Arbutus Park
RETIREMENT COMMUNITY

PERSONAL CARE SERVICES

Arbutus Park Personal Care residents receive encouragement and assistance in maintaining and developing independence and self-determination. This private pay unit is an ideal option for individuals who seek to continue an active lifestyle with the security of knowing 24-hour care is nearby whenever assistance is needed.

2022 Personal Care Rates

Room Option	Price Per Day	30 Days	31+ Days
Private Room	$160	$4,800	$4,960
Suite (Single)	$200	$6,000	$6,200
Suite (Double)	$250	$7,500	$7,750
Bed Hold (Hospital or Leave)	$145		

PERSONAL CARE AMENITIES

- Nutritious meals (breakfast, lunch, and dinner daily)
- Assistance with medications
- Assistance with personal hygiene
- Shopping trips
- 360 Care - in-house vision, dental, podiatry, and audiology (services billed to resident health insurance)
- Chapel services and Bible study
- Daily activities (concerts, games, baking, nail care, etc)
- Personal laundry ($16/month or machines available)
- Transportation: $30 Trip ($20 after APM adjustment applied)
- Beauty salon services (Charges vary by service)

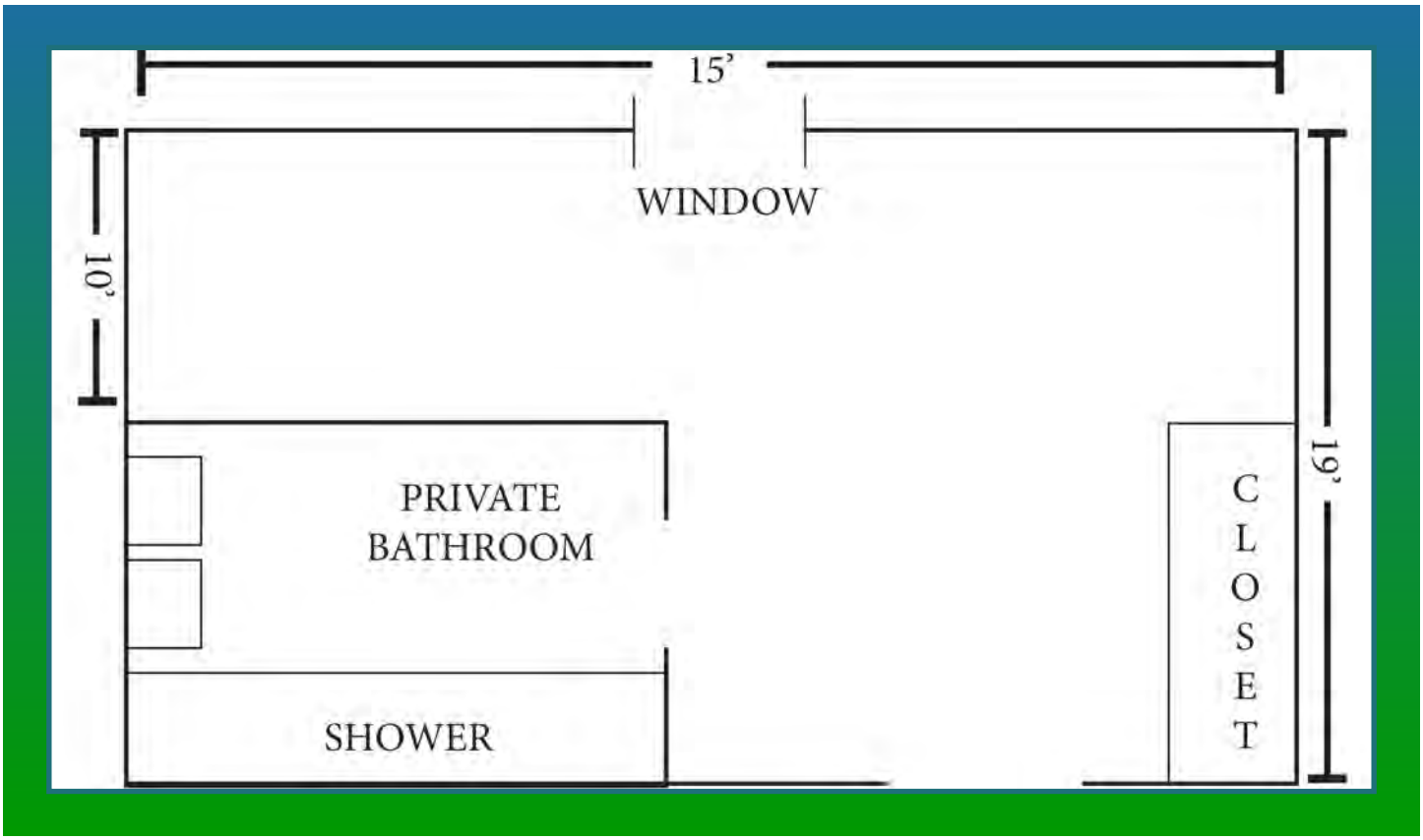
CONTACT US

Lois Pudliner, Director Personal Care
(814) 262-2162

207 Ottawa Street • Johnstown, PA 15904
ArbutusParkManor.com

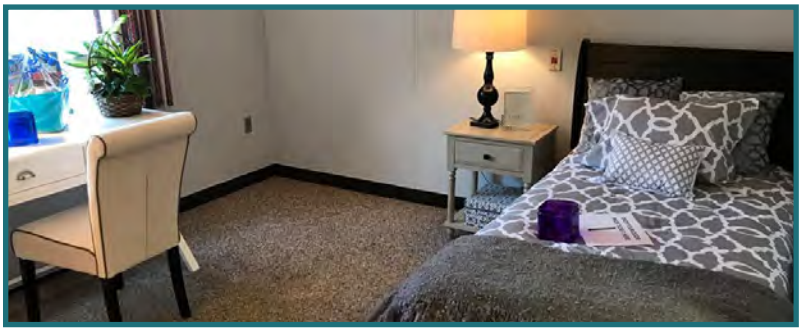
PERSONAL CARE ROOM

Measurements are approximate.



PERSONAL CARE ACCOMMODATIONS

The Arbutus Park Personal Care 35-room unit provides residents the opportunity to enjoy living independently within the safety of our manor. Each room features a private bath and call bell and safety features. Phone jacks are in place and offered at each resident’s expense. Cable television service and wifi are provided. Residents are permitted to have dorm-size refrigerators, and basic furniture is provided. Residents are encouraged to bring personal items from home to make their stay comfortable and enjoyable.



Arbutus Park
