

MARCH 2025 EDITION!

BROOKESTONE VILLAGE

MARCH AT BROOKESTONE VILLAGE

Dear Residents, Families, and Friends,

Welcome to Our March Newsletter!

As we step into the month of March, we are excited to share the warmth of the season with you! This month, we celebrate the arrival of spring—a time of renewal and fresh beginnings. We're thrilled to bring you a fresh edition of our newsletter, packed with exciting updates, stories, and a look at the upcoming activities and events here at Brookestone Village.

We hope you enjoy the inspiring moments, special events, and the sense of community that makes our home a place filled with love and care. Whether you're a resident, family member, or loved one, we are grateful for the time we share together and the joy that each of you brings to our community.

Thank you for being a part of our family, and we look forward to another wonderful month ahead!

Maggie Sroka
Public Relations Coordinator

Resident Spotlight: Animal Visitors!



**This past month,
we had several
animal visitors
gracing our
community!**



**From our monthly
Scatter Joy Acres
visit with a very
adorable
chinchilla, to
Gifford Farms
bringing chickens
and bunnies, we
always love to
have visitors!**



SAVE THE DATE

***Mardi gras celebration with Music by Barry
Boyce - March 4 @ 3:30 pm***

Ash Wednesday service - March 5 at 11:15 am

Rehab Reunion - March 6th at 1:30 pm

***Saint Patrick's Day Candy Grams
March 5th - March 17th
Distributed on March 17th***

100+ Club Luncheon - April 4th at 12 pm

***March 13, 20, 27th at 11:15 am - Stations of the
Cross***

Good News Corner!

**Our March Employees of the Month are: Debby. (CNA on Park) and
Ross S., Maintenance Director! Please congratulate them when you
see them!**

March is Social Services & Admissions Appreciation Month!

Fall Prevention Strategies: Keeping Safe Year-Round

Falls are a significant concern for individuals of all ages, especially for older adults. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury among seniors, leading to both physical harm and emotional distress. However, many falls are preventable with the right strategies.

Here are some effective fall prevention strategies to consider:

Environmental Modifications:

- Remove clutter to keep walkways clear.
- Use non-slip mats in wet areas, like bathrooms.
- Install handrails on stairways and in bathrooms for added support.
- Ensure adequate lighting with bright bulbs and night lights.

Physical Activity and Exercise:

- Regular physical activity enhances strength and balance. Consider:
- Balance training through tai chi, chair yoga, or exercise groups.
- Strength training with resistance bands or weights.
- Walking to build muscle strength and endurance.

Regular Vision and Health Checks:

- Schedule regular vision tests, as impaired vision increases fall risk.
- Review medications with your doctor to identify potential side effects affecting balance.
- Manage chronic conditions like arthritis or diabetes to minimize risks.

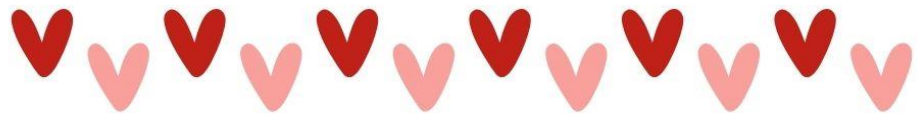
Footwear and Mobility Aids:

- Wear properly fitting shoes with non-slip soles; avoid slippers.
- Consider using canes or walkers for stability, ensuring correct usage.

Emergency Preparedness:

- Wear a medical alert device for emergencies.
- Inform trusted contacts about your fall prevention strategies.

Implementing these fall prevention strategies can significantly reduce the risk of falls, enhancing safety and overall quality of life. By creating a safe environment, staying active, managing health, and being prepared, individuals can help ensure they remain independent and secure as they age. Remember, falls can often be prevented with some proactive measures—so take the necessary steps today!



Valentine's Day Luncheon & Happy Hour for our Community!



MARCH BIRTHDAYS



John V. - 3/4

Mary C. - 3/7

Nancy P. - 3/14

John S. - 3/14

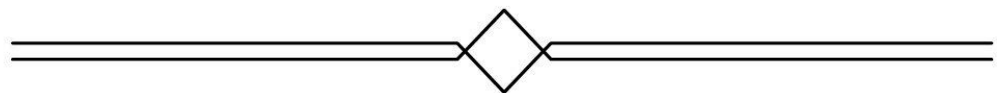
Sarah R. - 3/15

Wilma H - 3/20

LaDonna C - 3/29

Fern S. - 3/30

Leila J - 3/31



MVV of the Month: Stewardship

We continually pursue opportunities to improve ourselves and the services we provide. We learn from our experiences, build on our successes, and make changes when changes are beneficial. We develop people's strengths and remain committed to becoming World Class.



