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**REGENCY NURSING & REHABILITATION CENTRE ACTIVITY DIRECTOR RECEIVES 2015 RUTH HELMS AWARD**

**DEARBORN, Mich., October 22, 2015-** The 2015 Ruth Helms Award was presented to Cassie Dillon, Activity Director at Olympia Group's Regency Nursing and Rehabilitation Centre. The annual award was presented by the Michigan Association of Activity Professionals on October 8, 2015 during their Fall 2015 Conference in Grand Rapids, MI. Ruth Helms was one of the founders of the Michigan Association of Activity Professionals. Every year, a member of the association is honored with the award. The award is presented for exemplary and dedicated service in the field of activities. Nominations are submitted by members of the MAAP or facility administrators.

Cassie has worked at Regency Nursing and Rehabilitation Centre for 14 years and is adored by all of the residents and her co-workers. As the director of the Activity Department, her mission is to execute programs that encourage resident socialization, improve daily living skills, expand the residents' personal interests, increase physical activity and overall enhance the residents' quality of life.

Cassie is extremely grateful and humbled by this recognition. "This award is amazing. I still find it hard to believe I won out of all of the activity directors in Michigan. I am willing to do anything I can to improve the lives of the residents by making sure they have fun, are assisted when needed, and helping them to maintain their highest level of independence. I try to remember that for some of the residents, we are the only family they have and I would do anything for my family." Cassie also credits her dedicated staff in providing an enjoyable atmosphere for the residents. "Without my amazing staff, this department would not run smoothly. They help in making sure the residents have everything they need. This award doesn't just show my dedication- it is a testament to the dedication and compassion of the entire Activity Department at Regency."

Located in Dearborn, Olympia Group takes pride in knowing that all six of its Michigan-based facilities have Activity Departments that go above and beyond to provide enjoyable and memorable experiences for their residents day in and day out. The residents partake in numerous therapeutic activities that are designed to meet their social, spiritual, intellectual, emotional and physical needs.

Olympia Group and its partner facilities are committed to being the preferred provider of short-term rehabilitation services and personalized care to meet the needs of every individual. They are dedicated to providing the highest quality comprehensive long-term skilled and intermediate nursing care in the industry. For more information on Olympia Group and its six skilled facilities, please visit [OlympiaGroupLLC.com](http://OlympiaGroupLLC.com).

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