

ABSOLUT CARE
OF THREE RIVERS
living legends



Welcome to the subacute rehabilitation program at
Absolut Care of Three Rivers.

Inside this binder you will find a number of facility amenities
detailed for your convenience

If there is anything else that you desire
during the course of your stay, please do not hesitate to ask.

If you have any praises or concerns, please feel free to
contact our facility Administrator or Director of Nursing.

Enjoy your stay.



Welcome!

Your room number
will be assigned upon
admission.

Facility Phone Number
607-936-4108

Cell phones can be used in our
facility, or call Spectrum Services to
set up Regular phone service in your room:

888-406-7063

Internet Access

Three Rivers is pleased to offer WiFi
to our patients and residents

username: RCAGuest

password: Rca!Guest



FACILITY EXTENSIONS

To reach a staff member listed below simply dial the extension.

FAX # 936-1689 PHONE # 936-4108 AMBULANCE # 936-4177 FIRE/POLICE # 911

<u>POSITION</u>	<u>EXTENSION</u>
Activities	116
Administrator	102
Admission	108
Assistant Admin	109
Business Asst.	106
Business Manager	105
Conference Room	104
Dietary	118
Dietitian	To Page, Dial Front Desk
Dining Room	112
Doctor Room	129
Director of Nursing	103
Maintenance Director	124
Unit A	121
Unit Clerk	122
Unit A RCC	123
Human Resources	111
Kitchen	119
MDS	114
Medical Records	120
Scheduling & Recruiting	113
Nursing Supervisor	101
PT/OT/Speech	115
Reception/Front Desk	100
Salon	130
ADON	110
Social Work	107
Staff Development	117
Unit C	125
Unit C RCC	126
Unit D	127
Unit D RCC	128



Beauty/Barber Shop Hours

To schedule an appointment with our licensed
stylist, please call 607-936-4108

Hours of Operation

Monday 9:00AM - 2:00PM

Tuesday Closed

Wednesday-Friday 9:00AM - 2:00PM

Services

Shampoo	\$8.00
Shampoo/Set	\$16.00
Set Only	\$13.00
Haircut (Men and Women)	\$15.00
Wash/Blow Dry/Cut	\$25.00
Wash/Blow Dry/Curl	\$20.00
Wash/Blow Dry	\$13.00
Perms	\$50.00
Hair Color	\$40.00

No gratuities please.

All payments should be made through the Business Office.



Attn: Patients & Families

Out-On-Pass Information

You may go out on a therapeutic pass while at the rehab facility.

These passes are approved by the facility physician.

Per rehab guidelines, they can be no longer than four (4) hours per day.

Be advised.

Per NYS DEA guidelines, no medication can be dispensed for a therapeutic pass without a forty-eight (48) hour notice.

If you have questions, please feel free to check with your nursing staff.



Television Channels

Channel Name	Channel #
Spectrum News	1
CW (WENY)	2
NBC (WETM) HD	3
ABC (WENY) HD	4
C-SPAN	5
PBS (WSKG) HD	8
WGN America HD	9
ION Television	10
WETM 2 HD	11
CBS HD	12
FOX HD	13
Weather Channel	14
MTV HD	15
CNN HD	16
TNT HD	17
Discovery HD	18
Comedy Central	20
Spectrum Sports Syracuse	21
SNY HD	22
Travel HD	24
Cartoon Network	25
TBS HD	26
E! HD	27
TLC HD	28
EWTN HD	29
Spike HD	30
USA HD	31
Freeform HD	32
AMC HD	33
Nickelodeon HD	34
A&E HD	35
Animal Planet	36

Channel Name	Channel #
CNBC HD	37
Lifetime HD	38
ESPN HD	39
HLN HD	40
VH1 HD	41
Bravo HD	42
Food Network HD	43
truTV HD	44
Discovery Life	45
HGTV HD	46
MSNBC HD	47
TV Land HD	48
MSG Plus HD	49
ESPN2 HD	51
Syfy HD	52
TCM HD	53
CMT HD	54
MSG HD	55
History HD	56
FX HD	57
Disney Channel HD	58
Hallmark Channel	59
NBCSN HD	61
OWN HD	62
WE TV HD	63
Oxygen HD	64
National Geographic	65
YES Network HD	66
Golf Channel HD	67
BET HD	68

Channel Name	Channel #
LMN HD	69
Fox News Channel	70
C-SPAN 2	92
QVC HD	159
HSN HD	176
Evine HD	194
MSG2 HD	326
MSG2 Plus HD	327
Fox Sports 1 HD	400
PBS Kids	1275
Create (WSKG)	1276



Religious Services

Christian Services

Sundays 3:00PM - 4:00PM

Rosary & Communion

Scheduled per Catholic Diocese
(In-Room Communion Available)

Catholic Mass

Scheduled through Diocese

Communion Pass

Scheduled through Diocese

Available Services on Request

Assembly of God - Baptist - Catholic
Church of Christ - Episcopal
Evangelical - Greek Orthodox
Jehovah's Witness - Lutheran
Methodist - Mosque - Nazarene
Pentecostal - Presbyterian
Salvation Army - Wesleyan



Local Restaurants

Jelly Beans

607-936-2075

Heavenly Cup

607-936-8270

Sorges (Italian)

607-937-5422

Applebee's

607-937-3318

OIP (subs, pizza, etc.)

607-936-5080

Aniello's Pizzeria

607-962-2060

Mooney's Sports Bar & Grill

607-684-6372

Evergreen Chinese

607-962-1017



Dining Services

For your dining pleasure and convenience, all meals are served in the Servery Dining Area on your unit.

Meals on Unit

Breakfast	7:00 am - 9:00 am
Lunch	11:00 am - 1:00 pm
Dinner	5:00 pm - 7:00 pm

Dining Room

Breakfast	7:30 am - 9:00 am
Lunch	11:30 am - 1:00 pm
Dinner	5:30 pm - 7:00 pm

Nourishments/snacks are available at your request 24 hours a day and/or based on the Dietitian's recommendation and Physician's order.

Bon Appetite!



Labeling Clothing

Dear Resident and Family Member,

Absolut Care of Three Rivers has purchased a machine to attach labels to Resident's personal clothing in an effort to reduce or eliminate the misplacement of items.

All clothing provided to Residents or Patients should be left at the Front Desk with the individual's name clearly marked on the front of the package to assure that clothing is labeled before being placed in the room. During business hours, the Receptionist will give you a receipt for the clothing items left.

You may also apply your own labels to clothing if you wish. If you do not wish for clothing to be labeled, please be advised that the facility is not responsible for any lost clothing.

We are pleased to offer this service free of charge and hope that the issue of misplaced or lost clothing will be minimized.

If you have any questions regarding the laundry system, please do not hesitate to contact our department at 607-936-4108

Enjoy your stay!

Housekeeping/Laundry Department



Activities

The Activities Department is open 7 days a week, including weekends, evenings and holidays.

We offer a variety of programs on and off the unit. Activities event calendars are posted throughout facility and in rooms.

Various independent projects are available in the Activities Room or lounge with items such as cards, magazines, word puzzles, table games, crafts, videos and more!

If you have any questions regarding information that does not appear in this folder, please contact the Unit Nurse.

- Candy, Soda, and Snack Machines located in lobby
- Discharge time is 11 am
- A map of fire exits and extinguishers is posted on each unit for your safety
- Family and friends are welcome to visit based on the facility's visitation policy

