

Family & Resident *News*

March 2015

A Home Away From Home

Harlene Smith, 67, has spent the last 30 years living in California and recently returned to Berrien Springs over the holidays to live with her son and daughter-in-law. Upon returning home after a trip, Harlene inadvertently fell over some luggage that had not yet been unpacked and broke her tibia.

Shortly after her fall, orthopedic surgeon Kenneth Edwards, MD, performed surgery to repair the broken bone. During this time, her children began to discuss options for their mother's rehabilitation and healing.

"I had broken my left hip three years earlier and ended up in a lesser quality nursing home facility in California, so my children knew my fear of this happening again," said Harlene. "I'm so happy they chose Pine Ridge – this is a place I can truly say is a home away from home for me."

When Harlene first arrived to Pine Ridge she was greeted with smiling faces from staff and said she immediately felt welcome.

"When I first walked through the doors I felt like I was staying at a hotel or a spa," she said. "It was uplifting to see so many residents happy and well cared for. I never encountered one staff member who didn't treat me with compassion, thoughtfulness, and respect."

During her month-long recovery, Harlene worked with many different physical therapists every day to help her regain the strength in her leg. She performed basic tasks such as bathing and cooking with the help of an occupational therapist, this helped prepare her for life back at home.

"I'm so thankful to have worked with the therapists at Pine Ridge," said Harlene. "They have given me the tools and confidence I need to care for myself while my leg continues to heal. With the help of my family, I feel that I am prepared to go home and continue making a full recovery."

After her experience in a nursing home three years ago, Harlene said coming to Pine Ridge was like a "night and day experience" for her. Given the home-like atmosphere, the cleanliness, and the staff, she said she would not hesitate to recommend Pine Ridge to anyone.

"I trust the staff here – they have shown me in every way that they have my best needs at heart," she said. "I hope the care I received at Pine Ridge is an example of what my generation has to look forward to."



Do You Want to Build a Snowman?

On a recent winter afternoon, Patrick McQuone, Director, Pine Ridge invited students from Christ Lutheran Church School's fifth grade class over to Pine Ridge to give residents some spontaneous winter fun.

The students built three snowmen in the courtyard while residents looked out the window and watched them. They had button eyes, a carrot nose, twigs for a smile, and branches for arms. Residents helped serve hot chocolate to the students after they were done playing outside.



"The interaction with the students is very uplifting to our residents," said Ronda Payne, Activities Coordinator. "The happy energy the children bring with them is contagious! Our residents benefit from the laughter, the hugs, and the big smiles. They will often reminisce about their youth and share stories of sledding and having fun in the snow when they were young."

Letter to the Editor

Pine Ridge facility is doing great work

Editor,

Recently our mom was discharged from the Pine Ridge Rehabilitation and Nursing Center in Stevensville after a fall and surgery in October 2014.

The care that our mom received was second to none. The staff was wonderful to work with, and we believe that her recovery was directly related to the great care that she received. The physical, occupational and speech therapy she received was exceptional. The nurses and nurse's aide were kind, compassionate and very patient with our mother. She went through rehab at Pine Ridge in February 2014 after a total knee replacement.

The residents of Michigan's Great Southwest should be very proud to have such a new facility that has state of the art equipment. Although it is 60,000 square feet, it doesn't feel like it. The facility is warm and inviting.

A big thank you to the entire staff at Pine Ridge. A special thanks to Patrick, Richelle, Dade and Suzanne. Pine Ridge has the Joseph family endorsement. Thank you once again for a job well done.

Bryan Joseph, Benton Harbor

**Letter to the Editor originally featured in the January 28 issue of the Herald Palladium*



Bridging Our Community One Paw at a Time

Pine Ridge residents recently had special visitors including teens from the Boys and Girls Club of Benton Harbor, dogs and their volunteers from Healing Paws Therapy Dogs, and members of the 2015 Teen Blossomtime Court as part of the "Bridging Our Community One Paw at a Time" program.

The pilot program, over a year in the making, was created by Helen Fasano, co-founder of Healing Paws, a non-profit organization in the business of spreading love, in coordination with Jeffery Booker, Director of the Boys and Girls Club Joel E. Smilow Teen Center.

"My goal with the program was to use the dogs to bring together two generational groups that wouldn't normally interact on a daily basis to create lasting memories," said Helen. "The teens are able to overcome their fear of animals and build confidence while becoming acclimated to different environments within the community. At the same time, they bring so much joy and love into the residents' lives even during this short interaction."

The program, which began last fall, 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 also visit with residents. This is the second group of teens to have gone through the program so far.

While at Pine Ridge, the dogs play an active role in residents' physical rehabilitation therapy, helping to improve motivation, strength, and endurance. But the therapeutic benefits are much more than just physical. The dogs touch hearts and generate smiles and gratitude.

"A program like this provides a great opportunity to ensure that our residents can fully engage with all groups in the community and that everyone feels like they are welcome at Pine Ridge," said Patrick McQuone, Director, Pine Ridge.



Healing Paws Therapy Dogs play an active role in residents' physical rehabilitation therapy



Please Join Us! Upcoming Events at Pine Ridge

St. Patrick's Day Party
Tuesday, March 17 at 2:00 p.m.
Main Dining Room

**Field Trip to
Krasl Art Center**
Friday, March 27
Art exhibit by John Bankston



For more information on upcoming events, contact Ronda Payne, Activities Coordinator at (269) 934-4116

Family & Resident *News*

March 2015

Special Visitors at Pine Ridge

Residents at Pine Ridge recently had some very special visitors as part of a program between Healing Paws and the Boys and Girls Club of Benton Harbor. View more of the fun inside this issue!



facebook twitter YouTube

Follow us on:

To enhance health and serve our community

The Lakeland Health mission:

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

Pine Ridge
A Rehabilitation and Nursing Center
Lakeland Health