



Welcome!

The Vista
REHABILITATION



CC YOUNG
SENIOR LIVING

Welcome!

We are honored that you have chosen CC Young for your rehabilitation. When Reverend Christopher Conley Young set out to create a supportive environment for aging women, he never dreamed of the thriving community it would become. Almost 100 years later, we offer the same caring and compassion that Rev. Young felt when he set out on his journey. Our goal is to serve you and assist in your recovery so you can return to *wherever* you will call home.

In this newsletter, you will find information about the day-to-day operations within our Nursing and Rehabilitation Teams.

If you have any questions about anything, please ask! We're here to help!

About CC Young

CC Young is a non-profit, faith-based, senior living community whose vision is to enhance the quality of life for all we serve. Established in 1922, we offer a full continuum of care: everything from Independent and Assisted Living to Short-Term Rehabilitation, Adult Day Center, Long-Term Care, and Memory Support on campus. We also offer Home Healthcare, Home Services and Hospice both on-campus and also in the 13 counties in North Texas.

For more information, visit: www.ccyoung.org



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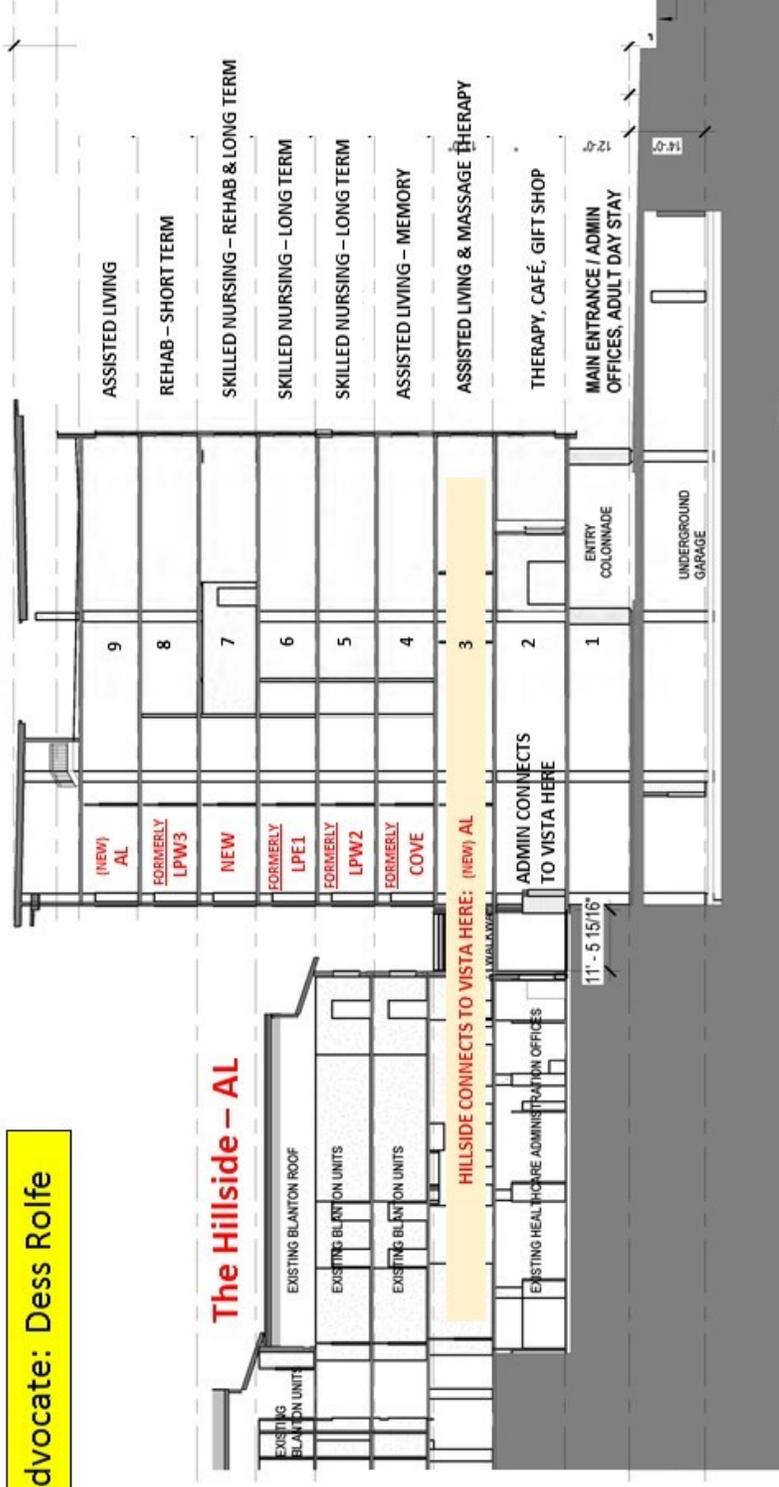
- **P3: Vista Schematic**
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Nursing Administrator: Tim Miller
 Director of Nursing: Constance Grigerek
 Hillside/AL Administrator: Chastity Love Barnes
 Asst. AL-MS Administrator: Shana Thompson

