

# ABSOLUT CARE OF ALLEGANY *living legends*



Welcome to the post-acute rehabilitation program at  
Absolut Care of Allegany.

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

716-373-2238

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

Allegany is pleased to offer WiFi  
to our patients and residents

username: RCAGuest

password: Rca!Guest



# Beauty/Barber Shop Hours

To schedule an appointment with our licensed  
stylist, please call

## Hours of Operation

Monday 9:00AM - 2:00PM

Thursday 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.



## Emergency Preparedness

Our emergency preparedness manual is located on our website at [www.livinglegendshealth.com](http://www.livinglegendshealth.com)

You will need to go to the locations tab and click [Absolut Care of Allegany](#).

It will take you to our page and you will see on the right-and side where it says Emergency Management Plan. You need to click that and it will open up our emergency preparedness. You may also ask for a copy of this at any time from our facility and we will be happy to print it for you.

If you have any questions about our plan, please ask to speak to John Mye for further information.



# Your Rights

## The Right to be Fully Informed of

- Available services and the charges for each service
- Facility rules and regulations, including a written copy of resident rights
- Address and telephone number of the State Ombudsman and state survey agency
- State survey reports and the nursing home's plan of correction
- Advance plans of a change in rooms or roommates
- Assistance if a sensory impairment exists
- Residents have a right to receive information in a language they understand (Spanish, Braille, etc.)

## Right to Complain

- Present grievances to staff or any other person, without fear of reprisal and with prompt efforts by the facility to resolve those grievances
- To complain to the Ombudsman program
- To file a complaint with the state survey and certification agency

## Right to Participate in One's Own Care

- Receive adequate and appropriate care
- Be informed of all changes in medical condition
- Participate in their own assessment, care-planning, treatment and discharge
- Refuse medication and treatment
- Refuse chemical and physical restraints
- Review one's own medical record
- Be free from charge for services covered by Medicaid or Medicare

## Right to Privacy and Confidentiality

- Private and unrestricted communication with any person of their choice
- During treatment and care of one's personal needs
- Regarding medical, personal or financial affairs



## Rights During Transfers and Discharges

- Remain in the nursing facility unless a transfer or discharge
  - (a) is necessary to meet the resident's welfare;
  - (b) is appropriate because the resident's health has improved and s/he no longer requires nursing home care;
  - (c) is needed to protect the health and safety of other residents or staff;
  - (d) is required because the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request
- Receive thirty-day notice of transfer or discharge which includes the reason, effective date, location to which the resident is transferred or discharged, the right to appeal, and the name, address, and telephone number of the state long-term care ombudsman
- Safe transfer or discharge through sufficient preparation by the nursing home

## Right to Dignity, Respect & Freedom

- To be treated with consideration, respect, and dignity
- To be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints
- To self-determination
- Security of possessions

## Right to Visits

- By a resident's personal physician and representatives from the state survey agency and Ombudsman programs
- By relatives, friends, and others of the resident's choosing
- By organizations or individuals providing health, social, legal, or other services
- Residents have the right to refuse visitors

## Right to Make Independent Choices

- Make personal decisions, such as what to wear and how to spend free time
- Reasonable accommodation of one's needs and preferences
- Choose a physician
- Participate in community activities, both inside and outside the nursing home
- Organize and participate in a Resident Council



# Television Channels

Channel Name	Channel #
Spectrum News	1
WGRZ- NBC	2
WNED- PBS	3
WIVB- CBS	4
WUTV- Fox	6
WKBW- ABC	7
CFTO-GTV	15
The Weather Channel	21
ESPN	23
ESPN2	24
SportsNet New York	25
MSG	26
CNN	27
HLN	28
msnbc	29
CNBC	30
FOX News Channel	31
Hallmark Channel	32
Food Network	33
HGTV	34
EWTN	35
MTV	36
VH1	37
TBS	38
BET	39
Paramount Network	40
TNT	41
Cartoon Network	42
Nickelodeon	43
Disney Channel	44
AMC	45
FX	47

Channel Name	Channel #
USA Network	48
CMT	49
Bravo	50
A&E	51
Freeform	52
Discovery Channel	53
HISTORY	54
Animal Planet	55
NBC Sports Network	57
TLC	58
Lifetime	59
SYFY	60
TV Land	61
Comedy Central	62
E!	63
YES Network	64
Travel TV	65
Oxygen	66
TBN	67
National Geographic	68
MEG Plus	70
Galavision	71
WE TV	72
truTV	74
WGN America	76
BBC America	78
Bloomberg Television	79
FOX Business Network	80
Daystar	81
FOX Sports 1	82

Channel Name	Channel #
FX Movie Channel	84
Hallmark Mov .& Myst.	85
INSP	86
Investigation Discovery	87
SEC Network	88
SonLife	89
MotorTrend HD	90
Hillsong Channel	91
FXX	95
Pop	99
USA Network	101
MSG Plus HD	45
ESPN2 HD	46
Syfy HD	47
TCM HD	48
CMT HD	49
MSG HD	50
History HD	51
	52
Disney Channel HD	53
Hallmark Channel	54
NBCSN HD	55
OWN HD	56
WE TV HD	57
Oxygen HD	58
National Geographic	59
YES Network HD	60
Golf Channel HD	65
BET HD	66





# Religious Services

## Christian Services

Scheduled through Diocese

## Rosary & Communion

Scheduled per Catholic Diocese  
(In-Room Communion Available)

## Catholic Mass

Scheduled through Diocese

## Communion Pass

Scheduled through Diocese



## Local Restaurants

Please see nursing regarding diet restrictions prior to ordering.

**Mangia**

716-373-2754

**Domino's Pizza**

716-373-4210

**Applebee's**

716-372-2828

**New Lake View (Chinese)**

716-373-0100

**Friendly's**

716-372-2227

**Tasta Pizza**

716-373-2393

**Subway**

716-372-1415



# Absolut Care of Allegany Meal Times

## Breakfast

**South Dining Room- 8:00 a.m.**

**North Dining Room- 8:15 a.m.**

## Lunch

**South Dining Room- 12:00 Noon**

**North Dining Room 12:15 p.m**

## Dinner

**South Dining Room- 6:00 p.m.**

**North Dining Room- 6:15 p.m.**

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 Allegany makes every effort to avoid the misplacement of personal 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.

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.

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.**

- Soda machine is located in the staff break room.
- 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

**Thank you!**



**ABSOLUT CARE**  
OF ALLEGANY  
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Absolut Care of Allegany is proud to receive 5 stars out of 5 in Quality Measures from the Federal Government which rates every nursing home in the country.

Visit [www.medicare.gov](http://www.medicare.gov)  
to see how we compare  
to facilities locally and nation-wide.



## State-Wide Quality Award

Each year, the NY State Department of Health issues a Nursing Home Quality Initiative (NHQI) that evaluates nearly 600 nursing homes in the state based on quality performance.

**Absolut Care of Allegany**  
is among an elite list of facilities state-wide  
to have achieved the Top Quintile Status.