RETIREMENT COMMUNITY

Cost of Living Comparison

While there are things you can't put a price on like your time and peace of mind, there are many things that come with a cost. You may think in-home care is more affordable than Personal Care at Arbutus Manor; however, the numbers may surprise you. We invite you to compare your expenses by filling out the chart below. Remember, the friendships, smiles and peace of mind at Arbutus are complimentary.

Monthly Expenses	Your Present Cost	Your Cost at Arbutus Personal Care
Rent/Mortgage	$	Included
Local Property Taxes	$	Included
Property Insurance	$	Included
Household Utilities (electric, heat, air conditioning)	$	Included
Public Computer with Internet	$	Included
Water & Sewer	$	Included
Yard Maintenance (gutter cleaning, landscaping)	$	Included
Rubbish/Garbage Removal	$	Included
Leaf & Snow Removal (sidewalks, driveways, vehicles, etc.)	$	Included
Home Repair & Maintenance (plumbing, painting, roofing, security & electrical repairs)	$	Included
24-hour Emergency Response	$	Included
Licensed Nursing Staff Available 24/7	$	Included
Recreation & Social Activities	$	Included
Personal Laundry & Linens	$	Included
Wellness, Lifestyle & Exercise Programs (gym membership, community groups)	$	Included
Meals (three daily, plus snacks and beverages)	$	Included
Monthly Total	**$**	**$4,960 (31 Days)**

Not valid for Arbutus Independent Living.

Arbutus Park RETIREMENT COMMUNITY

ArbutusParkManor.com

Personal Care- Summary of Financial Responsibilities

Purpose

The purpose of this policy is to provide all prospective residents with detailed information regarding their financial responsibility as it pertains to their Personal Care received at Arbutus Park Manor.

Policy

Arbutus Park Manor strives to educate all prospective residents on the financial responsibility that accompanies their Personal Care at the manor and the importance of planning ahead for future health care costs and expenditures.

