

A SENIOR LIVING COMMUNITY

Welcome

RESIDENT HANDBOOK



THE HEALTH & REHABILITATION CENTER

THE SELFHELP HOME



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A SENIOR LIVING COMMUNITY





Welcome

FROM OUR CEO

Welcome to **The Selfhelp Home Health & Rehabilitation Center**. We understand that selecting a healthcare provider is a significant decision, and we are deeply appreciative that you have chosen us as your partner in this important journey toward recovery.

Whether you are rehabilitating from orthopedic surgery or recovering from an illness, our dedicated and experienced team is committed to developing a personalized treatment plan tailored to your specific needs. Our goal is to help you regain strength, mobility, and function in a manner that best supports your overall well-being.

At Selfhelp, we pride ourselves on being a unique community that prioritizes your care and needs. You will soon discover that our daily mission is to place you at the forefront of our care. We consider ourselves a family that not only attends to your health requirements, but also honors your individuality, preferences, and abilities with the utmost respect.

On behalf of our entire team, I extend a warm welcome from The Selfhelp Home. We look forward to supporting you throughout your rehabilitation journey.

Thank you.

A handwritten signature in black ink, appearing to read 'Mark Dubovick', written in a cursive style.

Mark Dubovick
Chief Executive Officer
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Meet the Team

REHABILITATION
AT ITS BEST!



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Medical Team

REHABILITATION
AT ITS BEST!

During your rehab stay, you will be assigned to one of our physicians who will oversee your care. You may request one of our physicians below, and you also have the right to choose your own physician to oversee your care - as long as they are credentialed with The Selfhelp Home. During your stay, you will continue to see your specialists on an outpatient basis.



Anna Liggett, MD
Medical Director
Affiliated:
Northwestern Memorial Hospital



Mark Vexelman, MD
Visiting Physician
Affiliated:
Ascension
Northwestern Memorial Hospital



Eric Mizuno, MD
Visiting Physician
Affiliated:
Weiss Medical Center



Muhammad Haque, MD-Physiatrist



Victoria Coraglio MD
Wound Care Specialist



Joel Okner, MD
Cardiologist

Preparing for Your Stay

WHAT TO BRING

Personal Information

- Government issued ID
- Insurance Cards
- Credit Card (will remain on file but not charged without your consent)
- COVID-19 Vaccine Card
- Name and phone number of your primary care physician
- A list of any medicines you currently take
- A living will, healthcare power of attorney (POA) and advance directives if applicable.
- Emergency contact phone numbers and email addresses.
- We recommend leaving valuables at home. There is a safe available in the Administrator's office on the 8th floor.

Clothing to Bring /What Do I Wear?

- Soft-soled shoes or athletic shoes with non-skid soles
- Several sets of loose-fitting comfortable athletic clothing
- T-shirts
- Sweatpants or stretch pants
- Shorts, if you have had leg surgery
- Typical clothing that you would wear at home – such as shirts with buttons – so you can practice getting dressed
- Underwear
- Socks
- Pajamas and slippers with tread or traction

Personal Care Items

We supply your basic toiletries such as shampoo, soap and toothbrush

- Your personal hygiene products
- Hairbrush or comb, hair care products, makeup, if applicable
- Denture adhesive and cleaner, if applicable
- Dentures, hearing aids, and/or glasses
- Contact lenses and solution
- Splints, braces, or orthotics

What to Expect

WHEN YOU ARRIVE

Assessment The admission process begins with a full assessment by our team, which includes a **Registered Nurse, Dietary Manager, Therapy Director, Activity Staff** and the **Social Services Director**. Your assigned physician will collaborate with our team and also visit you.

Care Plan Meeting Within a couple of days, our team will arrange a care plan meeting to meet the interdisciplinary team to go over nursing needs and therapy goals. A follow up care plan meeting will take place closer to your discharge date. We encourage family members or patient representatives to attend meetings.

Private Suite **The Health & Rehabilitation Center** was designed with your peaceful recovery in mind. We offer only private and spacious suites with a bathroom and shower in every room and a welcome gift upon arrival.

Your therapy Program A rehabilitation program will be designed for you based on your assessment that takes into account your goals, prior level of function and your prognosis. Therapy treatment is conducted on a one on one basis and/or group setting. Rehabilitation is offered five-six days a week with the length of each session designed to address your specific therapeutic goals and needs. A **Physiatrist** (a medical doctor who specializes in physical medicine and rehabilitation) will evaluate your progress and help to manage your pain.

