

Brookestone Village: Providing Dignity of Life for Everyone

Brookestone Village, located at 4330 S. 144th Street, offers personalized care for every resident and prides themselves on serving you and making sure all of your 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 the mission is to provide Dignity in Life for every individual that enters their doors. Omaha Lifestyles 50+ recently had an opportunity to learn more about this beautiful facility.

Omaha Lifestyles: How does someone know they are ready for skilled nursing?

Most of our residents come to us after a hospital stay, planned or unexpected. Often, their goal is to return to home, and our goal becomes their goal. Our therapy and nursing teams work together to help residents return to their prior level of function, or even higher! We offer physical, occupational and speech therapies. Medicare benefits often cover these services for most or all of the stay. It is important for anyone with Medicare (or a Medicare Advantage plan) to know their skilled nursing benefits.

Sometimes, a set-back is significant enough that the individual needs to remain in long-term care. These decisions are made over time, with an interdisciplinary team that includes the resident and family. Our greatest priority is always to help residents get to the least-restrictive, safest environments.

Occasionally, residents come directly to us for long-term care from home or an assisted living community following a physical or cognitive decline. A long-term care policy may cover a large portion of the costs of private pay, but Medicare or Medicare Advantage benefits will not assist with long-term care.

Omaha Lifestyles: What level of care does Brookestone Village provide?

Brookestone Village is a skilled nursing facility providing long-term care, short-term rehabilitation, and memory support in a safe, homelike environment. Individuals come to us with a 24-hour nursing care need and can stay until they are strong enough to return home, to their independent/assisted living community, or they can stay with us through the final stages of life.

Omaha Lifestyles: Can you share some information about your Alzheimer's care?

The statistics about Alzheimer's and other causes of dementia in long-term care can vary, but we modestly estimate that 60-70% of resident's have some cognitive

impairment. Our team has been trained in BUDDIES FOREVER, a comprehensive dementia care program. The focus of this program is on understanding resident communication styles and needs, as well as approach and communication techniques that help our team provide, "moments of purpose, moments of pleasure and moments of peace."

We do have a 20-bed memory support household. The design and care provided on memory support is the same as every other household; however, we do offer additional specialized programming for small groups and focused engagement opportunities for our memory support residents. There is also secured door that promotes safety while helping to maintain a more serene and traffic-free environment. Our memory support household is designed for mid-stage dementia care, when these residents are most able to benefit from the programming available on the household.

Omaha Lifestyles: Tell us a little bit about your residents?

The residents of Brookestone Village have lived full and interesting lives—many have been business and community leaders in the Omaha area. They have loving, involved families who visit often. Proud and private people, our residents want to continue to live dignified and meaningful lives, with opportunities to remain connected to the community. Although health challenges have affected their abilities to live independently, they are full of life, love and plenty of laughter.

Omaha Lifestyles: What programs (exercise, physical therapy, social and other activities) are offered?

We have an active and varied Life Enrichment program at Brookestone Village. Residents can participate in exercise groups like Bend and Stretch, Yoga or Tai Chi.

Chaplains visit our residents to determine spiritual needs, and we offer several services for Protestants and Catholics, as well as Bible Study, Donuts and Devotions, Confession, Rosary and Sing-a-Longs.

Every Friday, we all enjoy live musical entertainment at our wine and cheese event. There are piano recitals, multi-generational activities and crafts with area schools, Wii Bowling, Crochet Klatch, Card Club, or residents can invite their favorite groups in for gatherings—we are happy to host! Residents can sign up for outings to area attractions and events or scenic drives. Of course, there are always movies and popcorn...and BINGO. We also offer massage and

healing touch for those who may desire or benefit from the experience.

Every day is packed full of opportunities, but the best part is that we also work with each individual resident to determine what provides them the greatest pleasure. If it is an individual activity, we will assist in any way we can!

Residents at Brookestone Village also find great enjoyment in our outdoor spaces, with the beauty of a pond, lake, and wildlife. We even have a fire pit out back for those evenings when sitting by the fire and looking out over the lake is just what the doctor ordered.

Omaha Lifestyles: What is one aspect of Brookestone Village you think people would be surprised to know?

Brookestone Village is a Vetter Health Services facility. The Mission of Vetter Health Services is "Dignity in Life." We strive to provide dignity to everyone who enters our doors, holding true to our Values of Serving, Integrity, Teamwork and Excellence. But dignity extends beyond our walls... Our owners, Jack and Eldora Vetter, have a Christian belief of tithing on their profits, so they created the Vetter Foundation as a way to support worthwhile causes, locally, nationally and worldwide. To learn more about Vetter Health Services and the Vetter Foundation, please visit our website at <http://www.vetterhealthservices.com/>

