

**Wellness Clinic** every Monday 1-3pm and every Thursday 10-12pm in the Wellness Office

- Wellness nursing staff will be available for questions, evaluation of, or management of any medical issue (such as blood pressure monitoring, or illness).
- Our doors are open and there are no associated charges during clinic hours. Outside of these times please call with your questions as we may be out of the office assisting residents.

### **File of Life (FOL) Management with Annual Wellness Visit**

- Wellness nurses provide an introductory visit with each resident after move-in including File of Life establishment. An Annual Wellness Visit will include a FOL update and answer any questions you may have. This service is included with your residency here at OceanView. You are also welcome to call our office to set up this appointment.

### **Clinics, Groups and Seminars**

- Refer to the monthly calendar for offerings. No charge for any of these.

### **Weekly Lab Services**

- Once a provider faxes your lab order to our Wellness Office (fax 207-781-4128) please attend the following lab service. Refer to the monthly calendar for time and location.

### **Equipment Loans**

- We keep a few walkers, commodes and canes on hand to loan. Please call for availability or stop by during clinic hours if you would like to borrow. Physical or Occupational therapists are providers that advise people on height specifications of various medical equipment. It is not within a nurse's scope of practice to make these recommendations. We can loan equipment, but a physician or therapist provides education on the use of equipment. Borrowed equipment can be dropped back off sanitized.

### **Case Management Oversight**

- Provided we are aware, our wellness department will follow along with your hospital stay or rehab journey and can provide transitional counseling.

### **Balance Screenings**

- (Quarterly) FOX Rehab Physical Therapists will evaluate your balance and risk for falls. Sign up at the Activities nook.

## Charged Nursing Services

*\*Per hour charges are prorated in 15-minute increments\**

- Emergency Visits
- Home Visits
- Office Visits (involving medical care/treatment outside of clinic hours)
- Wound Care
- Complex Case Management (arranging services, physician communication, family meetings, medical management)
- Medication Management

## PRO Services (Preferred Retirement Options)

*OceanView's personal care agency includes companions, caregivers, and/or nurses*

*PRO is managed by our Wellness Coordinator*

*\*Per hour charges are charged at the appropriate rate\**

- **Companions** can assist in everyday tasks such as but not limited to pet care and dog walking, light housekeeping, grocery management, meal preparation, walks, errands, and taking to appointments.
- **Caregivers** can assist with bathing and all activities of daily living.
- **Nursing** can manage daily and/or weekly medications as well as administer medications. This includes calling in prescriptions, ensuring delivery, filling pill boxes and/or daily medication drops to residents.

*\*Current rates are on OceanView's Concierge Services Fee Schedule\**

## Onsite Services by regularly visiting providers

*\*Consult with provider for charges and payment\**

- **Massage Therapy** – by appointment, Linda Dillingham, LMT 207-712-6889 in the HTL Amenities room.
- **Hearing Aid Clinics** – a hearing aid specialist from Falmouth Hearing Aids will evaluate your hearing aids, adjust, and clean. Make your appointment by calling 207-541-9295.
- **Counseling Services** – by appointment, call Lydia Maier, LCSW at 207-233-0584. Location: office in Lunt Office Building.
- **Podiatry Services** – Dr. Russell J. Rybka, DPM, provides podiatry services for those OceanView residents who require physician footcare (diabetics, residents taking blood thinners, or with poor circulation, etc.) Sign up for an appointment with Activities. Location: HTL Amenities Room.
- **Foot Care at Home** – by appointment call 207-229-7968 or email [jolinelpothier@gmail.com](mailto:jolinelpothier@gmail.com). Footcare provided by nurses in your home.