

Introduction

Thank You for your interest in THE MEADOWS

You probably have many questions about personal care and what that means. We have answers! This packet contains basic information about The Meadows, and we hope it is helpful during your move.



- Our residents order the newspaper from the **Sun-Gazette**. The paper is delivered to your door daily. To order a subscription, or to have your current subscription transferred, call the circulation department of the **Sun-Gazette** at (570) 326-1551.
- Local telephone service is supplied through **Verizon**. You can set up service by calling **1-800-Verizon**. You will need the address, 2160 Warrensville Road, Montoursville, PA 17754 and your room number.
- **Loyalsock Ambulance** service responds to The Meadows for emergencies. Memberships to the ambulance association can be purchased for a minimal annual fee. Applications are available in the office, or you can call (570) 323-3603 for more information. Please notify the office if you have a membership, so we can note it in your records.
- Call bells are located in all resident bedrooms and bathrooms. The Meadows also provide a **wireless emergency call system** to all patients at no extra charge. This single-button unit is portable and can be used while taking walks outside. Our caring staff is only a touch of a button away at all times.
- If you choose to do your own **personal laundry**, you will need to provide your own laundry supplies. There is no charge to use the washers and dryers. These items need to remain locked in a cabinet located in the laundry room or in your room at all times. You will also need to provide your own personal hygiene products and other personal items. The Meadows has **shopping trips** scheduled almost every week where you can go shop or have the staff shop for you. We also have a resident store to help with some of those purchases.
- **Linens:** Bathroom linens and linens for single beds are provided and laundered by The Meadows at no charge.

To learn more, please call (570) 433-4663 or visit

TheParkHomeMeadows.org

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- Residents are expected to attend all **meals** in the Main Dining Room. Meals are served at 7:30 am, 11:30 am and 4:30 pm. Our main meal is served at 11:30. Residents who are ill will be served a tray in their room, at no charge, per his or her doctor's order. We believe that attending meals daily is vital to the physical and psychological well-being of each resident. We can follow special dietary restrictions ordered by the physician. Guests are welcome any time. Enjoy our large selection of items and our new made-to-order menus.
- Most residents use families or the **Senior Citizen Transportation** program (shared ride) available through the Office of Aging, (570) 323-3096, for doctor and dentist appointments. We can register you for this service if you have not already done so. The Meadows can provide transportation if needed. We do special activities outside of the facility, and transportation is provided for these trips at no charge (see fee schedule).
- **Hairdressing** services are done on-site. The beauty shop has normal hours once or twice weekly. Charges are separate from any fees charged by The Meadows and are payable to The Shop Manager. Residents opting to use the hairdressing service at The Meadows may choose to pay with cash, check or have the items billed monthly by the beautician.
- **Pharmacy:** The Meadows provides house pharmacy services. Any questions regarding this pharmacy can be directed to Administration at The Meadows. We will answer your questions or direct you to the right contact at the pharmacy to provide the answer. If the facility is assisting with your medications, you must purchase medications from a pharmacy that delivers and packages according to our dispensing system. The only exception to this is when it causes a financial hardship because of a special prescription plan that is not accepted at one of the pharmacies. If we assist or you handle your own medications, we still need to keep an updated profile on everyone to satisfy state regulations. Please let us know of all medications including over-the-counter items.
- **Important items** to bring would be:
 - Toiletries
 - Clothing
 - Laundry basket
 - Hangers
 - Lamps
 - Calendar
 - Clock
 - Medications
 - List of up-coming appointments
 - Insurance cards
 - Powers of attorney
 - Living wills

Other items that would be nice to bring would include:

Decorative items such as family photos, paintings, a nice comforter for your bed.

Personal items that you would use daily at home, i.e. your bible or favorite book, cross words.

Hobby items such as knitting tools.



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