



# Prepare for Your Stay at Hillcrest Firethorn

(531) 739-3500  
[hillcrestfirethorn.com](http://hillcrestfirethorn.com)



8601 Firethorn Ln.  
Lincoln, NE 68520



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[Click here to take a full virtual tour!](#)

PR = Public Restroom    MR = Men's Restroom    WR = Women's Restroom

hillcrestfirethorn.com



### **Things You Should Know:**

**COVID-19 Guidelines:** The pandemic has certainly created challenges for post-acute care centers nationally. Here at Hillcrest Firethorn, we are doing all we can to keep our residents, guests and team members safe. Our team is wearing the required personal protective equipment (PPE) and as an additional precaution guests may be asked to wear surgical masks when receiving direct care or treatments. We will test guests for COVID-19 when determined by our medical director if there may have been a potential exposure in the community and you/your responsible person will be notified of the results as soon as they are available.

Additionally, we are required to have 100 percent of our team members fully vaccinated or they must have an approved medical or religious exemption to vaccination. If we have team members with an approved exemption, they are required to be tested for COVID-19 at least twice weekly and wear a higher level of PPE when working in the facility. We continue to follow the CDC and CMS guidelines and regularly update our policies to protect the health and well-being of our residents, guests and team members.

**Visitation:** At Hillcrest Firethorn, we offer several options to keep families and guests connected. For the latest visitation guidelines, please contact Concierge Services at (531) 739-3500.

**Dining Services:** Full dining services are available to guests and visitors. Restaurant and Bistro dining may be limited to ensure safety during the COVID-19 pandemic. Please see page 6 for more information.

**Pets:** We would normally welcome your beloved pets to visit during your stay, but during our COVID-19 restrictions we are much more limited in how our furry friends can visit. Please contact Concierge Services for more information. When visits are allowed, we do require pets to be on a leash or in a kennel, with current vaccinations (documentation needs to be provided to the receptionist upon arrival). Pets can never be unattended during their visit.

**Transportation:** We do provide transportation; however, scheduling space is limited especially during the COVID pandemic. Please contact Concierge Services for more information.

**Wi-Fi:** Hillcrest Health Services provides courtesy wireless internet (WiFi) network access to guests and their families. These networks are provided free of charge and intended to serve as a convenience for limited access to the internet. We provide no guarantees or obligations relative to network speeds, reliability of URL performance or accessibility. Please obtain a password from any Hillcrest team member throughout your stay.

**Tobacco Use:** We are a Tobacco-Free Campus (this includes chewing tobacco and vaping).

**Therapy:** Therapy needs will be assessed at the time of admission. See page 9 for more information.

**Transition (discharge):** We operate on a team approach and assess your readiness for transition out of rehabilitation based on reaching the goals set for you by you and your team, which includes your therapists, nurses and physician.

**Outings:** Medicare and insurance do not allow outings, except for scheduled doctor appointments. There may be exceptions for special occasions or holidays.

**Directions:**

8601 Firethorn Lane, Lincoln, NE | (531) 739-3500

Take Interstate-80 to 84<sup>th</sup> Street. Head south. Then turn left on Firethorn Lane.

**What We Supply:**

Electric bed

Linens

TV with Spectrum extended cable

Telephone

General toiletries (You may bring your own if you prefer)

Incontinence supplies

Equipment needed for therapy

Medications (for those on Medicare/ Insurance, meds are included)

Oxygen and tubing (Medicare/ Insurance)

Laundry services (No additional cost. All laundry is washed by our team or your family is welcome to take your laundry home).

**What to Bring\*:**

At least **three - five** changes of clothes

(Lounge pants, Sweat pants, slacks, jeans, shirts, t-shirts, blouses, etc)

Pajamas

Undergarments, socks

Shoes with a non-slick bottom

Toothbrush, toothpaste, deodorant, comb, hairbrush, soap, shampoo

Electric razor (if preferred)

Bi-pap or C-pap machine (if required to wear)

Dentures

Hearing aids

Durable power of attorney paperwork

Guardian paperwork

Advance directives

Insurance cards

**\*Any personal items brought in should be included on the inventory list and labeled by the Hillcrest Firethorn team. Hillcrest Firethorn is not responsible for any lost or stolen items.**

**Other Suggested Items to Bring (not required)**

Radio, books, magazines

Snacks (must be in a resealable container that can be kept at room temperature) and must be on your physician ordered diet plan.



## Culinary Program

During your stay at Hillcrest Firethorn, our chef-led culinary team will prepare your meals made-to-order, featuring an extensive menu for breakfast, lunch and dinner. During each meal, you may choose when and where you want to dine. If you have suggestions or questions regarding our culinary program, please contact **Director of Culinary Services at Ext. 3512**.

