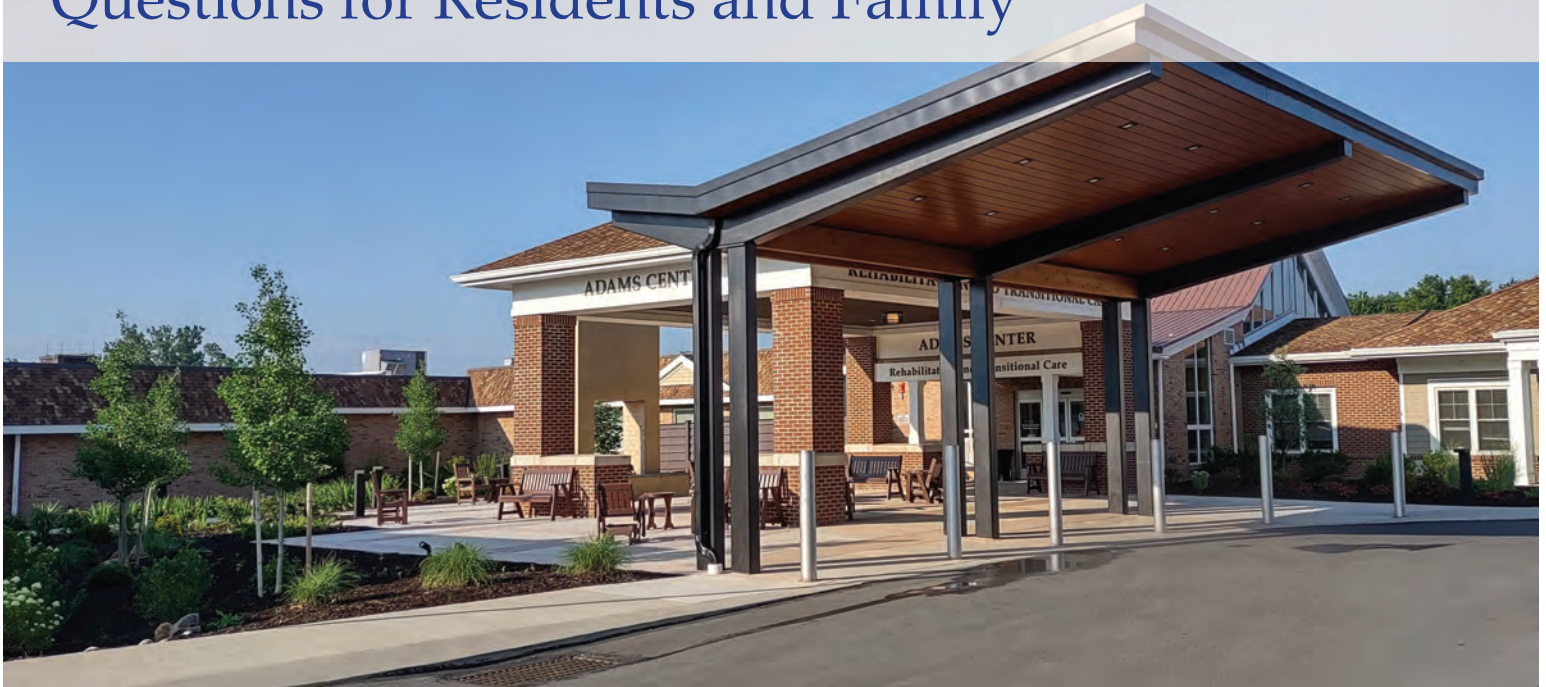


RiverWoods Health Care Center

Welcome Packet and Frequently Asked Questions for Residents and Family



Welcome to the Rehabilitation and Health Care Center at RiverWoods!

We are pleased that you have chosen our community for your recovery. We are proud to provide quality health services.

During your stay at RiverWoods, an important part of your recovery is participating in rehabilitative therapy sessions, in an effort to maintain your emotional and social well-being.

Your preferences and your comfort are equally important to us; we will work with you to deliver person-centered services that make you feel as “at-home” as possible.

Room Number: _____ **Room Phone Number:** _____

Social Worker: _____

My Care Plan Date: _____

Address: 15 RidgeCrest Circle, Lewisburg, PA 17837

Please see the following pages for detailed information regarding your stay.

