

Things to bring to the Nursing Home:

- Advance directives**, if you have them (Living Will; Power of Attorney for Health Care; General Power of Attorney for Finances)
- Clothing marked clearly with initials** (use middle initial, too, if possible, ex: MTE) Be sure to also label what is worn upon arrival. Please bring hangers for the closet.

*-Tips for clothing: Bring at least a week's supply to start. Comfortable clothing such as jogging pants, sweatshirts, loose-fitting clothing, and clothes with elastic waistbands are encouraged. Otherwise please bring what the individual is used to and comfortable wearing. Please ensure that shoes have a non-skid sole and fit appropriately. Bring clean underwear and socks. Garments should be washable and in good repair. ****Note: Families are responsible for helping residents move in clothing and personal items, and to mark these on the Inventory of Personal Effects form provided at the time of admission.** Please be as detailed as possible when completing this form. The day of admission goes more smoothly if clothing and other items are labelled ahead of time. Black/dark socks can be given to the Laundry Supervisor to label with a special white marker.*

- Cards** – insurance, Medicare, Social Security (if easily accessible), etc.
- list of upcoming appointments** (please give to the Nurse)
- Emergency contacts:** names, addresses, phone numbers, & email addresses, listed in order of who to contact first
- Physician names:** Optometrist, Podiatrist, Dentist, etc.
- Medications:** Please bring medications to the facility as soon as possible the morning of the admission and give to the Asst. Director of Nursing or the Director of Nursing. If the new resident is coming from a different facility and has been using a pharmacy that is not local (*Thrifty White*) then the medications may need to be returned to the pharmacy from which they came from originally.

*Note - Please do NOT bring the following items: Large amounts of money (No more than \$5 is allowed in the resident's room. Additional cash or valuables may be locked up in the nurses' designated area by the Charge Nurse or Office Manager. The resident may sign out these items anytime. We ask that no more than \$99 be signed into lockup). Medications and other items marked "keep out of reach of children" should not be kept in resident rooms. Please do not bring weapons or items that could be used as weapons (knives, etc.).

- Contact Long Term Care Insurance company (if applicable) on the day of admission and let them know about admission to Eastern Star so they can start the claim process. They will want to send us forms via fax at #563-382-8788 attn: Brittanee, Office Manager.

WHAT TO EXPECT ON THE DAY OF ADMISSION: The Social Services Director will have paperwork to sign with the new resident and responsible party. The Director of Nursing will do a nursing assessment and take vitals. The Dietary Supervisor will discuss meal preferences. It is preferable that admissions take place in the morning (between 9:00 a.m. and 11:00 a.m.) to allow time to complete the above items. Please arrange for a specific admission time with the Social Services Director ahead of time.

Please contact Nichole Hageman, Social Services Director, if you have any questions, at #563-382-8787. Thank You!