Resident Advocate: Dess Rolfe

ADON: Ifeoma Ude – 5th floor
 ADON: Tammy Alexander – 6th floor
 ADON: OPEN – 7th floor
 ADON: Aimee Robbins – 8th floor
 ("ADON" = Assistant Director of Nursing)

The Vista



Director, Therapy: Jeremy Morgan
 Assistant Director, Therapy: Joel Duran

Director, Maintenance: Tod Pettit
 Director, Dining Services: Josh Fels

Director, Housekeeping: Raul Cabello
 Assistant Director, Housekeeping: Josie Little

The Vista's Important Phone Numbers

To dial an inside line, press the five digit extension.

To dial an outside line, press "9" then dial the number.

To contact 911 emergency services, simply dial "911."

Key:

DON: Director of Nursing

ADON= Assistant Director of Nursing

| | |
|--|--------------|
| Receptionist..... | 214-827-8080 |
| Administrator: Tim Miller..... | 214-841-2849 |
| DON: Constance Grigerek..... | 972-201-3570 |
| 5th Floor Nursing Station..... | 214-841-2805 |
| 5th Floor ADON: Ifeoma..... | 972-201-3566 |
| 6th Floor Nursing Station..... | 214-841-2809 |
| 6th Floor ADON: Tammy..... | 214-841-2949 |
| 7th Floor Nursing Station..... | OPEN |
| 7th Floor ADON: OPEN..... | OPEN |
| 8th Floor Nursing Station..... | 214-841-2807 |
| 8th Floor ADON: Aimee..... | 972-201-3568 |
| Admissions..... | 214-989-4527 |
| Dietitian: Valarie Breaux..... | 972-996-1460 |
| Dietitian: Diane Boles..... | 214-258-4095 |
| Hillside Beauty Salon..... | 214-841-2990 |
| Life Enrichment/Activities: Hayley..... | 214-273-9653 |
| Move Coordinator: Jennifer Benson..... | 214-370-2817 |
| Pastoral Care: Rev. Kellie Sanford..... | 972-261-3015 |
| Resident Advocate: Dess Rolfe..... | 972-638-8788 |
| Social Services: Medicare—Naziha..... | 214-841-2940 |
| Social Services: Managed Care—Davlin..... | 214-841-2980 |
| Therapy Reception | 972-638-8795 |
| Therapy Director—Jeremy Morgan..... | 469-828-3481 |
| Therapy Assistant Director—Joel Duran..... | 972-638-8784 |
| Transitioning Case Manager: Dosha..... | 214-258-4019 |

LOOKING FOR SOMETHING TO DO?

Our calendar of campus activities is available for you. Feel free to join us for any events which sound interesting. Our Life Enrichment Team will be stopping by to meet you and see how we can best serve you.

We also have games, puzzles, crossword books, art supplies, and other items that you can enjoy in your room when you're not in therapy.

**If you have questions,
call Hayley:
214-273-9653**

RESIDENT ADVOCATE

At CC Young, we created a special position to assist residents with any compliments or concerns you may have about your stay with us.

Dess Rolfe is that special person who is here for you!

She will listen to your concerns and contact the appropriate team member to assist resolving those issues. More importantly, she will follow up with residents, family members, and team members to make sure things are running smoothly for you.