This policy describes in detail the responsibility associated with the cost affiliated with their services at Arbutus Park Manor and the responsibility that is shared between Arbutus Park Manor, the resident, and/or the designated representative once financial resources are nearing exhaustion (as defined below).

Definitions

Resident- An individual who has been admitted to and who resides in a nursing home (facility) and is entitled to receive care, treatment and services.

Designated Representative- The agency or people, other than the resident, responsible in whole or in part for the financial support of the resident, including the costs of care in the facility.

Benevolent Care- Benevolent care assists community members residing in the manor who have outlived their resources and the ability to pay for their room and board. This fund helps to ensure compassionate and quality health care services for our residents during their lifetime as members of the Arbutus family. Generous gifts from churches, individuals and businesses support this program.

Admission Agreement- A signed contract that is executed during the admission process into Arbutus Park Manor.

Financial Resources Exhaustion- A resident reaches this threshold once their financial assets have reduced to $2,400 and their monthly income is lesser than or equal to the cost of their room and board.

Procedure

I. Admission Agreement Execution

- Upon signing the Admission Agreement the resident and/or their designated representative is responsible for payment in full at the designated rate (as determined by Administration) for their room and board as well as any additional costs affiliated with their healthcare to include but not limited to their premiums, copayments, pharmaceuticals, durable medical equipment, etc.

II. Financial Resources Exhaustion

- In the event that a resident's finances are reduced to $2,400 and their monthly income is lesser than or equal to the cost of their room and board, Arbutus Park Manor will accept the resident's income as payment for their room and board. The balance between the resident's income and the daily cost of their room and board will be subsidized by the Arbutus Park Manor Benevolent Care fund.

III. Additional Costs Incurred

- It is the responsibility of the resident and/or the designated representative to pay for any additional costs outside of what is covered by their room and board that is affiliated with their care at the manor to include but not limited to their healthcare premiums, copayments, pharmaceuticals, durable medical equipment, etc.

IV. Possible Cost Saving Options

- In the event that the resident and/or their designated representative is faced with financial challenges in paying for their healthcare costs, Arbutus Park Manor recommends considering the following:
    - Browse the marketplace to determine if there is a more cost effective Healthcare plan with lower premiums and/or copayments. (https://www.medicare.gov/supplement-other-insurance/medigap/whats-medigap.html).
    - Work with your physician to determine if there are generic alternatives available for your prescriptions.
    - Check with the pharmacy to see if a payment plan can be established for your prescriptions.
    - Review the Health Choices-PA guidelines to see if you qualify to apply for medical assistance to help offset the costs of your healthcare (www.healthchoicespa.com).
    - Connect with the the Cambria County Area Agency on Aging at (814) 539-5595 to determine if you qualify for additional cost saving services.

V. Misrepresentation of Financial Information

- It is imperative that all incoming residents accurately disclose their financial information upon executing the Admission Agreement. In the event that there is evidence leading to the contrary an Administrative Review will take place.
- During this review, if it is determined that the financial information for the resident was inaccurately reported by the resident and/or the designated representative- administrative actions will be taken up to and including the termination of the Admission Agreement and removal of the resident from Arbutus Park Manor.

Arbutus Park Manor

Spring Menu 2021

Service Dates:

