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Bridgeway Pointe

Exceptional Assisted Living for Adults of All Ages — Connected to Drake Center

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By Leigh Wilkins, Senior Writer

Choosing an assisted living center may be one of the most stressful decisions that an individual or family will ever make. One of the greatest challenges is finding a residential facility that combines the comforts of home with the availability of supportive health and wellness services. For many Cincinnatians, their search ends at Bridgeway Pointe, the assisted living community connected to Drake Center.

Since 2000, Bridgeway Pointe has provided a stimulating, wellness-based community where adults are encouraged to lead full and vibrant lives. “Our goal at Bridgeway Pointe is for residents to be as independent as they can while still receiving the supportive services they need,” says Executive Director Daphne H. Glenn. “Our connection to Drake Center is also significant, because it provides access to state-of-the-art therapies, diagnostic tests and inpatient rehabilitation services.” (See sidebar)

Bridgeway Pointe offers three levels of residential living, each with a variety of housing choices, from one-bedroom apartments to spacious studios. These levels include:

- The Towers, where residents can live independently and also receive assistance with activities of daily living, if needed;
- Optimal Living, for those requiring a higher level of personal care, rehabilitative services, transitional care between a hospital stay and



PHOTO BY MARK BURGESS/CORPORATE PHOTOGROUP

Bridgeway Pointe residents are strongly encouraged to stay active. Here, Director of Clinical Services Joann Session, R.N., connects with a resident in the exercise room.

- home or respite services; and
- The Harbor, a secure memory care unit.

AN EMPHASIS ON HEALTH AND WELLNESS

“Regardless of where they live at Bridgeway Pointe, residents benefit from the center’s emphasis on health and wellness,” says physiatrist Mark Goddard, M.D., Drake Center’s Medical Program Director for Physical Medicine and Rehabilitation Services. Dr. Goddard was involved in the planning phases for Bridgeway Pointe and also sees patients from the facility. “Too often, people move into an assisted living facility and start to decline; they are not stimulated physically and mentally, they start falling a lot or their medical issues aren’t adequately addressed,” he continues. “That’s not the case at Bridgeway Pointe. The staff incorporates an entire program devoted to each resident’s well-being. This was our goal from the start — to create a place where residents could enjoy better health and quality of life through exercise, good nutrition, preventive care and social interaction.”

In most cases, older adults come to Bridgeway Pointe following an incident, such as a fall, or because they require some type of assistance for daily living. Usually, the first person they meet during



It’s not just a job for me — I feel like it’s a calling.

-Diana Warmoth, Admissions and Resident Relations Coordinator (shown above)



Residents have access to Drake Center's warm, therapeutic pool, where they can swim laps or participate in exercise classes. Here, Bridgeway Pointe activities coordinator Sandy Bushelman (right) enjoys one-on-one time with a resident.

the move-in process is Diana Warmoth, Admissions and Resident Relations Coordinator. If she seems especially attuned to their concerns and those of their loved ones, it's because she is: Diana placed her own grandmother at Bridgeway Pointe in 2003, before coming to work at the facility.

"I know what it's like to sit on the other side of this desk feeling guilty, but also knowing that you are doing the right thing for your parent or grandparent," Diana says. "My grandmother wouldn't speak to me after she got here, but it wasn't too long before she adjusted and started to enjoy life again. I want to help other families make this time of transition as smooth as possible. It's not just a job for me — I feel like it's a calling."

As part of the process of guiding prospective residents through the move-in process, Diana works closely with Joann Session, R.N., Director of Clinical Services, who conducts an initial nursing assessment. Once an individual moves into Bridgeway Pointe, it's Joann's job to arrange and oversee his or her specific assistance or nursing needs. But as she'll tell you, her schedule includes a lot of other things that fall under the category of "other duties as assigned."

"On any given day, I might be making screening appointments for a patient, explaining the results of a diagnostic test to a family member, comforting the spouse of someone on our dementia unit or calling in a prescription," she says. "Yesterday, I visited one of our residents in the hospital who had just had surgery, because I felt she needed the moral support. My heart is with the residents. I have so much love for them."

Residents at Bridgeway Pointe have many opportunities to stay busy — with creative activities that exercise their bodies as well as their minds. These include working out in the fitness center, tending a flower and vegetable garden, quilting together, enjoying live music and going on frequent outings to nearby movie theaters and cultural venues. Residents can also participate in computer lessons, enrichment classes and nondenominational religious services.

A COMMITMENT TO EVIDENCE-BASED CARE

The "softer side" of Bridgeway Pointe is complemented

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— Neuropsychologist Paul Newman, Ph.D., Drake Center's Director of Medical Psychology and Neuropsychology

by a strong commitment to evidence-based medicine. This commitment is shared by Drake Center, says neuropsychologist Paul Newman, Ph.D., Drake Center's Director of Medical Psychology and Neuropsychology. "Research is vitally important, because the outcome data helps to determine the care path to use for certain conditions," he explains.

