



# LEGACY POINTE

## REHABILITATION CENTER

NOVEMBER 2021

## Yates

# FINDS STRENGTH

## following rehab

While she'd only worked as its MDS coordinator for three months at the time, Deb White knew Legacy Pointe Rehabilitation Center was the right place for her 80-year-old mother, Carolyn Yates, to recover from a heart attack that hospitalized her this summer.

"I knew the therapist was credible and the team was good. And that's what Mom needed," Deb said. "It was a culture shock for my Mom to go from Glenwood, Iowa, to Omaha, but she went with the flow and ended up loving everyone here."

When Carolyn first arrived at Legacy Pointe, she had difficulty dressing and caring for herself. That quickly changed after she received daily physical, occupational and speech therapy to help her regain her strength.

"The therapy team at Legacy Pointe did a good job with Mom; she went from not being able to care for herself to going back home in two weeks," Deb said.

Along with therapy, Carolyn enjoyed playing bingo, painting and making crafts during her short-term stay at Legacy Pointe. She appreciates the individuals who worked with her during activities and therapy, and the nurse's aides who took care of her.

"Every time they came into my room, they would smile and ask me what I needed. They helped me and never complained about anything I asked them to do," Carolyn said. "They make you feel at home. I can't say enough good things about them."

Since returning to her home in Glenwood, Yates has been living independently, while monitoring her health and diet. As an avid cookbook collector and reader, she is once again able to lift and handle the books during the day.

Carolyn believes the therapy from Legacy Pointe really made a difference, and she highly recommends the facility to everyone she meets when she's out and about.

"My daughter highly recommended Legacy Pointe, and I'm glad she did," Carolyn said. "It's the nicest place I've



Following a heart attack, Carolyn Yates spent two weeks at Legacy Pointe regaining strength in her arms and legs.

been in; and if I had to do it over again, I would do it the same way and get therapy at Legacy Pointe."

Carolyn is grateful to be able to continue spending time with her daughter, three grandchildren and two great-grandchildren.

“ They make you feel at home. I can't say enough good things about them. ”  
- Carolyn Yates, patient



## Johnson joins Legacy Pointe leadership team as Director of Nursing

Legacy Pointe welcomed Chris Johnson, Director of Nursing, to the team this October. As an Omaha native and recently a regional nurse, she is excited to have a new home with Legacy Pointe.

“I’m most excited about working closely with the residents and staff, and all the new things happening here,” she said. “I’m glad to be part of it.”

Chris Johnson, Director of Nursing

## Legacy Pointe adds another service

As Legacy Pointe Rehabilitation continues to grow to meet the community’s needs, it is excited to announce the addition of Peak Rehab to its in-house team.

“Operationally it gives us a better opportunity to manage our residents independently, instead of a third-party company managing them,” Administrator Chadd Russell said. “At the end of the day, it’s about providing better service for our residents and giving our therapists the flexibility they need to provide the best level of care.”

Legacy Pointe’s Peak Rehab program cares for patients and residents with minimal to complex medical conditions. With

a goal to return individuals to their optimum independence, Peak Rehab’s seven-day therapy program includes physical, occupational and speech therapy; post-surgical, orthopedic and stroke rehab; respiratory therapy; cardiac care; Alzheimer’s and dementia care; wound care and pain management.

Peak Rehab officially came in-house to Legacy Pointe on Oct. 15. It is just one service the rehabilitation center provides, along with long-term skilled nursing care, temporary respite stays and an array of specialty programs and services.

In October, Legacy Pointe recognized its great team of therapists during National Physical Therapy Month.

# Your Rehab ROADMAP

Peak rehab is a comprehensive therapy program that is proven to get you back on your feet and back home as quickly and safely as possible. Our therapies are designed by a team of specialists to help you regain your independence after surgery, an accident or illness.

This rehab roadmap is a visual guide that will show you where you are on your rehab and the importance of each step of your therapy.



## PEAK REHAB



### Discharge Planning

Right from the start we are care planning to get you home as quickly and safely as possible.



### Peak Rehab Starts

Starting to regain your strength, functionality and independence with physical, occupational and speech therapies. Get moving to get better!