April 1 – April 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***
Assorted Juice Scrambled Eggs Toast with Margarine & Jelly Hash Brown Potatoes Choice of Farina or Cold Cereal	Assorted Juice Pancakes with Syrup & Margarine Sausage Link Choice of Cold Cereal or Oatmeal	Assorted Juice Scrambled Eggs with Cheese Toast with Margarine & Jelly Choice of Farina or Cold Cereal	Assorted Juice Waffles with Strawberries & Whipped Topping Choice of Oatmeal or Cold Cereal	Assorted Juice Scrambled Eggs English Muffin with Margarine & Jelly Choice of Farina or Cold Cereal	Assorted Juice French Toast with Apple Topping Choice Of Cold Cereal or Oatmeal	Assorted Juice Scrambled Eggs Toast with Margarine & Jelly Home Fries Choice of Farina or Cold Cereal
LUNCH	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***
EASTER Baked Easter Ham Candied Sweet Potatoes Key West Blend Strawberry Cheesecake	Italian Marinated Chicken Baked Potato Sliced Carrots Rainbow Jello	Roast Pork Loin Dinner Roll & Margarine Mashed Potatoes Sauerkraut Pineapple Tidbits	Meatloaf Mashed Potatoes & Gravy Green Peas Chocolate Mousse with Whipped Topping	BBQ Chicken Cornbread & Margarine Parsley Potatoes Buttered Corn Lemon Snow	Breaded Baked Fish Bread & Margarine Rice Pilaf Steamed Broccoli Florets Yellow Cake with Chocolate Icing & Sprinkles	Stuffed Shells with Sauce Breadstick Lima Beans Boston Cream Pie
DINNER	***DINNER***	***DINNER***	***DINNER***	***DINNER***	***DINNER***	***DINNER***
Chicken Noodle Soup BBQ Beef Sandwich Cucumber & Tomato Salad Fruit Cocktail	Split Pea Soup Hamburger on a Bun With Lettuce & Tomato Pickle Spear Tater Tots	Cream of Broccoli Soup Egg Salad Sandwich on Wheat Bread with Lettuce & Tomato Pasta Salad Chocolate Chip Cookie	Beef Noodle Soup Meatball Sandwich Caesar Salad Bread Pudding	Continental Bean Soup Fish Strips Cabbage & Noodles Sliced Carrots Mandarin Oranges	Tomato Soup Grilled Cheese Sandwich Potato Chips Spinach Salad Peach Crisp	English Pub Beef Sandwich O'Brien Potatoes Green Beans Pineapple Tidbits Ice Cream

Milk, Coffee, Tea and Decaffeinated Beverages are available at each Meal

Always Available: Hamburger on a Bun, Chicken Filet on a Bun, Cottage Cheese & Fruit Platter, PB&J Sandwich, Cold Cut Sandwich

NUTRITION MANAGEMENT SERVICES COMPANY™

Nutritious Food, Expert Management, Superior Service

July 2021 *

SEWING LADIES-Craft Room -WED.-July12th-9:?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ACTIVITY CHOICE
2 Chapel 2:00	3 -9:30- NAIL CARE (Blue room) 1:30-NAIL CARE (Blue room)	4 -Happy 4th of JULY!!!! Independence DAY!!!!!!	5 -9:30-KERRI & Wrapping Gobs 10-Bible Study 1:00-Communion 1:30-BINGO!!!	6-9:30- Bowling!! (blue room) 1:00-Bus Trip!! Ice Cream!!!!! {"Shaffers"}	7-9:30- BEADS!! (Blue Room) 1:30-WORDS {Within Words} 3:00-One-on-One	8 ACTIVITY CHOICE
9 Chapel 2:00	10 -9:30- BINGO!!! 1:30 BEACH BALL!!!! (BLUE ROOM)	11-9:30-SAYGO 11:10-Load Bus brass recital-Vine St.- church/lunch 3:00-One-on-One	12 -10-bible study manor picnic-11- GOOD FOOD GOOD MUSIC!!! {NO-Mass}	13 -9:30- Nail Care {Blue Room} 1:30-NAIL CARE {BLUE ROOM}	14 -9:30- Shuffleboard (Blue Room) 1:30 DOMINOES!!	15 ACTIVITY CHOICE
16 Chapel 2:00	17 9:30 BINGO!! 1:30-Hymn Sing! With Cindy!!! (Blue Room)	18 -9:30-SAYGO 11:10-Load Bus Vine St.-Lutheran Singing / Lunch 3:00-One-on-One	19 -9:15-Nail Care (Dining Room) 10:00-Bible Study 1:00-Mass 1:30-Nail Care	20 -10:00-BUS!! Dollar General & Corner Coffeeshop LUNCH!!! ?-2:15-Dominoes	21 -9:30-Bowling (Blue Room) 1:30-SUNDAES AND SOCIALIZING!!!!!	22 ACTIVITY CHOICE
23 Chapel 2:00	24-9:30-BINGO!!! (Blue Room) 1:30 Monthly Birthday Party!(blue room)	25- 9:30-SAYGO 11:10-Load Bus piano recite/lunch ?vine st-Lutheran 1:30-music-patio? 1:30-Patio-Music	26-9:15- Nail Care (Dining Room) 10:00-Bible Study 1:00-Communion 1:30-Nail Care	27 - 9:30- Pennies In!! {Blue Room} 1:30 Shuffleboard	28 -9:30-WORDS (Within Words) 1:30 DOMINOES 3:00-One-on-One	29 ACTIVITY CHOICE
30 Chapel 2:00	31 9:30 BINGO!! 1:30 BEACH BALL 3:00-One-on-One		Catholic Comm. Is on Wed; except 2nd Wed; is always Mass.	rosary-2:30-thurs. offered: exercise, activity choices daily.	10:00-Bible Study is Wednesday, for personal care, in blue room.	Chapel-2pm-Sun. Chapel-6:45-Wed.

