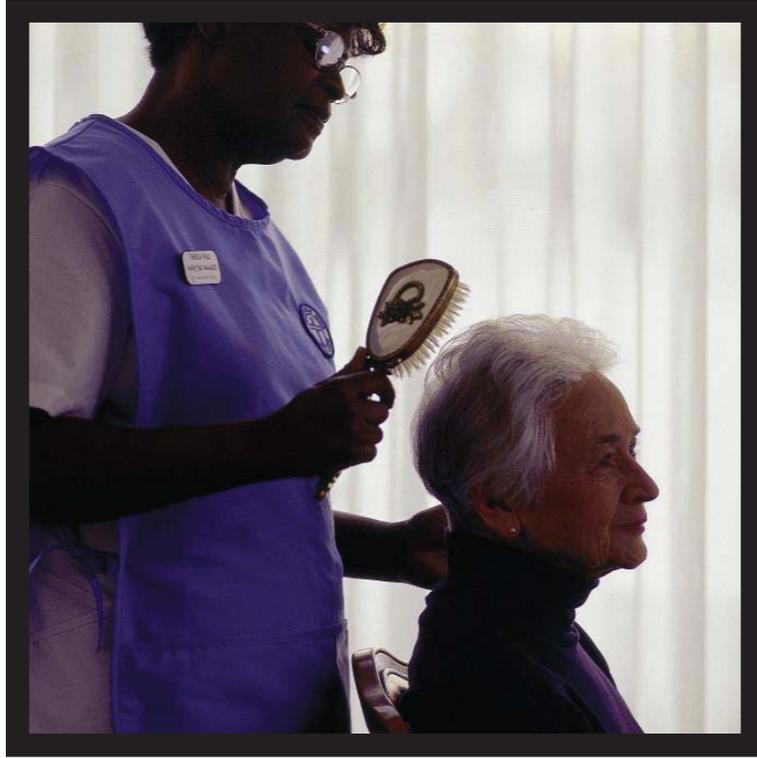
Welcome to the McGaw Care Center and Frank B. Foster Pavilion. Here we provide intermediate and skilled nursing – short or long term, respite and rehabilitation – and care for those with Alzheimer's disease and other memory loss. These services are available to the community at large and to the residents of Presbyterian Homes.

Presbyterian Homes is a not-for-profit organization with a national reputation for creating extraordinary communities for older adults for nearly 100 years. These communities provide a continuum of care from independent living to long term care. Our senior staff at McGaw Care Center offers more than 20 years' experience in healthcare and is widely recognized for its expertise in the care of older adults.



Presbyterian Homes





*“It’s about knowing exactly how you want your hair done. And your favorite shade of lipstick.”*

*Emma, C.N.A., has been with Presbyterian Homes more than fifteen years.*

*It doesn't take Emma long to win you over. She knows, at first, you're a little scared. So she takes her time, listening to you, learning who you are. She'll find out how you like to start your day, the kind of music you listen to, and why you're so sentimental about your pearl bracelet. She'll share your memories when she reads you a note from your granddaughter. And Emma will always be there for you.*

A director of nursing is responsible for all the nursing care delivered by a multi-disciplinary team. And she oversees our primary care nursing, one of the special innovations you'll find at the McGaw Care Center and the Frank B. Foster Pavilion. While most health care centers rotate nursing assistants among patients on a weekly basis, each of our nursing assistants cares for the same resident as long as he or she receives that level of care. And an extraordinary thing occurs. Our nursing assistants and residents build a level of trust and friendship that improves the quality of care. They know your routine. . . and notice if you've lost your appetite. They give you that little extra encouragement to go on an outing off-campus. And take the time to hear all about it. Our nursing assistants give all residents the time and attention they deserve.





*“It’s about remembering  
you like to take the long way back  
when it’s warm outside.”*

*Howard, transporter, travels nearly 1,017 miles across our campus each year.*

*You'll love Howard. He always has the latest sports scores and the time to hear about your family's visit. He'll remind you about the special movie playing tonight or which residents you might consider as a fourth for bridge. Once you've settled in, he's among those who will take you to your favorite program or activity.*

And you'll find so much to do at the McGaw Care Center. Aqua-therapy or strength training at the Kimble Fitness and Therapeutic Center. A computer class or a book review. Or Sunday afternoon vespers. Other services available right on campus include three beauty shops, a barbershop, and two gift shops. We are located in a tree-lined neighborhood, on a 40-acre campus, filled with walking paths and fountains.

