

# 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://www.RiverWoods.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.

**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 .....	\$9.00
Lunch .....	\$12.00
Dinner .....	\$12.00

# Hair Salon Services

## PS 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 .....	\$8.00
Hair removal (lip or chin) .....	\$12.00
Hair removal (brow) .....	\$12.00
Facial grooming .....	\$12.00
Haircut only .....	\$19.00
Clipper cut .....	\$20.00
Shampoo & style .....	\$25.00
Haircut & shampoo .....	\$26.00
Shampoo, cut & style .....	\$40.00

### Color Services

Temporary Rinse Color .....	\$10.00
Single Process .....	\$40.00
Highlights .....	\$45.00
Perm & Relaxers .....	\$40.00

### Hand and Nail Services

Manicure .....	\$25.00
Pedicure .....	\$36.00
Polish change/shaping .....	\$18.00
Nail clipping .....	\$14.00

# 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 late	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>