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Braemoor Health Center  
**HOSPITALITY GUIDE**

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*welcome and thank you*  
for choosing Braemoor Health Center

At Braemoor Health Center, we provide our residents with individualized quality care. We focus on treating and respecting the whole person. Regardless of the length of stay, our residents' daily needs are our priority.

Braemoor Health Center is dedicated to both quality care for our residents and professional satisfaction for our employees.

It is the mission of each member of our team to make your stay here a positive experience with excellent outcomes. We will do everything possible to help you achieve your goals and retain maximum independence.

Please do not hesitate to let any staff member know immediately if you have any questions or if your highest expectations are not being met so we can rectify the issue immediately.

We thank you for entrusting us with your healthcare needs.

*Yours,*

*Helena Silva, Administrator*



## BRAEMOOR HEALTH CENTER MANAGEMENT STAFF

Please feel free to contact any one of the staff members listed below with any questions or concerns.

Administrator	Helena Silva	EXT. 1321
Director of Nursing	Janet Catton, RN	EXT. 1322
South Unit Manager	Robert Duprez	EXT. 1311
Director of Admissions	Debbie Reid	EXT. 1320
Director of Rehabilitation	Sarah Johnson	EXT. 1325
Director of Social Services	Charlene Reid	EXT. 1323
Director of Activities	Susan Drew	EXT. 1337
Director of Food Services	Anthony Scafuto	EXT. 1334
Business Office Manager	Manetta Rogers	EXT. 1326
Director of Maintenance	Dan Jenkins	EXT. 1333
Director of Housekeeping	Reginaldo Barbosa	EXT. 1331
Concierge	Cameron Ruff	EXT. 1327

If you are having problems with your phone, please contact our Concierge at ext. 1327.



# DIRECTIONS TO BRAEMOOR HEALTH CENTER

OUR ADDRESS IS: 34 North Pearl Street, Brockton, MA 02301

PHONE NUMBER: 508.586.3696

## FROM THE NORTH (BOSTON AREA)

1. Take Interstate 93 South to Route 24 South (Exit Left).
2. From Route 24 South merge onto MA-27 via Exit 18B toward Stoughton.
3. Take a left at the first set of traffic lights, onto North Pearl Street.
4. After a half mile, Braemoor Health Center is on the right.

## FROM THE SOUTH

1. Take Interstate 495 North to Route 24 North via Exit 7A toward Boston.
2. From Route 24 North merge onto MA-27 via Exit 18B toward Stoughton.
3. Take a left at the first set of traffic lights, onto North Pearl Street.
4. After a half mile, Braemoor Health Center is on the right.

## FROM THE WEST

1. Take Interstate 90 (Massachusetts Turnpike) East to Interstate 95 South via Exit 14 toward South Shore/Cape Cod.
2. Merge onto Interstate 93 N/US-1 N via Exit 12 on the left toward Boston.
3. Merge onto Route 24 South via Exit 4 toward Brockton/Fall River.
4. From Route 24 South merge onto MA-27 via Exit 18B toward Stoughton.
5. Take a left at the first set of traffic lights, onto North Pearl Street.
6. After a half mile, Braemoor Health Center is on the right.



## REHABILITATION SERVICES

### WHAT TO EXPECT

You will be evaluated by the appropriate therapist(s). Based upon the evaluation findings, you and your therapist will develop a plan of care which will help you meet your goals and regain your independence. Depending on your doctor's orders and your individual diagnosis, therapy sessions will generally range from 5 to 7 days per week, and you may have the opportunity to participate in both individual and group exercise sessions.

### RECOMMENDED REHABILITATION ATTIRE

Braemoor Health Center recommends the following:

- > Comfortable shoes with rubber soles and socks
- > Slippers and flip flops are not recommended
- > Comfortable work out clothing: shorts, sweatpants, t-shirts, sweaters
- > Most patients find that elastic waist pants are easier to manage.

### YOUR DISCHARGE

The goal is for each patient to return home at their highest level of independence. A team meeting is scheduled within the first 72 hours of your arrival to begin discussing discharge expectations. The complete interdisciplinary team including therapists, nurses, your doctor, social worker, and dietician will be involved with your treatment and discharge planning.

As your discharge draws near, your therapy may include visits to our fully equipped “mock apartment” where you can practice returning home including activities such as cooking, bathing, and bed mobility, etc. Depending on the need, a home evaluation may be completed by the therapy department to determine what challenges your home environment may contain (throw rugs, stairs etc.).

Our social worker will coordinate any home care you may need upon discharge and will follow up with you after you are discharged to ensure your transition home is running smoothly.

## WHAT ARE THE DIFFERENT TYPES OF THERAPY?

**PHYSICAL THERAPY** – Sometimes following a surgery, injury or illness, you may become weak or have difficulty moving around independently. Physical therapy services focus on helping you regain your mobility through addressing changes in strength, endurance, balance and range of motion.

**OCCUPATIONAL THERAPY** – OT focuses on helping you regain your independence in functional daily activities such as bathing and dressing, preparing meals for yourself, and homemaking tasks. We also help to teach you energy saving tips and activity pacing so that you don’t overexert yourself while you recover.

