



# Vitruvian Health

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## **104-year-old Regency Park patient showed 'incredible determination' in recovery**

**DALTON, Ga. (March 25, 2025)** – Even at 104 years old, Lillian Siegel was not about to give up when she broke her hip, requiring surgery and months of rehabilitation.

Siegel, who received occupational and physical therapy at Regency Park Health and Rehabilitation in Dalton, said she initially felt 100 percent optimistic about being able to regain her health upon entering Regency. That faith never wavered, and through hard work with her rehab team, she has returned home.

“All the therapists are wonderful,” Siegel said. “I would like to tell all the staff ‘thank you’ for helping me recover and getting me back home.”

Her advice to others in similar situations is to follow the therapists’ advice, stay strong and push yourself – even going beyond what is asked.

Ladd Berdos-Rosser, Regency Park Rehabilitation director, said Siegel made impressive gains since entering therapy when she initially struggled to walk or even get in and out of bed.

Siegel worked mostly with Andrew Hames for physical therapy and Stacey Stewart for occupational therapy.

“By discharge, she [Siegel] was completing these tasks with no or nearly no assistance,” Hames said. “Her determination was incredible. She showed up to work hard every day and didn’t let anything hold her back.”

Hames said the community is fortunate to have an advanced rehabilitation facility in Dalton, providing high quality care without having to drive to a bigger city.

“Our occupational and physical therapy team all play a crucial role, providing personalized therapy plans to help her regain strength, mobility and confidence,” Stewart

added.

“Accidents happen, and physical therapy and occupational therapy professionals can make a big difference for recovery,” Hames said. “But staying active and healthy, even at 104, can make your recovery much more successful.”

Siegel previously worked as an X-ray technician and enjoys being a wife and mother.

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Photo: Lillian Siegel, former patient at Regency Park Health & Rehabilitation, is pictured with Andrew Hames, physical therapy assistant (left) and Stacey Stewart, occupational therapy assistant.