

Southlake Village Rehab & Care Center

Put More Life in Your Years!

By Michelle Phillips

My afternoon spent with Jen Wolf-Wubbels, Public Relations

Coordinator for Southlake Village Rehabilitation & Care Center, showcased her dedication to serving the needs of others. The qualified staff members at this care center provide great care and make every attempt to create a highly individualized and

compassionate experience for each resident.

Selecting the right care center depends on a multitude of factors, including the location, the services that are available, and the costs. When you are faced with the decision to consider care options for yourself or a loved one, Jen recommends that you rely on your senses to evaluate each facility. Look around: Is it clean? Do the residents look happy? Do you hear laughter? Does the facility smell good? Do you observe staff members touching the residents gently, kindly, and frequently? Do the residents have the freedom to make decisions in such areas as food choices or bedtimes? Most importantly, Jen notes, you should get all your questions answered and trust your intuition.

Recently, Southlake Village celebrated its 6th year of serving clients in Lincoln and the surrounding communities. Managed by Vetter Senior Living (VSL), this facility operates with the strong belief that the elderly deserve dignity in life. Team members carry out the philosophy of founders Jack and Eldora Vetter by providing members of the Southlake Village community an environment that makes quality of life a priority. Southlake Village is one of 33 Vetter Senior Living care centers throughout the states of Nebraska, Missouri, Iowa, Kansas, and Wyoming.

Patients recovering from orthopedic procedures or neurological issues find Southlake Village to be an ideal setting to strengthen their independence as they transition from hospital to home. Therapeutic services such as occupational therapy, physical therapy, and speech therapy are offered as short-term rehabilitation care. Spacious private and companion rooms are available and are equipped with flat-screen televisions, telephones, wireless technology, and many of the amenities found at home. Delicious snacks and meals, offered restaurant-style throughout the facility, are served in beautiful dining areas. Residents select from a menu and can choose to eat in the community dining areas or in their rooms.

Gary Hahn found himself at Southlake Village after receiving quadruple heart bypass surgery at Bryan Health Center. He was impressed by the professional staff and how they worked as a team throughout his stay to provide all residents with high-quality services. He mentions appreciating the teamwork that he observed during his stay in the short-term rehabilitation unit.

Joyce Aponte describes amazement with the care her sister was offered after suffering a stroke. "There are no words to adequately summarize the level of care, in every

aspect, that my sister receives," Joyce shares. "Of all the places we could have been when this tragedy struck, we were in the city with the most incredible nursing home/rehabilitation center anywhere."

Southlake Village also offers care for individuals in need of skilled nursing and memory support. The personalized and caring services have earned Southlake Village a 5-star rating by Medicare. Jen describes the specialized training that staff members receive to work successfully with individuals who have memory care needs. The Buddies Forever system is a strategic method for interacting positively and humanely with individuals who may experience fear or uncertainty due to memory or cognitive issues.

As you walk through the halls at Southlake Village, you can't help but feel a sense of community—staff interacting positively with residents, the sound of laughter, beauty and barber shop services, an ice cream parlor, a gorgeous chapel, and courtyards that allow residents to sit and enjoy the beautiful surrounding landscape. On any day, you may see a staff member accompanying a resident on a walk around the nearby pond or sitting in the ice cream parlor enjoying a snack! Jen takes pride in the high staff-to-patient ratio that Southlake Village maintains to best serve their residents.

The Life Enrichment program offered to residents provides interesting and enjoyable activities. Jen stresses that all the activities selected for the Life Enrichment program are designed to enhance an individual's social, emotional, physical, and cognitive engagement. Through intentional planning and scheduling a wide array of engaging activities, the residents continue to learn and flourish in their day-to-day lives. Southlake Village creates the conditions that provide extraordinary results. Most importantly, it ensures respect for every minute of each precious life that enters its doors!

As the saying goes, it's not the number of years in your life but the life in your years that counts. At Southlake Village, you or your loved one can keep living life in a safe, engaging, and friendly environment. 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.



Southlake Village resident and staff member