The McGaw Care Center is designed to make you feel at home. Nearly every resident enjoys a private room. The sun-filled rooms overlook our wooded campus, flowering terraces or gardens. All rooms have individual temperature controls, cable television, and direct line telephones. We invite you to bring your favorite furnishings from home to keep your surroundings familiar and personal. Residents' rooms are clustered in neighborhoods, so friends can easily dine and socialize together in gracious and inviting dining areas. Tablecloths, china and tastefully served meals add to the feeling of home.



The Frank B. Foster Pavilion is a beautiful, sensitive environment specifically designed to meet the needs of residents with Alzheimer's disease or memory loss. All rooms are private, and we offer three levels of care to support the residents.

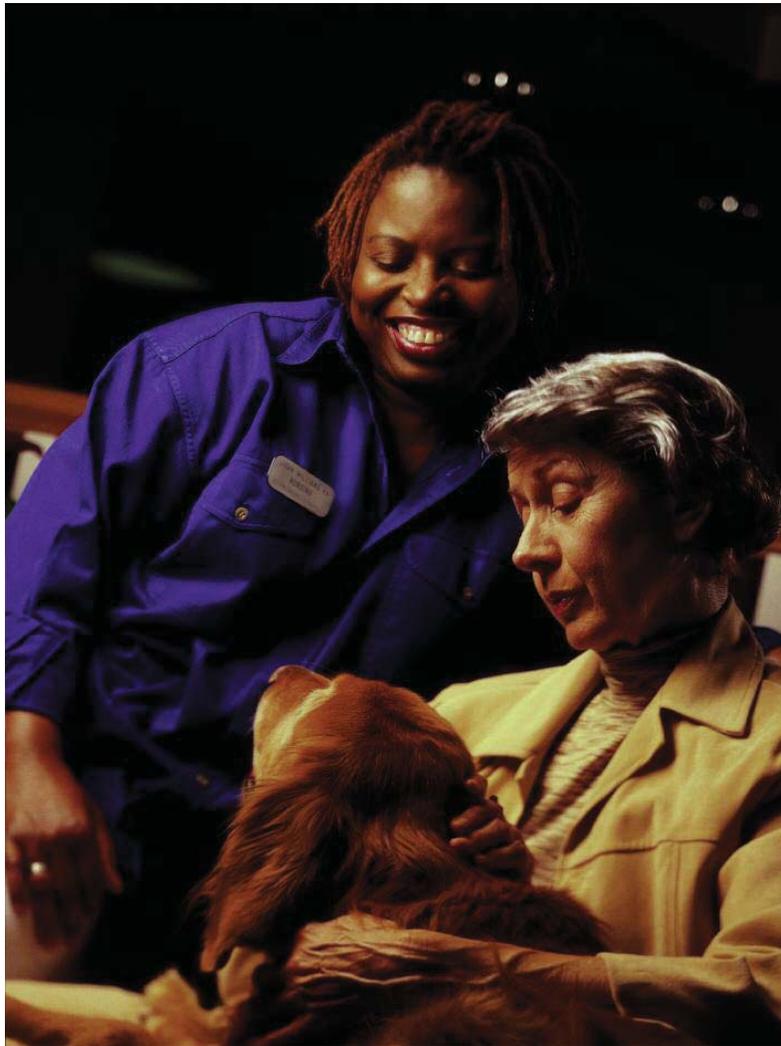
Breakfast is cooked in an open kitchen right on site. The delicious, familiar smells of pancakes and coffee are all part of a program to stimulate appetite and memories of home-cooked meals. Music, games, movies, off-campus trips and personal conversations keep residents engaged and motivated. Whenever possible, residents may take advantage of the programs and activities on campus, including religious services, holiday gatherings, and the Kimble Fitness and Therapeutic Center.

The Foster Pavilion is also home to a variety of animals and welcomes pet visits. Residents who might otherwise sit quietly, lost in their own worlds, often turn to a dog wanting to be petted or to the reassuring purr of a cat.

The redesigned special care center for those with memory loss reflects our best practices over more than two decades of serving these individuals. The same nursing assistant cares for a resident for the entire length of stay, within each level of care. We believe this innovative approach creates a relationship of trust and understanding.

