



# Our Care...

## Your Peace of Mind.

Over 25 years of nursing care expertise.

*Professional, Loving and Safe Care for Frail Seniors in Real Homes –  
Today's best alternative for long-term care.*

Since 1990

*"We would like to thank you & your staff again for the care you provided mother and the peace of mind we had when she was living at Spada Homes. Once she needed more care, you became our second family. It was such a relief to know that mom was getting 24 hr care without having to move to a large facility.*

*The home atmosphere put us all at ease. The caregivers were sensitive to individual needs, very knowledgeable and you kept us informed on mom's well being. We highly recommend Spada Homes and would be pleased to relay our experience to other families." L. & L. Jones*

**Owned & operated by a geriatric LPN**

*Get the benefit of experience! Provider is a nurse with over **18 years operating AFHs** (and in the nursing-medical field since 1982). He has a Diploma in Traditional Chinese Medicine and served as President of the Sno-King AFH Association.*

**Medical care & oversight**

*Dr. Ritu Shetty, M.D., or Phiroce Ishaque, ARNP, Geriatricians, for hassle-free **in home medical care** & oversight  
Dr. John Lord, podiatrist, for hassle-free in-home foot care  
Dr. Charles Millington, D.D.S. for hassle-free in-home dental care  
Gale Wald, RN, assessments, nurse delegation and support nursing services*

**All levels of care, from light care to end-of-life**

*Round-the-clock caregiving with **awake night staff**  
Loving, caring, AND qualified staff  
Dementia & mental health specialty certification & license*

**Delicious home-cooked & wholesome meals**

*Meals are freshly prepared in-house using plenty of fresh vegetables, fruits and **organic or natural meats**  
Three regular meals and snacks*

**Scheduled Activities**

*Activity staff for exercises & personal one-on-one time  
Live music performance – weekly (or more)  
Beautician in-home visits*

**Comprehensive health monitoring**

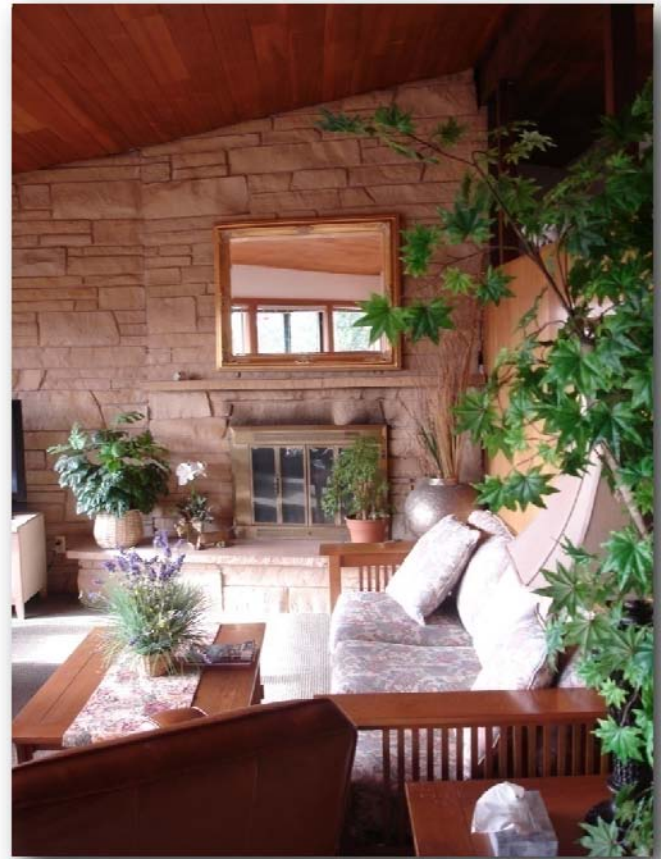
*We practice **PRO-ACTIVE** rather than REACTIVE care so we monitor residents vitals often and act quickly*

**No hidden costs & month-to-month—No long-term contract**

# Thank you for taking the time to visit us.

*I would feel privileged to care for your loved one; my team and I work hard to meet each resident's individual needs. **Our mission and strength** is in providing safe, loving, and compassionate personal care to frail seniors in the warmth and comfort of a real home, while fostering an environment of respect, dignity, comfort, and companionship.*