Length of Stay Everybody's length of stay is unique and can differ based on your diagnosis and clinical complexity. On average, the length of stay is three weeks.

Your Rehabilitation Program

TYPES OF TREATMENT

A **Rehabilitation Program** will be designed for you based on an assessment that takes into account your goals, prior level of function and your prognosis.

Rehabilitation is offered five-six days a week with the length of each session designed to address your specific therapeutic goals and needs. **Therapy** treatment is conducted on a one-on-one basis and/or group setting. A **Physiatrist** (a medical doctor who specializes in physical medicine and rehabilitation) will evaluate your progress and help to manage your pain.

General Medicine

We offer Skilled Nursing services that include:

- Pain management
- Enteral nutrition care (feeding tube)
- Parenteral nutrition (intravenous catheter)
- Onsite bladder scanner
- Ostomy care and training
- Intravenous (IV) medications

Cardiac Rehabilitation

A specialized heart health program for patients recovering from heart attack, surgery or complications from heart disease with an onsite cardiologist to oversee your care plan.

Music Therapy

Our Music & Movement Group supports rehabilitation goals in collaboration with occupational therapy. The group is led by a music therapist from **The Greater Chicago Music Therapy Inc.**

Neurological Rehabilitation

A therapy program for patients recovering from stroke, Parkinson's Disease, and other neurological disorders.

Orthopedic Rehabilitation

We offer intensive orthopedic therapy that uses the latest equipment designed for you to gain strength and mobility while building physical endurance. We work with your surgeon and doctor to design a recovery plan to meet your needs.

Pulmonary Rehabilitation

A rehab program designed to help patients with chronic breathing problems associated with Chronic Lung Disease (COPD), emphysema, pneumonia and chronic bronchitis.

Wound Care

An on-site wound care doctor and nurse are onsite and available for the care and treatment of wounds, both acute and chronic.

During Your Stay

POLICIES

Alcohol Policy

Selfhelp does not permit alcoholic beverages to be stored or consumed on the premises without a physician's approval.

Business Office

You can visit or contact the Business Office on the second floor with any questions or concerns you may have regarding billing and insurance. The office is open Monday through Friday from 8:00 am - 4:00 pm.

Call System

A call light/push button intercom system is located at your bedside, and in the restroom which communicates directly to the nurse's station. When you need help, please let us know by using the call system.

Room Phone

Every room has a phone, and you may receive calls directly to your room. You may also dial out to any number in the United States. To reach a staff member, dial the last 4 digits of the number listed.

Smoke-Free

Selfhelp is a smoke-free community including e-cigarettes. Smoking is permitted outdoors at least 15 ft. from the entrance.

Staff Tipping

Staff members are not permitted to accept tips from residents or guests. However, we are a non-profit organization and accept contributions. See our "About Us" page for more information.

Television

Every room includes a TV with satellite television. Channel 2, 3 & 68 are our own internal channels which include updates, announcements and programming.

Your Attire

When visiting other areas of the home, please wear appropriate clothing and shoes. Avoid wearing hospital attire, open gowns and house slippers.

During Your Stay

SERVICES

Accompaniment Services

If you require an aide to accompany you to an appointment, we can provide this service. These services will be billed to your account.

Laundry Services

Selfhelp will wash your clothing daily, please bring clothing that is washable. If a family member would like to wash clothes for you, please let us know.

Pet Friendly

Pets are welcome to visit at any time.

(Please avoid using our dishware to provide water or food to your pet.)

Private Caregivers

Private caregivers must register with our business office on the second floor. Due to limited space in our lot, private caregivers are not permitted to park in the parking lot. Our Selfhelp team may not be hired as a private duty caregiver. Our Social Services department can provide a list of agencies upon request.

Transportation

Our Concierge will coordinate any follow up appointments you may have and arrange for transportation. Transportation for these trips are not covered by insurance and is billed to your account.

Visitors

We welcome visitors anytime, and there are no set hours. Parking is available at no charge behind our building - in the first section of the parking lot. All guests must sign in at the front desk on the first floor and sign out when leaving.

Guest rooms are available for overnight or out-of-town guests. Just ask us.

Wifi

The Wifi password is **47selfwifi**.

Other Health Services

Additional healthcare services are available on-site, including a **Podiatrist**, **Audiologist**, **Optometrist**, and a **Dentist**. Just ask us for more information.