**If you are having any issues,
call Dess at 972-638-8788
for assistance.**

SHOWERS

Each patient is assigned a shower schedule for three days a week. If you'd like to be bathed more often, less often, or want a different time, please discuss with your Nurse.

The type of shower provided to you will be based on your specific needs. If you have a preference, please let us know.

DOCTORS & NURSES

The Assistant Directors of Nursing (ADONs) & the Social Workers do frequent rounds. These are great people to talk to if you have a concern. Be sure to mention any issues so our team can be proactive for you.

The attending Physician assigned to your care will be by to see you. If you are unavailable, they may speak to your nurse instead. Let the staff know if you want to speak directly to the Physician.

There may be other doctors stopping by our campus: podiatrist, pain management, and if you authorize it, a psychiatrist/psychologist.

If you have any questions, please ask the Nursing team!

Care Plan Conferences

CC Young's Social Worker will set up a meeting with you after your arrival.

This meeting is for you to ask questions about your specific care and for us to review your treatment plan and discharge plans for going home.

The Social Worker, Therapist, Nurse, Transitional Case Manager and possibly Dietitian will be present to discuss their component of your care.

You are welcome to invite a family member to attend this meeting.

Discharge Information

Before you are discharged:

1. Your inter-disciplinary team (doctors, nurses, and therapists) has determined that you are near your "maximum level of functioning."
2. The Social Worker is notified and confirms your plan for continued care. This could mean arranging Home Healthcare services, outpatient therapy, ensuring admission to another facility, and ordering any equipment you might need.
3. Your therapist, our Transitional Care Manager, and the Social Worker will discuss the plan with you and/or your family.
4. You will discharge with at least 3 days of medications and a list of current medications to show your doctor.
5. When it is time to discharge, you may be eligible for Home Healthcare or return home to an independent setting.

NOTE: Be sure to follow up with your Primary Care Physician or Specialist within 2 weeks of discharge.

HAND HYGIENE

Washing your hands with soap and water or using hand sanitizer is the most important way to prevent the spread of infections. Residents & guests are strongly encouraged to wash/scrutinize hands frequently.

Daily Routine



Each room is equipped with a Nurse call light system. Press the **red** button on the cord coming from the wall and a Team Member will be with you shortly.

For your safety, please use the call light for assistance getting out of bed and going to the restroom, *especially* if you have recently had a medical procedure done on your

hips, legs, knees, or feet.

Our goal is that the call light will be answered in 3 minutes or less. If wait times are longer than 3 minutes, please let your Nurse know.

Our Team will be coming by your room to check on you every few hours throughout the day and night.

MEAL INFO

Dining Room Times:

Breakfast—8am

Lunch—12pm

Dinner—5pm

The Dining Room is a great place to get to know your neighbors and get out of your room for a while. We encourage you to give it a try!

If you prefer to eat in your room, you may. Just let the Nursing Team know.

We begin service in the Dining Room. Meal service to rooms follows once the Dining Rooms are served.

Your Options:

Our daily menu comes with two Entrée choices. We have several other items on our “always available” menu.

Note: Families may request meals from daily menu or always available menu which can be charged to your room. Breakfast & Lunch are \$7 per person. Dinner is \$8 per person.

Snacks are available 24/7. Simply press your call light if you'd like something brought to you.

Vending and Bistro Dining are available on the 2nd floor.

Enjoy!

CC Young's Rehabilitation program provides a comprehensive suite of services designed to promote independence and well-being.

Therapy

We offer physical, occupational, and speech therapy. With The Vista's opening, we will offer aquatic therapy as well! For all therapies, you must be evaluated by one of our therapists before you receive treatment.

Our goal is to complete your evaluation within 24 hours of admission. Typically, you will be seen 5-7 days a week, depending on your doctor's orders.

Therapy sessions will be on 2nd Floor of The Vista.

Please speak with your therapist directly if you have any questions about your treatment.

Massage Therapy is available on the 3rd floor of The Vista.

Call **972-755-4259** to schedule an appointment.

