

**MUSKEGON COUNTY**

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*Providing a  
haven for those  
who need care*

*We're on the Web!  
www.brookhavenMCF.org*

**The Brookhaven Mission**

Brookhaven Medical Care Facility represents a significant segment of the health care continuum for Muskegon County. We provide a continuously improving quality of residential health services to adults with a variety of physical and psychological impairments. Our services are focused on assisting individuals to attain and maintain their highest level of function in the least restrictive environment. Such services are delivered through a multi-disciplinary approach without regard to race, religion, or national origin.

Mark your calendars!  
The Annual Ice Cream Social is set for Wednesday, July 15 in the Brookhaven Courtyard. The fun will begin at 11:00a.m and will continue into the evening hours. Come out and join the party!

Brookhaven would like to thank all the staff, families, friends and volunteers for the time and effort you put into making Brookhaven the best Medical Care Facility in Muskegon. Thank you for your caring and all you do!



# In the Loop

*News, Events, and Happenings from Brookhaven*



Spring/Summer 2009

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**Huffman Prairie Winds to Perform at Brookhaven**

Brookhaven is pleased to welcome the *Huffman Prairie Winds* U.S. Air Force Band of Flight for a one time performance on Tuesday, May 18th. The concert will take place at 3:00p.m. in the Brookhaven Courtyard.

The Huffman Prairie Winds woodwind quintet is one of three classical chamber ensembles within the U.S. Air Force Band of Flight organization. It was named for the historic plain where Wright Brothers conducted

many of their early aviation experiments. The ensemble is comprised of five active duty Air Force members. They perform a wide variety of music ranging from traditional classical repertoire to show tunes and ragtime. Their versatility enables them to wow audiences in many different settings, including social functions for both military personnel and civilian audiences.

Brookhaven residents and their families are eager to experience this musical performance.

*Members of the local community are welcome and encouraged to come out and attend the concert as well. There will be ample room in Brookhaven's beautiful and spacious courtyard for everyone who would like to attend this free event.*

Please come and join us for this patriotic musical experience on Tuesday, May 18th at 3:00p.m. in the Brookhaven Courtyard. Huffman Prairie Winds are sure to impress!

**Serving you everyday:**

Gary Davis  
Administrator  
Sally Feringa,  
Assistant Administrator

Dr. Erwin Grasman, M.D.  
Medical Director  
Dr. Raymond Tracy, M.D.  
Dr. Gerard Brennan, M.D.  
Attending Physicians

Sue Ames, RN  
Director of Nursing

Allison Jeske  
Admissions Coordinator

Matt Fox/ Julie Sauter/ Susan McCormick  
Social Workers

Karen Smith  
Administrative Analyst

Melissa Pfenning  
Life Enrichment Coordinator  
Stewart Cahill, Superintendent  
Heidi Findorff  
Registered Dietician  
Deb Coy, Dietary Manager



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## Meet :Trisha Hoffman, Rehabilitation Director

Families with loved ones at Brookhaven are likely very familiar with our Rehabilitation Department Director, Trisha Hoffman. She has provided an extremely valuable service at Brookhaven over the past three years, meeting with patients to help guide them through the physical rehabilitation process.

Originally from Vestaburg, Michigan, Trisha graduated from Grand Valley State University with a Master's Degree in Physical Therapy. She has worked in a variety of settings including acute care, acute rehab, sub-acute rehab, and outpatient home health. Her role at Brookhaven is to evaluate and set up care plans and

goals for recovery in conjunction with the residents, to help them achieve their highest level of function. As a department leader Trisha helps coordinate the therapy care to ensure the best possible results for all patients.

"I have the best job in the world!," Trisha says of her work. "Not only do I get to see so many people improve, but I also gain so much insight and knowledge about life from my patients. Our aging population has so much to offer younger generations." Trisha adds.

Trisha especially enjoys the feeling of community present among the patients at Brookhaven, along with the compassion and care provided to the residents by staff.

When Trisha isn't helping Brookhaven patient whip back into tip-top shape, she is busy playing on her volleyball league or delving in to a good book

To contact Trisha or Allison Jeske, Admissions Director, regarding questions or advice about Brookhaven's rehabilitation program call 724-3354.



## Therapy Corner: Recovering from Stroke

Suffering a stroke can be one of the scariest, most bewildering experiences a person encounters in their life. Symptoms range from the sudden loss of the ability to speak and/or walk, to the numbing of arms and/or legs, to a rush of dizziness and confusion.

