

JULY 2023

Neighborhood News



July 6th
Grand Traverse
Pipes and Drums



July 13th
Miriam Pico and
Friends



July 20th
Golden Voices—
Frank Sinatra Tribute



July 27th
The Gordon Lightfoot
Tribute

Support The Powerful Work of The
Foundation:

Freewill donations at the concerts
will go directly to supporting the
Grand Traverse Pavilions
Foundations efforts to care for the
elders in our community.

***Concessions available for
purchase provided by our dietary
team Forefront.

***Concerts are subject to change
due to inclement weather.

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



Eyes, Teeth, & Toes...Oh My!

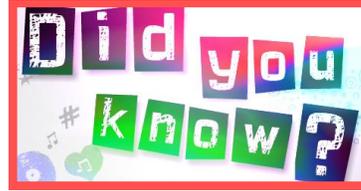
From their eyes to their toes we have your loved one covered! Grand Traverse Pavilions Main Building has contracted with in-house vision, podiatry and dental services to bring appointments right to our residents' doors.

These clinics are made available monthly by Dr. Sheldon, a local Podiatrist, as well as by Dr. Rudzinski, DDS, and Dr. Akers, OD, both who come to us from Mobile Medical Support. If you would like more information, please contact your Pavilion ADON or Social Worker.

Podiatry Clinics are available for Cottage Residents also. Contact your Life Enrichment Coordinator for details.

Social Workers

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



Reserve A Room

Looking for space to celebrate your loved one's birthday or have a family gathering? There are several areas that may be reserved for these special events.

Contact your Life Enrichment Coordinator or Pavilion social worker in advance to plan your event.



Update Info

Please report any change of address, phone numbers, emails for responsible party or any emergency contact person, primary physician or insurance coverage to your Social Worker or Life Enrichment Coordinator.



WIFI PASSWORD

pavilions233

July 1st—September 30th

Labeling

(Residents in the main building)
 Do you have clothing for a resident that you would like labeled? You may let the assigned CNA on the Pavilion know and the clothes will be placed in a clean bag tagged with the resident's name. It will then get labeled and returned within 24 hours.

Item Drop Off

We have an item drop off table in our vestibule to allow families to drop items off to their loved ones, please be sure these items are labeled with the name and room number so it can be delivered to the intended resident. Feel free to call the front desk at (231)932-3000 with any questions.

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