

MUSKEGON COUNTY

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*Providing a
haven for those
who need care*

*We're on the Web!
www.brookhavenlife.info*

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, national origin, the ability to pay, or sexual preference.

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

Fall Issue 2005



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Serving you everyday:

*Marion Piasecki,
Administrator*

*Dr. Erwin Grasman, M.D.
Medical Director
Dr. Thomas Kaye, M.D.
Dr. Gerard Brennan, M.D.
Attending Physicians*

*Linda Achterhoff, RN
Director of Nursing*

*Allison Jeske
Admissions Coordinator*

*Pat Houseman/ Matt Fox
Social Workers*

*Karen Smith
Administrative Analyst*

*Melissa Pfenning
Life Enrichment Coordinator
Jay Hoebeke,
Building Superintendent
Deb Coy, Dietary Manager*

Brookhaven's Annual Ice Cream Social is a Roaring Success

Over 300 people attended Brookhaven Medical Care Facility's 20th Annual Ice Cream Social. The event, which took place on July 20 in Brookhaven's spacious outdoor courtyard, was a day filled with activities, entertainment, raffle prizes and delicious treats for the young and the young at heart.

The theme for the 2005 event was "Country Carnival" and attendees participated in carnival games such as beanbag toss, darts, duck pond and sucker tree. They also were entertained by the Lumbertown Cloggers, Maycroft Dancers, The Kitchen Band, The Gospel Harmonizers, Bobby O' Boy, West Michigan

Bootscooters, Melodears, and the Jack Videtich Orchestra.

"My favorite part of the day was enjoying the cake and ice cream, as well as seeing the wide variety of entertainment," said attendee Dave Revell. "The Maycroft Dancers were very entertaining and I loved meeting the championship Muskegon Fury hockey players," he added.

In addition to the entertainment and refreshments, attendees were able to purchase resident made baked goods and other products such as potholders, calendars, flower arrangements and bath salt packages.

"It was so fulfilling to see these Brookhaven residents and their families enjoying the day so much. To have helped contribute to that joy made

me feel really good. There also were some great raffle prizes to choose from," said volunteer John Jeske.

In all, over \$3000 was raised for the resident transportation fund. The Ice Cream Social is an annual fundraiser for Brookhaven residents. Proceeds will be used to provide transportation for our residents to and from activities off site such as fishing trips, shows at the Frauenthal, and Fury hockey games.

Thanks to everyone who made this year's Brookhaven Ice Cream Social a roaring success!



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Brookhaven Welcomes New Life Enrichment Coordinator

Melissa Pfenning has joined the Brookhaven Administrative Team as our new Life Enrichment Coordinator. Melissa's responsibilities include heading up the Brookhaven Activities Department, consulting with families about their loved ones' level of activity and participation in Brookhaven events, as well as helping to coordinate major events at Brookhaven such as the Ice Cream Social and the Car Show

Melissa is a 34 year old, life-long resident of the Muskegon area. She is a graduate of Mona Shores High School and received her Bachelor's Degree in Therapeutic Recreation from Grand Valley State University in 1994.

Melissa has an impressive background in recreational therapy which includes positions as the Activities Director at another local nursing facility, Youth and Family Minister at Samuel Lutheran Church, and Recreation & Employment Coordinator at Every Woman's Place

"Leisure is important for renewal and healing," Melissa says of her approach to leading Brookhaven's Activities Department. "For our residents I believe we need to look at the whole person, which includes their social, emotional, physical, and cognitive needs. If residents are able to participate in activities they enjoy, the quality of their life will be enhanced."

Melissa and her husband Joe have been married for 13 years and have two sons, Travis, 11 and David, 7. Stop down to the Activities Department office and welcome Melissa to Brookhaven!



Check Out Brookhaven's Exciting New Calendar of Events

The Activities Department has been working diligently to offer Brookhaven Residents a wide variety of new offsite events.

Over the summer, residents were able to participate in two fishing trips to the Muskegon Channel. One of these trips was described in detail in the September 1 edition of the Muskegon Chronicle.

The fishing trips were enjoyable outings that brought back many happy memories for Brookhaven residents.

We are now looking to create

some new memories for our residents with an array of fun activities planned for the upcoming Autumn and Holiday Seasons.

Arranged by Melissa Penning, Brookhaven's new Life Enrichment Coordinator and the entire activities staff, residents will be able to participate in two bowling trips to Northway Lanes, one in October and one in November. Additionally, there is a color tour and farmer's market visit planned in October, along with a day trip to Frederik Meijer Gardens. At Meijer Gardens the residents will be able to

take in the botanical gardens and displays, as well as see the visiting exhibit, Marvels of Majolica: Italian Renaissance Ceramics.

November and December will feature offsite activities such as sitting in on Muskegon Fury and Muskegon Mayhem team practices, going on a Holiday light and Christmas tree tour, and Holiday shopping trips to the Lakes Mall.

See the Calendar below for a complete listing of Brookhaven's upcoming field trips.

Autumn/ Winter 2005 Brookhaven Calendar of Events

October:

6th: Trip to Frederik Meijer Gardens

13th: Color Tour & Farmer's Market

26th: Bowling @ Northway Lanes

28th: Halloween Party w/ entertainment

by Jack Videtich Orchestra

Ongoing in Oct & Nov.: Annual Poinsettia Sale. Call 724-3500 to inquire

November:

3rd: Fury Hockey practice visit

17th: Trip to The Lakes Mall

20th: Mayhem Practice visit

22nd: Annual Pie Night gathering

w/ entertainment by flutist Dee Dee Videtich

December:

1st: Bowling @ Northway Lanes

8th: Trip to The Lakes Mall

14th: Lights and X-Mas Tree Tour

Dates are subject to change, call Brookhaven to confirm event dates. More holiday themed events will be scheduled in the near future. For more information on these call Brookhaven's main office at 231-724-3500.

Therapy Corner: Integrating Therapy and Social Activities

Brookhaven's rehabilitation department consists of an outstanding staff and offers physical, occupational and speech therapy. The therapy department has been very busy these past few months helping Brookhaven residents get back on their feet. Our rehabilitation staff combines exercise, balance, and functional activities to make therapy fun and rewarding for residents. The ultimate goal for the resident is to help them build their mobility to a level that is better than what they were functioning prior to their hospital admit.

Recently, the therapy department has been combining efforts with the activities department to put a rec-

reational spin on therapeutic sessions.

In August there were two resident fishing trips to the Muskegon Channel. Integrating therapy with this "Activities Department" outing allowed us to work some fun into therapy.

Motions such as baiting the hook, casting the line, and reeling it back in help to build arm movement ability and overall strength. Integrating rehabilitation and field trip activities also allows the residents to get out of the facility and interact socially, all while strengthening their bodies.

Brookhaven has had great success with these outings and plans on continuing them in the upcoming months. Residents have raved about

this form of therapy and can't wait for the next outing to occur. In fact, the fishing trip was such an interesting event that the Chronicle sent a photographer and reporter to the Channel and the event was detailed in a front-page article in the September 1 edition.

The next therapy field trip will be in October. We will be going on a color tour and visiting the farmers market. There also are bowling trips, visits to the Lakes Mall, and a trip to Frederik Meijer Gardens scheduled for October & November. Brookhaven is very lucky to have a great activities department that allows the rehab staff to take resident therapy to a higher level.

Residents and Families Enjoy Brookhaven's 5th Annual Car Show

Classic cars and great entertainment was the order of the day at Brookhaven's 5th Annual Car Show, which took place on August 20th.

Among the 40 plus entries to the show were a 1969 Corvette, 1929 Model A, 1953 Plymouth, and a 1965 Chevy Pickup.

The event began at 1:00 on a pleasant Saturday afternoon and ran until 4:00p.m.

Attendees roamed about the grounds taking in the classic vehicles and socializing with friends and Brookhaven residents.

Attendees also enjoyed the

variety of refreshments that were offered, including hot dogs, nachos, and drinks.

In the end, over \$640 was raised for the resident transportation fund. 9 trophies were awarded, 3 of which were determined by Brookhaven residents' choices.

