

**ABSOLUT CARE**  
OF THREE RIVERS  
*living legends*



Welcome to the post-acute 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
ADON	110
Business Asst.	106
Business Manager	105
Conference Room	104
Dietary	118
Dietitian	To Page, Dial Front Desk
Dining Room	112
Director of Nursing	103
Doctor Room	129
Housekeeping/Laundry Supervisor	124
Human Resources	108
Kitchen	119
Maintenance Director	120
MDS	114
Medical Records & Scheduling	111
Nursing Supervisor	101
PT/OT/Speech	115
Reception/Front Desk	100
Social Work	107
Staff Development	117
Unit A	121
Unit A RCC	123
Unit C	125
Unit C RCC	126
Unit Clerk	122
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 - South	1
WENY - The CW	2
WETM - NBC	3
WENY - ABC	4
C-SPAN	5
C-SPAN2	6
WSKG - PBS	7
Spectrum News - South	8
WETM - IND	11
WENY - CBS	12
WYDC - FOX	13
WYDC (WJKP) - MyTV	50
NY State Legislature	83
C-SPAN2	92
C-SPAN3	93
QVC	159
HSN	176
Jewelry TV	188
SHOPHQ	194
Spectrum News - South	200
Spectrum News - NY1	215
C-SPAN	225
C-SPAN2	226
C-SPAN3	227
NY State Legislature	229
QVC	480
QVC2	481
HSN	483
HSN2	484
SHOPHQ	487
Jewelry TV	499
WENY-ABC HD	1200
WETM-NBC HD	1203
WYDC-FOX HD	1206
WENY CBS HD	1209
WENY - The CW	1212
WYDC (WJKP) - MYTV HD	1215
WSKG-PBS HD	1221
WENY - Ithaca News HD	1243
WETM 2 (HD)	1245
WETM 3	1246
WYDC-MeTV	1250
WSKG PBS Kids	1275
WSKG - Create	1276
WSKG	1277
P.E.G.	1301

Channel Name	Channel #
Music Choice	1901 - 1950
NewsNation	9
ION Television	10
The Weather Channel	14
MTV	15
CNN	16
TNT	17
Discovery Channel	18
Comedy Central	20
SportsNet New York	22
Travel Channel	24
Cartoon Network	25
TBS	26
E!	27
TLC	28
EWTN	29
Paramount Network	30
USA Network	31
AMC	33
Nickelodeon	34
A&E	35
Animal Planet	36
CNBC	37
Lifetime	38
ESPN	39
HLN	40
VH1	41
Bravo	42
Food Network	43
truTV	44
HGTV	46
MSNBC	47
TV Land HD	48
MSG2 Plus	49
ESPN2	51
SYFY	52
CMT	54
MSG	55
HISTORY	56
FX	57
Disney Channel	58
Hallmark Channel	59
WE tv	63
Oxygen	64
National Geographic	65
YES Network	66
BET	68

Channel Name	Channel #
LMN	69
FOX News Channel	70
Daystar	72
BBC America	73
Bloomberg Television	74
FOX Business Network	75
FOX Sports 1	76
MSG 2	77
SEC Network	78
MotorTrend HD	81
Investigation Discover..	82
Hallmark Mov. & Myst.	88
Oxygen	90
Galavisión	91
SundanceTV	95
TBN	96
SonLife	97
VICTORY Channel	98
INSP	99
USA Network	101
A&E	102
TNT	103
TBS	104
AMC	105
Discovery Channel	106
HISTORY	107
FX	108
BBC America	110
SYFY	111
truTV	112
Comedy Central	113
Paramount Network	116
VH1	117
MTV	118
TV Land HD	121
Hallmark Channel	123
UP	124
ION Television	125
NewsNation	126
National Geographic	129
Animal Planet	132
Investigation Discover...	138
Earth X HD	139
ChimeTV HD	147
Start TV East - HD	155
Story TV HD	156
HGTV	160

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# Television Channels

Channel Name	Channel #
Magnolia Network	161
Food Network	162
Travel Channel	165
TLC	166
Bravo	167
E!	168
Lifetime	170
Oxygen	171
WE tv	172
Pop HD	175
GSN	177
Stellar TV	178
BET	181
The Africa Channel HD	183
ASPIRE TV	185
QVC3 HD	195
AccuWeather HD	198
CNN	201
FOX News Channel	202
msnbc	203
HLN	204
CNBC.	205
FOX Business Network	206
Bloomberg Television	207
The Weather Channel	211
FOX Weather HD	217
Newsmax TV HD	222
theGrio HD	232
Disney Channel	251
Nickelodeon	258
Cartoon Network	264
REVOLT	291
CMT	293
ESPN-	300
ESPN2	301
MSG	318
MSG Plus	319
SportsNet New York	320
YES Network	321

Channel Name	Channel #
MSG 2	326
MSG2 Plus	327
Yes Network Overflow H...	371
B1G	382
SEC Network	384
B1G	386
ACC Network HD	388
FOX Sports 1	400
MotorTrend HD	403
EWTN	460
INSP	461
The Word Network HD	462
Daystar	463
TBN	464
SBN	470
VICTORY Channel	472
The Impact Network	474
QVC3 HD	475
Shop Zeal 6	476
FETV	477
Shop Zeal 8	478
QVC2	481
Shop Zeal 1	482
HSN2	484
Shop Zeal 3	485
Shop Zeal 4	486
Shop Zeal 5	488
LOVE	489
GEM Shopping Network	490
Shop LC	492
SonLife	495
VICTORY Channel	496
SundanceTV	625
IFC	627
Hallmark Mov. & Myst.	629
LMN	630
Univisión	801
Galavisión	827



# 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

<b>Breakfast</b>	7:00 am - 9:00 am
<b>Lunch</b>	11:00 am - 1:00 pm
<b>Dinner</b>	5:00 pm - 7:00 pm

## Dining Room

<b>Breakfast</b>	7:30 am - 9:00 am
<b>Lunch</b>	11:30 am - 1:00 pm
<b>Dinner</b>	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

