

# Family & Resident *News*

November 2015

## The Next Steps

Sharon Howe, 75, a Watervliet resident, was accustomed to living on her own and valued her independence. That was until she had to have her knee replaced by orthopedic surgeon **Daniel Sohn, MD**.

After undergoing a successful surgery, Sharon knew she wouldn't be able to immediately return to her multi-level house and care for herself – but she wasn't sure where else to turn.

"I had never heard of going to a rehabilitation facility after the hospital – I thought that was only for people with serious medical conditions, not someone like myself who needed a little extra temporary assistance," said Sharon.

After her stay at Lakeland Medical Center, St. Joseph, Dr. Sohn suggested that she also participate in physical therapy following her operation and arranged for her to be transferred to Pine Ridge.

Upon her arrival, Sharon said she was pleased by the welcoming atmosphere of the facility and the staff who greeted her, before she even stepped foot in the door.

"While at Pine Ridge I had a complete sense of security that I knew I wouldn't have had at home," said Sharon. "I knew the members of my care team were available if I needed them, but I also had the freedom to still enjoy my independence."

During her week long recovery, Sharon worked with Pine Ridge physical therapist Rie Shimada. She prepared her for the tasks she would need to accomplish after returning home, such as climbing the stairs and getting into the shower.

"Rie pushed me where I needed to be – because of her I believe that I recovered faster than most people in my situation," said Sharon.

A quick recovery was exactly what Sharon had hoped for since her grandson was getting married the following month and she was determined not to miss any of it.

Since returning home, Sharon continues to care for herself and credits Pine Ridge for the confidence they gave her to return to her normal life after surgery.

"Looking back, the thing I value the most about my stay at Pine Ridge was the sense of privacy I had," said Sharon. "Because I was still mobile, I had the freedom to take the next step in my recovery. I was able to walk the halls or spend time in the courtyard on my own – and to someone who's been independent their whole life that meant everything to me."



# Meet Our Furry and Feathered Friends

Many may find it hard to believe that some of the most beloved residents at Pine Ridge aren't people at all, but instead have tails and wings.

Jefferson and Sugar Toes have been part of the care team since 2001 and became accustomed to their new home at Pine Ridge after making the move in 2014. Both cats love to make new friends and Jefferson can typically be found roaming the halls or visiting residents from room to room. If you're looking for Sugar Toes, she loves to curl up in the Activity Therapy office.

Shadow, a black Shih Tzu, has also become a favorite of both residents and family members. She belongs to Pine Ridge staff member, Jill Howell, but loves to spend time with anyone who will pet her or give her a treat. Shadow also provides many smiles when she dresses up for the holidays.

An aviary, repurposed from Berrien Specialty Hospital after it closed, is now located in the right wing of the building and home to six different species of birds, providing hours of viewing pleasure for residents.

Next time you're at Pine Ridge, be sure to say hello to our furry and feathered friends!

Shadow



Sugar Toes



Birdhouse



Jefferson

## A Quality Approach to Healthcare

The approach **Allison Turner, DO**, takes to healthcare is founded on one simple question, "How can I help you have a better day?"

As Chief Attending Physician at Pine Ridge, Dr. Turner is responsible for providing residents with routine healthcare visits. She works alongside the care staff at Pine Ridge and Nurse Practitioner, Michele Hursh, to develop individualized care plans. With specialized training in geriatrics and palliative medicine, Dr. Turner helps residents focus on gaining quality of life through symptom management.

"All people want to have a physician that is familiar and gets to know them personally, as well as understands and directs their clinical pathways – Dr. Turner is such a doctor," said Patrick McQuone, Administrator, Pine Ridge. "We are blessed to have Dr. Turner and her Nurse Practitioner here at Pine Ridge, five days a week, giving us the ability to meet the needs of residents, address changing circumstances, and provide care far in advance of the requirements for a regular nursing home."

Dr. Turner received her medical degree from Michigan State Osteopathic School of Medicine and went on to complete her residency in Grand Rapids. She began a geriatric fellowship at Lakeland Health in 2013 and she continues to work with the palliative hospice care teams.



**Allison Turner, DO**  
Chief Attending Physician

# An Unlikely Friendship

Dogs, teenagers, and elderly adults – it may seem like an unlikely friendship but for the staff at Pine Ridge and the Boys and Girls Club of Benton Harbor, it is a partnership that has made a world of difference in the lives of those involved.

The partnership between the two organizations first began as part of the “Bridging Our Community One Paw at a Time” program with Healing Paws Therapy Dogs. The program consists of eight to 10 teen club members who meet once a week with the dogs. For the first three weeks, the teens learn basic commands and how to interact with the dogs. During the fourth week, the teens are able to visit Pine Ridge and handle the dogs while they visit with residents.

“Through their interactions with the dogs, the teens earn the respect of an animal and begin to see the world through a whole new light – while at the same time gaining an appreciation for giving back,” said Brian Saxton, Chief Executive Officer, Boys and Girls Club of Benton Harbor.

To celebrate the end of another successful program, residents from Pine Ridge and the therapy dogs were invited to a cookout at the Boys and Girls Club Joel E. Smilow Teen Center. More than 60 teens were in attendance and had the

chance to serve the residents their meal. After dinner, everyone participated in some good old fashioned fun while playing cards, pool, and board games together.

“The event was a great opportunity to witness our partnership in action,” said Brian. “During events like this, the teaching goes both ways. The teens are able to build character while interacting with their elders and at the same time, residents are able to have fun and learn how to be a kid again.”

As the cookout came to an end and residents boarded the bus, the teens lined up down the driveway and waved goodbye to their new friends as they headed back to Pine Ridge.

“I could really tell that day had made a lasting impact on everyone involved,” said Brian.



# Fun Takes Flight During Trip to Butterfly House

Thirteen residents recently shared a colorful afternoon together while visiting the butterfly house located at Sarett Nature Center in Benton Harbor. The trip began with staff from Sarett explaining more about the life cycle of these beautiful flying insects. Next, residents stepped into the butterfly house and had the chance to watch one emerge from its chrysalis and see a variety of colorful butterflies flying around them.

“It was so neat to see the residents’ faces light up when a butterfly would land on them,” said Ronda Payne, Activities Coordinator.

After the butterfly house, residents went back inside to meet the other animals who call Sarett their home including turtles, eastern screech owls, and Hershey the rabbit.



**Above: Jane Winegard is all smiles as a beautiful yellow butterfly lands on her**

Lakeland Health  
**Pine Ridge**  
A Rehabilitation and Nursing Center

Pine Ridge: A Rehabilitation and Nursing Center  
Hanson Care Park  
4368 Cleveland Avenue, Stevensville

**The Lakeland Health mission:**

To enhance health and serve our community

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Pine Ridge offers many opportunities to enjoy all the beauty this season has to offer. Whether you're visiting with a family member in our beautifully landscaped courtyards, or enjoying a scenic stroll on the walking path around the facility, we invite you to stop in and say hello!

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