

At Columbine, you're family.



WINDSOR

CAMPUS DIRECTORY

WINDSOR

WINDSOR

WINDSOR

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WINDSOR



Locally owned and operated since 1971

Columbine Commons Assisted Living



1475 Main Street Windsor, CO • Phone: 970-449 5540

FEATURES

THE BUILDING

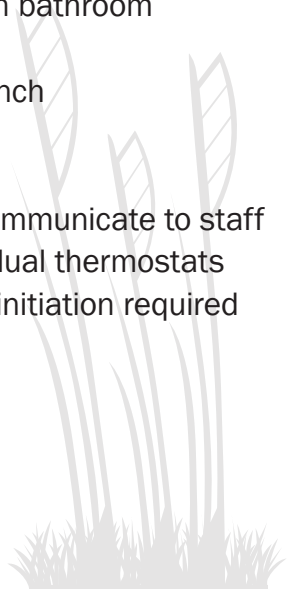
- Beautifully decorated living room
- Private dining room for use for special events or gatherings
- Activity room with full kitchen
- Whirlpool tub for spa experience
- Beauty and barber shop
- Movie and TV room
- Common areas throughout the building for you to enjoy... don't miss the fish aquarium!

YOUR APARTMENT

- All apartments are private with your own bathroom
- Three different apartment designs
- Walk-in showers with built-in shower bench
- Kitchenette with small refrigerator
- Walk-in closets
- Wireless call system for resident's to communicate to staff
- Heating and air conditioning with individual thermostats
- Phone and cable ready with no service initiation required

THE GROUNDS

- Fully landscaped grounds
- Columbine Commons park
- Sculptures





SERVICES

CARE

- Personal Care Providers on staff and awake 24 hours per day providing protective oversight and assistance with activities of daily living such as; bathing, dressing, and grooming.
- Regular monitoring for general health by a licensed nurse 7 days per week
- Medication in a unit does system available by Columbine's own Centre Pharmacy, Inc. – on-call 24/7
- Medication administered
- First Aid certified staff members
- Transportation to medical appointments

NUTRITION

- Registered Dietitian with 8+ years of experience in assisted living to provide menu planning and to meet individual dietary needs and requirements
- All three meals served in a 2-3 hour window to make individual choices about when to eat
- A large kitchen for meal preparation with a satellite kitchen for made-to-order requests
- Snack and beverage cart twice a day

ACTIVITIES

- Activity Director who plans physical, social, mental, educational, spiritual, emotional, and recreational events and programs 7 days per week
- Outings into the community using our Columbine Fleet Van System
- Exercise room with scheduled programming and encouragement to participate
- Activity TV Channel – events and activities will be posted on your TV!

HOUSEKEEPING, LAUNDRY, AND MAINTENANCE

- Housekeeping staff 7 days per week
- Personal laundry for each resident
- Maintenance professional on staff and on-call

Columbine Commons Health & Rehab



1475 Main Street Windsor, CO • Phone: 970-449 5541

NURSING CARE

Nursing care is provided by Registered Nurses (R.N.), Licensed Practical Nurses (L.P.N.), and Certified Nursing Assistants (C.N.A.). Skilled nursing care is provided, including medication administration, laboratory work, intravenous therapy, treatment of specific skin issues, tube feedings, and other medical conditions. Assistance in activities of daily living is provided, including bathing, dressing, mobility, and eating.

NURSE PRACTITIONER

A nurse practitioner is a registered nurse who has advanced education and clinical training in a health care specialty area. They work in collaboration with the resident's physician to treat medical issues.

RESTORATIVE NURSING

Our Restorative Nursing Program fills the niche between active therapy and normal assistance provided by nursing staff. Restorative Aides perform maintenance programs developed by licensed therapists and nurses including ambulation, range of motion, exercises, dressing, hygiene, hearing aid use, and restorative dining.

PHYSICAL THERAPY

Our Physical Therapy Program is directed by licensed physical therapists and may include gait, transfer and balance training, wheelchair positioning and mobility, therapeutic exercise, prosthetic and orthotic training, manual and soft tissue mobilization, modalities for pain control, patient and family education, and home assessments.

SPEECH/LANGUAGE PATHOLOGY

Our Speech/Language Pathologist program is directed by a licensed speech/language pathologist. The program may provide: V-Stim trained, assistance in eating skills, cognitive training, swallowing, expressive language, receptive language, speech, voice training, aural rehabilitation, alternative communication systems, and memory strategies training.