*Joan chose to care for the residents on the second floor of the Frank B. Foster Pavilion. She loves guiding residents through their days, giving them their medications, or sharing memories with them. And Joan is just one of our many nurses and nursing assistants who is committed to sustaining the integrity and dignity of every resident.*





*“It’s about knowing the residents led great lives, filled with joy and accomplishment. Just like you.”*

*Joan, R.N., has been with Presbyterian Homes since 1983.*



*“It’s about knowing  
you’re not ready to give up.  
You just need a word  
of encouragement.”*

*Lois, physical therapist assistant, has been with Presbyterian Homes since 1988.*

*No one motivates like Lois. She tells you that rehabilitation is one of the hardest challenges anyone can face – emotionally, physically and spiritually. And promises to be at your side every step of the way. Lois gets to know who you are. She learns what you hope to accomplish and keeps you focused on your goal. As a licensed physical therapy assistant, Lois guides you through range-of-motion training or exercises to improve your balance in our warm-water therapy pool. She'll tell you jokes, suggest alternate treatments, and never stop believing in you. And that, in time, turns you into a believer, too.*

The McGaw Care Center offers one of the most progressive and responsive rehabilitation programs in the Chicago area. Residents who enter a rehabilitation program may be recovering from a stroke, heart attack, or orthopedic surgery. Immediately, the team of physicians, nurses, and therapists develops a comprehensive rehabilitation plan that includes physical, occupational and speech therapy, plus restorative nursing.

Everything in this program promotes independence. Occupational therapists help you practice daily activities by using a full-scale automobile, a kitchen and a bath. Physical therapy includes sessions at the state-of-the-art Kimble Fitness and Therapeutic Center, where you can receive warm-water therapy or strength training on fitness machines designed with older adults in mind.

The McGaw Care Center also offers a special service to those in the local area who have elective joint replacement surgery. Here, three days after surgery, you can come to McGaw for our rehabilitation program and return home within two weeks.



Presbyterian Homes. We speak a different language.

Everyone is welcome here. We offer nondenominational services, both in our chapel on campus and on the nursing floors. Our pastoral care staff regularly visits residents when requested. We facilitate communion services, and provide many opportunities for spiritual enrichment, including Bible study groups.

Beyond our spiritual services, we understand residents often require strong social and emotional support as well. The transition to McGaw Care Center and the Frank B. Foster Pavilion is not always easy. So our social workers meet new residents within their first days at Presbyterian Homes to welcome them to our community and to determine how social services can help them.

Our social services staff is always there, offering support and advocacy for every resident. The social worker, with the rest of the health care team, helps residents make the best use of our services so they may enjoy as much independence as possible.

Our social workers all hold master's degrees and follow strict codes of confidentiality in supporting and counseling residents. Social workers attend care-planning meetings, facilitate support groups and provide family counseling. In addition, they are key to discharge planning, helping families arrange for such services as home health, grocery delivery, or the lifeline emergency response system.

*It's unexpected. But once you've had a visit from Frank, you understand how important your spiritual and emotional well-being are to us at the McGaw Care Center. Frank is a listener. He hears what you say. And what you leave out. He knows this may not have been a path you expected to take, but he helps you see beauty along the way, among the new friends you make. And inside yourself.*





*“It’s about our knowing  
your grandchild’s name.  
And her favorite song.”*

*Frank, Chaplain, lifts 168 spirits per week.*



*“It’s about those connected moments  
when eyes meet and  
smiles say we’re all in this together.”*

*Katy, volunteer, has logged 5,531 hours of volunteer time at Presbyterian Homes - to date.*

*As soon as Katy walks in the door, she connects. A little hug for someone on her way to the beauty parlor, the extra time hearing about a family occasion. And then, after endless greetings, she arrives at your room to continue reading the book you started together. You and Katy are fans of mystery stories and cherish this time together. Just like the endings of the stories she loves, Katy is always a little surprised each time she leaves the McGaw Care Center -- because she's not sure whether you, or she, enjoyed the visit more.*

Those blue smocks are everywhere. They're worn by the more than 200 volunteers from age 14 to 90 who log nearly 32,000 hours of service at the McGaw Care Center, the Frank B. Foster Pavilion, and throughout the Westminster Place campus. Our volunteers are tireless, committed and spirited people who visit, escort, serve, and assist residents with their daily activities.