Brookestone

Home Health Care

Our Services:

- ✓ Skilled Nursing
- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech Therapy
- ✓ Medical Social Work

Expert & Trusted



Phone Number:

402-932-9406



Website:

www.brookestonehomehealthcare.com

NOW OFFERING

Brookestone Village

OUTPATIENT THERAPY SERVICES

BROOKESTONE VILLAGE IS NOW OFFERING COMPREHENSIVE OUTPATIENT PHYSICAL, OCCUPATIONAL AND SPEECH THERAPY



CHOOSE US TO HELP:

- Restore function
- Gain strength
- Joint replacement therapy
- Balance training
- Pain management
- Parkinson's and neurological deficits
- Splinting
- Lymphedema
- Vital stim
- Cognitive/language communication
- Swallowing function

CALL US TO SCHEDULE YOUR THERAPY

402-614-4000



MEET THE TEAM:

Administrator - Abigail Meredith
ameredith@vhsmail.com

Director of Nursing - Karen Walker
kwalker@vhsmail.com

Assistant Directors of Nursing
Nakia Kelly - Forrest Lanes
nkelly@vhsmail.com
Erin Mumm - Lake, Park, & Prarie
emumm@vhsmail.com
Elisha DiMinco - Fountainview
ediminco@vhsmail.com

MDS - Melissa Fitzgarrald, Angela Workman,
& Michael Henderson

Director of Rehab - Heidi Hynek
hhynek@vhsmail.com

Business Office Manager - Angie Davis
adavis@vhsmail.com

Social Services - Keri Torres, Rachel Sjoberg, Emily
Lindgren, & Jill Oseas

Life Enrichment Coordinator - Kate Leiting
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Chaplains - Christy Ross & Denny Dethlefs
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ddethlefs@vhsmail.com

Admissions Coordinator - Leslie Worden
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Dietary Manager - Kristin Ellison
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Public Relations Coordinator - Maggie Sroka
msroka@vhsmail.com

People Development Coordinator - Angie Gathye
agathye@vhsmail.com

Executive Assistant - Lauren Laux
llaux@vhsmail.com

Maintenance Director - Ross Schumacher
rschumacher@vhsmail.com

Environmental Services Coordinator - Brian Gomez
bgomez@vhsmail.com

Transportation Coordinator - Sarah Monzon
smonzon@vhsmail.com

Need to get in touch with someone? Please call
402-614-4000 or pick up their business card
from Guest Relations!

Brookestone Village

4330 S 144TH ST
OMAHA, NE, 68137
BROOKESTONEVILLAGE@VHSMAIL.COM
402-614-4000

ABOUT US:



Brookestone Village provides quality care and comfort, offering short-term rehabilitation and long-term nursing care. We are located in Millard, just South of F Street on South 144th Street.

At Brookestone Village, we have seven unique households with private and semi-private rooms. Each household serves 18-21 residents and features a nurses' station and dining area. There is a silent call system for nursing assistance, which enhances our peaceful, homelike environment. Additionally, we are surrounded by a beautiful lake and landscaped courtyards.

We offer personalized care for each resident and we pride ourselves on making sure all of their needs are met. If you are looking for short-term rehabilitation, long-term care, or care for your loved one with dementia, be sure to visit Brookestone Village where our mission is to provide Dignity in Life for every individual that enters our doors.

Important Reminders from Brookestone Village:

Feedback:

In order to provide World Class Care, we welcome your feedback, compliments, and suggestions to help us to still be the best of the best! Please scan the QR code below to enter your feedback, click on the SurveyMonkey sent out with the newsletter, or reach out to Maggie to obtain access!



Lifeloop

Want to communicate more with your loved one, share family photos, and see what we have planned daily in real time? Make sure you're linked on Lifeloop! Contact Kate in Life Enrichment to learn more!

Visit us on Social Media!



@brookestonevillage



@brookestonevillage
omaha

Ice Cream Machine

If you've visited our ice cream parlor recently, you may have seen that our machine is temporarily out of order for repairs. We're excited to hopefully have it up and running again later this month to bring you those delicious treats! Thank you for your understanding & patience!

WE WANT YOU TO LEAVE A...



REVIEW!

HOW TO LEAVE A REVIEW: ★★★★★

- Google search: "Brookestone Village"
- Click the link that says: "Reviews"
- Under Reviews, click the button that says "Write a Review"

MUST have a Google account to leave a review

We appreciate your time and feedback!

Please show your review to our front desk to be entered in a monthly gift card drawing!

OR SCAN
THIS QR CODE!