*We want to **give you peace of mind and a worry-free experience** while your loved one is under our care so **we monitor our residents closely**. For instance, we check vital signs & skin integrity often so we can address related issues promptly & expediently. And you'll always be kept informed of unusual changes in your loved one's health status.*



## Top 5 Reasons to Choose Spada Homes.

1. **We value quality, respect and safety.** We improve the lives of our residents, not just take care of them, and we love knowing that our care positively impacts not just our resident, but his or her whole family.
2. There is no substitute for **kindness, knowledge & experience** when caring for others. We have that.
3. **More than 95% of all our admissions come from direct referrals** - previous residents, industry experts & referral agents.
4. **We practice PRO-ACTIVE rather than reactive care.**
5. **We're affordable.** On average 10-25% less than other nurse-owned AFHs.

*We embrace an "Aging in Place" philosophy; this means that whenever possible we care for residents to the end of their lives by providing hospice care so in most cases **you will not have to move again**.*

*Lastly, after nearly 19 years of operating Spada Homes and more than 25 years in the medical field, I feel privileged to offer what I believe to be one of the safest & best long-term care option available today. We've improved the lives of many seniors and their family since 1990 and I would be thrilled with the opportunity to help yours as well.*

*Please call me anytime at (206) 550-4696 with your questions, or to schedule a no-obligation in-person evaluation. Thank you again for your interest.*

*Joseph Spada, L.P.N.*

# Background & General Information

## The Care Team

**Ownership & Management:** Joseph Spada, L.P.N., founder, is a geriatric nurse and expert in long-term care. He has extensive background in the medical field and has been delivering primary care since 1982. Starting in geriatric nursing at the University Hospital in Geneva, Switzerland, he served in several departments including: orthopedics, rehab and surgical, finally settling in the emergency room. He came to US in 1985 to learn English and studied Traditional Chinese Medicine and alternative healing modalities in Berkeley California (2-year Diploma). In Seattle, he worked at Foss Home providing rehab care and nursing assistance to the elderly. He has tutored nursing students for North Seattle Community College and served as interim President of the Sno-King Adult Family Homes Association. He taught First Aid & CPR as a Red Cross instructor. He began Spada Homes in 1990 when he realized the AFH setting could provide seniors with much higher quality care and more personal attention. He is regularly called upon for consulting & oversees the day-to-day operation & medical status of his residents.

**Medical: Dr. Ritu Shetty, M.D.,** Geriatrician makes periodic rounds to the homes & emergency house calls. We have access to in-home lab studies, mobile x-ray, dentist and podiatrist. Billing to Medicare, secondary insurance or third party payers is handled through The Home Doctor.

**Nursing: Gale Wald, RN,** is our nurse consultant and provides assessments, nursing delegation and support with care planning and additional nursing support.

**Staffing:** We employ only Nursing Assistants Registered or Certified (NA-R or NA-C) to provide a staff-to-resident ratio of 1 to 2 staff per 6 residents. **We have awake night staff** to insure the highest quality of care, comfort and dignity, 24 hours a day.

**All our caregivers are qualified with:**

- First aid & CPR (4 hrs + 4 hrs)
- Fundamentals of Caregiving (20 hrs)

- Nurse Delegation (8-10 hrs)
- Food handling permit (1-2 hrs)
- Aids/HIV & infection control (4-7 hrs)

Additionally, every staff is registered with the department of health and has had a **Criminal Background Inquiry check prior to working at Spada Homes**. All our caregivers are **fully trained on-site** to meet the specific needs of your loved one, and receive 10 hours of continuing education yearly.



## Care Plans

The care is **guided by a detailed service plan** that we create after completion of a comprehensive assessment. We gather input from resident, family members, and physician. We routinely make arrangements for in-home treatments such as physical therapy, occupational therapy or a visiting nurse service.

## Other Activities

We keep our residents active with daily range of motion, exercises, games, and celebrations using an individual and personalized approach. **Laurie Betts**, music therapist (and others), visit the homes weekly to provide residents with a live music experience and encouraging their participation. **Ruth Highlander** takes care of our residents' hair. **Natalie Spada & Dannie Biddick** keep our homes clean & spend time baking special treats & doing other group and one-on-one activities with the residents.

