For more than fifty years Holy Family Manor has been a leading provider of skilled nursing and rehabilitation for older adults. However, as people live longer and experience increasingly complex medical conditions, the need for effective short-term, post acute care is growing rapidly. Add to the mix an expanding managed care environment and emerging new technologies, and it is clear that a revolution is occurring.

As a 208 bed skilled nursing facility, Holy Family Manor is leading the way to meet the needs of the “silver tsunami” in this new era of healthcare by partnering with HealthPRO Rehabilitation and Accelerated Care Plus to introduce virtual rehabilitation to Holy Family Manor’s rehabilitation programs.

The OmniVR™ virtual rehabilitation system uses an enhanced 3D camera and specialized computer software to track a patient’s movements and allow them to interact in a virtual world. Therapists guide patients through exercises and activities which patients find enjoyable, allowing them to exercise longer and with greater intensity. The clinician can adjust the system to suit the patient’s capabilities and treatment plan, improving recovery from post-stroke rehabilitation, general debility due to advanced age, neurodegenerative conditions and cognitive impairment.

Patients with dysphasia, or difficulty swallowing, can experience greatly improved quality of life following a stroke, Parkinson’s Disease, cancer, general deconditioning or dementia. Without successful treatment these patients can experience serious medical complications including dehydration, malnutrition, and aspiration pneumonia, and can require modified diets or tube feeding. Synchrony™ allows speech language pathologists and patients to visualize swallowing activity “in real time”, and guide therapeutic intervention while monitoring therapy progression. It also features game-like, interactive activities which help motivate patients for improved outcomes.

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Top: Rehabilitation outcomes are improved with the Omni VR™ virtual reality system at Holy Family Manor Nursing and Rehabilitation Center. Bottom: John Tawfik, Regional Clinical Consultant for ACP, tests the Synchrony™ Dysphagia Treatment System with HealthPRO Rehabilitation Speech Language Pathologist Kimberle Davis.

for the mission of Catholic Senior Housing and Health Care Services, Inc., a ministry of the Diocese of Allentown, is to provide quality physical, emotional, social and spiritual care with respect, dignity and compassion, to meet the needs of the older adults we serve.

Quality Care — Quality Healthcare — One Person at a Time

Our Mission

Helping Hands

A Virtual Revolution in Rehabilitation at Holy Family Manor Nursing and Rehabilitation Center
Leading in a New Era of Healthcare

By Michael B. Melnic
CEO and CFO

Catholic Senior Housing and Health Care Services, Inc., through its four divisions including Holy Family Manor Nursing and Rehabilitation Center, Holy Family Personal Care Facilities, Holy Family Senior Community, and Affordable Independent Living Apartment Communities, offers a full range of eldercare services to individuals in Lehigh, Schuylkill, Berks, Carbon and Northampton counties of Pennsylvania.

Hospital stays are growing shorter, and Holy Family Manor is eager to continue our mission of providing eldercare services in this new dynamic era of healthcare. We have restructured our Sub Acute Care/Short Term Rehabilitation Unit to include state of the art therapy services, virtual rehabilitation technology for improved outcomes and quality of life, implementation of clinical pathways and an interdisciplinary team approach to enhance the care plan for each patient, and education to help each patient achieve their highest possible level of independence.

We are committed to not just keeping up with change in the new era of healthcare, but for Holy Family Manor to be the leader in providing wellness-centered rehabilitation services and health education to the patients and residents we serve.

Andrea Perkins is Environmental Services Manager for Sodexo Senior Living at Holy Family Manor Nursing and Rehabilitation Center and is responsible for housekeeping and laundry services. Andrea is especially focused on care and dignity of nursing home residents, and creating a safe, pleasant environment for residents, visitors and staff.

Nancy Gorringe is LPN/Administrator for Grace Mansion and Trexler Pavilion Personal Care Homes. Nancy believes that each resident has the potential to feel worthwhile and encourages residents to be actively involved in their community. Her goal is to build the community among residents, families and staff of the homes.

Jamey Galle has been a member of the CSHHCS team since 2000, and was recently named Director of Admissions and Marketing at Holy Family Manor. As a lifelong member of the Bethlehem community Jamey feels it is especially important to provide high quality care for patients and residents, many of whom come to Holy Family Manor from Bethlehem and who built the foundation of what the community is today.

