

We Understand

At Southgate, we understand how difficult the decision for long-term care is. Many of our employees have experienced this decision with their elderly parents and relatives. We do everything we can to alleviate the stress and doubt that you feel when you decide to move your elderly loved one from their home. When you choose Southgate, you are doing what is best for them. Southgate is a wonderful place to call home!



Facility Information

- Locally Owned and Operated Since 1970
- 140-Bed Facility
- Private and Double Occupancy Rooms Available
- Intermediate, Skilled, and Rehab Care
- Respite Care Available
- Outpatient Therapy
- Medicare/Medicaid Certified
- VA Contracted Facility
- Serving Southern Illinois and Western Kentucky



SOUTHGATE
NURSING & REHABILITATION CENTER

Where our family cares for your family.

900 East 9th Street
Metropolis, Illinois 62960
(618) 524-2683
Medicare/Medicaid Certified



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*We care for them like
they cared for you.*

Our Commitment

. . . we care for them like they cared for you.



Our family-owned facility focuses on the well-being of our residents. We want you to know that we are personally committed to provide a safe, caring environment. At Southgate, all of your loved one's needs will be met and we assure you that they will be cared for like they cared for you. You see, we are more than a nursing home, we are a family. Our family has been caring for loved ones in Southern Illinois and Western Kentucky for over 50 years . . . we know we have a reputation to live up to.

—Sam Thompson, President

Our Employees

We are proud of our employees. They have a commitment, warmth and real love for elderly people. Not only is our quality of care exceptional, so is our quality of caring. At Southgate, we are fortunate to have a staff with HEART. Because we are a “family,” our employees stay for many years, which allows us to provide a stable environment and quality care for your loved one. Our employees have a passion for their job and compassion for our residents.



Our Services and Programs

The services and programs offered here are designed to keep our residents as confident, stimulated, happy, and independent as possible. You will have peace of mind knowing that your loved one is well taken care of.



Meals

Our registered dietitian evaluates our residents' nutritional needs and designs an individualized diet plan to meet those needs.

Entertainment

Our activity staff works hard to keep our residents stimulated with games, exercise, and music. We love to have residents' families come and have fun with us.

- Guest Bands & Music Groups
- Crafts
- Board Games
- Weekly Bible Study
- Holiday Parties
- Birthday Parties

Outings

Southgate provides transportation to take our residents out into the community so that they can interact with other organizations. When weather permits, our staff enjoys taking the residents on picnics.

In-House Services

- Beautician/Barber
- Podiatrist
- Medical Lab Services
- X-ray Services
- Hospice Services
- Weekly Worship Services

Rehab and Outpatient Services



We have partnered with ONR, Inc. to provide rehabilitation services to our residents. ONR therapists are dedicated to great quality care with a high commitment to successful outcomes for Southgate residents.

Physical Therapy



Our physical therapist provides treatment to individuals who have experienced a decline in physical functioning such as difficulty walking, muscle weakness, fractures, or tight joints.

Occupational Therapy



The occupational therapist works with residents who have difficulties with functional daily living skills such as eating, bathing, dressing, and getting in and out of chairs. We offer specialized programming to improve memory, safety and management of medications.

Speech Therapy



Our speech-language pathologist provides therapy for residents who are experiencing difficulty with speech, hearing, and/or swallowing. This program assists residents in regaining their ability to communicate and swallow.