

# Southlake Village Rehabilitation & Care Center

## *Home Away from Home*

By Renae Blum



Jen Wolf-Wubbles,  
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### **Ask anyone who works, lives, or stays at Southlake Village**

Rehabilitation & Care Center: It's a special place.

Southlake Village provides short-term rehabilitation and skilled nursing services to its residents. Many patients come to Southlake Village to recover from a hospitalization, with an average length of stay of about

17 days. Other patients stay at Southlake Village for the long term, including hospice patients and people with dementia and memory support needs. Southlake Village has set itself apart with highly specialized equipment and a focus on getting patients home and back on their feet. What really makes the place special, though, is its staff members.

"We were stunned when my sister suddenly became ill, thousands of miles away from family. We knew we had to find a good facility for her here but had no idea where to start," says Joyce Aponte. "It was God's blessing for us to find the management, staff, nurses, and aides of Southlake Village. There really are no words to adequately summarize the level of care, in every aspect, that my sister receives."

Gary Hahn stayed at Southlake Village following a quadruple heart bypass surgery. He was pleased with every aspect of the facility, but he was especially impressed by the people who cared for him every day. "I always knew that there would be no change in the excellent care during my stay," he says. "It was very impressive how the staff worked together to provide the best of care."

Jen Wolf-Wubbles, who works at Southlake Village as a public relations coordinator, emphasized that the quality of their staff is what sets them apart. "At skilled nursing facilities, we all abide by certain rules and regulations. What makes the difference is the people. Our team is amazing at doing their daily work with dignity, respect, love, and honor for our patients."

She saw these special qualities highlighted during a severe hailstorm on May 9, during which baseball-sized hail shattered windows and totaled every car in the parking lot. The staff had practiced what to do in emergency situations; that day, Jen saw the planning—and, most of all, the empathy and excellence of Southlake Village's team members—spring into action. "They really focused on what was happening in the moment, in ensuring our residents' safety and well-being, whether through giving hugs or praying or singing with them. They truly love our residents and want what's best for them."

The focus on patients' needs and well-being is also reflected in the medical care at Southlake Village. Every section of the facility, from short-term rehab, to long-term care, to memory support and hospice care, is staffed 24 hours a day with registered nurses, licensed practical nurses, nurses' aides, and medication aides. In

addition to a wide range of medical care, patients can receive occupational, speech, and physical therapy. The facility has a therapy gym that utilizes a special anti-gravity treadmill for patients who have weight-bearing restrictions. The machine was originally designed for NASA and can lift up to 80 percent of a person's body weight, allowing him or her to exercise with ease. The attached kitchen and restroom area is designed to simulate various aspects of life outside the facility. Among other activities, patients can practice cooking in the kitchen and walking on indoor- and outdoor-style steps. Southlake Village also has EKG capabilities, which Jen says is unusual for a skilled nursing facility to provide.

The building itself was obviously designed with pride and with the comfort of its residents in mind. The community is laid out into «neighborhoods» that feature intimate restaurant-style dining, spacious rooms, courtyards, and bathing spas with heated floors. The main hallway of Southlake Village features building facades constructed to resemble various buildings throughout Lincoln. Patients can make use of an ice cream parlor, a beauty salon and barber, a chapel, a town hall, and many other communal spaces throughout the facility. A special feature that many patients enjoy is a large iPad-style touch screen computer called IN2L, which is short for "It's Not Too Late." The IN2L has endless functions—patients can Skype, play games, listen to music, and work on speech therapy using the computer. Rooms for hospice patients are specially outfitted to provide comfortable spaces for families, including comfy furniture, rollaway beds, and CD and DVD players.

"We're different from a hospital. We are focused on this place being patients' homes," Jen says. "We ensure that their needs are met medically, spiritually, mentally, and socially, in a holistic way, taking care of the mind, body, and soul."

Southlake Village Rehabilitation & Care Center is located at 9401 Andermatt Drive, in Lincoln. For more information, call 402-327-6300 or visit [www.southlakevillagerehab.com](http://www.southlakevillagerehab.com). **WE**