LEAVING THE BUILDING

For your security, we ask that you let the Nursing Team know you are leaving your floor. Please sign out at the front desk on Vista's 1st floor/main entry even if you're just going to another location on campus so that we can locate you if necessary.

If you are going out to a doctor that is related to your reason for stay ("I'm here to recover from my foot surgery and I need to see the foot surgeon"), please tell the Nursing Team about your appointment. We will be able to assist with transportation for you at no charge. If you have an appointment **not** related to your stay ("I'm here to recover from my shoulder surgery but I have an appointment with my dentist"), there may be a charge if we provide transportation.

You are welcome to go out to visit family, go to a restaurant, go to the store, or do whatever you need to do provided you arrange your own transportation. There are a few things to keep in mind:

- Remember therapy is of utmost importance. Too many missed therapy sessions may impact qualification for your stay.
- If leaving campus, ask your therapist if he/she feels it would be safe for you to get into and out of a vehicle.
- Consider what will happen when you get where you're going. Will you be able to sit for long periods of time? Get to the bathroom?

Please consider these factors when leaving the building!

The Vista's intentional design was to create a residential, home-like feel in senior living. This new building is "home" for our residents.

Nurses and Certified Nurse Aides may be found throughout each neighborhood and are often near the family rooms at the end of each hallway.



- **Home Healthcare:** You may need assistance as prescribed by your physician after receiving a new diagnosis, or after surgery, rehab or stroke. Our Home Healthcare Team is available with the skilled services you need, delivered by our experienced team.

- **Home Services:** You want to live in your home, but may need a little assistance to make things easier. We're here for you, with a wide range of solutions including companionship, light housekeeping, meal preparation, laundry, medication assistance, fitness and wellness.

- **Hospice:** Hospice is a type of healthcare that focuses on the palliation of a terminally ill patient's pain and symptoms while attending to their emotional and spiritual needs. Hospice care has a palliative focus without curative intent and involves an interdisciplinary team coordinating care. It covers medications, medical equipment, supplies and support to the patient and family.

Call 214-841-2825 for assistance.

You Are Here:

CC Young

The Vista, 8th Floor
4849 W. Lawther Dr
Dallas, TX 75214

Parking is available underneath and around the building.

There is additional parking around our Central Park and at the western end of campus.



Review us on your favorite platform

Our website: ccyoung.org/reviews

Facebook: facebook.com/ccyoungageless

Twitter: twitter.com/ccyoungageless

Google: search "CC Young" - Then [write a review](#)

KNOW YOUR TEAM CC YOUNG UNIFORM COLORS



Assisted Living & Memory Support
(Red)



Community Services
Home Healthcare,
Home Services, Hospice
(Purple)



Nursing
(Dark Teal)



Rehab
(Steel Grey)



Life Enrichment
(Teal / Tan)



Housekeeping
(Royal Blue / Black)



Cooks & Diet Aides
(White / Black)
Servers
(Black)



Maintenance
(Tan / Black)



Transportation
(Burgundy / Black)

We're here to provide radiant hospitality!

