

THE HOME FRONT



Residents and staff gather in the activity room to participate in karaoke. *Left:* From left, Linda Burton, resident, and Sharon Bell, activity aide, sing karaoke while Jimmy Zwiebel, resident, plays a tambourine. *Below:* Brenda Hoffman, activity director, sings with Walter Knickerbocker, resident.

FRIDAY AFTERNOON KARAOKE PROVES POPULAR

As Activity Director Brenda Hoffman and Activity Aides Sharon Bell and Kaylee Vann led Homestead residents singing along to songs such as “Pretty Woman,” “Hey Jude,” and “Sweet Caroline,” some of the residents played tambourines and percussion instruments.

The fun was thanks in part to the Salvation Army, which donated a karaoke machine and Blu-ray player — making Friday karaoke now a regular event.

“This activity helps with relaxation,” Bell said. “It’s fun and therapeutic.”

“This activity helps with relaxation. It’s fun and therapeutic.”

— Sharon Bell, activity aide



Starkey meets Homestead

Several years ago, Gale Starkey sold his home in Oakdale, Nebraska, and bought a camper. He planned to travel to Arizona, but life had other plans.



Gale Starkey, rehabilitation patient, exercises on the NUSTEP as part of his restorative maintenance program.

Starkey was involved in a traffic violation while transporting his camper. Although he was uninjured, the police officer on the scene was concerned and referred him for medical attention. Doctors told Starkey he had suffered a stroke.

A series of strokes eventually left him unable to care for himself. That's where Homestead came into the story.

"They've done a lot for me — they've changed my life," Starkey said.

Therapists worked with him on balance,

upper body strength, safety awareness and daily independence activities, such as dressing and grooming.

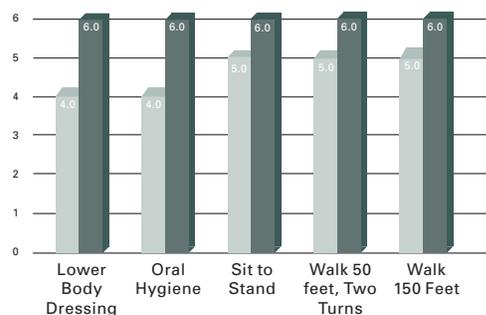
Starkey says his attitude also has improved. He has become used to people making decisions for him. Since coming to Homestead, he also cut back on how many cigarettes he smokes.

"That's been great for me; I can breathe deeply again," he said.

Starkey graduated from his restorative maintenance program Dec. 10 after demonstrating improvement in key areas. After completing the program, he was discharged to a Veterans Affairs residence.

Patient Outcome Graph
Homestead HC & Rehab - 7283 6244
Starkey, Gail

Managed Care: Nov. 27-Dec. 10
Occupational and Physical Therapy



Score	Description	Score	Description
01	Dependent	04	Supervision or touching assistance
02	Substantial/Maximal Assistance	05	Setup or clean-up assistance
03	Partial/Moderate Assistance	06	Independent

Mans named new rehabilitation director

Homestead welcomes Kelly Mans as rehabilitation director. She has 16 years of experience as a physical therapy assistant (PTA) with 11 years in rehabilitation services. She began her role Dec. 27 and previously worked at Lancaster Rehabilitation Center.

"I enjoy helping patients have a better quality of life as well as working with people and solving problems," Mans said.

As director, she will support operations, helping services run smoothly for patients, family members and staff. She hopes to grow the admission rate and support patient success.

Mans understands that decisions family members face can be difficult. Moving to a rehabilitation center or an assisted living facility is a big change, but often provides a sense of ease for patients and family members, she said.



Rehabilitation Director
Kelly Mans

Mans also will help launch the Neurological Recovery Program. With many facilities in the area, offering this specialization will help differentiate Homestead, she said.

"It's encouraging to see therapists already are sharing treatment ideas and techniques," she said.

Originally from Stanton, Nebraska, Mans attended the PTA program at Northeast Community College. She said that parenting Tyson, 13; Brooklyn, 11; and Carter, 9, helped her become a better therapist.

"I try to paint a better picture for patients and point out small achievements or improvements to help motivate them," she said.

Mans and her husband, Troy, enjoy attending their children's basketball, baseball and softball events.



Musician Chris Sayre entertains residents at the January birthday party. Birthdays included Dennis Cooper, Edward Gnirk, Jeffery Ortiz, Menjo Tele, Lloyd Policky, Robert Hardin, Marcia Hillhouse, Rodney Wood, Walter Manning, Roger Miner, Patton Northrup III, James Gunter, William Rupert, Pauline Kiene, Marita Bigley and Frederick Hummer.

Hoffman serious about fun



Anne Bremer, musical guest, sings show tunes at Homestead Rehabilitation Center Jan. 14.

Brenda Hoffman's outgoing personality makes her a natural as an activity director.

"It's like being the grandma of the family," she said. "I'm like, 'Yes, you can have that cookie,' or, 'Come on in, we're playing a game.' We get to do the fun things."

Since taking on the role in April 2018, Hoffman has organized cooking classes, karaoke and live entertainment events. She regularly accompanies residents on Friday afternoon trips outside the facility. Shopping, dining or going for a scenic drive offer a nice change of pace for residents, she said.

Outcomes from social activities are not as easily measured as those from



Brenda Hoffman, activity director

therapy. Nevertheless, social activities provide benefits. Hoffman's goal is to give residents a feeling of accomplishment and boost their self-esteem. She loves to see residents having a good time.