In this situation, it is crucial that a person gets help, gets to the emergency room and gets treatment immediately. Essentially a stroke is a "brain attack", most often caused by blood clots that starve portions of the brain of needed oxygen. That's what causes the sudden symptoms. If the blockage or leak isn't treated quickly, it can cause severe long-term damage that can rob a person of some or all of their ability to speak, think, or walk.

In many situations, an individual who suffers a stroke will need extensive and intensive therapy to regain the ability to perform "normal"

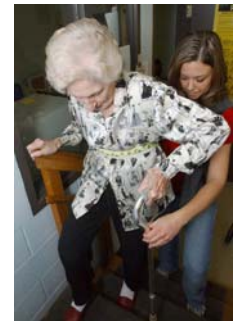
activities of daily living. It is in this situation that Brookhaven Medical Care Facility offers the West Michigan community a valuable service.

"Depending on where the stroke occurs in the brain, in most cases it is the opposite side of a person's body that is most seriously affected," says Brookhaven therapist Trisha Hoffman. "The role of therapy is to help a person to rehabilitate to their highest possible level of function. Our three therapy disciplines take a team approach to meet the individual health care needs of each patient," Hoffman explains.

One specific success stroke recovery story is that of Mary. Mary came to Brookhaven in January 2009 after suffering a damaging stroke. Upon admission, Mary was completely flaccid on her right side and was unable to move her right arm, right leg or to speak. After two

months of intensive therapy (five days a week, two hours per day) Mary discharged from Brookhaven back to her home having regained the abilities to bathe and dress independently and walk with a cane. She also regained some ability to speak and 50 degrees of movement back in her shoulder, elbow and wrist.

"It's the success stories of people like Mary, and witnessing their progress, that makes working with therapy patients at Brookhaven such a rewarding job," Hoffman concludes.



## Summer of Fun Ahead for Brookhaven Residents

As the temperatures rise and the plants in Brookhaven's courtyard bloom, residents begin looking forward to the upcoming Summer of fun-filled outings and activities that are on the horizon.

There are several outings scheduled for Summer 2009, which will help make this a momentous season for Brookhaven residents.

Our ever-popular fishing trips will be occurring throughout the Summer. There will be multiple trips taking place in May, June, July and August. The fishing excursions take place at the Muskegon Channel near the USS Silversides and include a picnic lunch.

Our biggest on-site event for the summer, the Annual Ice Cream Social is set for Wednesday,

July 15. This popular event, which raises money for the Brookhaven Fund with the Muskegon Community Foundation, is a day filled with entertainment, games, raffles and prizes, and tasty food & sweets. It is open for community attendance.

Brookhaven residents will again be able to partake in Day Camp trips this summer. Three trips are planned to Pioneer Trails Camp. This special camp, which is owned by Pioneer Resources is barrier-free and is ideal for Brookhaven residents. This type of activity is so unique and special for nursing home residents that The Muskegon Chronicle actually did a large feature article about last summer's trips in 2008.

Also planned for this coming summer is a day-trip to Hesperia. Since our residents aren't as able to go on the cherished "up-

north" trips as they may have been in the past, the Brookhaven staff is hoping to be able to recreate this experience for them. The day will include a trip to Hesperia dam, a visit to the park, and downtown shopping and dining.

Additionally, an outing is again planned to bring residents out to the Muskegon Summer Celebration Senior Day Picnic. This annual outing has been very popular with residents in the past, and likely will be again this year.



## Volunteers Contribute to Brookhaven Residents' Quality of Life

So many of the activities we offer residents are made possible because of our volunteers.

Volunteers are responsible for participating with bingo, hosting the many religious services in our chapel, hosting the monthly birthday parties, and working at the various bake sales and holiday themed activities.

In addition to the volunteers, the donations Brookhaven regularly

receives from both community organizations and families & individuals is also of great benefit to the people who reside at Brookhaven. Brookhaven is very fortunate to have the help and cooperation of so many local volunteers.

These special people feel a strong bond with Brookhaven residents, and their contributions here positively impact the quality of life of

Brookhaven residents.

From books, magazines, and materials for crafts to cash gifts for our resident transportation fund, these generous donations have been very beneficial to Brookhaven residents.

In order to honor those agencies and individuals who have contributed so much to Brookhaven, we hosted our Annual Volunteer Breakfast on Tuesday, April 21. Volunteers were invited to the Brookside Café for the breakfast, which honored both National Volunteer Week and their specific dedication to Brookhaven.

Attendees were greeted by Brookhaven staff members and were treated to a vast breakfast spread which included bacon, sausage & eggs, a large fruit display, muffins & pastries.

Brookhaven staff and residents expressed their gratitude to honorees for all their efforts and contributions. Thanks again to all the volunteers who help make Brookhaven the best Medical Care Facility in Muskegon!