### Regaining Your Independence

Getting back your daily living skills like:

- Bathing
- Cooking
- Dressing
- Cleaning
- Ambulating



### Ensuring Your Safe Discharge

You’re almost home, so let’s focus therapy on relearning some of your favorite activities and hobbies so you can enjoy life after rehab.



### Parting is Such Sweet Sorrow

We are sad to see you leave but happy you are! Follow-up check-ins will help fine tune your skills and ensure you have made a complete recovery.



Someone is waiting for you at home

# Ledford builds trust with employees

Located just 3 miles from her home, Rebecca Ledford knew working at Legacy Pointe would be a great career once she saw the job opening.



Rebecca Ledford, Human Resource and Business Office Director

“The things they do for residents and staff made me want to work here,” she said. “It gave me the drive to do the best I could during the interview to ensure the position here.”

As the Human Resource and Business Office Director, Rebecca handles employee issues, payroll, resident accounts and online files, and any other human resources issues that arise. Since starting Sept. 7, she has enjoyed getting to know the staff and is working to be as helpful as possible.

“I look forward to changing the employees’ view of human resources, so they know they can trust me and see that I’m on their side,” she said.

Rebecca has seven years of experience in human resources and 15 years experience processing payroll.

“Human resources is my love, and I love every bit of it,” she said. “I wanted to pursue a job where I could use those skills, and this is the perfect opportunity for me.”

Rebecca knows it will take a lot of work to reach the goal of five stars in five years; but with a strong team, she knows it’s possible.

“I think Legacy Pointe has great potential to be a fantastic place,” she said. “I want to make this a long-term position, and I’m looking to be here until I retire.”

Originally from Lincoln, Rebecca has been in Omaha since 2007. Before that, she spent 15 years as a nanny in Atlanta working for different families and raising a total of 12 children. With her own family in Nebraska, she was excited to move back closer to home. As the youngest of six children, she enjoys spending time with her 26 nieces and nephews and 34 great-nieces and great-nephews.

## CONGRATULATIONS, LEGACY LEADERS OF THE MONTH!



Froduard Ndenzako,  
Housekeeping

### July: Froduard Ndenzako, Housekeeping

**How long have you worked here?:** “I’ve been here eight years.”

**Hometown:** “I’m from Dar es Salaam, Tanzania. I came to Omaha in 2007.”

**What do you love most about your job?:** “The best thing about my job is working with the residents and my co-workers. It’s a family here. This is the greatest job because we’re always talking and laughing with one another. They make me feel like I’m at home, or with family. I do love my job.”

**Family:** “I have family in Omaha, but some stayed in Africa. I haven’t been back to Africa since I moved here, but I would love to go back and see my family.”

**Hobbies:** “I love playing and watching sports, and I am a soccer player. I also like to play pool.”

**What others are saying about Froduard:** “Froduard was a very quiet person when I started here; but over time, he has opened up and learned to have fun. He has a great sense of humor and is very thorough when it comes to his job. He is a great asset here at Legacy Pointe.”

### August: Kamia Tolbert, Dietary Aide

**How long have you worked here?:** “I’ve been here for three years.”

**Hometown:** “I was born and raised in Omaha.”

**What do you love most about your job?:** “I just enjoy making the residents happy. A good meal goes a long way. I try to do my best, so they can enjoy the meals.”

**Family:** “I have my mother and father, along with two brothers: one younger and one older.”

**What others are saying about Kamia:** “Kamia has covered shifts, came in on her days off and often stays late with no complaint. She has stepped up and helped when she’s asked, and sometimes does it without being asked. She is truly a valued member of the Legacy Pointe team.”



Kamia Tolbert,  
Dietary Aide

# Zarp ready to serve residents

Whether it's inputting patient charts into the online system, ordering central supplies or interacting with the residents, Director of Medial Records and Central Supplies Diane Zarp loves her job at Legacy Pointe.

Since she started more than five months ago, Zarp has sorted through boxes of old paper records and updated patient charts. It took organization and multitasking, but it was well worth it for Zarp and the nurses.

"Now, the head nurses can come in and know directly where to go to find things if I'm not here," she said.

If she's not in her office, Zarp is likely walking the hallways or conversing with the residents.

"My favorite part of the job is talking to the residents, going out and seeing how

they're doing," she said. "I just want to make them feel comfortable, like they're at home."