Arbutus Park
RETIREMENT COMMUNITY

You have taken the first step to Arbutus Personal Care Living by inquiring, touring, and talking about your plans with your family. Now comes the difficult part, what to do with the house and, what can be even more overwhelming, what to do with everything inside that house. Often, this is the question that stops the move in its tracks. But, it shouldn't. With some planning and help from friends and family, the process can be easy and even enjoyable as you find yourself passing along your treasures to the next generation, or making donations to help those in your community.

Follow these guidelines to help you "get moving"

1. Get the dimensions of the new space. This will help you decide which pieces of furniture will work best in the new space. Bringing a huge china cabinet or large couch isn't the best idea to make the most of the new smaller space. It's important to bring furniture and pictures to make the new room feel as comfortable and homey as possible; however, you don't want to pack so much into the space that its uncomfortable or hazardous.

2. Decide how items not being moved will be handled. Many people finance their long-term care by selling their home. Make sure you have a plan for the items that will not be moving into your new room so you are at ease and have a say about what will happen to your belongings.

3. Get Help; a family members or even a Senior Move Manager. This can be a lot for one person to take charge of and many items in the home may have sentimental value to you and your family. Siblings, children, grandchildren and friends may be able to help with the move and see if there is anything special they'd like to keep. Develop an overall move plan by customizing the new room, arranging for disposal of unwanted items, organizing the movers, etc.

4. Have an estate sale. Estate sales are very popular and can draw a big crowd. There are many agencies who will organize and run the estate sale for you in exchange for a percentage of the sales. Any items left behind at the end of the sale are often donated to charity. Estate sales are a great way to quickly downsize items that you will no longer need and make some extra money.

5. Decorating to ease the transition. Decorating the room so it looks very similar to your bedroom will help minimize confusion and create a sense of comfort.

Arbutus Park
RETIREMENT COMMUNITY

Personal Care Services

Residents of our personal care unit here at Arbutus Park Manor receive the encouragement and assistance they need to develop and maintain maximum independence and self-determination.

We provide nutritional meals, shelter, and personal assistance/or supervision for 24 hours daily for those not requiring the services in or of a long term care facility. Tray services are only provided when a resident is unable to attend the dining room due to illness. This is a safety precaution in case the resident may choke.

We do provide: assistance/supervision in all areas of dressing, nutrition, bathing, evacuation of a resident in the event of an emergency, medication prescribed for administration by staff. Prescribed medication will only be given on the orders of a physician.

Staffing consists of licensed practical nurses, certified nurses' aides and personal care aides who are trained and certified in CPR, First Aid and Heimlich Maneuver. Staffing is regulated by the state on a one hour per resident per day allotment as the minimum amount of time staffing can provide.

A nondiscriminatory policy is followed without regard to race, color, religious creed, disability, ancestry, national origin, age, and sex.

We are in compliance with Federal, State and local statutes, ordinances, and regulations, especially those pertaining to fire, public health, civil rights, and protective services.

Personal Care is proud to be a part of the healthcare being provided here at Arbutus Park Retirement Community through OnSight Healthcare.
Healthcare provided consists of Vision, Dental, Podiatry, and Audiology. These in-house services will make it easier on residents, families, and staff attending them.
Doctors and staff of OnSight Healthcare have been specifically trained to provide a comprehensive scope of professional Vision, Dental, Podiatry, and Audiology services. With these services being provided in-house, Arbutus Park will no longer provide transportation/transport aide to outside appointments to doctors providing the above services. Families will be responsible to do so. OnSight Healthcare will bill for all the services provided according to the residents Health Insurance.

