



Celebrating 26 years of geriatric care expertise.

# Personal Care that puts YOU first.

*Professional, Loving, and Safe Care for Frail Seniors in Real Homes – Setting new standards for long-term care.*

*“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.” Les & Laura Jones*

**Owned & operated by a geriatric LPN.**

*Get the benefit of experience on your side: Mr. Spada is a nurse with **21 years’ operating AFHs** (26 yrs in nursing-medical field). He holds a Diploma in Traditional Chinese Medicine and served as President of the Sno-King Adult Family Home Association.*

**Medical care & oversight – get a powerful team of medical professionals working for you.**

*Dr. Ritu Shetty, M.D., or Phiroce Ishaque, ARNP, Geriatricians, for hassle-free in home medical care  
Dr. Barlam, 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*

**From light care to end-of-life - and everything in between - we got you covered.**

*As compared with many other facilities, you won’t need to move when your needs increase.  
**Loving, caring, and well-trained staff** (including Certified Nursing Assistants)  
**Round-the-clock caregiving with awake night staff – essential for quality care.**  
**Dementia & mental health** specialty certification & license*

**Delicious wholesome & healthy meals - good health starts with the basics!**

*Meals are freshly prepared in-house using plenty of fruits and vegetables, including **organic** and **natural** meats. And, we tailor that to your personal preferences and medical needs!*

**Second-to-none Wellness program & comprehensive health monitoring.**

*Our **pro-active approach to wellness means we identify problems before they become serious.** Our program also includes tailored exercises and physical therapy, therapeutic walking and range-of-motion, to name a few.*

**Outstanding Life Enrichment program – everyone can enjoy a quality life, no matter how frail. We know how to bring that forth.**

*That means **fun & quality time—one to one and in small groups—spent with your loved one.** Regular live music performances, in-home beautician, games, crafts, manicures, birthday celebrations, and more!  
**Beautician** in-home visits.*

# Thank you for taking the time to visit us.

If you are looking for the dedicated expertise of a caring geriatric nurse to manage and look over the care and well being of someone you love, you have come to the right place.

## Do you want peace of mind and a worry-free experience?

We monitor your loved one closely while under our care; we check vital signs and skin integrity often, monitor food intake and digestion, so we can address any issues promptly and expediently.

And you'll always be kept informed of unusual changes in health status.

## Aging in Place – would you like not having to move again?

Moving is stressful, expensive, and be very disruptive to an aged person. So we embrace an "Aging in Place" philosophy; this means that whenever possible we care for residents to the end of their lives by providing specialized hospice care so that in most cases you won't have to move again.



## 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 work positively impacts not just our resident, but her whole family.
2. We're **knowledgeable, kind, & experienced.** There is no substitute for 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. **Satisfaction Guarantee.** We're so confident that if you don't like it and decide to move out within 14 days, your care is on us!

## Our values and strengths

We provide 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're here for the right reasons

For us, it's about spreading goodwill and caring for others as we'd like to be cared for. After 20 years of operating Spada Homes and more than 26 years in the medical field, I am privileged to offer what I believe to be one of the safest and best options for long-term care available today.

We've improved the lives of many seniors since 1990 and we'd be delighted to help you as well. My team and I go the extra mile to meet your individual needs and we love to be of service!

*Please call 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 delivered primary care since 1982. Starting in geriatric nursing at the University Hospital in Geneva, Switzerland, he served in 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 natural healing modalities in Berkeley California, earning a Diploma in TCM.

In Seattle, he worked at Foss Home providing rehab and nursing care to the elderly. He has tutored nursing students for North Seattle Community College and served as President of the Sno-King Adult Family Homes Association. He's taught First Aid & CPR courses for the Red Cross.

He began Spada Homes in 1990 after realizing that thru the AFH setting he could provide seniors with far greater quality care, more personal attention and therefore a better quality of life. He is regularly called upon for coaching, mentoring, consulting, and oversees the day-to-day operation and medical status of his residents.

**Medical: Phiroce Ishaque, ARNP** (or Ritu Shetty, M.D.), Geriatrician make rounds to the home & emergency house calls. You'll 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 those providers.

**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. **Our 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)

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



## Care Plans

**We create and design a plan of care specifically for you!**

It's guided by a comprehensive & detailed assessment. We gather input from you, key family members, and physicians. We'll make arrangements for in-home treatments such as physical therapy, occupational therapy or a visiting nurse service when needed.

## Activities

Activities are developed using an individual, personalized approach. Our on-staff coordinators keep residents as active as possible within their physical & medical limitations. **Using range of**

**motion, exercises, games, and celebrations, we make a high quality of life the centerpiece of our mission.**

*Marguerite Margason*, pianist, blesses us with regular concerts. *Ruth Highlander* takes care of our residents' hair. *Natalie, Joanna, and Emilie* spend quality time with each client baking special treats, giving manicures, and many other fun things like gardening!

## 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 that to just about any special needs. 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

Please 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! Carol 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. Burt & Lynn 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! Les & Laura 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. Rita 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. Charlotte 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. Jean Ladin.*
- *Thank you for the wonderful care you give my aunt Vicki! Eileen 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. Julie Smith, RN*
- *Other homes I visited charged 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. Selma 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

Christina Pember	(206) 227-4183
John Herold	(206) 361-4251
Maryanne Anderson	(206) 527-2562
Joyce Becker	(360) 892-1527
Sarah, Charles Gordon	(206) 522-3798
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

Two Locations in North Seattle / 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.