Amanda Waechlil is Assistant Director of Admissions and Marketing for Holy Family Manor. In this role Amanda will be helping patients and families with the admissions process, conducting tours and outreach to the community. Her personal philosophy is “I can do in return for the help we received caring for my father.”

Tapping the Power of Music

Music lives in a part of the brain that is not affected by dementia and other brain disorders seen in long term care settings. It holds therapeutic power to improve cognitive stimulation and physical activity, promote rest and relaxation, evoke memories, and promote positive social interactions. Residents experience reduced agitation and depression, lessened perception of pain, and need for medication.

The choice of music is critical – trained staff and music therapists connect the right music with the person and individually built programs. At Holy Family Manor residents benefit from individualized programs on iPods programmed to evoke a desired outcome in behavior or mood, music in group settings such as while dining or exercising, and live professional music therapists with groups. Music therapy enhances quality of care for Holy Family Manor residents thanks to the financial support of individuals and corporations who contribute to the Annual Fund, and local foundations.

Welcome to Our Ministry

Annual Fund Supports Quality Elder Care

Holy Family Society Members Help Ensure Care is Available

Mark Messics and his family recall vividly when life as they had known it changed forever. With no warning, Mark’s father Charlie had a massive stroke which left him almost completely paralyzed and unable to eat. His family needed to find a place for him to live and receive the specialized care he needed.

“We knew Holy Family Manor was a top-notch facility with a reputation for quality care and care, says Messics. “I visited often and was genuinely moved by the extra effort the staff made to really care for my dad as a person, and to know him as ‘Charlie’, not just by his room number. Some staff members would stop in his room to say hello or goodnight, even when they were working in a different part of the facility.”

Even though Charlie passed away, Mark continues contributing to Holy Family Manor through the Catholic Senior Housing and Health Care Services, Inc. Annual Fund. The Fund helps pay for programs such as extra nursing care, activities and spiritual support that are not reimbursed by Medicaid or Medicare, and charitable care provided to residents of our communities who have outlived their financial resources. Holy Family Society members participate with an annual gift of $1000 or more and can designate how their gift is used.

“We were very grateful that there was a place like Holy Family Manor when we needed it,” says Messics. “I feel that it is important to continue contributing to the Annual Fund as a member of the Holy Family Society. It’s the very least I can do in return for the help we received caring for my dad when we needed it most.”

For more information on how to contribute to the Annual Fund or the Holy Family Society, contact Ann Ruggiero at 610-997-8409 or aruggiero@CSHHCS.org

Holy Family Manor residents participate to group music therapy with Music Therapist Amy Gernick

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Holy Family Manor resident Anthony Miceric has his fall risk assessed by Cedar Crest Nursing student Lisa Gerber.

Antonian Towers resident Anthony Miceric has his fall risk assessed by Cedar Crest nursing student Lisa Gerber.
Leading in a New Era of Healthcare

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Welcome to Our Ministry

By Amanda Waelchli
Assistant Director of Admissions and Marketing for Holy Family Manor

Holy Family Manor residents participate in group music therapy with Music Therapist Amy Gerrick

Holy Family Manor residents participation in group music therapy with Music Therapist Amy Gerrick

Most seniors want to stay independent in their own homes as long as possible. Toward that goal, residents of Antonian Towers in Easton and Holy Family Apartments in Bethlehem recently participated in a fall assessment program conducted on site by a group of Cedar Crest College nursing students. The students visited residents as part of their geriatric clinical practice and completed screenings for blood pressure, vision, medication, medical history, environment and cognition, and provided education on how to reduce the risk of falls. Residents enjoyed the convenience of on-site assessments, snacks and camaraderie while the students gained valuable clinical experience.

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Music therapy enhances quality of care for Holy Family Manor residents thanks to the financial support of individuals and corporations who contribute to the Annual Fund, and local foundations.

Annual Fund Supports Quality Elder Care

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Amanda Waelchli
director of admissions and marketing for Holy Family Manor
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For details about upcoming events, please contact the Development Office at 610-997-8409 or Development@CSHHCS.org.