Admission to the personal care department of Arbutus Park Manor must be a accompanied by a mobility screening performed by the staff in advance of admission. In addition a pre-screening assessment is performed. A medical evaluation must be performed and signed by a physician and then annually. We use a (2) step Mantoux system for checking for tuberculosis: a pneumovax is also required on admission or before entrance. We provide the flu vaccine on the order of the physician during the appropriate season.

The grounds for discharge or transfer of a resident from a home are for the following conditions:
(1) If a resident is a danger to themselves or others.
(2) If the legal entity chooses to voluntarily close the home, or a portion of the home.
(3) If a home determines that a resident's functional level has advanced or declined so that the resident's needs cannot be met in the home. If a resident or the resident's designated person disagrees with the home's decision to discharge or transfer, consultation with an appropriate assessment agency or the resident's physician will be made to determine if the resident needs a higher level of care. A plan for other placement will be made as soon as possible by the administrator in conjunction with the resident and the resident's designated person, if any. If assistance with relocation is needed, the administrator shall contact appropriate local agencies, such as the area agency on aging, the county

mental health program, or drug and alcohol program for assistance. The administrator will also contact the Personal Care Home regional office.

Once admitted, and in-house assessment will take place two weeks after admission, followed by a support plan conference with the resident and family if so desired. The support plan will outline an individual plan of action to assist the resident. Ex: Vision, hearing, dental, mobility, medical. Adjustments will be made yearly and as needed.

Personal care services provide supervision or assistance with personal hygiene, oral hygiene, bathing, hair grooming, and shampooing, dressing, and care of clothing.

Assistance and supervision are provided with Activities of Daily Living including: eating, transferring in/out of bed/chair, drinking, toileting/bladder, ambulating, toileting/bowel, managing healthcare, personal hygiene/dressing, securing health care, turning and positioning in bed/chair. We do not provide total/permanent bed care.

Assistance and supervision are provided with Instrumental Activities of Daily Living including: personal laundry, shopping, securing and using transportation, financial services provided by the business office, using the telephone, making and keeping appointments, caring for personal possessions, writing correspondence/reading, engaging in social and leisure activities, using a prosthetic device, and obtaining clean seasonal clothing.

Staff will administer medications and injections per physician orders. The Personal Care staff will not accept any orders from the family. Order from a physician's office MUST be written on a prescription form or called by the physician's office to the charge personnel. No exceptions.

Arbutus Park Manor personal care does not provide dialysis, IV therapy of any kind, tube feedings of any kind, tracheotomy care/monitoring. If a resident falls and is more than 125 lbs. 911 is called to assist in picking up the resident, if the use of a lift cannot accomplish this task. Hospice care is determined on a n individual basis in conference with family members.

We will, however, coordinate with the designated person to provide: Physical therapy, occupational therapy, lab studies, X-rays, Doctors appointments, or additional studies ordered by a physician, as well as coordinating transportation to/from dialysis.

We will monitor catheter care, colostomy care, oxygen usage, and NON self-care inhalation therapy.

Activities are provided on a daily basis to provide social, physical, intellectual, and recreational interaction amongst residents. Schedules are provided to each resident and published on each bulletin board.

All rooms are private with a bath. Basic furniture is provided. Residents are encouraged to being personal items from home to make their stay more pleasant and familiar.

Rooms are arranged to provide safety. The rooms are cleaned regularly by the housekeeping staff. Handrails are positioned along the hallways for the convenience and safety of residents.

Fire drills are conducted monthly. Arbutus Park Manor is affiliated with the Richland Fire Department. A yearly evacuation is held under the watchful eye of the fire department, administration, and staff in accordance with regulations. Assistance is provided for those residents needing help to exit the building.

Chapel services are held every Sunday at 1:300 pm for residents of the Protestant faith. Catholic Mass is held the second Wednesday of each month and Communion is held every Wednesday, except the week of Mass. Rosary is after communion. Residents of the Jewish faith have services conducted by their Rabbi.