Cable Lineup

| | | |
|---------------------------|----------------------------|--------------------------|
| 1 On Demand Portal | 41 Fox News Channel HD | 80 CCY Information |
| 2 C-SPAN | 42 MSNBC HD | 81 CCY Campus Broadcast |
| 3 Discovery Channel HD | 43 CNBC HD | 82 Hallmark |
| 4 FOX (KDFW) HD | 44 TBS HD | 83 Hallmark Movies |
| 5 NBC (KXAS) HD | 45 TNT HD | 84 FX Retro |
| 6 C-SPAN 3 | 46 USA HD | 85 Spectrum Sports |
| 7 MyTV (KDFI) HD | 47 truTV HD | 86 SEC |
| 8 ABC (WFAA) HD | 48 FX HD | 87 Longhorn TV |
| 9 CW (KDAF) HD | 49 E! HD | 88 Velocity |
| 10 Telemundo(KXTX) HD | 50 AMC HD | 89 LMN |
| 11 CBS (KTVT) HD | 51 Lifetime HD | 90 Fox Bus. Network HD |
| 12 KTXA HD | 52 Food Network | 91 American Heros |
| 13 PBS (KERA) HD | 53 HGTV HD | 92 Gameshow Network |
| 14 MundoMax(KFWD) | 54 A&E HD | 95 Public Access |
| 15 Liquidation Channel | 55 History HD | 96 Government Access |
| 16 Government Access | 56 Fox Sport 1 HD | 97 EDUC |
| 17 TBN (KDTX) | 57 TLC HD | 98 EDUC |
| 18 EWTN | 58 Animal Planet HD | 99 EDUC |
| 19 Daystar | 59 Nickelodeon HD | 101 USA HD |
| 20 UniMas (KSTR) HD | 60 Disney Channel HD | 102 A&E HD |
| 21 Azteca Amer.(KAZD)HD | 61 Freeform HD | 103 TNT HD |
| 23 Univision (KUVN) HD | 62 Cartoon Network HD | 104 TBS HD |
| 24 KTXD HD | 63 CMT HD | 105 AMC HD |
| 25 WGN America | 64 Comedy Central HD | 105 HBO Zone |
| 26 ION | 65 Syfy HD | 106 Discovery Channel HD |
| 28 C-SPAN 2 | 66 TV Land | 107 History HD |
| 29 EstrellaTV(KMPX)HD | 67 Investigation Discovery | 108 FX HD |
| 30 Galavision HD | 68 TCM HD | 109 FXX HD |
| 31 NBCSN HD | 69 MTV HD | 110 BBC America |
| 32 Spike HD | 70 VH1 HD | 111 Syfy HD |
| 33 ESPN2 HD | 71 TV One HD | 112 truTV HD |
| 34 ESPN HD | 72 BET HD | 113 Comedy Central HD |
| 35 Golf Channel HD | 73 Oxygen HD | 114 Esquire HD |
| 36 Fox Sports SW HD | 74 Travel Channel HD | 116 Spike HD |
| 37 The Weather Channel HD | 76 Bravo HD | 117 VH1 HD |
| 38 National Geographic | 77 Inspire | 118 MTV HD |
| 39 HLN HD | 77 QVC | 119 MTV2 |
| 40 CNN HD | 79 OWN | 120 MTV Classic |

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Cable Lineup

| | | |
|-----------------------------|----------------------------|----------------------------|
| 121 TV Land | 187 Ovation HD | 297 RFD TV |
| 122 Freeform HD | 201 CNN HD | 300 ESPN HD |
| 123 Hallmark Channel HD | 202 Fox News Channel HD | 301 ESPN 2 HD |
| 126 WGN America | 203 MSNBC HD | 302 ESPNNews HD |
| 127 Chiller | 204 HLN HD | 306 MLB Network |
| 128 Reelz Channel HD | 205 CNBC HD | 308 NBA TV HD |
| 129 National Geographic HD | 206 Fox Bus. Network HD | 310 NFL Network HD |
| 130 Nat Geo Wild HD | 207 Bloomberg TV HD | 314 NBCSN HD |
| 131 Smithsonian | 208 CNBC World | 315 CBS Sports Network |
| 132 Animal Planet HD | 209 BBC World News | 318 Fox Sports SW HD |
| 133 Viceland | 211 The Weather Channel HD | 319 Fox Plus Dallas Sports |
| 134 FYI | 216 CNN International | 323 TWC Sports TX HD |
| 135 Destination America HD | 225 C-SPAN | 370 ESPNU HD |
| 136 Science Channel HD | 226 C-SPAN 2 | 375 PAC 12 |
| 138 Investigation Discovery | 227 C-SPAN 3 | 376 PAC 12 |
| 139 Cloo | 251 Disney Channel HD | 377 PAC 12 |
| 140 American Heros HD | 253 Boomerang | 378 PAC 12 |
| 145 El rey HD | 254 Disney Junior | 379 PAC 12 |
| 159 QVC | 255 Sprout HD | 380 PAC 12 |
| 160 HGTV HD | 256 BabyFirst TV | 381 PAC 12 |
| 161 DIY HD | 257 Nick Jr. HD | 383 Longhorn HD |
| 162 Food Network HD | 258 Nickelodeon HD | 384 SEC Network HD |
| 163 Cook | 260 Nick 2 | 385 College Football |
| 165 Travel Channel HD | 262 Nicktoons HD | 400 Fox Sports 1 HD |
| 166 TLC HD | 263 TeenNick | 401 Fox Spots 2 |
| 167 Bravo HD | 264 Cartoon Network HD | 402 MAV HD |
| 168 E! HD | 265 Disney XD HD | 403 Velocity HD |
| 169 Fuse HD | 266 Discovery Family HD | 405 Golf Channel HD |
| 170 Lifetime HD | 268 Disney OnDemand | 406 Tennis |
| 171 Oxygen HD | 286 MTV Live | 440 ESPN Deportes HD |
| 172 WE TV HD | 287 Bet Jams | 442 FOX Deportes HD |
| 173 OWN HD | 288 Nick Music | 443 beIN Sports Espanal HD |
| 174 Lifetime Real Women | 290 BET Soul | 444 Univision Deportes HD |
| 176 HSN HD | 291 Revolt HD | 460 EWTN |
| 182 Centric | 292 FM HD | 461 INSP |
| 184 TV One HD | 293 CMT HD | 462 The World Network HD |
| 185 ASPIRE | 294 CMT Music | 463 Daystar |
| 186 Youtoo | 295 Country Music Video | 464 TBN (KDTX) |

