

Dignity in Life

Southlake Village Rehabilitation and Care Center

By Kit Boesch

Alison Cullinan describes Southlake Village Rehabilitation and Care Center as “one of the most emotionally healthy working environments I could ever hope to have.” Alison is a registered and licensed occupational therapist (OTR/L) and a certified lymphedema therapist (CLT). She is part of a



*SouthLake Village
Therapy Staff*

team of therapists at Southlake Village, including four occupational therapists, three physical therapists, one speech therapist, and four physical therapy assistants. This impressive team helps the residents of Southlake Village to live their lives as fully as possible.

Southlake Village is a skilled nursing and rehabilitation center for adults. The staff works to promote maximum independence for their residents. In many ways, Southlake creates a comfortable, home-like atmosphere as they maintain their core values of integrity, teamwork, and excellence. Names for short and long-term care areas reflect the heart and soul of Lincoln—different areas within the facility are known as Havelock, Cornhusker, Belmont, Woods Park, College View, Haymarket.

Southlake Village helps residents feel at home with beautiful finishes in each room, shadow boxes decorated by the long-term residents, and living rooms with large televisions and fireplaces, where family and friends can enjoy a visit. Three beautifully landscaped courtyards provide outdoor sitting areas for residents and their guests, as well as Wi-Fi throughout.

Seniors facing the challenges of Alzheimer’s disease and dementia will find a safe environment at Southlake Village. Programs are very individualized, focusing on the residents’ wide range of needs and abilities. Family involvement is always encouraged.

It is said that movement is a medicine for creating change in a person’s physical, emotional, and mental states. Highlights of Southlake Village include the Husker-themed therapy gyms, where residents learn and relearn how to move properly. Everything in the rooms is intended to support and encourage victory, from the red-and-white walls emblazoned with the “N” we know and love to the words of encouragement, painted in bold letters: “Not the victory but the action; Not the goal but the game; In the deed, the glory.” Weights, elastic bands, and balance boards are available for supervised individual work.

The Southlake Village’s physical therapy program includes the AlterG anti-gravity treadmill. This incredible piece of equipment was designed by NASA. When you use the anti-gravity treadmill, your lower body is encased in a chamber of pressurized air that counteracts the force of gravity. This reduces the impact that your lower body feels while you walk or run, allowing you to move with

less effort and pain. This equipment allows both short-term and long-term residents at Southlake Village to exercise in a fall-safe, comfortable environment, in spite of injuries or medical conditions that would otherwise impair movement.

The larger common area houses the kitchen, restrooms, and laundry. These locations help occupational therapists work with short-term residents who will be returning home to navigate their own kitchens, bathrooms, and laundry rooms. There are private rooms for speech therapy, ultrasound treatments, and manipulated therapy. A speech therapist is on staff daily, working with residents on issues such as swallowing, speech disorders, and cognition.

In Southlake Village’s peaceful chapel, weekly spiritual support is provided to residents and their families. In addition, residents are provided transportation services, life enrichment programming, beauty and barber shop services, and—the most popular place in Southlake Village—the Village Café, which features soft-serve ice cream and popcorn.

Recovering from an accident is hard work—just ask Southlake Village resident and therapy patient Kay Farwell. I noticed Kay on my visit to Southlake Village because she happened to be reading a book by one of my favorite authors. She and I got to talking, and she shared that she had fallen twice and was undergoing occupational and physical therapy for her shoulder, hip, and arm. How does she like the care she’s receiving at Southlake Village? “Honey,” she says, “it is super awesome!”

Southlake Village has its own flag flying out front, with the motto “Dignity in Life.” This truly expresses the mission and passion of the organization and its staff. Whether their residents are staying for a short rehabilitation or for long-term care, providing high quality of life is Southlake Village’s top priority. This is one of the many reasons they are among the most respected in their field and why we in Lincoln are so very fortunate to have them in our community.

Southlake Village Rehabilitation and Care Center is located at 9401 Andermatt Drive, in Lincoln. You can reach them by phone at 402-327-6300 or learn more online at southlakevillagerehab.com.