Zarp describes the Legacy Pointe team as easy to work with and fun. She says everyone is there for the residents and is focused on taking care of them.

"That's our top priority, whether they need help grooming, medication or just a hug," she said.

Zarp handles the supplies for beds, wheelchairs, pumps and oxygen, and will periodically check in with patients to see how they're doing and if they need any medical supplies.

Before coming to Legacy Pointe, Zarp worked as a medical assistant with the cardiac, phlebotomy and vascular departments. Along with the job's challenges



Diane Zarp, Director of Medial Records and Central Supplies

and fast pace, she enjoys getting to know the residents at Legacy Pointe.

Zarp has lived in Omaha for nearly 40 years. She enjoys spending time with her grandchildren and crafting.

Each month, Legacy Pointe celebrates team members who go above and beyond daily to build lasting legacies of their own — legacies of providing dignity and compassion in caring. These Legacy Leaders of the Month reflect our goal to provide the highest quality clinical care with unmatched hospitality to our residents and patients. We are proud to call them our Legacy Pointe family!



Jatiana Williams,  
Certified Nursing Assistant

## September: Jatiana Williams, Certified Nursing Assistant

**How long have you worked here?:** "I've been here for a year and a half."

**Hometown:** "I'm from Omaha."

**What do you love most about your job?:** "I'm here for the residents and provide care for them. Some of the residents don't have family here for them, so I try to see them every day, talk to them, make them smile and be happy. I work with good co-workers who help out if things are too overwhelming."

**Family:** "I have two sons."

**Hobbies:** "My sons play basketball, so they keep me busy with practice and games."

**What others are saying about Jatiana:** "Jatiana is a great worker and does anything asked of her. She quietly gets the job done and residents love her. She is respectful to managers, residents and co-workers. She sets a great example of hard work and is an asset to Legacy Pointe."

## October: Josiah Compaore, Medication Aide

**How long have you worked here?:** "I've been here for almost one year."

**Hometown:** "I'm from West Africa, and the country is Burkina Faso."

**What do you love most about your job?:** "I enjoy interacting and working with people. We talk and laugh. I always try to keep doing my best."

**Family:** "My family is not here in the United States, so the residents are my family."

**Hobbies:** "I like to read books, and always have a book with me to read in my spare time."

**What others are saying about Josiah:** "Josiah is an asset to Legacy Pointe. He works hard as a med aide and works to help his co-workers and residents. I often see him joking and socializing with residents. He is positive in his attitude and is social and encouraging with the residents. He is well liked by everyone, reliable and hardworking!"



Josiah Compaore,  
Medication Aide

# Navy combat photographer Niebur enjoys

## VIEW FROM THE SKIES



Resident James Niebur spent six years in the Navy as a combat photographer, taking pictures from airplanes with a Fairchild F-56 Aerial Camera, similar to the one below. Photo credit: Dirk Spennemann, [www.ausphoto.net](http://www.ausphoto.net).



Veterans Day has long been an important observance for Legacy Pointe Rehabilitation Center resident James Niebur. At 83 years old, he has spent the last six months at Legacy Pointe doing therapy. He has enjoyed playing kickball and being on the exercise equipment.

As the son of a World War II Army serviceman, Niebur understood at an early age the importance of serving one's country. While he primarily grew up in Norfolk and later Omaha, Nebraska, Niebur spent time in Japan while his father was stationed there.

"I lived there for six years when I was a child," Niebur said. "I saw Hiroshima and Nagasaki after they were bombed, and I climbed Mount Fuji with my dad."

Wanting to serve his country too, Niebur enlisted in the Navy after graduating from Omaha North High School.

"I thought photography sounded interesting, so the Navy sent me to the U.S. Naval Schools of Photography in Pensacola, Florida," he said. "I became a Navy combat photographer, flying in the back end of airplanes and taking pictures."

After his training, Niebur was first stationed at Naval Air Station Barbers Point in Hawaii.

For most of his career, Niebur could be found strapped into the plane by two belts, snapping pictures with a Fairchild

F-56 Aerial Camera and 100-foot roll of film. He served on a few ships, but most of the time, he was in the air capturing pictures of ships on the ocean or wreckage sites.

Niebur finished his Navy career in Southern California with a squadron of photographers, flying around in jets taking pictures. He estimates he took thousands of pictures during his time with the Navy.