How to Contact Us

To place a call from your room phone:

- » Press 9 after lifting the receiver
- » Dial number including area code
- » For a long-distance call, press "9" and "1" then dial area code and phone number

CLINICAL/MEDICAL SUPPORT

| | |
|--|--------------|
| Administrator | 570-522-3907 |
| Admissions..... | 570-522-6221 |
| Nursing, Director | 570-522-6201 |
| Dietitian | 570-522-6184 |
| Rehabilitative Therapy | 570-522-6181 |
| Resident Programs..... | 570-522-6257 |
| Social Services, Short-term rehab | 570-522-6205 |
| Social Services, Long-term care | 570-522-6231 |

ANCILLARY SERVICES

| | |
|----------------------|--------------|
| Beauty Shop | 570-522-6239 |
| Billing Office | 570-522-3864 |
| Dining Director..... | 570-522-6237 |
| Maintenance..... | 570-522-6208 |
| Transportation | 570-522-6260 |

Channel Guide

| | |
|------------------------|-------------------------------|
| 2 WYOU 22 CBS | 46 Discovery |
| 3 WBRE 28 NBC | 47 Animal Planet |
| 4 WVIA 44 PBS | 48 TLC |
| 5 WOLF 56 Fox | 49 HGTV |
| 6 WNEP 16 ABC | 50 Lifetime |
| 7 WQMY 53 MYTV | 51 ABC Family |
| 8 WGAL 8 NBC | 52 Hallmark |
| 10 KKY 3 CBS | 53 Food Network |
| 11 WWB 38 CW | 54 E! |
| 12 QVC | 55 Disney XD |
| 13 WHTM 27 ABC | 56 Disney |
| 14 WNEP2 | 57 Cartoon Network |
| 15 C-SPAN | 58 Nickelodeon |
| 16 Weather Channel | 59 TV Land |
| 17 PCN | 60 Comedy Central |
| 19 SECV Msg and info | 61 CNN |
| 21 EWTN | 62 Fox News |
| 23 WQPX 64 ION | 63 MSNBC |
| 24 Outdoor Channel | 64 CNBC |
| 25 NFL Network | 65 CNN Headline News |
| 30 Big Ten Network | 66 CMT |
| 31 ESPN | 67 VH1 |
| 32 ESPN 2 | 68 MTV |
| 33 ESPN Classic | 69 Bravo |
| 34 Comcast Sportsnet | 70 Tru TV |
| 35 FSN Pittsburgh | 71 Spike |
| 36 Speed | 72 Travel |
| 37 AMV | 73 CNN Community Cable Net |
| 38 FX | 74 BET |
| 39 USA | 75 Discovery Fit and Health |
| 40 TNT | 98 HSN |
| 41 TBS | 99 Shop NBC |
| 42 National Geographic | 11 Church on Sunday morning |
| 43 SYFY | 84.2001 Digital music |
| 44 A&E | |
| 45 History | |

Rehabilitation Services and Expertise

Physical, occupational, and speech therapies are provided with a doctor's orders by a highly experienced team of professionals employed by RiverWoods. We provide quality rehabilitative services to get you functioning independently as safely and as quickly as possible.

If you are a resident of RiverWoods retirement community or Riverview Manor Personal Care, we offer outpatient therapy services on site or, if possible, at your residence.

Frequently Asked Questions

Care Plan Meeting: A meeting will be scheduled for you and your primary contact to take place within seven days of admission where we will discuss your plan of treatment. The meeting may take place in person or virtually depending on preference.

Visiting Hours: Guests are welcome seven days a week with flexible hours of visitation. Ring the intercom upon your arrival and an associate will provide entrance and exit assistance. Well-behaved pets are permitted.

Dining & Hours: You will be given a menu on Wednesday and Saturday to choose your meals in advance. Residents who would like something different may order from a menu of other options for lunch or dinner. Alternative menus are available to view on each unit.

Dining Room Hours:

- Breakfast: 7:00 AM
- Lunch: 12:00 PM
- Dinner: 5:00 PM

Guest Meals: Friends and family are welcome at any meal. Charges are billed through the monthly service fee to the host resident. Please see Guest Dining Charges on page 4.

Appointments: Follow-up appointments are scheduled by Adams Center associates.

Transportation: Transportation to appointments is provided by a variety of service providers. The transportation department can assist with choosing the appropriate method of transportation and vendor.

Social Services: The Social Work Department will work with you and your loved one to set up a care plan meeting to discuss discharge, progression of rehabilitation, nursing updates, etc.

Tipping: Our associates appreciate compliments but may not accept tips and gifts.

Television/Telephone: Included for all building residents.

Internet: Wifi is available in all rooms.

Network: ACS Guest

Password: RW@RidgeCrest1

Leaving the Health Care Center: Your safety is very important. Please notify your nurse before leaving the building.

Laundry: All personal items should be marked with the resident's name to minimize misplaced items. For a nominal fee, personal laundry can be done by our staff.

Programs: We offer a wide range of programs and activities addressing all components of wellness designed by a full-time therapeutic recreation staff. Activities may be limited to one-to-one interactions and outdoor gatherings as required for COVID-19 safety.

Resident Mail: Staff promptly delivers mail after receipt from the U.S. Postal Service. Social Security or pension checks, bills, etc., may be rerouted to a responsible party if desired. Outgoing mail may be sent out at the front desk.

