



## A PARK PLACE TESTIMONIAL

“I told my doctor I wanted  
to go to Park Place.”

✧ Carol Zandstra, *Rehab Client*  
*Park Place Health & Wellness Center of St. John*



Carol Zandstra lives in the retirement living apartments at Park Place of St. John, and she'd been given the opportunity to tour the Small House building at the Park Place Health & Wellness Center. She didn't realize she'd be staying there for rehabilitation so soon.

During a visit to a neighbor's apartment, she took a fall. “I don't pick up my feet too much when I walk,” Carol explains. “Down I went, and I couldn't get up.”

At the hospital, doctors told Carol she'd broken her femur and would need surgery. After surgery and a night's stay at the hospital, the doctor said she'd need rehab. “They wanted me to go to a different place,” she says. “But I told my doctor, ‘No, I want to go to Park Place.’”

Park Place Health & Wellness Center is a new choice for rehab in Northwest Indiana, and doctors and hospitals are getting to know the quality care available there. Carol is glad she spoke up for the kind of care she wanted during her recovery from surgery.

“I had toured the small house, and knew what it looked like, but you really don't know what it's like to live here, how kind and patient everyone is, how good the food is and the how good the nurses are.”

During her month of rehab, she enjoyed the flexibility of choosing to dine in her room or in the dining room, the dignity of a private room and bathroom, and the cozy surroundings.

“It was July, so the weather was nice. They have a screened-in porch, so I'd sit out there and relax and just enjoy myself. I got out of my room and enjoyed the house. I could have visitors with plenty of room to spend time with them.”

And Carol feels the rehab itself was excellent. “They put me through a good rehab. They help if you need, but they want you to do a lot on your own. They want you to be ready once you leave.”

And once it was time to leave, Park Place made sure her home was ready for her. “They checked my place out to make sure there was no problem for me to walk here. They checked for loose rugs, things like that. They were so thorough with everything.”

Now Carol's leg has almost completely healed, and she's back in her apartment at Park Place, but she knows that if she ever needs rehab again, she'll go back to the Small House, right across the way.

“I'd recommend it to anyone,” she says. ✧

PARK PLACE  OF ST. JOHN

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