

# Asbury Solomons Health Care Center

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



Dear New Resident,  
Welcome to the Asbury Solomons Rehabilitation and Health Care Center!



We are pleased that you have chosen our community for your recovery. The Asbury Solomons Rehabilitation and Health Care Center is a *U.S. News & World Report* 2022-2023 Best Nursing Home for Long-Term Care and Short-Term Rehabilitation! We are proud to provide quality health services.

Your preferences and your comfort are important to us; we will work with you to deliver person-centered services that make you feel as 'at-home' as possible. Here is some information that we hope you will find helpful:

Room Number: \_\_\_\_\_ Room Phone Number: \_\_\_\_\_

Social Worker: \_\_\_\_\_ Nursing: \_\_\_\_\_

Care Plan Meeting Date: \_\_\_\_\_

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

# How to Contact Us

# Channel Guide

# Frequently Asked Questions

## CLINICAL/MEDICAL SUPPORT

Administrator ..... (410) 394-3040  
 Admissions..... (410) 394-3457  
 Nursing, Director ..... (410) 394-3082  
 Nursing Station ..... (410) 394-3011  
 Rehabilitative Therapy ..... (410) 394-3066  
 Social Services..... (410) 394-3076  
 Food Services ..... (410) 394-0936

## ANCILLARY SERVICES

Billing Office ..... (410) 394-3041  
 Dining Director..... (410) 394-3049  
 Maintenance..... (410) 394-3096



## Rehabilitation Services and Expertise

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

If you are a resident of the Asbury Solomons retirement community or assisted living, we offer outpatient therapy services on site.

**To reach our therapy department, please call 410-394-3066.**

- |   |                                    |
|---|------------------------------------|
| 5..... Fox                                    | 42..... FX                         |
| 2..... Home Shopping Network                  | 43..... truTV                      |
| 3..... WDCW                                   | 44..... USA Network                |
| 4..... WRC                                    | 45..... Hallmark                   |
| 5..... WTTG                                   | 46..... TBS                        |
| 6..... WDCA                                   | 47..... TNT                        |
| 7..... WJLA                                   | 48..... History                    |
| 8..... WJLA 24/7 News                         | 49..... A&E                        |
| 9..... WUSA                                   | 50..... Bravo                      |
| 10..... QVC                                   | 51..... AMC                        |
| 11..... CSPAN                                 | 52..... Freeform                   |
| 12..... Jewelry Television                    | 53..... Game Show Network          |
| 13..... NewsNation SD                         | 54..... TV Land                    |
| 14..... WFDC                                  | 55..... Nickelodeon                |
| 16..... WPXW                                  | 56..... Disney Channel             |
| 18..... WZDC-LP                               | 57... Cartoon Network              |
| 20..... WHUT                                  | 58..... Animal Planet              |
| 21..... WMDE-DT                               | 59..... TLC                        |
| 22..... WMPB                                  | 60..... Discovery Channel          |
| 24..... WDVM                                  | 61..... OWN                        |
| 26..... WETA                                  | 62..... E!                         |
| 27..... The Weather Channel                   | 63..... TV ONE                     |
| 28..... Mid Atlantic Sports Network Alternate | 64..... Lifetime                   |
| 29..... The Travel Channel                    | 66..... Food Network               |
| 30..... HLN                                   | 67..... HGTV                       |
| 31..... CNN                                   | 68..... WJAL                       |
| 32..... MSNBC                                 | 69..... Paramount                  |
| 33..... CNBC                                  | 70..... VH1                        |
| 34..... Fox News Channel                      | 71..... MTV                        |
| 35..... ESPN                                  | 72..... BET                        |
| 36..... ESPN2                                 | 73.... Comedy Central              |
| 37..... NBC Sports Washington                 | 75..... SYFY                       |
| 38..... Golf Channel                          | 80..... NBC Sports Washington Plus |
| 40..... FS1                                   | 86..... QVC2                       |
| 41..... MASN Mid Atlantic Sports Network      | 87..... QVC3                       |
|   | 88..... HSN2                       |
|   | 89..... ShopHQ                     |
|   | 95-98 ..... Educational Access     |
|   | 99..... Public Access              |
|   | 100..... POP                       |

**Care Plan Meeting:** Nursing staff will schedule a meeting for you, your primary contact, and the Care Plan team 1-2 weeks after admission. 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.

**Dining & Hours:** You will be given the menu options daily to choose your meals in advance. Residents who would like something different may order from a menu of other options for breakfast, lunch or dinner.

**Pet Policy:** Pet owners wishing to bring a visiting pet should make an appointment to visit and complete the required screening process. Appointments can be made by calling Health Care reception at 410-394-3005.

**Resident Programs:** We offer a wide range of programs addressing all components of wellness.

**Appointments:** Follow-up appointments are made by Transportation in conjunction with recommendations by nursing.

**Transportation:** Transportation to appointments is provided upon request.

**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 include inside labeling with the resident's name to minimize misplaced items. An associate can assist with this process if needed.

**Resident Mail:** Staff promptly delivers mail after receipt from the U.S. Postal Service. Outgoing mail may be sent out at the front desk.

**Television/Telephone/Internet:** Provided at no cost to residents.

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

**COVID-19 Safety & Updates:** For COVID-19 updates, please enroll in our Family emails at [AsburySolomons.org/Events & Resources/ Family & Friends](https://AsburySolomons.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 or masking or quarantining. Based on these factors, our team will review necessary requirements with you upon admission.

**Reasonable Accommodations Policy:** Asbury Solomons recognizes that residents with disabilities may require reasonable accommodations to Asbury Solomons' policies, practices, or services to have an equal opportunity to use and enjoy Asbury Solomons' Residences, common areas, facilities and services. If you require a reasonable accommodation because of a disability, please refer to the Reasonable Accommodations Policy & Request Form, a copy of which has been provided to you and which is available from Administration.

## 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>