

Welcome!

Contact Information



Phone Number

(775) 726-8001



Administration Hours

Monday – Friday
8:00AM – 4:30PM



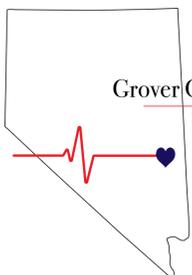
Our Location

700 Spring Street
Caliente, NV 89008



Website

gcdmc.org



Grover C. Dils Medical Center

Bringing Quality Health Care to the High Desert

Welcome to Grover C. Dils Medical Center Long-term Care!

What comes next? We've created this packet to help families and residents understand what their roles as care partners look like as individuals transition to long-term care. Empowering residents and their families is our goal in providing an exceptional experience and cultivating strong relationships.

The moving and changing of environment can take an emotional, mental, and physical toll on individuals and family members. Here's how we're going to make it easy for you!

Read About:

- Your Care Partners
- Welcome Home!
- What You'll Need
- Stay Active
- Planning Ahead

Your Care Partners

CARE PLAN TEAM

Tanner Norton

Chief Nursing Officer
Care Plan Coordinator

Tailor Price

Social Services Director

Carol Peterson

Activity Director

Blaire Pickering

Registered Dietitian

Trent Decker

Pharmacist

Cathy Povis

MDS Coordinator

Care Plan Meetings

You will be notified quarterly of scheduled care plan meetings. These meetings are designed to bring all care partners together (this means you and your loved one too!) to discuss the needs of the resident. During these meetings medications, cares, activities, etc. are discussed. This is a time to share concerns and set goals to best meet individual needs.



Do you have more questions?

Please reach out to Tailor, our
Social Services Director.

(775) 726-8027

tailor@gcdmc.org

WELCOME *to* *your new* HOME!



Make it your **OWN**:

Our comfortable, shared rooms feature an electric bed, 5-drawer dresser, narrow closet, two hanging shelves, and TV with live TV and streaming capabilities for every resident. Keep in mind the size of your new living space and plan accordingly. If you would like to bring any additional furniture, please reach out in advance so that we can make sure that it will fit in your space.

We encourage you to make your space feel cozy by bringing in photos, treasured mementos, and other items that bring you happiness. To keep your space uncluttered, only bring items that hold special memories and serve a purpose. We provide sheets for your bed but ask you to bring your own familiar quilt, comforter, or blanket. Throw rugs, area rugs, or other decorative items that sit on the floor are a fall risk and should not be brought in. Keep adding little touches as the settling in continues.

We take the time to inventory your belongings upon arrival to avoid lost items.

What You'll Need

Clothing:

Prioritize the most important items! What clothing do you really wear, and what just hangs in the closet? Leave behind seldom-worn clothing and jewelry. Laundry is washed daily, so you won't have to worry about not having enough. We recommend:

4-5 Pajamas

6-7 Outfits

2-3 Jackets/Cardigans

7-10 Underwear

7-10 Socks

2-3 Pair Shoes/Slippers

We encourage accessories regularly used at home such as slippers, hat, sunglasses, jewelry, etc. Consider leaving seasonal clothing with a loved one and rotating out your wardrobe quarterly.

Toiletries & Beauty Items:

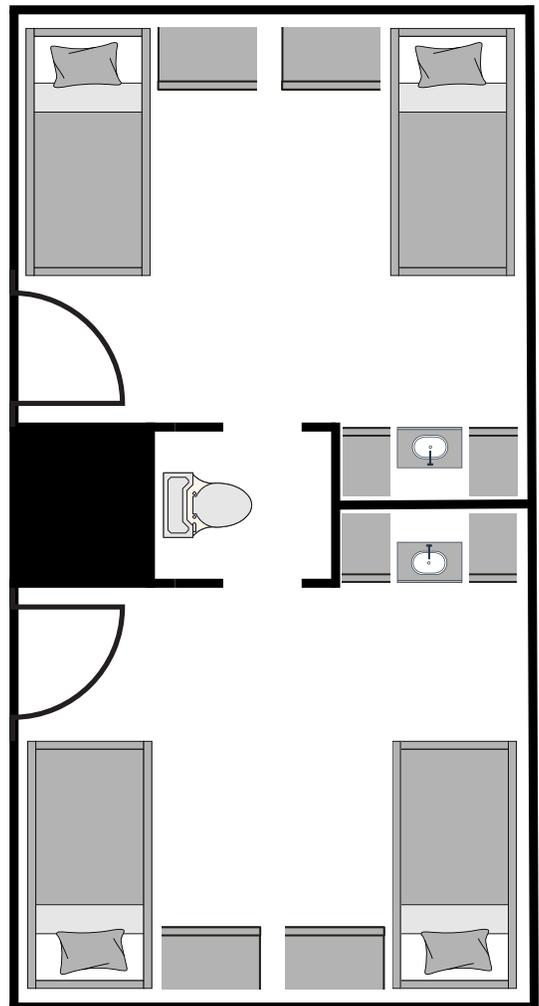
Resident's should expect to pay for their own toiletries such as a toothbrush & toothpaste, shampoo & conditioner, shaving supplies, deodorant, and moisturizers. Bring with you your preferred beauty items such as a brush/comb, hairspray, nail tools, and makeup. We provide towels, so no need to bring any in.

Entertainment:

Pack along what you will be using regularly like books, electronics, hobby supplies, and usual entertainment.

Recommendation:

Store family heirlooms and expensive jewelry in a safe place. Rather than risk losing expensive or sentimental items, store them in a safe place with others or a safety deposit box. You may be able to find inexpensive duplicates of any sentimental items that you will want to keep on your person, such as wedding rings.





Stay Active

ACTIVITIES PROGRAM

Our activity staff plan on- and off-site activities, programs, and social opportunities to prevent isolation and improve physical and mental health. Review the calendar to look forward to activities like Bingo, movies, outings, socials, reminiscing, and more! Have a request for an activity? Let us know!

SOCIAL DINING

We provide quality meals specific to our residents and their dietary needs. Connecting with other residents in our dining room regularly will keep you socially active. Sharing a meal with a loved one is a great way to spend time when they visit. Please request a guest tray in advance.

MORNING EXERCISE THERAPY

We're committed to keeping you physically, emotionally, and mentally active. We offer morning group exercises Monday-Thursday to help improve health and reduce the risk of falls. Referrals for out-patient therapy is also an option for some residents.

SPEND TIME WITH LOVED ONES

Coordinate visits frequently with other family members and close friends. This is especially important in the first couple weeks while getting adjusted. Stay in touch with phone calls, texts, and letters. Ask us how we can set up video calls for you with our community iPads.

Planning Ahead

While it may not be pleasant to think about, it's important to plan end of life details such as estate planning, living will, DNR orders (which must be signed by a doctor), and power of attorney designation. Make sure to provide the social services director a copy of this information as well.

When a resident passes away, we ask that the families come to their rooms to collect their belongings during the week following their passing. Any items that families decide not to keep, they may choose to donate to the thrift store located behind the hospital.



Patient Trust Account

Many residents and their loved ones choose to open a patient trust fund when moving in. A patient trust fund is an account held with the facility and funded by the resident. Its purpose is to cover miscellaneous expenses that come up. Residents or their financial representatives may request the Activity Director to make purchases for goods or services with these funds.

Common expenses would be haircuts, shopping outings, and personal purchases. Grover C. Dils will maintain a detailed accounting of all charges and deposits made to your patient trust account. Charges will only be made for services or items that were requested and provided.

