



Miracles of Rehab 2009



A Loving Woman Repaid In Kind

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provided

Left to right: James Donnelly, occupational therapist; Sandra Shore, physical therapist; Lily Halm, and Dr. Joshua Schor, medical director.

Another of Life's Challenges

A few years ago, Lily's osteoarthritis became more severe and she had to curtail her volunteer activities to the point when she had to stop altogether. She needed painkillers. She developed congestive heart disease and her kidney function diminished considerably. Overtime she also stopped attending services which she missed very much.

More recently, she spent most of her time at home. Home aids spent three hours a day with her, helping her with bathing, doing small chores and keeping her company. She started using a walker at home. A recliner with automated boost capacity helped her to move easily stand up. A wheelchair was used when family took her out to the park, on vacation, or on doctor or house visits. Her hearing weakened and Lily needed hearing aids. She used captions to watch TV. Phone communications with family which had been very frequent became brief. Lily felt more isolated.

On Feb. 18, Lily underwent an operation that was anticipated to be done on an outpatient basis, but she

ended up in several rehab facilities. Her stays were interrupted with hospital stays due to infections and other health complications. She was much weakened, had been bedridden for over two months and barely able to move. Her heart was starting to fail. She felt that she lived a good, happy life and had no regrets. The next two months were most trying, but she was here in her fight to prevail.

Lily had been most loving, generous and selfless in caring for others: her family, her friends, her neighbors, her "patients", and generally anyone she encountered who needed help. Her family wanted to spare her much pain and provide her with as much comfort as possible.

New Beginnings

Lily was admitted to Daughters of Israel on April 30. Because of her critical condition and the amount of pain she suffered, she was in the hospice program. As she was unable to move, a Hoyer lift was used to get her in and out of bed. At first she was barely aware of her environment.

Her family and friends continued to visit often and to communicate

with her as much as possible. The care she received from staff was exceptional in quality and compassion. Dr. Joshua Schor, her nurses and their aides were very kind, competent and encouraging. She suffered a few more infections but her health slowly improved to the point when, in early August, the hospice staff decided that she was well enough to be discharged from the hospice program.

Lily transitioned from the Daughters of Israel's hospice unit to the Daughters of Israel long-term care unit, where she has been participating in the sub-acute rehabilitation program. Rehab is currently provided by Select Medical Rehabilitation Services, an affiliate of the Kessler Institute for Rehabilitation.

Lily started a physical rehabilitation program sometime in July on a daily basis, resting on weekends. She is especially well motivated as she very much wants to be

able to attend a granddaughter's wedding in June of 2010. Her goal is to be well enough to accompany the bride down the aisle, with a cane, her only support.

On Sept. 22, Lily had dinner in the dining room (instead of her bed). She used a walker to get there and sat on a dining room chair instead of her wheel-chair. She told her family that she was very touched when she heard applause as she entered the dining room.

Lily has retained her sunny disposition and her optimistic outlook. She is very happy at Daughters of Israel. Her family is very appreciative of the care she has received and continues to enjoy there. In her case, Lily's will to live, her determination and courage to struggle combined with the superb care she received and the constant loving support of her family network have combined to help her surmount very challenging odds.

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