Included in your stay are three options for your dining comfort:



**Stonebridge Restaurant:** We offer daily restaurant-style dining for:

**Breakfast 7 - 9:30 a.m.**

**Lunch 11:30 a.m. - 1 p.m.**

**Dinner 5 - 6:30 p.m.**

**In-room Dining:** You may choose to dine in the comfort and privacy of your suite. Order from our full dining menu, including daily specials, by calling **Ext. 3515** from your suite. Breakfast is available all day. Please allow 30 minutes for delivery. Call ahead ordering is available.

**In-room Dining Hours: 7 a.m. - 7 p.m.**

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**Firethorn Bistro:** The Firethorn Bistro offers coffee drinks, sodas, tea and assorted snacks. Credit/debit cards accepted. (Sorry, no cash.)

**Bistro Hours: Monday-Friday,  
8 a.m. - 2 p.m.**



Click here to see  
our full sample menu

# STONEBRIDGE RESTAURANT

## From The Grill

### FLAME BROILED BURGER

Topped with your choice of American or Swiss cheese, lettuce, tomato, onion or pickles. \$5

### TRIO BASKET OF CHICKEN TENDERS

Served with honey mustard dipping sauce. \$6

### TEXAS GRILLED CHEESE SANDWICH

American and Swiss cheese served on Texas toast. \$4

### GRILLED TURKEY BURGER ♥

Served with a dilled mayonnaise. \$5

### GRILLED CHICKEN SANDWICH ♥

Topped with your choice of American or Swiss cheese, lettuce, tomato, onion or pickles. \$6

### CILANTRO LIME CHICKEN QUESADILLA

Served with a mild salsa and sour cream. \$6

## Specialty Entrees

### CHICKEN OR VEGETABLE STIR-FRY ♥

Tossed in an Oriental Teriyaki Sauce with Toasted Sesame Seeds over Steamed White Rice.

Chicken \$9 | Vegetable \$8

### SAUTÉED SHRIMP & PEPPERS ♥

Scampi style Shrimp sautéed with colorful Bell Peppers and Sweet Vidalia onions. \$12

### MARINATED TOP SIRLOIN

Complemented with Garlic Herb Butter. \$12

### BROILED ALASKAN SALMON ♥

Char Broiled to a flaky finish Served with Fresh Lemon. \$12

### SLOW ROASTED SLICED TURKEY ♥

Served with traditional Sage Gravy. \$9

### HOME STYLE MEAT LOAF

Served with a flavorful Brown Sauce. \$9

### CHICKEN PICCATA ♥

An Italian Classic! Pan Seared Boneless Chicken Breast served with a Lemon Caper White Wine Sauce. \$9

Ask about our Chef's Daily Special! \$8

Heart Healthy Options = ♥



## Clinical Services

During your stay, your care team will meet with you to design a personalized care plan to meet your care goals. Our team is here to serve you and make your stay with us productive and comfortable. If you have questions at any time, please let us know how we can help!

**Administration:** If there is a need or concern that can't be addressed by the team below, please contact the **Administrator, Ext. 3505**. Should you need further assistance, please contact the **Regional Director at (402) 933-4690**.

**Nursing Needs:** Contact your nurse or nurse tech. If they are not available, feel free to contact the **Director of Clinical Services, Ext. 3507**.

**Dietitian Services:** For questions regarding menu options and dining details, contact the **Call Center at Ext. 3515**. For questions specific to nutritional needs, contact the **Registered Dietitian, Ext. 3516**.

**Care Transitions:** If you need to discuss your care transition back to your home or to another level of care, or have other social work needs, contact the **Director of Transitions, Ext. 3506**.





## Therapy Services

We want you and your loved ones to be as involved as you would like in your therapy. During your initial evaluation, your therapist will work with you to identify your therapy goals and develop a plan of care to meet them. We will be happy to address your therapy needs or any questions you may have.

**Occupational therapists** work with you to regain skills necessary for your daily life, including dressing, bathing, toileting and household tasks.

**Physical therapists** work with you to regain your strength, stability and flexibility while also improving your walking and balance.

**Speech therapists** work with you to improve your memory and attention, as well as how you speak and swallow.

Your family is welcome to contact the therapy team for updates, as long as you have given us permission.

If you have concerns about your therapy plan, please contact the **Rehab Program Coordinator, Ext. 3522.**

**Therapeutic Recreation:** If you are interested in participating in therapeutic recreation activities such as games, crafts and more, notify your neighborhood recreation leader, **Ext. 3513.**

