WELCOME TO DUBOIS NURSING HOME

We want your experience at our facility to be a pleasant one.

What to Bring:

- Please make sure you have your insurance cards, prescription cards, social security card, power of attorney, and living will for staff to copy.
- A week’s worth of clothing (day clothes, night clothes, footwear etc.) and make sure clothing tags have resident’s name in permanent marker.
- Cable is provided; however, we do not have a TV for every resident so you may want to bring one on your own. Have it labeled and inventoried when you arrive.

Things to know:

- **Visitation hours** – there are no set visiting hours. Front doors automatically lock at 8pm, but you can gain access by ringing the doorbell located behind the newspaper stand outside the main front doors.
- **Dining service** – guest trays are offered for lunch and dinner at a cost of $5.00 ($6.00 for holiday meals). Please inform the staff that you need a guest tray at least an hour before meal time so the kitchen can have it ready.
- **Beauty/Barber Shop** – our beautician is generally available Monday thru Friday and the barber is available on Wednesday evenings. Arrangements can be made for these services with the business office, charge nurse or social worker.
- **Telephone** – Telephone service is not included. However, phone connection can be arranged either by the facility (pending availability of phone lines) or by contacting Verizon (800-660-2215). You can inquire about rates and connection through the Business Office.
- **Church Service** – Protestant Church services are provided every Sunday. In addition, Catholic and Interdenominational services are listed on the monthly activity calendar. Our Chaplain is also available for private, spiritual support.
- **Additional Information** – Upon admission, you will receive an Orientation Booklet, which will answer many frequently asked questions. However, if you have additional questions, please ask!
# Room Rates—Effective 01-01-2014

<table>
<thead>
<tr>
<th>Service</th>
<th>Price Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory Lane</td>
<td>$215.00</td>
</tr>
<tr>
<td>Semi-Private Rooms</td>
<td>$200.00</td>
</tr>
<tr>
<td>Hospice Suites</td>
<td>$205.00</td>
</tr>
<tr>
<td>Rehab Suites</td>
<td>$245.00</td>
</tr>
</tbody>
</table>

# Ancillary Services—Effective 01-01-2014

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Therapy Evaluation/Re-Eval</td>
<td>$90.00/each</td>
</tr>
<tr>
<td>Physical Therapy Treatment</td>
<td>$45.00/15 min. unit</td>
</tr>
<tr>
<td>Occupational Therapy Evaluation/Re-Eval</td>
<td>$95.00/each</td>
</tr>
<tr>
<td>Occupational Therapy Treatment</td>
<td>$45.00/15 min. unit</td>
</tr>
<tr>
<td>Speech Therapy Evaluation/Re-Eval</td>
<td>$195.00/each</td>
</tr>
<tr>
<td>Speech Therapy Treatment</td>
<td>$115.00/each</td>
</tr>
<tr>
<td>In-House EKG services</td>
<td>$75.00/each</td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>Price quoted by item upon request.</td>
</tr>
<tr>
<td>Rented Medical Equipment</td>
<td>Price quoted upon request.</td>
</tr>
<tr>
<td>In-House X-ray Services</td>
<td>Price quoted upon request.</td>
</tr>
</tbody>
</table>

# Beauty Shop—Effective 01-01-2014

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies’ Hair Cut</td>
<td>$9.00</td>
</tr>
<tr>
<td>Men’s Hair Cut</td>
<td>$7.00</td>
</tr>
<tr>
<td>Shampoo With Set</td>
<td>$10.00</td>
</tr>
<tr>
<td>Shampoo Only</td>
<td>$3.50</td>
</tr>
<tr>
<td>Perm (Only)</td>
<td>$24.00</td>
</tr>
<tr>
<td>Perm/Cut/Shampoo/Set</td>
<td>$41.00</td>
</tr>
<tr>
<td>Cut/Set</td>
<td>$19.00</td>
</tr>
<tr>
<td>Conditioning Treatment</td>
<td>$5.00</td>
</tr>
<tr>
<td>Color (Permanent Color)</td>
<td>$20.00</td>
</tr>
<tr>
<td>Temporary Color</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

# Telephone Service Effective 01-01-2014

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connection Fee</td>
<td>$25.00</td>
</tr>
<tr>
<td>Basic Service</td>
<td>$15.00/Month</td>
</tr>
</tbody>
</table>

* Rates are subject to change with 30 days prior notice.
Telephone Service

In the event you wish to have a telephone, you have two options.

1. Phone service can be connected through DuBois Nursing Home. If there is a line available there will be a $25.00 connection fee and then a service fee of $15.00 per month. The phone number will be given to you when your telephone is hooked up. You must first dial 9 to reach an outside line to place a call. This line will provide local service only. A long distance call can be placed by calling collect or by using a calling card. If available, a phone will be provided or you may use your own phone. If a resident changes rooms you may be given a new number.

2. Contact Verizon at 1-800-660-7111. This service will provide local and long distance service. When contacting the phone company you will need to tell them that this is a Nursing Home and that they must send a technician to the facility to complete the connection to our in-house wiring system. You will not need maintenance coverage on the phone lines. You will also need to give them the room number and the bed number, 1 or 2. The street address is 212 South Eighth Street, DuBois, PA. After the initial connection is made, it is not necessary to contact the telephone company if a resident moves to another room.

