



Challenging situations require the right solutions

How do we “seniors” react/respond to developing, life changing situations? All in different ways.

Approximately four years ago, I began to sense changes in my dear wife’s style and personal consideration of simple matters. She was slow to acknowledge an inability to recall current or earlier occasions. Her long-term interest in her much loved game of bridge faded. Cooking became a chore. Even selecting her wardrobe became someone else’s responsibility.

We went through the initial tests offered by the medical profession (start with 100 and subtract by 7, etc.). It was determined that her response was an early indication of dementia. What should I do? Here was the “life changing situation.” I knew that delaying identification of a challenging problem would not eliminate the problem. Prompt attention was required.

Having been active in the Lynchburg community on a number of boards and hearing about the increase in the need/availability of life caring facilities, the search began to look at what was available locally. I selected Westminster Canterbury. No doubt, WC offered just what I could see Betty would eventually need. No other

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Home care services focused on you

**Knowledge. Compassion. Dedication.
Teamwork. Client-centered.**

These are the words that embody patient care from Senior Independence Home Health & Hospice.

Senior Independence was created to serve residents of Westminster Canterbury, Lynchburg and surrounding communities when life circumstances change and extra supports in the home are necessary. Services include skilled nursing, physical therapy, occupational therapy, speech therapy, nursing assistance, private duty sitter services, social work and chaplain services.

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Challenging situations require the right solutions

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location offered the complete program that I saw at WC.

We downsized, selected a small, serviceable apartment and moved in. We soon realized we had made the right decision, considering the welcoming staff who greeted us by name and with such a caring attitude.

Now came a twist to our planned program. I began to have problems with my legs. Betty was doing okay having met new and old friends, and staff members were very attentive to her developing situation.

As for me, I began to alter my walking stride to reduce some of the leg pain. Being reluctant to give in to my “life changing situation,” I agreed to lower back surgery. This eliminated the leg pain, but I had forgotten how to walk normally. I needed professional attention, training and assistance.

The entire staff at WC was exactly what we needed. They not only took personal interest in our situation, they made certain that we participated in the many activities available. The introduction to Senior Independence, Westminster Canterbury’s home care division, was so timely.

Senior Independence (SI) assigned a professional attendant to be with Betty when I had to be away. They analyzed my walking problem and scheduled therapy training sessions two or three times each week to work on

my legs and balance while walking. Total success. Now I walk only with a cane, more for balance than strength.

Through the local doctor and Senior Independence’s analysis of Betty and her needs, she moved to the memory care unit. There, she was constantly observed while given freedom to be herself. I was with her often. She attended musical and sing-a-long programs.

Things digressed, and Betty transferred to the health care center. Life was good there with staff nurses and SI nurses in attendance. It provided me the freedom to be with her, take her for walks and assist during mealtime. SI hospice care also helped during these final times.

With the fourth year at WC concluded, another “life changing situation” occurred. Late last year, Betty went to be with her Lord in Heaven. It is good to know that she was comfortable, without pain and prepared for this “change.” I am thankful that she was treated lovingly by all of the considerate and professional nurses.

I will stay at Westminster Canterbury in our apartment and continue to participate in and enjoy the many activities that we shared, waiting for another “life changing situation.”

Wayne Dahlgren
Resident of Westminster Canterbury since 2012
Retired Executive Businessman

Home care services focused on you

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Senior Independence staff members work as a team to provide comprehensive care for the whole patient and his or her family to achieve the optimal quality of life. We recognize that our patients are more than just their medical conditions and that every patient has unique needs. We work with patients and their doctors to create individually tailored treatment plans and enable each person to safely stay in their residence.

Our services are covered 100 percent by Medicare for those who qualify for in-home care. Home health is designed for those seeking to improve their health and mobility with assistance of our qualified team,

whether after a hospitalization, injury, surgery or due to a general decline. Hospice also offers palliative care and support for the patient and family for those with terminal illnesses.

Senior Independence has been consistently recognized by outside surveyors with certificates of distinction for excellence in patient satisfaction, reflecting our commitment to quality care.

To contact Senior Independence Home Health & Hospice, call (434) 386-3800 or go to SIhomecare.org. Like us on Facebook at Senior Independence of Westminster Canterbury.