COVID-19 Safety & Updates: For COVID-19 updates, please enroll in our Family emails, which you can access at [RiverWoods.org/ Events & Resources/Family & Friends](https://RiverWoods.org/Events&Resources/Family%20Friends).

- » In addition to our own infection prevention measures, we follow CDC recommendations and CMS regulations to mitigate COVID-19. Based on current regional transmission rates, positive cases at our community, your vaccination status and possible exposure status, you may be required to quarantine for up to 10 days upon admission and/or receive a COVID-19 test. Based on these factors, our team will review necessary requirements with you upon admission. In addition, all residents are required to wear a mask in public and practice physical distancing.

COVID Vaccine & Treatment: If we are offering a clinic during your stay with us you will be able to receive the COVID-19 vaccine. We work with healthcare providers to offer the latest COVID-19 treatments as available and indicated.

Dining Services

DINING OPTIONS

Guest Meals

You are welcome to order a guest meal so you can dine with your loved one by going to the front desk and placing your order. If you have questions feel free to ask an associate.

| | |
|-----------------|--------|
| Breakfast | \$7.00 |
| Lunch | \$9.00 |
| Dinner | \$9.00 |

Hair Salon Services

HAIR SALON SERVICES

We are pleased to provide a full range of salon and barber services for our residents. Please call 570-522-6239, to schedule an appointment.

SERVICES & RATES

| | |
|---|---------|
| Shampoo | \$10.00 |
| Paul Mitchell Anti-Thinning Treatment | \$7.00 |
| Hair removal (lip or chin) | \$11.00 |
| Hair removal (brow) | \$11.00 |

Women's Services

| | |
|----------------------------|---------|
| Haircut only | \$18.00 |
| Shampoo, cut & style | \$30.00 |
| Shampoo & style | \$22.00 |

Men's Services

| | |
|-------------------------|---------|
| Haircut only | \$16.00 |
| Haircut & shampoo | \$21.00 |
| Facial grooming | \$10.00 |

Color Services

| | |
|---|---------|
| Single process | \$35.00 |
| Single process color & style | \$54.00 |
| Single process color, cut & style | \$69.00 |
| Highlights, cut & style | \$64.00 |
| Highlights | \$38.00 |

Hand and Nail Services

| | |
|-----------------------------------|---------|
| Manicure | \$22.00 |
| Pedicure | \$32.00 |
| Polish change/shaping | \$15.00 |
| Nail clipping | \$9.00 |
| Paraffin wax hand treatment | \$10.00 |

Resident & Family Education for Recommended Adult Immunization Schedule*

*Adapted from the CDC

At Asbury Communities, we are committed to your health and wellness and will support you to follow the recommended adult immunization schedule. We can also provide additional info about any of the recommended vaccinations. Let us know how we can help!

Vaccination is one of the most convenient and safest preventive care measures available. It is important for adults to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You may also be at risk for different diseases as an adult or need additional vaccines due to health conditions, job requirements, lifestyle or travel. Talk to your healthcare professional about other recommended vaccines and which vaccines are right for you.

Adult Immunization Schedule Recommendations (by age)

| Vaccine | 50-64 years | ≥65 years |
|---|---|--|
| Influenza inactivated (IIV) or Influenza recombinant (RIV4) | 1 dose annually | |
| Varicella (VAR) | 2 doses | |
| Zoster recombinant (RZV) | 2 doses | |
| Pneumococcal conjugate (PCV13, PCV15, and PCV20) | 1 dose of PCV20 OR | 1 dose of PCV20 OR |
| Pneumococcal polysaccharide (PPSV23) | 1 dose of PCV15 followed by 1 dose of PPSV23 at least 1 year later | 1 dose of PCV15 followed by 1 dose of PPSV23 at least 1 year later Reminder: No additional doses are indicated at this age if PCV15 or PCV20 were administered at a younger age. |
| Tetanus, diphtheria, pertussis (Tdap or Td) | 1 dose at least every 10 years | |

About the COVID-19 vaccine

All adults are recommended to receive the COVID-19 vaccine. There are multiple options and dose recommendations vary by product and medical indication. Learn more about COVID-19 Vaccination at: <https://www.cdc.gov/covid19>.

General side effects of vaccinations are:

| | | |
|---|-------------|-------------------|
| Tiredness | Muscle pain | Nausea |
| Headaches | Chills | Allergic reaction |
| Pain, redness or swelling in the vaccinated extremity | | |

Side effects are generally limited the first few days following the vaccine. To alleviate any side effects you may experience, drink plenty of fluids and move your vaccinated extremity often to prevent soreness.

Contraindications to vaccinations may be a history of a prior reaction or allergy to a component. For more info about the recommended vaccinations, please visit:

- COVID-19 Vaccination: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- Vaccine information for Adults: <https://www.cdc.gov/vaccines/adults/index.html>