

# Verna Regier, LNFA

## Administrator, Sagebrook Nursing and Rehabilitation



Sagebrook Nursing and Rehabilitation is a premier provider of short-term rehabilitation and long-term care with on-site physical, occupational and speech therapy, as well as complex disease management and specialized care. Located in the greater Austin market in Cedar Park, Sagebrook is part of Caraday Healthcare, a leader in skilled nursing, delivering integrated and coordinated care along the long-term and post-acute care continuum across Texas.



Verna Regier is the Administrator at Sagebrook Nursing and Rehabilitation in Cedar Park. She is responsible for leading the team at Sagebrook to cultivate a positive experience for short-term rehabilitation and long-term care residents and their families.

Verna found her path to long-term care from the world of public policy, seeking purpose in serving elders. She completed a graduate program in Health Care Administration at Texas State University and earned her nursing facility administrator license in 2015.

She has worked in long-term care since 2014 in a variety of positions, assuming her current position at Sagebrook in 2017.

Verna is guided by the belief that caring for our elders with respect and dignity during those last years of life is meaningful and a privilege.

In her spare time, Verna enjoys reading, cooking, traveling, and spending time with her family.

### **Education and Credentials**

- Texas State University  
Master's Degree, Health/Health Care Administration/  
Management
- Kansas State University  
Bachelor's of Art, Political Science/Economics

**For more information about Caraday Sagebrook, call  
512-259-9993 or visit [caradayhealth.com/sagebrook](http://caradayhealth.com/sagebrook)**