

January 2023



Neighborhood News

Keeping Seniors Warm and Safe

As we grow older, the cold of winter can affect us more severely. Hypothermia occurs when your body temperature gets very low. A body temperature colder than 95 degrees can cause many health problems, liver damage or worse. Here are some recommendations for keeping an older adult safe in the cold weather:

Dress warmly on cold days even if staying in the house.

Wear layers when going outside on chilly days.

Wear a hat, scarf and gloves.

Don't stay out in the cold and wind for a long time.

Find safe ways to stay active even when it's cold outside.



THE WI-FI
PASSWORD
Pavilions231

HAPPY NEW YEAR

Occupational Therapy

The Grand Traverse Pavilions Wellness Center Staff are your "aging in place" specialists! Our Occupational Therapists (OT's) specialize in helping you stay in your home and independent as long as possible.

What do OT's do? OT's specialize in recommendations for home modifications to improve safety including modifications for special conditions like low vision. They are knowledgeable in a wide range of equipment to make caring for yourself easier. Have trouble bending over to put on shoes and socks? Ask an OT! Difficulty getting in and out of your bathtub? OT has a solution! Occupational Therapists also specialize in treatment of shoulder, elbow, wrist, and hand weakness and pain using a variety of manual therapy techniques, therapeutic exercises, and even aquatic therapy. Our occupational therapists have extensive continuing education in the area of neurological and post stroke rehab with courses taken at the Rehab Institute of Chicago, a leader in innovative and current research techniques. Our OT's use current concepts in rehabilitation and state of the art equipment to help you get back to living, working, and enjoying all that beautiful northern Michigan has to offer! Just ask your Doctor for a prescription for Occupational Therapy and call 231-932-3172 to set up an appointment.



The Wellness Center
GRAND TRAVERSE PAVILIONS

Housekeeping

In the Main Building each Pavilion is assigned a regular housekeeper. The housekeeper has daily assignments as well as weekly deep cleaning assignments in each residents room.

Daily Cleaning Resident

Bathroom

Mop floor

Clean toilet

Clean sink

Refill soap and toilet tissue

(if needed)

Daily Cleaning Resident Room

Vacuum

Empty waste basket

Clean over the bed table

(if needed)



Deep Clean of Resident Room

Strip and wash bedding and mattress

Dust all furniture and window sills

Dust blinds and wash the inside of the windows

Make sure privacy curtains and carpets are clean

Sanitize and clean door knobs, light switches and shelves in bathroom

Clean shower, walls and mirror in bathrooms

If you ever have a concern with the cleanliness of a residents room or bathroom, please contact the Environmental Services Manager at 932-3131.

COVID-19

People with Influenza (Flu) and COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms include:

- **Fever or chills**
- **Cough**
- **Shortness of breath**
- **Difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

This list does not include all possible symptoms. Symptoms may change with new Covid-19 variants/Flu strains and can vary depending on vaccination status. CDC will continue to update this list as we learn more about COVID-19 and this seasons Flu strains. Older adults and people who have underlying medical conditions like heart or lung disease or diabetes are at higher risk for getting very sick from COVID-19.

Medicare Cards

Have you lost your Medicare card? If so, to get your new Medicare Card:

Call **1-800-MEDICARE**

(1-800-633-4227).

TTY users can call

1-877-486-2048.

Sign in to your [MyMedicare.gov](https://www.mymedicare.gov) account. If you don't have an account yet, visit [MyMedicare.gov](https://www.mymedicare.gov) to create one. You can sign in to see your Medicare number or print an official copy of your card.



Transportation

For the safety of our residents and drivers, if the Traverse City Public Schools are closed due to poor road conditions we will only be making bus runs off of the Grand Traverse Pavilions campus for absolutely necessary medical appointments.

Social Workers

Birch - Holly Kazim.....932-3207
Cherry - Emily Tyrrell.....932-3307
Dogwood - Cindi Pobuda.....932-3407
Elm - Holly Kazim.....932-3507
Rehab - Kim Kucharski932-3727

Main Building - 1000 Pavilions Circle Traverse City, MI 49684 (231) 932-3000
Evergreen Cottage - 521 Cottageview Drive (231) 932-3600
Hawthorn Cottage - 523 Cottage Arbor Lane (231) 932-3620
Willow Cottage - 525 Cottage Arbor Lane (231) 932-3640
Grand Traverse Pavilions Foundation Office (231) 932-3018
Website - www.gtpavilions.org



Grand Traverse Pavilions
A COMMUNITY CARING FOR GENERATIONS