"I enjoyed it and had a lot of fun," he said.

During his time in Hawaii, Niebur learned how to fly and earned his private pilot license. Following his six years with the Navy, he returned to Omaha and attended flight school at Eppley Airfield to earn his commercial pilot license.

"After I was certified to carry passengers, I worked for LEO A DALY, an architecture firm, flying its employees all over the country," he said.

After his retirement, Niebur continued to live in Omaha, close to his daughters, Nancy and Angela.

Shortly after moving into Legacy Pointe, Niebur's daughter put up a bird feeder outside his bedroom window. He enjoys watching the birds and the deer running outside the facility. Niebur enjoys spending time walking and riding his wheelchair up and down the halls interacting with other residents.

## Voskamp leads Social Services

As Legacy Pointe's new Social Services Director, Jennifer Voskamp looks to connect with its staff and residents by drawing upon more than 20 years of experience at various rural long-term care nursing facilities and three years in the Omaha metro area.

"I want the residents to know I'm here for them," said Jennifer, who notes how she aims to serve as a support system for residents' well-being and psychosocial needs.

In a typical day, Jennifer said she coordinates care plans, performs social history assessments and coordinates appointments for residents with eye doctors, dentists and more.

"I like the team atmosphere and

approach here," she said. "I appreciate the fact that we have a lot of people who are available to provide any assistance we need."

As she has spent most of her career in rural locations, Jennifer said Legacy Pointe has a similar home-like feel.

"This is a very comparable rehabilitation center to rural ones, and that's what drew me here," she said. "Once we have our team filled, I think we can do amazing things."

Jennifer graduated from Dana College in Blair, Nebraska, with a Bachelor of Science degree in social work in 1997. Her favorite part of her job is when she receives a call from a discharged resident



Jennifer Voskamp, Social Services Director

or their family member telling her how they're doing.

She resides in Tekamah, Nebraska, and commutes 50 miles each way daily. As the mother of two daughters and one son, Jennifer said her free time is focused on family.

For news coverage, contact Jeni at the newsletter office by phone at 402-475-6397, fax 402-475-6398, email Jeni.Hill@newslink.com or mail information to 122 S. 29th St., Lincoln, NE 68510-1403. This material is intended to be an overview of the news of the Legacy Pointe 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. Legacy Pointe 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.



## LEGACY POINTE REHABILITATION CENTER

3110 SCOTT CIRCLE  
OMAHA, NE 68112-2604

## WHAT'S NEW AT LEGACY POINTE?

Our residents have enjoyed many fall activities, including making these Halloween room hangers. Stay connected to our Facebook page to see more activity updates with our residents.



[www.legacypointerc.com](http://www.legacypointerc.com)



[www.facebook.com/LegacyPointeRehabilitation](https://www.facebook.com/LegacyPointeRehabilitation)

## Legacy Pointe Rehabilitation Center contacts

### Administrator Chadd Russell

402-455-6636 ext. 102  
CRussell@legacypointerc.com

### Director of Nursing Chris Johnson

402-455-6636 ext. 106  
CJohnson@legacypointerc.com

### Marketing and Admissions Director Conisha Price

402-455-6636 ext. 114  
CPrice@legacypointerc.com

### Social Services Director Jennifer Voskamp

402-455-6636 ext. 112  
JVoskamp@legacypointerc.com

### MDS Coordinator Deb White

402-455-6636 ext. 105  
DWhite@legacypointerc.com

### Medical Records Director Diane Zarp

402-455-6636 ext. 107  
DZarp@legacypointerc.com

### Food Service Director Karen Collins

402-455-6636 ext. 119  
KCollins@legacypointerc.com

### Maintenance Director Jessie Simpson

402-455-6636 ext. 125  
JSimpson@legacypointerc.com

### Housekeeping and Laundry Manager Deirdre Jelks

402-455-6636 ext. 125  
DJelks@legacypointerc.com

### Life Enrichment Director Brianna McCarthur

402-455-6636 ext. 130  
BMcCarthur@legacypointerc.com

### Therapy Coordinator David Kennedy

402-455-6636 ext. 129  
legacypointrehab@reliant-rehab.com

### Human Resources & Business Office Director Rebecca Ledford

402-455-6636 ext. 103  
RLedford@legacypointerc.com