

# Welcome

to



## ATLAS

AT CEDAR GROVE

Respiratory & Nursing





## Welcome to Atlas at Cedar Grove Respiratory and Nursing!

We are deeply grateful that you have entrusted us with your care. It is our privilege to serve you with commitment and compassion. Whether you or your loved ones are here for subacute rehabilitation, a respite stay, ventilator weaning, hospice services, or long-term ventilator care, our mission is to provide exceptional, personalized support that meets your individual needs.

From the moment you step through our doors, our dedicated team is here to create a friendly, inviting atmosphere and deliver tailored support. We recognize that moving to a new facility for any level of care can bring both excitement and challenges, and our goal is to ensure this transition is as seamless and comfortable as possible for you and your family.

In this guide, you will find answers to some frequently asked questions that may help you better understand our services and what to expect during your stay. We encourage you to read through this information, and please remember that our staff is always here to assist you. Your comfort, well-being, and satisfaction are our top priorities, and we are here to support you every step of the way. Thank you for trusting us with your care; we look forward to making your experience with us a positive one.



## Phone Extension Directory

Front Desk _____	3100
Administrator _____	3106/3116
Human Resources _____	3107/3153
Director of Nursing _____	3102/3153
Assistant Director of Nursing _____	3141
Director of Rehabilitation _____	3142
Admissions Director _____	3138
Activities Coordinator _____	3155
Business Office Manager _____	3131
Concierge _____	3149
Social Services _____	3138
Dietitian _____	3143/3150
Kitchen _____	3115
Food Services Director _____	3114
B - Unit Manager _____	3105
C - Unit Manager _____	3120
Sub-Acute Manager _____	3132
Vent Unit Manager _____	3135
Housekeeping _____	3160
Maintenance _____	3156/3111
Food Service Director _____	3114

## What to Expect During Your Stay

The following is an overview of the services we provide to our patients.

### ADMISSIONS

Our admissions office is open Monday through Saturday from 9am to 5pm. For your convenience, we are also available 24/7 to assist with any needs after hours. Once you are settled in your room, an admissions coordinator will come see you to complete all the necessary paperwork. Please have your insurance cards, COVID-19 vaccine cards (if applicable), and any other pertinent information available.

If you are admitted outside of office hours, we will schedule a time for an admissions coordinator to see you.

### PHYSICIAN SERVICES

Each patient at our facility (whether you're here for ventilator care, short-term rehabilitation, a respite stay, long-term care, or hospice services) will be assigned to a dedicated physician group. Your assigned physician, along with their team of clinicians, will be responsible for your care throughout your stay. They will be available to address your daily medical needs and ensure that you receive the attention and support necessary for your well-being.



## MEDICATIONS

Medications will be provided by our contracted pharmacy. Upon admission, your hospital discharge medications will be ordered and sent directly to the facility. There is no need to provide your own medications as these are all included in your stay, unless otherwise instructed.

## SOCIAL SERVICES & DISCHARGE PLANNING

Soon after admission, you will receive notification of your initial care plan meeting. A care plan meeting is your and your loved ones' opportunity to meet with the interdisciplinary team and review your goals and discharge plan.

Our social services department will work with you to ensure that your discharge plan meets your goals and aligns with the recommendations from your primary physician and team. They are committed to helping you find the resources you need, whether you're preparing to return home or seeking suitable placement options; be it with family, assisted or independent living, or long-term care within our facility.

For those transitioning back to their homes, our social worker will assist in arranging all necessary equipment, coordinating home care services, and setting up outpatient or home therapies.

Discharge time is between 9:00am and 11:00am on your designated discharge date. We aim to make your transition as smooth and comfortable as possible, ensuring that both you and your family are well informed and supported throughout the process.



## THERAPY

The goal of our rehabilitation department is to help you regain your previous level of functioning—or even surpass it! We provide in-house physical, occupational, and speech therapy, ensuring that each patient receives a personalized approach tailored to their specific exercise needs.

Our therapy services are available seven days a week, including holidays, to accommodate your schedule.

Treatment plans are continuously updated, and each patient will be scheduled based on their tolerance, individual requirements, and insurance coverage.

**We are dedicated to supporting you every step of the way on your path to recovery.**

## LONG-TERM CARE

Long-term care is available at our facility for patients needing a higher level of support. In addition to accepting private pay we are contracted with the most long-term care policies. Our business office will be happy to guide you through the next steps when applying for Medicaid.



## ACCOMMODATIONS

### WI-FI INFORMATION

Username: CedarGrove-Guest

Password: cedargrove (all lowercase letters)

### PHONE

Landline services are FREE of charge.

To dial out, press 9 and then the number including area code. For internal extensions, dial the number directly.

## DINING

Snacks are available between meals, Our dietary team provides quality and nutritious meals for breakfast, lunch, and dinner. Menu selection takes place every Monday for the week. Alternatives are available for every meal and "Always Available" menu includes snacks such as salads, sandwiches, cookies, chips, etc., are available between meals.

**BREAKFAST - 7:30am**

**LUNCH - 12:00pm**

**DINNER - 4:30pm**



## ALWAYS AVAILABLE MENU

### SALADS

#### Garden Fresh Tossed Salad

A medley of crisp lettuce, vine-ripened tomatoes, and crunchy cucumbers, accompanied by your choice of dressing.

