



In the Loop

News, Events, and Happenings from Brookhaven



Summer Issue 2007

In This Issue:

- 2007 Ice Cream Social Announcement
- Meet Our Staff: Spotlight on Sue Balahoski, RN Case Manager
- Dialysis Patients Welcomed at Brookhaven
- Monthly Resident Memorial Services in Chapel
- Therapy Corner: Recovering from Heart Attack
- Beauty Shop Services

Serving you everyday:

Gary Davis
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
Social Workers

Karen Smith
Administrative Analyst

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

Party On the Boardwalk at the 2007 Ice Cream Social

Everyone is welcome to join the fun at Brookhaven on **Wednesday, July 18** at our annual Ice Cream Social. The Ice Cream Social is an annual fundraiser for the Brookhaven Residents' Transportation Fund and is a fun day filled with entertainment, games & prizes, raffles, baked goods & craft sales, and tasty food & sweets.

The theme for this year's Ice Cream Social is On the Boardwalk and the event will have a turn-of-the-century Coney Island, Atlantic City

ambiance. On the Boardwalk themed memorabilia and goodies will be available.

Our featured acts kick off at 11:00a.m. and continue until 8:00p.m. Featured entertainment has included the Lumbertown Cloggers, Maycroft Dancers, The White Lake Senior Fun Band, and the Jack Videtich Orchestra. Festivities go on RAIN OR SHINE!

General admission to the festivities is free. A lunch of 2 hot dogs, chips, and a pop is \$3. Ice cream & cake is \$2,

Also make sure to check out the fantastic raffle prizes.

Enjoy the company of your family and friends while cooling off from the summer's heat with cake and ice cream at Brookhaven's Ice Cream Social. Hope to see you there! The proceeds of this event help make possible the field trips Brookhaven residents are able to take to places such as the Farmers' Market, bowling alley, museums, and many other locales. If you have any questions call



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Meet Sue Balahoski: Rosewood Case Manager

Many families with loved ones at Brookhaven are likely very familiar with Sue Balahoski, RN Case Manager on the Rosewood unit. Because Rosewood functions as the Intake/ Rehabilitation unit at Brookhaven, Sue plays a key role in helping new patients and families get acclimated to their daily routines. This often involves setting up a therapy schedule, learning about all the available activities, and getting to know the care workers on their unit.

Originally from Grand Rapids, Sue moved in Muskegon in 1985 and has been an RN at Brookhaven for over 20 years. She first worked as an RN Supervisor, but has now been in her current role as

a Case Manager for 10 years. Sue's responsibilities as a Case Manager include coordinating and overseeing the care of all the residents on the Rosewood Unit. Specifically, she creates individualized resident Care Plans, evaluates residents, and works as a liaison between the doctors and families.

"I love meeting new people and interacting with families," Sue says of her work. "I find it especially gratifying to see patients come in for therapy after an illness or injury and rehabilitate back to their homes."

"I believe we can learn much from our patients," she adds. "Our patients deserve the utmost of

respect from every caregiver. I strive to create that type of environment on my unit."

Sue's family includes two children and three young grandsons (their Grandma's most shining source of joy.) Besides her work at Brookhaven and spending time with her family, Sue enjoys reading good books and crocheting.



Brookhaven Begins Accepting Dialysis Patients

In order to better meet the needs of Muskegon area residents, Brookhaven recently began accepting patients receiving hemodialysis.

This was an undertaking that involved many hours of training for all departments at Brookhaven, especially nursing, dietary, and therapy.

Many considerations need to be taken into account to provide thorough care for renal dialysis patients. These considerations include

dietary concerns, constantly monitoring body temperatures, and commonly working a rehabilitation therapy schedule around an often time-demanding dialysis schedule.

Adding this option to our array of services is yet another example of Brookhaven's ongoing efforts to strive to meet the needs of the Muskegon community.

If you know anyone who needs skilled nursing care or rehabilitation and is receiving hemodi-

alysis, direct them to Allison Jeske, Brookhaven Admissions Coordinator at 231-724-3354. She would be delighted to assist them in starting a reconditioning program through Brookhaven's rehabilitation department.

Monthly Resident Memorial Services in Chapel Now Occurring

When a person makes Brookhaven their home, they often become involved with other residents and staff of a personal level. Relationships inevitably are built when people spent months or years in each others' company.

Thus when a resident eventually passes away, the loss is felt by the entire Brookhaven family. This is why Brookhaven has begun hosting a remembrance service to honor those residents that have passed each month.

Hosted by a local pastor, these services give residents the opportunity to grieve for their friends and share memories about their good times together. If you would like to attend a memorial service they occur on the 1st Monday of each month at 2:00 in the Chapel.



Therapy Corner: Recovering from Heart Attack

Suffering a heart attack can be one of the scariest experiences a person encounters in their life. Symptoms can range from chest pressure or pain to sweating, shortness of breath, light-headedness, and irregular heartbeat.

In this situation, it is crucial that a person receives treatment immediately. A heart attack is often caused by plaque in the arteries causing ruptures or creating clots that block blood flow. That's what causes the sudden symptoms. If not treated quickly, it can cause severe long-term health problems, or even death.

Oftentimes an individual who suffers a heart attack; or a heart related surgery such as a stent placement, valve repair or replacement; or coronary artery bypass graft surgery will need extensive and intensive therapy to regain strength and endurance.

Brookhaven offers an enhanced level of rehabilitation services. The aim is to help patients regain the highest level of strength and independence, in a minimal amount of time. Upon arrival at Brookhaven, the therapy staff meets with the patient to determine an individualized plan of care and recovery. It is often the case for patients who have had heart related problems and/or surgeries that physical and occupational therapies are necessary to begin the recovery process.

"Depending on what the severity of the heart attack was or any complications that may have occurred, each and every patient will begin therapy with a varying level of ability," says Brookhaven Rehabilitation Director 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.

Brookhaven's therapy department focuses specific goals aimed at helping residents 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

New Hairstylist Welcomed to Brookhaven Salon

Brookhaven is blessed to be lucky enough to have two talented hairstylists making their services available to our residents.

Jan Misner has been coming to Brookhaven for several years and has many loyal clients who utilize her services on a weekly basis

In order to accommodate for an increased demand in Beauty Shop services, Debbie Siercher has recently joined Jan in the salon.

Debbie comes to Brookhaven with 25 years of experience as a beautician. She says that the most popular services she offers includes permanents and shampoo & sets.

Resident Marjorie Wilde said, "I really enjoy going to see Debbie every week for my shampoo and set. We get a chance to chit chat and she does such a good job on my hair. I love the way it looks when she is done."

Jan is available in the Beauty Shop, Tuesdays: 1:00-5:00 and Fridays 1:00-5:00

Debbie is in on Wednesdays between noon and 5:00



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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!