They work with our dynamic activities staff to energize the campus. Everyone understands that while the residents of the McGaw Care Center and the Foster Pavilion may require additional care and support, it doesn't mean they've stopped looking for new opportunities for growth and enrichment.

The activities professionals bring the communities alive with chances to socialize, exercise, relax, surf the web, enjoy pets, and laugh with children. There are movies, sing-alongs, crafts, and current events discussions. There are trips to the Shubert Theatre, Navy Pier, and the Chicago Botanic Garden. The opportunities here are amazing.

#### KIMBLE FITNESS AND THERAPEUTIC CENTER

This place will make you want to exercise again. Our 25,000 square-foot, two-story facility is especially designed to promote wellness, fitness and independence among all the residents. The fitness center offers two pools, a spacious exercise room with overhead TV's and the latest fitness equipment modified for seniors, and a handsomely appointed community room. Our professional fitness staff leads a variety of land- and water-based exercise classes for all fitness and mobility levels.



# Summary of Services Offered: The McGaw Care Center and the Frank B. Foster Pavilion

This is home to people who need care and support. For some, it's just a short stay while they rehabilitate following a hospitalization. For others, it's a decision to live here as a permanent resident because they need round-the-clock assistance, medical attention, or security.

Our reputation for extraordinary care comes from paying very close attention to the quality of life for our patients and to the concerns and questions of their families.

## HERE, QUALITY OF LIFE IS AS IMPORTANT AS QUALITY OF CARE

- ♦ Our communities use a blend of close supervision and the latest technology to keep our residents safe and secure.
- ♦ A computerized call-light system at the McGaw Care Center measures the response time for each call.
- ♦ The Kimble Fitness and Therapeutic Center offers classes and exercises to promote physical independence for all residents.
- ♦ Our campus has 24-hour security with cameras at main entry ways and in public areas.

## THIS SHOULD FEEL LIKE HOME

The McGaw Care Center is for both long-term and short-term care. Community residents may enter McGaw for short-term rehabilitation, or on a long-term basis for nursing care. Presbyterian Homes' residents also take advantage of the rehabilitation and long-term care offered here.

Foster Pavilion is our special care center for people with Alzheimer's disease or other memory loss. Here, our three levels of care are defined as Ashland Court, Birch Court, and Chestnut Court.

At McGaw each court is designed to look and feel like home. Each floor is divided into four wings, like neighborhoods, to strengthen socialization. Living rooms are warm and comfortable with upholstered furniture. The dining areas are gracious and inviting. The nurses sit at tables to do paperwork and chat with residents.

## HEALTH CARE SERVICES

### MEDICAL CARE

Medical services are led by a full-time medical director, who is a board-certified internist with extensive training in geriatrics. He makes an extraordinary contribution to the delivery of care on all our campuses.

### ON-STAFF PHYSICIANS

In addition, we have physicians on staff – board-certified internists with certificates of additional qualification in geriatrics. Our physicians are on call 24 hours a day, seven days a week. We also have more than 18 specialists ranging from orthopedists and podiatrists to ophthalmologists and rheumatologists. When required, our medical director or one of our staff physicians can arrange for hospitalization. When you come to the McGaw Care Center, you can continue with the services of your physician, or choose to see one of ours.

### PROFESSIONAL NURSING CARE

Professional nurses, who are specialists in the care of the older adult, respond to the health care needs of each resident. The nurse completes a comprehensive nursing assessment and then creates an individual care plan, including input from the resident and the family. Our registered nurses lead the multidisciplinary teams in delivering the care outlined.

Registered nurses are on duty on each floor, 24 hours a day. They coordinate the daily care, which may include directing resident rehabilitation, maintaining nutrition, and administering medication. They supervise the nursing assistants to ensure every resident receives the highest level of care. Professional nurses at the McGaw Care Center help social workers coordinate the services needed upon discharge. This might include care in the home by our home health team of physical therapists, occupational and speech therapists, and nursing staff.

A full-time nurse educator provides on-going training and weekly in-services to our nursing staff.

## RESTORATIVE NURSING

Restorative nursing helps the resident maintain the benefits of rehabilitation therapy. A rehabilitation nurse leads this program, working with a team to address the specific restorative needs of residents as recommended by the physical or occupational therapist. On a daily basis, a nursing assistant works with the resident to continue exercises and strengthening techniques, to assist with dining, and to maintain good skin care and grooming.