LONG TERM CARE REHABILITATION HOSPICE CARE



OCCUPATIONAL THERAPY

The Occupational Therapy Program is directed by registered occupational therapists. Assessment and training in activities of daily living including grooming, dressing, toileting, shower training, self feeding, upper extremity strengthening, fine motor skills training, hand splinting, safety awareness training, energy conservation and work simplification skills, home safety assessments, patient and family education and assistance with discharge planning.

SOCIAL SERVICES

Our social services staff advocate for residents. They coordinate individual care plan meetings and assist with psychosocial needs. Social services also completes the discharge planning process. This may include gathering information regarding needs in order to return home from our nurses, therapists, residents and family members.

ACTIVITIES

Activity programs include: arts and crafts, resident council, in-room activities, socials, and individualized activities. The activity staff makes every attempt to meet the individual interests of each resident. Volunteers are an important part of our activity program. They assist with activities as needed.

Many of the area churches are involved in providing services for the residents. Specific religious denominations are also represented on a regular basis.

FEATURES/SERVICES

- 24 Hour skilled nursing care
- Restorative nursing program
- Physical, occupational, and speech therapy
- Nurse practitioner services
- Registered dietitian services
- All three meals served in a 2-3 hour window to make individual choices about when to eat
- A large kitchen for meal preparation with a satellite kitchen for made-to-order requests
- Discharge planning
- Social services staff
- Oxygen
- Furnished rooms with electric beds
- Telephones and cable TV provided in rehab and hospice rooms
- Walking courtyard
- Meals and Snacks
- Private dining rooms
- Beauty and Barber Shop
- Personal laundry & linen service
- Housekeeping service
- Scheduled transportation available by fleet transportation service (doctor visits, shopping, errands, and activities)
- Activities and social events
- Medicare certified
- Hospice care provided in collaboration with Pathways Hospice

Columbine Poudre Home Care

Medical Home Care

1455 Main Street Windsor, CO • Phone: 970-460-9200

When a family finds that a loved one can no longer manage without assistance, Columbine Poudre Home Care is here to provide vital services. Home care can be accessed for a variety of medical needs including IV treatment, wound care, post surgical care, and assistance needed during rehabilitation following an accident or illness. Services provided by Columbine Poudre Home Care follow a written plan of treatment established and reviewed by a physician and are provided without regard to the person's age, sex, religion, race, sexual orientation, physical diagnosis, handicap, or disability. In support of our clients, Columbine Poudre Home Care has a Registered Nurse on-call 24 hours a day.

NURSING SERVICES AVAILABLE

- Nursing evaluations • Health education • Injections • Wound care
- IV Therapy • Medication management • Post surgical care

PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY SERVICES AVAILABLE

- Balance, coordination, and gait training
- Teaching transfer techniques
- Exercise programs to increase muscle-tone and prevent atrophy
- Energy conservation techniques
- Home safety evaluations and modification recommendations
- Communication skill evaluation and training
- Swallowing evaluation and training • Pain relief

SOCIAL SERVICES

- Planning for future care
- Short term counseling
- Assessing social and emotional factors
- Arranging for community resources and financial assistance
- Assistance with Advanced Directives

CERTIFIED NURSE ASSISTANT SERVICES

- Assistance with bathing and grooming
- Help with dressing
- Assistance with ambulation or exercising
- Reminding clients to take prescribed medications

**HEALTH CARE IN
THE FAMILIAR
SURROUNDINGS
OF YOUR HOME**

Medicare, Medicaid, private insurance and Worker's Compensation define what services they will cover. Additional services may be paid for privately.



PHILOSOPHY OF CARE

We do more than put care providers in your home. We believe in being an advocate and coordinating care that is in your best interest. As your non-medical home care provider, we strive to meet your personal care needs. We also refer you to all of the resources of Columbine Health Systems and in the community if your care needs change. We will provide services to our clients in a professional, compassionate, and ethical manner.

PERSONAL CARE SERVICES

This is an ideal service for post hospital or post rehabilitation stay, or for those needing more assistance. Personal Care Providers can assist in some of the following ways:

- Bathing/showering • Dressing • Bathroom assistance
- Exercise • Transfer assistance • