

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, or national origin.

The next Family Support Group Meeting will be held on Thursday, November 13 at 6:30p.m. in the Brookside Café. Guest Speaker will be Trisha Hoffman, Director of Brookhaven's Rehabilitation Services Department.

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 2008

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Serving you everyday:

Gary Davis
Administrator
Sally Feringa,
Assistant Administrator

Dr. Erwin Grasman, M.D.
Medical Director
Dr. Thomas Kaye, 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

Wii Love it at Brookhaven!

Like most residents at Brookhaven Medical Care Facility, Charlie B. had never played a video game before. But that didn't stop him from trying out the new Nintendo Wii gaming system the facility recently acquired. The game system has become very popular with Brookhaven residents since its arrival at the facility.

The Wii is an interactive system that features wireless handheld controllers that simulate the actions of the participant on the television screen. Games included with the system upon purchase include golf, baseball, tennis, boxing, and bowling.

This system has become all the rage at Senior Centers across the country. The benefits for the elderly players are that it engages both mind and body, and it helps to build coordination. It also is appealing to seniors because they are able to participate virtually in activities they may no longer be able to do in reality because of health concerns or limitations in movement. "It was so fun being able to play tennis and baseball again," said one participant. "I used to be very good at those sports in my younger days, and playing the Wii brought it all back to me."

"My daughter has one of these systems at home so she gave me the inside scoop about how it works," says resident Pat T.

Video game newcomer Charlie B. said, "The boxing game really got my heart rate up. It definitely was challenging trying to beat my opponent (the game). I'll have to practice more so that I can take him down."

"Since the Wii arrived at Brookhaven it has been a huge hit with the residents," said Activities Director Melissa Pfenning. "We put a lot of effort into having activities that will really appeal to our residents, and this is on the cutting edge as far as activities that incorporate technology. I think the residents enjoy it so much because it engages their bodies and their minds at once. Playing it on our big screen TV also enhances the experience," Melissa added.

Goals for future use of the Wii include getting additional controllers, which enables participant to challenge one another, and purchasing additional games.



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Meet : Kelli Johnson, Asst. Activities Director

Kelli Johnson had become a familiar face in the halls of Brookhaven over the past 1 1/2 years. Kelli came on-board as the Assistant Activities Director in March 2007 and is now responsible for completing resident activity assessments, care plans, and MDS charting for the short-term rehab patients on the Rosewood unit. Kelli also assists with sensory and group activities, when needed and helps coordinate monthly outings.

A nationally certified Activities Director through NCCAP, Kelli's background in the skilled nursing field began

when she was a volunteer, bringing in pets to visit with residents. She enjoyed her time there so much that she took a position as Activities Director, where she worked for four years until coming to Brookhaven.

"What I like best about Brookhaven is that it is so spacious compared to other facilities. The residents have much more room to move around. The courtyard, lobbies, and other extra areas for residents to spend time with their families and friends in really contributes to their quality of life," Kelli explains. "I also think its great that

our residents have the option of attending group activities and community outings," she adds.

In her spare time Kelli enjoys hanging out with her husband Carl and their three dogs Chevelle, Ruger, and Ruby.



Ice Cream Social a Hit with Residents and Families

July 16 was a beautiful day across West Michigan, and no place was that more true than in the Brookhaven Courtyard during the annual Ice Cream Social.

The day was filled with various entertainment acts including The Gospel Harmonizers, The Maycroft Square Tappers, The Melodears, and the

Jack Videtich Orchestra.

In addition, the Muskegon Fury made an appearance, and new this year, a petting zoo with chickens, cows, and calves was featured.

As always, the food was great and the prizes and raffles were exceptional. In all the day was a great success, netting \$3700 for the resident transpor-

tation fund, which covers the costs for residents to participate in community outings. Thanks to everyone who helped make this year's event one to remember!



Brookhaven Introduces New Cable TV Line-up

Brookhaven is excited to announce its new and improved cable line-up available for residents. In the past, only 10 channels have been available in our cable television programming. Recently a new programming agreement has

been worked out, and we are now able to offer 34 channels for the low price of \$10 per month. Channels offered in this package include Fox Sports, Lifetime, Oxygen, WE!, TV-Land, TLC, Game Show

Network, and TLC, among many others. If you'd like to switch your loved one to this new programming option, just stop by the front desk. Questions can be directed to Sally or Melissa at 724-3500.

Therapy Corner: Reconditioning for Renal Disease and Dialysis Patients

Over twenty million Americans suffer from some form of kidney insufficiency. These renal difficulties can range from kidney stones or recurrent urinary tract infections, to potentially fatal conditions such as chronic renal failure.

Muskegon area health providers see no shortage of patients with these types of ailments, as our local residents have a higher occurrence of kidney disease than both our state-wide and national counterparts. This is the case partially because Muskegon area residents also experience higher rates of both diabetes and hypertension, two leading causes of kidney disease.

If kidney disease goes unchecked and permanent damage occurs, the patient's kidneys may go into failure. In this case, patients often end up on hemodi-

alysis, the practice in which a machine acts as an artificial kidney to remove waste and fluid from the patient's blood.

Brookhaven is especially skilled at meeting the needs of renal patients. Many considerations need to be taken into account to provide thorough care for renal patients. These considerations include dietary concerns, constantly monitoring body temperatures, and often working a rehabilitation therapy schedule around a demanding dialysis schedule.

"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," Brookhaven Rehabilitation Director Trisha Hoffman explains.

Brookhaven's therapy department focuses specific goals aimed at helping patients increase overall strength and endurance. Approaches can include functional training such as the ability to transfer oneself, the ability to walk with the least restrictive aide devices, use of adaptive equipment, and increasing range of motion and balance.

Additionally, the therapy team can complete an assessment on-site at the patient's home prior to their discharge from Brookhaven in order to make certain that maximum safety precautions are in place. This helps ensure that the patient's return home will be successful.

Brookhaven Residents Enjoy Seasonal Outings

Brookhaven residents enjoyed a very busy summer this year. From trips to the flea market, to the Hackley Park Senior Day in July, to multiple visits to summer camp on Blue Lake, and the out-to-lunch bunch, this summer has been an exciting one for people at Brookhaven.

"Our days at Pioneer Trails Camp on Blue Lake were especially unique," says activities director Melissa Pfenning.

"The residents were able to go for a pontoon boat ride nature tour of the lake, go fishing, and make bird houses during their trips to the camp," she adds.

The out-to-lunch bunch had the opportunity this summer to try some of the newer hot spots in Muskegon. Favorites included The Golden Corral, Asian Buffet, Red Lobster, Arby's, Uncle Mark's and El Camino Tacos.