## HANSEN CLINIC

Our health care clinic is available to all the residents on campus, including those in the McGaw Care Center and the Foster Pavilion. Residents appreciate the convenience of seeing our physicians, in addition to a range of specialists, in the clinic. Other services include routine laboratory testing, x-ray and EKG capabilities.

## PHARMACY

A full-service pharmacy, with licensed pharmacists and pharmacy assistants, is located on the lower level of the McGaw Care Center and is available to all residents on campus.

## REHABILITATION

The McGaw Care Center offers one of the most comprehensive rehabilitation programs in the area. Complete rehabilitation services, including physical, occupational and speech therapy, are available on campus. Aquatic therapy is offered in the warm-water therapy pool. In addition, a full-time rehabilitation nurse coordinates care between nursing and rehabilitation.

## RESPIRE SERVICES

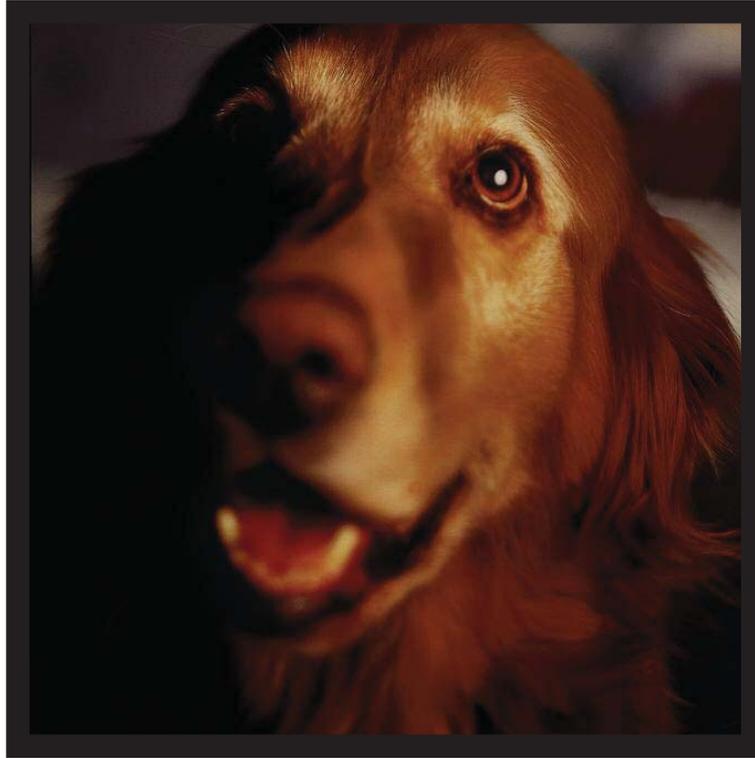
There are times when those responsible for the care of a family member at home need relief from the demands of caregiving. They may want to go on vacation, prepare for a special event, or just take time for themselves. Our Respite Program invites families to let us care for your family member for as few as four days to as long as a month.

## ESSENTIAL INFORMATION

- ♦ Medicare-certified: nursing care, rehabilitative services and home health.
- ♦ Accredited by the CARF/CCAC, the Commission on Accreditation of Rehabilitation Facilities/Continuing Care Accreditation Commission .
- ♦ State-licensed, intermediate and skilled nursing care center, established in 1967.
- ♦ Admissions accepted 24 hours a day - including weekends.
- ♦ Affiliated with NorthShore University HealthSystem and Northwestern Memorial Hospital.
- ♦ Member of American Association of Homes and Services for the Aging, Life Services Network of Illinois, Metropolitan Chicago Healthcare Council, and the Buehler Center on Aging of Northwestern University.



The McGaw Care Center and Frank B. Foster Pavilion are open to admission to individuals regardless of race, color, sex, age, national origin, religion, and to qualified individuals with handicaps or disabilities.



“Woof.”

*Chloe, resident companion, offers 821 tail wags each day.*



*Here, caring is more than just a word. It's a different language.*

McGaw Care Center and Frank B. Foster Pavilion

Intermediate and Skilled Nursing Care, Rehabilitation  
and Specialized Memory Care

3200 Grant Street

Evanston, Illinois 60201

847-866-1659

800-850-7072

[www.presbyterianhomes.org](http://www.presbyterianhomes.org)



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