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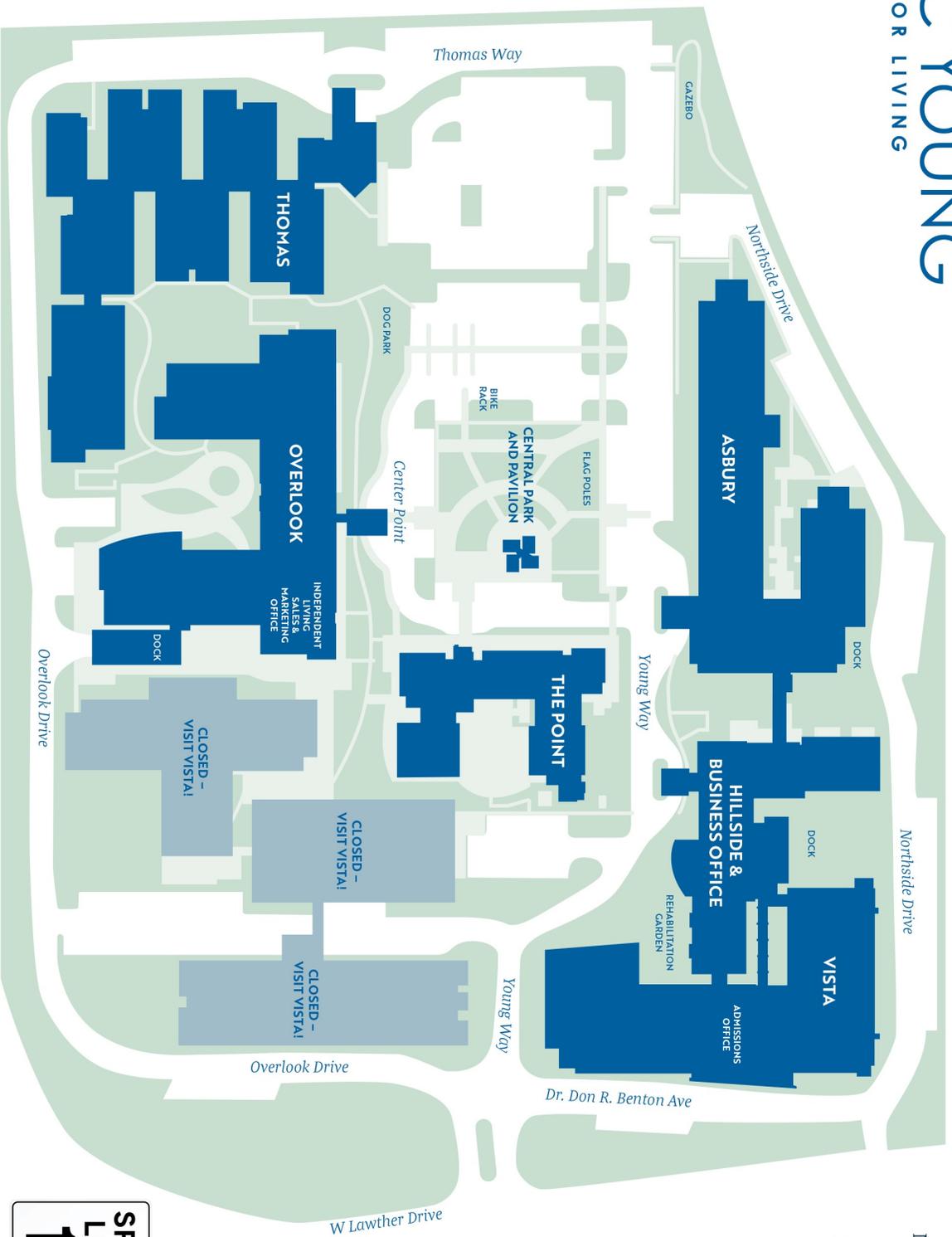
Cable Lineup