**SPEECH THERAPY** – Many conditions result in weakening of the muscles involved in safely swallowing food. Other illnesses/injuries may affect cognitive functioning such as memory and language/communication. Our speech/language pathology therapists will work with you to improve swallowing ability and/or to improve memory and language ability.



## DIETARY SERVICES

*"One cannot think well, love well, and sleep well, if one has not dined well"*  
– Virginia Woolf

At Braemoor Health Center, we strive for excellence in the dietary department. Along with a dedicated staff and a well-balanced menu, our goal is to help you with your healing process. Our meals have been designed to fit all your daily nutritional needs by our Registered Dietician.

Your physician and the dietician will determine the best therapeutic diet that suits your nutritional needs.

Our Food Service Department offers a variety of selections for you to choose from. These selections are carefully prepared to fit your dietary needs. If you desire specific items, we will accommodate your request within the restrictions of your diet.

We also offer an On-Demand menu, with light snacks such as crackers and sandwiches 24 hours a day so you'll be able to satisfy that midnight craving.

Within 24 hours of your arrival, a member of the Food Service Department will visit you and discuss your personal preferences. If you need any further assistance, please feel free to call extension 1334 and ask to speak with me.

Welcome!

*Anthony Scafuto*  
*Director of Food Services*





## ACTIVITIES DEPARTMENT

*"He enjoys true leisure who has time to improve his soul's estate."  
- Henry David Thoreau*

At Braemoor Health Center, we acknowledge that for your stay to be truly enjoyable, your leisure time must be fulfilling. Our goal is to provide you access to activities that are pleasurable to you. These may consist of group activities or individual down time.

Our Activities Department offers a variety of selections for you to choose from. We recognize that each person has specific and individual interests.

If you have leisure time preferences, please let us know and we will accommodate your request to the best of our ability.

Within 24 hours of your arrival, a member of the Activities Department will visit you and discuss your personal preferences. If you need any further assistance, please feel free to call ext. 1337 and ask to speak with me.

Welcome!

*Susan Drew*

*Activities Director*



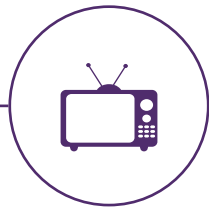
## FACILITY FEATURES

Internet Access is available throughout the facility. Computers with internet access are available for residents to use. To enable wireless service on your personal computer/smart phone, choose Internet Name "Braemoor Guest".

For your recreational enjoyment, each room on our short-term unit is equipped with a television connected to Basic Satellite coverage at no extra charge. Please refer to page 11 for the channel lineup. If you experience any problems with your television, please contact the Concierge at ext. 1327.

For your convenience, we offer complimentary telephone service for all incoming and outgoing local calls.

Magazines and daily newspapers are available for your reading pleasure. If you should need anything additional to make your stay more enjoyable, please contact the Concierge at extension 1327.



## SATELLITE TELEVISION LISTINGS

CHANNEL	STATION	CHANNEL	STATION
2	ABC-WCVB	18	CNN
3	CBS-WBZ	19	DISCOVERY
4	CW-WLVI	20	FOODS
5	FOX-WXFT	21	FOX NEWS
6	ION-WBPX	22	GSN
7	NBC-WHDH	23	HALLMARK
8	UNIVISION-WUNI	25	HISTORY
16	CBS SPORTS	26	LIFETIME
17	CHRISTIAN TV	29	NFL
24	HALLMARK MOVIE	30	TBS
27	LIFETIME MOVIE	31	TBS
28	NAT GEO	32	TNT
9	RSN-RED SOX	33	TRAVEL
10	RSN-CELTICS/BRUINS	34	TV LAND
11	A&E	35	USA
12	ABC FAMILY	36	WEATHER
13	AMC	37	IN HOUSE
14	ANIMAL PLANET	38	IN HOUSE
15	BRAVO		



## HAIR SALON HOURS

Resident Salon Services are available to meet your hairstyling needs. The salon is located on the Basement level. Our Salon is open from 9:30am – 3:00pm on Monday, Tuesday and Friday. Feel free to make an appointment at ext.1309 or let your nursing staff know, and they can make an appointment for you. **Payment must be made at the time of service by cash or check.**

Please see page 13 for pricing and contact information.



# BRAEMOOR BEAUTY SHOP

## INFORMATION AND PRICE LIST

Our professional hair stylist, is available by appointment at the Beauty Shop on Level B. Hair appointments may be scheduled with the Receptionist or with any member of the Activities Staff with prices as follows:

### HAIRDRESSER:

Cut & Wash	\$ 12 (For Men)
Cut & Wash	\$ 19 (For Women)
Wash & Set	\$ 14
Wash & Blow Dry	\$ 14
Wash, Set & Cut	\$ 19
Perm Treatment	\$ 39
Color Treatment (see below) *	\$ 14

*Resident/Patient must provide their own color kit and ONLY Clairol's Nice and Easy or Loving Care brands may be used.*

Please make any checks for stylist services payable to Cash for the exact amount of services rendered, OR consider opening a convenient "Personal Needs Account" with the Braemoor business office any time!

*Thank You!*