Bridgeway Pointe has participated in research projects through the University of Cincinnati, including one that focused on falls. The study pinpointed several simple, clinically proven tests that can help identify people at risk for falling, as well as ways that older adults can reduce their risk. Subsequently, Bridgeway Pointe is partnering with the Hamilton County Public Health Department to present a community education program about fall prevention.

Enjoying the Moment at Bridgeway Pointe

Shirley Lemaster, 84, is happy. She participates in Bible studies, she quilts, she exercises; she enjoys her life. But ask Shirley what she did today, and she'll tell you with a smile: "You know, I can't remember!"

Shirley's physical decline began seven years ago, and dementia followed.

After less-than-ideal placements in two other assisted living facilities, the Fitzmaurices decided to move Shirley to Bridgeway Pointe. "When I walked in, I knew right away it would be a good fit for her," Rena says today.

Shirley now lives in the facility's dementia unit, The Harbor. "Mother's quality of life is so much better here than it has been anywhere else for years," Rena says. "The caregivers are absolutely wonderful. They keep residents safe, but they also engage them mentally and physically. I know that's one reason Mother has not declined significantly in the two years that she's been at Bridgeway Pointe."

For people like Shirley who are experiencing dementia, The Harbor is indeed an ideal solution.

"Bridgeway Pointe is in some respects a well-kept secret," says Paul Newman, Ph.D. "I hope that many more families will realize what a gem this is for our region."



Rena Fitzmaurice (left) and her mother, Shirley Lemaster

Bridgeway Pointe Welcomes Daphne Glenn as Executive Director

Daphne Glenn is a clinician first, regardless of what her business card might say. In fact, her career began at Drake Center when she joined the staff as a physical therapist. After receiving her M.B.A. and M.H.S.A. (master's of health services administration) she eventually moved into management roles at Drake Center, and later in London, where she worked for the National Health Service. Glenn was named Executive Director of Bridgeway Pointe in 2008.

"While practicing as a physical therapist, I tried to maximize each patient's function and capitalize on his or her strong points," she says. "That's the same thing we do at Bridgeway Pointe. And our collaboration with Drake Center is an enormous added benefit."

While most residents' needs can be met at the assisted living facility, additional services are just down the hall at Drake Center, including:

- A warm therapeutic pool
- Support groups, such as stroke, spinal cord and brain injury
- Diagnostic services, including radiology and electromyography
- Occupational and speech therapy
- Cardiopulmonary rehabilitation
- Wheelchair evaluations
- Fall prevention screening

"With Drake Center on site, Bridgeway Pointe is able to provide the whole continuum of care for residents who require specialized rehabilitation," says Mark Goddard, M.D. "For instance, following a stroke or surgery at another facility, patients might come to Drake Center for intensive rehabilitation, then progress to the skilled nursing unit at Drake before returning to Bridgeway Pointe. All this time, they are receiving care from our two connected facilities. For patients, it's a good way to ensure communication and continuity of care."

Glenn agrees. "Our connection with Drake Center is a great asset, allowing us to go the extra mile for our residents."



Mark Goddard, M.D., Drake Center's Medical Program Director for Physical Medicine and Rehabilitation Services, with Daphne Glenn, Executive Director of Bridgeway Pointe, in front of the assisted living community's main entrance.

PHOTO COURTESY OF BRIDGEWAY POINTE/ KIM SHERLOCK

This fall, the addition of neuropsychologist James A. Levy, Ph.D., will provide more opportunities for Bridgeway Pointe residents to participate in clinical studies. Dr. Levy, a researcher with the National Institutes of Health for several years and, more recently, at the University of Utah, will be conducting studies on aging and dementia through Drake Center. As a clinician, he will be available to see Bridgeway Pointe residents who experience dementia, if the need occurs.



Working on site and often in their Bridgeway Pointe living environment, Gwen Jaeger, P.T. (left), is able to address the specific needs of the residents.

THE ABILITY TO ADDRESS A WIDE RANGE OF ISSUES

Addressing residents' ongoing health assessments and other issues at Bridgeway Pointe involves good teamwork and attention to detail. Each weekday morning, the management team meets to discuss individual resident's needs, such as increased activity, social connection or possible medical intervention. This often leads to collaborative efforts between the staff, Bridgeway Pointe residents, their families and required medical experts to follow up. The facility is staffed around the clock with licensed nurses, and a geriatrician, podiatrist and psychologist visit regularly.

Gwen Jaeger is a physical therapist who sees residents at Bridgeway Pointe twice a week. "Being on site allows me to observe patients in their living environment, giving me insight into their immediate needs," says Jaeger. "We can use modalities in the clinic, and then go to their apartment to practice different strategies. I've gotten to know the aides and nurses on each floor, and that makes it ideal as we work together to address concerns."

Such attention to resident needs is typical of the Bridgeway Pointe experience. "We are truly focused on caring for the whole person — mind, body and spirit," says Glenn.

To learn more about Bridgeway Pointe, please call (513) 418-4370 or visit www.bridgewaypointe.org. ■

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