Dining Services

YOUR DIET & ORDERING OPTIONS

The Dining Room

Meals are served in our small dining room on the 6th floor, just a short walk from your room. You may also dine in your room if you prefer.

Your Diet

Selfhelp offers a variety of different diets including low sodium, gluten-free, vegan, vegetarian and sugar-free. A registered dietitian at Selfhelp will review and evaluate your dietary needs and caloric intake to ensure you are getting proper nutrition.

Dining with a Guest

If you are having a guest for a meal, please let us know in advance. There will be a charge for guest meals that may be billed to your account.

Kosher Dining

We serve healthy, delicious home cooked Kosher meals. A kosher diet does not combine dairy and meat in the same meal. While our kitchen is not under rabbinical oversight, all ingredients are kosher and dietary rules are followed.

Ordering Meals

There are several options to select from during every meal. A staff member will take your order for the day, or for the entire week. You can always change your mind, and you can also order snacks during the day.

Ordering Take-Out

Having a family member or friend bring in food from your favorite restaurant is allowed. Please use disposable plates and utensils. If you have leftovers, we are required to label and store them in our community refrigerator located in the dining room.

Activities & Programs

A WIDE VARIETY OF EVENTS & SERVICES

Selfhelp offers a wide selection of activities throughout the day. Our activities team will help connect you with activities that interest you. A monthly and weekly calendar will be in your room. You can also download our community app on your phone to view the calendar.

Outdoor Spaces Our **Roofdeck Terrace** and **Front Patio** are both areas to enjoy some fresh air, visit with friends and family, or just catch some sun. Both areas are open and available during clement weather.

Salon Services **Salon 908** is located on the second floor and serves both men and women. Manicures are also available, in addition to hair services. You can schedule an appointment with the Concierge.

Sunday Concerts Selfhelp features a variety of musical concerts with some of the most renowned musicians in the Chicagoland area! You can enjoy these events every **Sunday at 2:30 pm**. Family members are welcome to enjoy the concert with you.

Heading Home

PLANNING YOUR DISCHARGE

Our Social Services Director will work with you to make a smooth transition home. Appropriate referrals and supplemental services will be discussed and put in place (such as home health, home care services, assisted living or outpatient therapy.)

Respite Care When your therapy is coming to an end, but you're not quite ready to go home, we offer Respite Care. That means a temporary stay in a furnished apartment with the help you need with activities of daily living. During a respite stay, you can continue your therapy with our Outpatient Therapy Services from the same therapists. Respite stays are typically not covered by insurance.

Outpatient Therapy at Selfhelp Once you complete your therapy and are heading home, you may continue to receive therapy at The Selfhelp Home through our Outpatient Therapy Services unit, working with the same therapists to continue the great progress you have made.

Community & Giving

WE WELCOME YOU
TO JOIN US

Selfhelp is a **Continuing Care Retirement Community (CCRC)** that offers all the levels of care under one roof. We are the only **Jewish CCRC** in the State of Illinois and ranks at the top nationwide, and have earned **The Joint Commission Seal of Approval** for Assisted Living, Post-Acute Care, and Nursing Care.

Join our Community

The Selfhelp Home could be your next home. We offer a variety of modern apartment styles, suitable for independent or assisted living. Try it out by staying in a respite apartment for a temporary stay. We encourage you to join our warm and welcoming community!

Our History & Giving

Founded by European Jewish immigrants on Chicago's South Side, The Selfhelp Home began as a volunteer-driven haven for seniors in the Chicagoland area. Today, we honor the Selfhelp legacy of Tikkun Olam—repairing the world—as a 501(c)(3) nonprofit that relies on the strength and generosity of our community to provide outstanding care for our loved ones as they age.

With unwavering support from donors like you, Selfhelp is able to provide exceptional medical, nursing, and therapeutic care in an environment rooted in respect and compassion. In addition to revenue from residents, Medicare, and other sources, donor contributions are essential in sustaining our commitment to world-class, community-centered care. Consider “paying it forward” with a tax-deductible gift. Together, let's continue building a thriving community where our grandparents, parents, and ultimately ourselves feel at home.

Thank you for helping us carry on this invaluable tradition of care, comfort, and community.

Make a Gift

Visit us at www.SelfhelpHome.org or contact our Chief Development Officer at (773) 271.0300.

We accept cash; credit cards; distributions from Individual Retirement Accounts, Donor Advised Funds, Stock Transfers, and Estate Gifts. Every gift ensures the future of The Selfhelp Home.



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