

The Brookmeade Community

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PRESS RELEASE

Business News

Brookmeade Introduces New Programs to Meadows (Formally Known as The Baptist Home) Rehab Center

Rhinebeck, NY – January 24, 2020 – Karen Zobel, Administrator & CEO of The Brookmeade Community and its board of Directors are pleased to announce the introduction of a new slate of premium physical therapy programs to their rehabilitation center. These programs will strengthen Meadows purpose and mission to enhance the quality of life for the aged. There is continuous striving to improve outcomes and increase resident satisfaction.

As CEO & Administrator of Brookmeade, Ms. Zobel's focus, over the past 9 years, has been to assemble and develop the best possible resources available in the Hudson Valley. In addition to providing excellent care from kind faces, her goal has been to secure Brookmeade's reputation as the best place live and thrive in the Dutchess County.

“Meadows offers programs for fall prevention and balance training, pain management, continence improvement, neuro rehabilitation, cardiopulmonary programing, wound management, postural enhancement programs and orthopedic programs using electrical stimulation and ultrasound to facilitate great outcomes while increasing independence and community mobility with our local community.” Says Rehab Director Laura Baldi.



The following programs will come with the help of Brookmeade's electrical stimulation equipment that helps nerves and muscles work together to achieve normal movement after an injury or disease. Ultrasound uses sound waves to create therapeutic effects in muscle, joints and tissues. The use of these modalities in the programs can result in; decreased joint stiffness and contractures, decreased muscle tone and spasms, manage acute and chronic pain, neuromuscular re-education, and maintain and increase range of motion.

Fall Prevention and Balance Training uses electrical stimulation for strengthening and enhancing balance to reduce risk of falls in the elderly population.

Pain Management (acute and chronic) uses electrical stimulation, ultrasound technology and manual therapy techniques to enhance a resident's quality of life. In addition, the program reduces the burden of pain during day to day functioning in the community.

Continance Improvement is utilized to enhance pelvic floor stability and strength in order to reduce risk of falls due to stress and urgency incontinence.

Neuro Rehabilitation and Re-Education focuses on rehabilitation of neurological conditions such as strokes, Parkinson's disease, multiple sclerosis, and abnormal posture.

Cardiopulmonary Programing is utilized to enhance pulmonary function and reduce shortness of breath as well as increase activity tolerance during activities of daily living.

Wound Management uses electrical stimulation and ultrasound technology to increase circulation and promote healing of surgical wounds, chronic and acute wounds, as well as, having a great multi-disciplinary team who performs weekly wound rounds to enhance healing.

Orthopedic Programing is utilized to enhance strength, range of motion and overall joint health to aid with maintaining independence in the community.



“Remaining physically active can have a significant impact on a person’s wellbeing, especially our senior population. We strive to help residents maintain their mobility and improve their overall health. With these programs, Brookmeade continues to excel in quality of care.” Says Karen Zobel

“Brookmeade’s programs are tailored to fit the specific needs of each resident.” Says Ms. Zobel “Our philosophy of health care exceeds regulatory & industry standards. We believe that truly personalized care is the most powerful element in healing, recovery, and rehabilitation.”

About The Brookmeade Community: The Community at Brookmeade, located on 75 country acres just outside the Village of Rhinebeck, is a senior living retirement community serving the Hudson Valley and surrounding areas. Arbor Ridge offers independent living, The Terraces offers assisted living, and Meadows (formally known as The Baptist Home) provides long term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation Services.

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