"We don't want residents feeling too limited," she said. "I tell them that limitations don't matter, they always can find a way to adapt and do what everyone else is doing."

Hoffman previously worked as an activities director in Syracuse, Nebraska, and Florida. She has seen many situations where moving to an assisted living facility changed people's lives for the better. Elderly people and those with special needs are often isolated while living at home. Group living situations give them a chance to make new friends and join in various activities.

February Smart Talk: Jeannine Bryant

Please join us Feb. 27 at 6 p.m. for a Smart Talk with Jeannine Bryant, owner at Changing Spaces SRS.

For more than a decade, Changing Spaces SRS has helped seniors with rightsizing and relocation. Bryant has worked with the company since 2010. She has been actively involved in the downsizing and relocation processes of her father, grandparents and other relatives throughout her life. She understands the importance of "place" and the emotions

tied to it, as well as the difficulty associated with leaving one's home.

Bryant is from North Dakota and holds a Bachelor of Arts degree from Northwestern College and a Master of Arts from the University of Nebraska-Lincoln. She is an active member of Lincoln's Coalition for Older Adult Health Promotion and lives in Lincoln with her husband and two children.



Jeannine Bryant

Services

Short-term rehabilitation

- Physical, occupational and speech therapy
- Orthopedic after care
- Electrical stimulation, diathermy and ultrasound
- Amputation after care
- Fall prevention and home assessments
- Transfer, gait and strength training
- Specialized wheelchair positioning
- Swallow assessment and treatment
- Certified VitalStim therapy provider
- Communication training
- Cognition assessment and memory training
- Certified brain injury specialization
- Inpatient and outpatient therapy
- Home training stations
- Home assessments prior to discharge within the Lincoln community

Skilled nursing/extended care (long-term care)

- On-site physician services
- On-site registered dietitian
- Visits by optometrist, podiatrist, dentist
- Total care unit for trach care and tube feedings
- IV infusion therapy and central line management
- Disease management and education
- Cardiac, COPD (Chronic Obstructive Pulmonary Disease) and diabetes management
- **Neurological Recovery Program**
- Post-acute stroke care and rehabilitation
- Post-surgical recovery and rehabilitation
- Respiratory therapy
- Tracheostomy care
- Ostomy care
- Wound management
- Pain management
- On-site laboratory and radiology services
- End of life/palliative care coordination/hospice
- Respite care as a respite provider for respite network
- Transportation & escort services

Memory support

- Safe, secure community
- Comprehensive geriatric assessments and specialty care
- Specialized social model with dedicated activity staff
- Beautiful enclosed courtyard and garden
- Monitored supervision

4735 S. 54th St.
Lincoln, NE 68516
402-488-0977

Homesteadrehab.com

Lovercheck still serving after 30 years

Feb. 24 will mark 30 years since Homestead Rehabilitation Center Administrator Mary Morris hired Annie Lovercheck as a housekeeper. She is as thrilled to have the job today as she was in 1989.

Because of her scarce work history, Lovercheck felt that Morris took a chance on her. With the exception of a brief time at Tabitha, she had been a homemaker 12 years. Recently divorced, she sought to provide for her two sons.

"I had no job skills, but I knew I liked seniors," she said.

Conversing with residents is Lovercheck's favorite part of the job. She enjoyed working in Homestead's Special Care Unit from 1992 to 2004. Residents there are dealing with Alzheimer's or other dementia. Although her official designation was housekeeper, she also helped serve meals and helped to calm patients. She enjoyed learning to understand what was driving residents' behaviors.

Lovercheck is back where started 30 years ago as Station Two's housekeeper. She is remarried and her adult sons live nearby. She has six grandchildren. Reading and browsing at Barnes & Noble are her favorite pastimes.



Annie Lovercheck, housekeeper, enjoys conversing with residents while cleaning at Station Two.

February employee milestones

Service anniversaries:

Joel Egwuh	17 years
Gay Bate	12 years
Liliana Ramos	10 years
Erihna Lohp	10 years
Hollie Pfeifer	8 years
Emily McGuire	4 years
Kaylee Vann	3 years
Racheal Sund	2 years
Melodee Andersen	1 year
Kari Secord	1 year
Ernest Forlemu	1 year

Birthdays:

Katelyn Collins	Feb. 3
Mary Turner	Feb. 3
Jon Rath	Feb. 5
Gerald Meyers	Feb. 5
Victoria Teniente	Feb. 7
Heather Peneva	Feb. 13
Ledogo Edo	Feb. 15
Heidi Pfeifer	Feb. 15
Lori Rieger	Feb. 16
Shauna Lowry	Feb. 17
Mollie Joens-Matson	Feb. 18
Tracy Wright	Feb. 22
Sonny Bures	Feb. 25
Racheal Sund	Feb. 27

Congratulations!

For news coverage, contact Willa at the newsletter office by phone at 402-475-6397, fax 402-475-6398, email willa.garay@newslink.com or mail information to 2201 Winthrop Rd., Lincoln, NE 68502-4158. This material is intended to be an overview of the news of Homestead Rehabilitation Center. If there are any discrepancies between this newsletter and any collective bargaining process, insurance contracts or other official documents, those documents will govern. Homestead continues to maintain and reserves the right, at any time, to alter, suspend, discontinue or terminate all plans and programs described in this newsletter. This newsletter is not an employment contract or any type of employment guarantee. Any photo submitted may be used. Anyone who submits a photo retains all rights to the image. However, by submission you give the newsletter permission to use your photo(s) in all related media. Thanks to everyone who contributed to this newsletter.