| | |
|-----------------------------|----------------------------|
| 465 BYU TV | 804 UniMas (KSTR) HD |
| 468 Family Net | 806 Azteca America (KAZD) |
| 480 QVC | 807 MundoMax (KFWD)HD |
| 481 QVC Plus | 811 Estrella TV (KMPX) HD |
| 482 Shop Zeal 1 | 825 Canal de Tejas |
| 483 HSN HD | 900 Fuse HD |
| 484 HSN2 HD | 1200 WFAA HD |
| 485 Shop Zeal 3-Lifestyle | 1203 KXAS HD |
| 486 Shop Zeal 4-Lifestyle | 1206 KDFW HD |
| 487 EVINE Live HD | 1209 KTVT HD |
| 488 Shop Zeal 5-News&Info | 1212 KDAF HD |
| 489 Shop Zeal 2-Information | 1215 KDFI HD |
| 493 Gem Shopping Network | 1218 ION (KPXD) HD |
| 499 Jewelry Television | 1221 PBS (KERA) HD |
| 510 HBO On Demand | 1230 CBS (KTVT) HD |
| 511 HBO HD | 1212 CW (KDAF) HD |
| 512 HBO2 HD | 1215 MyTV (KDFI) HD |
| 513 HBO Signature HD | 1230 KTXA HD |
| 514 HBO Family HD | 1231 TBN (KDTX) |
| 515 HBO Comedy HD | 1240 ABC AccuWeather |
| 516 HBO Zone HD | 1241 Justice Network(WFAA) |
| 517 HBO Latino HD | 1245 Cozi TV (KXAS) |
| 518 HBO West | 1256 Antenna TV (KDAF) |
| 520 HBO Signature West | 1260 Movies! (KDFI) |
| 521 HBO Family West | 1268 World (KERA) |
| 522 HBO Comedy West | 1269 Create (KERA) |
| 623 Flix West | 1277 Get TV (KSTR) |
| 625 Sundance TV HD | 1280 Bounce |
| 627 IFC HD | 1901-1950 Music TV |
| 629 Hallmark Movies HD | |
| 630 LMN HD | |
| 631 TCM HD | |
| 632 FX Movie Channel | |
| 633 MGM HD | |
| 634 Universal | |
| 640 HD Net Movies | |
| 801 Univision (KUVN) HD | |
| 803 Telemundo (KXTX) HD | |

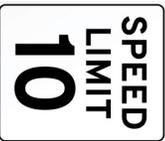


CC YOUNG SENIOR LIVING

NW Highway intersects with W Lawther Drive



East Mockingbird Lane and White Rock Lake to the South



Asbury: 4831 W Lawther Dr, Dallas, TX 75214

Hillside: 4847 W Lawther Dr, Dallas, TX 75214

Overlook: 4833 W Lawther Dr, Dallas, TX 75214

Thomas: 4835 W Lawther Dr, Dallas, TX 75214

Vista: 4849 W Lawther Dr, Dallas, TX 75214

CC Young Mailing Address: 4847 W Lawther Dr, Ste 100, Dallas, TX 75214 | www.ccyoung.org | 214-827-8080