#### Classic Caesar Salad

Crisp romaine lettuce tossed with savory croutons, aged parmesan cheese, and creamy Caesar dressing. (Add grilled chicken upon request.)

### SIGNATURE SANDWICHES

#### Ham & Cheese Delight

Delicate slices of ham and creamy American cheese layered with fresh lettuce and tomatoes, served on your choice of artisan white or whole wheat bread.

#### Turkey & Cheese Creation

Sliced roasted turkey breast paired with smooth American cheese, crisp lettuce, and juicy tomatoes, served on your choice of freshly baked white or whole wheat bread.

#### Tuna Salad Sandwich

A flavorful blend of premium tuna, paired with crisp lettuce and ripe tomatoes, served on your choice of bread.

#### Peanut Butter & Jelly Classic

Smooth, creamy peanut butter paired with sweet grape jelly, nestled between your choice of fresh white or whole wheat bread.

#### Golden Grilled Cheese Sandwich

Toasted to perfection, featuring buttery golden bread and melted American cheese.

### WARM FAVORITES

#### All-Beef Hot Dog

A premium all-beef hot dog served on a perfectly toasted bun.

#### Cheese Pizza

A classic offering of melted mozzarella on a rich tomato sauce base atop a crispy golden crust.

#### Traditional Spaghetti

Al dente spaghetti served with a robust marinara sauce for a comforting, homestyle dish.

### SNACKS

Indulge in our carefully curated selection of snacks, available anytime to satisfy your cravings:

**Fruit** (variety depending on season)

**Ice Cream**

**Sherbet Yogurt**

**Pretzels**

**Peanut Butter Crackers**

**Graham Crackers**

**Oatmeal Crème Pies**

**Chocolate Chip Cookies**

## RECREATIONAL ACTIVITIES

Our recreation department plans activities with patients in mind. From group events, entertainment, bingo, and independent activities, there's something fun for everyone to do 7 days a week!

Activities calendars are posted throughout the building and given to each patient monthly.

## SALON SERVICES

Salon and barber services are available onsite. Please see receptionist for salon schedule and to schedule your appointment. The price list is also available at the reception desk.



## LAUNDRY

Laundry services are available upon request for all patients. Please complete the inventory sheet provided to you upon admission and submit it back to the front desk for processing.

## MAINTENANCE

Maintenance is in the facility 7 days a week with emergency services available 24 hours a day, including holidays. Should you need maintenance for any reason, please inform a staff member.





## VENTILATOR UNIT

Atlas at Cedar Grove proudly houses the largest Ventilator Unit in New Jersey, offering comprehensive respiratory services designed to meet a wide range of needs.

**Our specialized unit provides both ventilator weaning for those transitioning off mechanical support and long-term care for individuals requiring ongoing assistance.**

Under the expert leadership of Dr. Allen Silvey, a board-certified pulmonologist, our team is committed to delivering exceptional respiratory care around the clock.

With state-of-the-art equipment, evidence-based practices, and a compassionate approach, we strive to enhance the quality of life for every patient. Whether the goal is recovery or long-term management, we are here to provide unwavering support tailored to everyone's unique circumstances.

# GOOGLE REVIEWS



Cedar Grove takes very excellent care of my father and the facility is extremely clean. I've never had a complaint or negative thing to say about the wonderful staff. I can honestly say my dad looks better each time I see him. Thank You!

- Willie Beaman



I'm currently a patient here at Cedar Grove and the only reason I chose this facility is because it was close to home. I'm so glad I did! Everyone has been so nice and the staff has really been great.

- Chucky B.



"I'm a first time visitor to Cedar Grove. We visited my son-in-law, Alex. The facility was beautifully laid out... Security at the front desk was VERY professional and friendly. NO ODORS...NOTHING UNSIGHTLY!! The facility was super clean. Alex is in VERY good hands with Cedar Grove!! We are very happy. THANK YOU!!"

- Wanda Logan



"The team at Cedar Grove provides excellent care for my father. The people, facility and food are all first rate. He had been at another facility but find the care better here. I recommend this facility for rehabilitation needs. First rate."

- Frank McIntire



"I was able to see my family in a clean organized room, holiday music playing and live karaoke. I enjoyed my visit and staff was very kind, willing, and able to take care of their patients. I felt good leaving as he is in good hands! Thank you!! God bless!"

- Theresa Nardin



"This facility is awesome. The nurses, doctors and staff are all so friendly and helpful. The premises are clean and in beautiful condition. I feel like my husband will benefit greatly from being here. I can go home at night and feel confident he is well taken care of."

- Naomi Swartz



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READ MORE REVIEWS!

## THANK YOU VETERANS

Cedar Grove takes great pride in being a VA-contracted facility, dedicated to serving the courageous men and women who have defended our nation. We are profoundly thankful for your sacrifices, steadfast dedication, and unwavering commitment to safeguarding our freedoms.

To all veterans, both past and present, we extend our heartfelt gratitude and deep appreciation. Your bravery and strength are a constant source of inspiration, and it is our honor to provide the care, support, and respect you have so rightly earned. Thank you for your service and for all that you continue to do for our country.





# ATLAS

## AT CEDAR GROVE

Respiratory & Nursing

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American Heart Association<sup>®</sup>  
**Certified Care<sup>™</sup>**  
Skilled Nursing Facility  
Heart Failure

