



# Welcome Packet and Frequently Asked Questions for Residents and Family



# Welcome

Dear New Resident,

Welcome to the Wilson Health Care Center at Asbury Methodist Village!

We are pleased that you have chosen our community for your recovery. Wilson Health Care Center is proud to be a *U.S. News & World Report* 2024 Best Nursing Home for Short-Term Rehabilitation and a *Newsweek* 2024 America’s Best Nursing Home. We also are extremely proud that 95 percent of family members would recommend Wilson for care, according to the 2021 Maryland Nursing Home and Family Experience of Care Survey.

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 Telephone Number:** \_\_\_\_\_

**Social Worker:** \_\_\_\_\_

**Location:** 301 Russell Ave in Gaithersburg, MD 20877

Please see the following pages for detailed information regarding your stay. Once again, Welcome to the Wilson Health Care Center at Asbury, where we work each and every day to do all the good we can with integrity, transparency, and grace.

## Reasonable Accommodations Policy

Asbury Methodist Village recognizes that residents with disabilities may require reasonable accommodations to Asbury Methodist Village’s policies, practices, or services to have an equal opportunity to use and enjoy Asbury’s 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.

# How to Contact Us

Administrator: Rachel Karish, LNHA .....	301-216-4085
Director of Nursing: Dr. Maceline Yaya, RN.....	301-216-4116
Assistant Director of Nursing: Anastasia Brogya, RN.....	301-216-4188
TCU Nurse Manager: Martha Velaz, RN.....	301-216-4040
	Cell: 614-907-2489
2nd Floor Nurse Manager: Priscilla Kissiedu, RN .....	301-216-4243
	Cell: 614-907-2572
3 South Unit Coordinator: Rugiatu Sankoh, LPN .....	301-216-4117
	Cell: 614-907-2712
4th Floor Unit Coordinator: Charles Gbotee, LPN.....	301-216-4024
	Cell: 614-980-2481
Nurse supervisor cell (used on 3-11, 11-7, and weekends).....	614-980-9099
Director of Rehabilitation: Wilma Javelosa, PT .....	301-216-4247
Director of Social Services: Christopher Washington .....	301-216-4074
Social Services Coordinators:	
Allison Kuhar.....	301-216-4192
Beruk Peshome .....	301-987-6109
Erika Reyes.....	301-987-6228
Director of Activities: Chenika Johnson.....	301-216-4225
Director of Admissions: Anita Vavdiichyk .....	301-216-4102
Director of Dietitians: Flora Kessler .....	301-216-4720
Dietitians:	
Jenifer Rothberg.....	301-216-4293
Almaas Arsiwala .....	301-216-4860
Food Operations Manager: Jeff Whary, CDM .....	301-216-4707
Dining Supervisor .....	301-337-5326
Finance Department	
Freda Sellars.....	301-216-4306
Mamta Sood .....	301-216-4164
Housekeeping Department .....	301-216-4141
Medical Records: Sando Bright.....	301-216-4266
Unit Clerks:	
Pabitra Puri .....	301-216-4232
	Cell: 301-569-1647
Melvin Reyes.....	Cell: 301-569-3603

# Frequently Asked Questions

**Welcome Meeting:** A brief meeting will be scheduled for you and your primary contact to be introduced to your care team within 72 hours of admission.

**Visiting Hours:** Visitors are always welcome! Upon your arrival, please complete the required Covid-19 screening, sign in at the front desk, and obtain a visitor badge. Masks may be required for COVID-19 safety while in common areas (lounges, dining rooms, activity spaces, etc.) If your loved one requires other precautions, we ask that you please follow instructions posted on the door, and wear appropriate protective equipment provided by the facility (such as a gown, gloves, mask, etc.)

**Dining Room:** You will be given a menu prior to each meal to select your food. You may also select a weekly menu to choose meals in advance.

- » Breakfast: 8:00AM — 9:00AM
- » Lunch: 12:00PM – 1:00PM
- » Dinner: 5:00PM – 6:00PM

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

**Appointments:** On occasion, follow-up medical appointments with outside providers are needed. Please notify your nurse manager of any scheduled appointment dates/times so that your care can be coordinated accordingly. Please reach out to the Unit Clerk if you need assistance scheduling medical appointments. While Wilson Health Care Center can help coordinate private duty services to accompany you to your appointment, or transportation, please note that these costs are not covered by insurance, and require private payment.

**Transportation:** Please reach out to the Unit Clerk for assistance scheduling transportation to/from appointments. You may elect to use the transport service of your choice. Please note that transportation costs are not typically covered by Medicare or other insurances, and prices may vary based on the vendor you select.

**Social Services:** The social work department will work with you and your loved one to set up a care plan meeting to discuss progression of your stay and help coordinate plans for discharge including initiation of home health services (PT, OT, ST and nursing at home) as well as ordering needed medical equipment.

**Rehabilitation:** Physical, occupational, and speech therapies are provided with a doctor's order.

**Laundry Services:** Laundry services are provided twice per week at no charge. If you prefer to do your own laundry, please notify the housekeeping department.

**Leaving the neighborhood:** Your safety is very important. Please notify your nurse before leaving the neighborhood.

**Telephone:** Provided at no cost for all residents.

**Television:** Provided at no cost for short-term stay residents.

**COVID-19:** Please enroll in our Family e-mail updates at [AsburyMethodistVillage.org/Events&Resources/Family & Friends](https://AsburyMethodistVillage.org/Events&Resources/Family&Friends). Click the Sign Up for Family Email Updates link.

- 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.
- Wilson Health Care Center works with our regional health care providers and pharmacies to offer the latest Covid-19 treatments as available and indicated. We utilize heightened infection control and cleaning processes, and wear the appropriate personal protective equipment to mitigate the spread of all infections, including Covid-19.

# 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>