## Food & Diet

We believe that food plays a major role in the health and life of individuals; each meal is freshly prepared in the home using many **organic ingredients\*** and served with individual preferences in mind. We follow a low-fat and low-sodium diet. **Fresh fruits and vegetables are used in abundance** and we can tailor to special diets for those suffering from diabetes, colon and bowel disorders, or food allergies. Snacks are freely available throughout the day, or on a specific schedule.

*\*We use naturally raised beef from the Mt. St. Helen area & many organic vegetables. Not all meats, vegetables, or ingredients are organic.*

## Visiting

We have open and **flexible visiting hours** and encourage you to visit anytime during regular daytime hours.



## Testimonials

*Joseph; we want to thank you for extraordinary and compassionate care mother received during her nearly 3 years at Spada Home. We can never thank you enough for the attention and dignified lifestyle Miriam enjoyed. M. Miller.*

*Joseph; I can't tell you how much I appreciate you taking my dad in. These months have been so good for him; it was clear how much he enjoyed the camaraderie of the other men and Lotte, it was a pleasure to watch. And the care you provided was fabulous... loving and so respectful. Thank you so much for everything! C. Jensen.*

- *Dear Joseph; you really go the extra mile,*

*and we are so appreciative. You have no idea how blessed we are to have mom at Spada Homes. B. & L. Sharpe.*

- *Les & I cannot begin to express our gratitude for the loving care you gave mom so freely. You all are truly angels walking among us & we will forever give thanks to God for you! L. & L. Jones.*
- *Thank you for wonderful care you gave my mother Miriam the past few years. I am grateful for the warm and compassionate attention you all gave to her, event to the very end. Dr. Kolotkin, MD*
- *Dear Joseph; I want to thank you for all the time you've spent these past few years sitting in doctor's offices with my mother and me. Your hands-on style and active participation in her health care are such a tremendous help to me. I feel as though I have another 'family member' here in Seattle helping me take care of her. I just wanted you to know I appreciate and value your help and time. R. Cipalla.*
- *To everyone at Spada Homes: many thanks for your sympathetic and devoted care for our father, Dick. We are forever grateful. Claudia, Andrew, & Susan Templeton.*
- *Dear Joseph; Thank you so much for giving my big 'Five-O' party. It was the best yet! I feel so fortunate to live here! Love. C. Casey.*
- *Dear Joseph; Thank you for so lovingly caring for mother. Janet & I could relax knowing she was so well cared for. We felt at home in your home. With love and appreciation. J. Ladin.*
- *Thank you for the wonderful care you give my aunt Vicki! E. Plesko.*
- *Dear Joseph; Thank you so much for gifting me with your time and insight. You are doing such an 'above average' job it certainly isn't difficult to direct people to you! I can understand why I have heard so many good things about you and your wife. Continued success and happy Holidays. J. Smith, RN*
- *Others quoted more but offered so much less! We were so pleased with the care and services you provided to my father. Thank you. M. Chopp.*
- *I marvel often at our great fortune of finding you! I couldn't have wished for a finer home for my mother to live in during her final years. Love. S. Snaring.*
- *Thank you so much for the beautiful cookbook and the wonderful care of my brother, Joe. He just looks better all the time. We really appreciate the care Joe receives and your help in getting the wheelchair. Joyce Sorenson.*

## References

### Partial client list.

Mike Winters	(206) 786-6522
Emily Wayman	(206) 546-8348
Andrew Farr	(206) 525-0928
Chris Helton	(206) 324-7832
Mina Miller	(206) 364-4341
Carol Jensen, CPA	(206) 391-1421
Jackie & Ray Hovick	(206) 365-9206
Thelma Coney	(206) 325-7217
Les Jones	(206) 524-9777
Rita Cipalla	(206) 281-9021
Gary Anderson	(509) 775-3403
Kate Allen	(206) 324-4940
John Gibson, PhD	(206) 523-3820
Joyce Sorenson	(425) 823-0466
Gale Novacek	(206) 525-2199
Jim Hastie	(206) 362-7380
Bette Gingling	(206) 633-2893

### Two Locations in Wedgwood

8601 26<sup>th</sup> Ave NE, Seattle, WA 98115 | 3621 NE 100<sup>th</sup> St. Seattle, WA 98125

Posted and available at the home for your review: Provider & Staff certifications & licenses; DSHS inspections reports; Current Adult Family Home license; Dementia & Mental Health specialty License.