If you have any problems or questions our Business office will be glad to assist you.
Medical Staff

Dr. Stephen Kruk, D.O. – Medical Director  814-371-1717
Dr. Steven Graeca, D.O.  814-371-1717
Dr. Jennifer Wineberg, M.D.  814-653-8000
Dr. Gregory Sachs, D.O.  814-375-0600
Dr. James Scerbo, M.D.  814-371-0373
Dr. Brandon Roscoe, M.D.  814-503-8070
Dr. Guy Gerhart, M.D.  814-371-1480
Dr. Ellen Albanese, M.D.  814-787-5131
Dr. James E. Devlin, M.D.  814-268-3645

Not all physicians choose to see residents in nursing facilities or usually limit their practice to just one. Above is a list of the physicians who currently see patients at DuBois Nursing Home. If your attending physician is not on the list, please choose one of the physicians who accept new residents and the Admission Coordinator will ask what physician may accept you into their practice. Please be aware that the physician will have to determine if he or she can safely accept another patient, so your choice at the time is dependent upon the physician’s acceptance.
REHABILITATION SERVICES

At DuBois Continuum of Care Community, our therapy team works with each resident’s physician and the nursing staff to create a rehabilitation and restorative program that will help keep the residents at his or her highest level of functioning.

SHORT-TERM REHABILITATION – This is an alternative for individuals well enough to leave an acute care hospital, but not well enough to return home. Ultimately, our goal is to assist patients in improving their quality of life and regain an active, independent lifestyle upon returning home.

PHYSICAL THERAPY – Physical Therapy meets the needs of residents who have lost some physical function due to an illness or injury. We help residents regain functional abilities such as walking, improving strength, balance and endurance as well as support recovering from injuries. Physical Therapy offers:

- Gait training with assistive devices
- Balance training
- Muscle strengthening and coordination
- Transfer training
- Prosthetic evaluation and training

OCCUPATIONAL THERAPY – Occupational therapy helps residents return to their optimal level of independence in activities of daily living (feeding, bathing, dressing, toileting, and homemaking). Occupational Therapy may include:

- Splint fabrication & modification
- Safety training
- Activities of daily living
- Upper body strengthening/coordination
- Assistive device assessment and training
**SPEECH THERAPY** – Speech Therapy treats patients with speech, language, swallowing and hearing impairments. The resident’s ability to communicate and swallow are two functional skills improved through therapy. Treatments include:

- Speech and language evaluation and therapy
- Swallowing evaluation and treatment
- Assessment and training
- Cognitive assessment and training

**AQUATIC THERAPY** – Aquatic therapy takes advantage of all the properties of water so people can strengthen muscles with low impact on their joints. It helps build coordination and balance by slowing down the movements from water resistance. It also increases joint flexibility while having fun. Aquatic therapy offers:

- Underwater variable speed treadmill
- Mechanical lift for less mobile patients
- Low impact muscle strengthening program
- Balance/coordination activities
Outpatient Therapy Services

Treatment Approach:
An individualized treatment plan is designed for the patient based on the evaluation results and the goals of the patient. The treatment program utilizes the most advanced equipment, which may include the following:
- Electrical and thermal modalities
- Prosthetic and orthotic training
- Gait equipment
- Pool therapy
- Range-of-motion and strength training
- Wheelchair assessment and training

Occupational Therapy
The Occupational Therapy Program thoroughly enhances the individual’s ability to increase functional independence for day-to-day living.

Common conditionals are:
- Neurological dysfunction (i.e., Parkinson’s, Multiple Sclerosis)
- Spinal cord injuries
- Stroke

Physical Therapy
The Physical Therapy Program is specifically designed for individuals who have a physical impairment or dysfunction inhibiting their functional mobility.

Common conditions treated are:
- Acute sprains and strains
- Arthritis
- Back pain
- Neurological dysfunction
- Orthopedic – surgical and non-surgical
- Soft tissue injuries
- Spinal cord injury
- Stroke
- Total joint replacements
- Vestibular and balance problems
Adaptive equipment training
Self-care training
Home and community training
Functional activities
Neuro-developmental therapy
Range-of-motion and strengthening
Splinting
Cognitive retraining
Fine and gross motor activities

Speech Therapy
The Speech Therapy Program is a comprehensive service that offers therapy for individuals who have difficulty speaking or swallowing, and for cognitive impairments that may be adversely impacting their everyday life.

Common conditions we treat include:
- Aphasia and Apraxia
- Brain injury/tumor
- Dysarthria
- Dysphagia
- Laryngectomy
- Multiple Sclerosis
- Oral pharyngeal cancer
- Parkinson’s Disease
- Voice disorders

Treatment Approach:
The Speech Therapist develops a treatment plan and recommendations based on a comprehensive evaluation. It is designed to meet the needs and goals of the patient and may include the following:
- Breathing techniques
- Compensation techniques
- Communication boards
- Memory strategies
- Oral hygiene and care
- Speech
- Swallowing evaluations
- Swallowing strategies
- Voice training

Specialized Equipment
Specialized equipment is available as needed to enhance treatment:
- BTE Technologies
- Primus R.S. Rehabilitation Systems
- ACP Electrical Stim (PENS)
- Shortwave Diathermy System
- Aqua Pool with Underwater Treadmill

Referral Process
Patients may be referred by their physician, rehabilitation specialist or case manager. All patients must have a current prescription from their treating physician. The patient or referring party may call Outpatient Therapy Registration to register and provide intake information. The patient will be contacted for an initial evaluation appointment.

For additional information or referrals, please contact the Outpatient Therapy at (814) 375-9100.

The DCCI subscribes to a nondiscrimination policy.