Arbutus Park
RETIREMENT COMMUNITY

Application for Admission

DATE: _____

Type of Care Requested:

Dementia/Memory Care Unit ☐ Personal Care ☐

Long Term Nursing Care ☐ Short Term Therapy ☐

Name _____ Date of Birth _____

Last First Middle

_____ Phone 1 _____

Street Address

_____ Phone 2 _____

Marital Status Single ☐ Married ☐ Divorced ☐ Widowed ☐

Spouse's Name _____ Deceased Yes ◯ No ◯

Birthplace _____ Past/Present Occupation _____

Children: Name Address Phone

1. _____

2. _____

3. _____

4. _____

Social Security No. _____ Medicare No. _____

Hospital Of Choice _____

Health Insurance Co. _____ PACE No. _____

I.D. No. _____

Group No. _____

Supplemental Insurance _____

I.D. No. _____

Group No. _____

Personal Physician _____ Phone No. _____

Address _____

_____

LEGAL REPRESENTATIVE(S)
Durable Power of Attorney for Healthcare

Name _____ Home Phone No. _____
Address _____ Cell Phone No. _____
_____ Work Phone No. _____
_____

Email Address _____

Financial Power of Attorney ☐ *Check if same as Durable Power of Attorney for Healthcare*

Name _____ Home Phone No. _____
Address _____ Cell Phone No. _____
_____ Work Phone No. _____
_____

Email Address _____

VETERAN'S BENEFITS
Are you a Veteran? Yes ◯ No ◯

Was your Spouse a Veteran? Yes ◯ No ◯

Do you receive benefits now? Yes ◯ No ◯

PRE-PLANNED FUNERAL ARRANGEMENTS
Does the Applicant Have A Living Will? Yes ◯ No ◯

Does the Applicant Have an Irrevocable Burial Fund? Yes ◯ No ◯

Has the Applicant Prepaid Funeral Arrangements? Yes ◯ No ◯

Funeral Home Name _____ Phone No. _____

Address _____

Cemetery Name/Address _____

Church Affiliation _____ Pastor _____

Street Address_____ City _____ Zip Code _____

FINANCIAL INFORMATION - MONTHLY INCOME

Please complete all sections.

Applicant

1) Social Security $ _____ Pension $ _____

Company Name _____

Trusts $ _____ Financial Institution _____

Spouse

2) Social Security $ _____ Pension $ _____

Company Name _____

Trusts $ _____ Financial Institution _____

Other Monthly Income

1) $_____ Source _____

2) $_____ Source _____

3) $_____ Source _____

ASSETS (*Includes any Homes or additional properties or Vehicles*)

Residence/Real Estate _____ Approximate Value $ _____

Address _____

_____

Vehicle #1: Year, Make, Model _____ Value $ _____

Vehicle #2: Year, Make, Model _____ Value $ _____

OTHER ASSETS *(Includes 401Ks, Annuities, Bonds, Certificates of Deposits, IRAs, or Stocks, etc…)*

BANK ACCOUNTS (***Includes Personal checking, savings; Joint checking or savings; Holiday Club, etc…***)

Bank _____ Type Acct _____ Amount $ _____

Bank _____ Type Acct _____ Amount $ _____

Bank _____ Type Acct _____ Amount $ _____

Bank _____ Type Acct _____ Amount $ _____

LIABILITIES *(Includes but is not limited to Health Care Premiums; Car Payments; Mortgage; Credit Cards*)

_____

_____

_____

LIFE INSURANCE POLICIES:

Company _____ Face Value $ _____ Premium $ _____

Company _____ Face Value $ _____ Premium $ _____

Company _____ Face Value $ _____ Premium $ _____

LONG TERM CARE INSURANCE POLICY: ◯ Yes ◯ No

Company _____ Face Value $ _____ Premium $ _____

Have you made a gift or transferred, without full and fair consideration, any assets or Personal Property or Real Estate in the past year? (Please explain and include comments on additional paper, if needed.)

_____

_____

_____

I understand that Arbutus Park Manor Retirement Community retains the right to accept or reject any application consistent with the law. I certify that all of the information submitted on this Application is true and correct, and I understand the submission of false information may constitute grounds for rejection of this Application or my discharge after admission. (***Please sign the appropriate line below)***

Date _____ Applicant Signature _____

Date _____ Legal Representative Signature _____

Relationship to Applicant _____