

# ForestView Health Care Center Short-Term Rehabilitation

## Welcome Packet and Frequently Asked Questions for Residents and Family



### *Welcome to the ForestView Health Care Center!*

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

During your stay here at ForestView, an important part of your recovery is participating in rehabilitative therapy sessions, in an effort to maintain your emotional and social wellness.

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:** \_\_\_\_\_ **Nursing:** \_\_\_\_\_

**My Care Plan Date:** \_\_\_\_\_

**Address:** 2301 Edinboro Road, Erie, PA 16509

Please see the following pages for detailed information regarding your stay. Once again, welcome to ForestView, where your well-being is our highest priority.

# 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. Please see Always Available menu on page 5.

## **Woodside & Fountainview Dining Room Hours:**

- Breakfast: 7:45 AM
- Lunch: 11:45 AM
- Dinner: 4:45 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 5.

**Resident Programs:** Currently, there are small group resident programs/activities. One-on-one sessions with our Activities Department are available.

**Appointments:** Follow-up appointments must be made by you or your loved one. Please notify the nursing manager with time and date of appointment.

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

**COVID-19 Safety & Updates:** For COVID-19 updates, please enroll in our Family emails at [SpringhillErie.org/Events & Resources/Family & Friends](http://SpringhillErie.org/Events&Resources/Family&Friends).

» We follow CDC recommendations and CMS regulations to mitigate infections, including COVID-19. Based on current regional transmission rates, positive cases at our community and your possible exposure status, you may be required to take additional precautions, such as testing, masking, or quarantining. Based on these factors, our team will review necessary requirements with you upon admission.

» ForestView Health Care Center works with our regional health care providers and pharmacies to offer the COVID-19 latest treatments as available and indicated. We utilize heightened infection-control and cleaning processes. Staff uses personal protective equipment when entering your room.

**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.

**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. A washer and dryer are available near the A-wing nurses station for those wishing to do their own laundry.

# Frequently Asked Questions

**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.

**Television/Telephone:** included for short-term rehabilitation residents.

**Internet:** Wifi is available in all rooms.

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

## How to Contact Us

**To place a call from your room phone:**

- » Press "8" after lifting receiver
- » Dial number including area code
- » For a long- distance call, press "8" and "1" then dial area code and phone number

### CLINICAL/MEDICAL SUPPORT

Administrator .....	(814) 860-7110
Admissions.....	(814) 860-7143
Nursing, Director .....	(814) 860-7104
Assistant Nursing	
Director .....	(814) 860-7124
Dietitian .....	(814) 860-7145
Rehabilitative Therapy .....	(814) 860-7117
Resident Programs.....	(814) 860-7120
Social Services.....	(814) 860-7103

### ANCILLARY SERVICES

Beauty Shop .....	(814) 860-7107
Billing Office .....	(814) 860-7105
Dining Director.....	(814) 860-7005
Maintenance.....	(814) 860-7038

Revised January 3, 2023



## 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 Springhill.

We provide quality rehabilitative services to get you functioning independently as safely and as quickly as possible.

Our rehabilitation therapists have multiple certifications, including a CSRS-certified stroke rehabilitation specialist.

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

**Please contact us at ext. 7117**

# Channel Guide

2	Springhill	38	Disney HD	74	IFC
3	ABC 24 Local HD	39	DIY Network	75	Lifetime Movies HD
4	CBS 35 Local HD	40	HGTV HD	76	AMC HD
6	NBC 12	41	FETV	77	Turner Classic Movies
7	WQLN-PBS 54 LOCAL HD	42	FXX	78	Encore HD
8	CNN HD	43	FYI	79	Encore Action HD
9	Fox NEWS HD	44	Great American Country	80	Encore Classic
10	Fox 66 local HD	45	Game Show Network	81	Encore Family
11	C-Span 2	46	Hallmark HD	82	Comedy Central
12	CNBC	47	Trinity	83	Encore Suspense
13	MSNBC	48	EWTN	84	Encore Westerns
14	Headline News HLN	49	UP	85	Lifetime
15	ESPN HD	50	National Geographic	86	AWE
16	ESPN2 HD	51	History HD	87	FX Movie Channel
17	ESPN News HD	52	Investigation Discovery	88	E!
18	FOX Sports HD	53	ION	89	Inspiration
19	ESPNU HD	54	Ovation	90	Daystar
20	Sports Time Ohio HD	55	OWN	91	Nickelodeon
21	Fox NEWS Pittsburgh HD	56	Oxygen	92	HSN
22	CBS Sports HD	57	QVC	93	Sports Channel
23	NBC Sports HD	58	RFD-TV	94	Springhill Channel Guide
24	NFL HD	59	Science	95	A&E HD
25	MLB HD	60	Paramount Network	96	Big Ten Network HD
26	Golf HD	61	SYFY	97	Freeform HD
27	Fox Sports 2 HD	62	TBS HD	98	American Heroes
28	Tennis Channel	63	TNT HD	99	WQLN 54-2 (Create)
29	BBC America	64	The Learning Channel	100	HBO
30	Fox Business News	65	Travel HD	101	HBO2
31	Bravo HD	66	Tru TV	102	HBO Family
32	Animal Planet	67	TV Land	103	HBO Signature
33	CMT	68	TVG Horse Racing	104	HBO Zone HD
34	FX	69	USA HD	105	MovieMAX
35	Food Network	70	WE	106	Play Back Now
36	Destination America	71	Weather Channel	107	Chapel
37	Discovery HD	72	Accuweather Local HD	108	Community Room
		73	Sundance		



## 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>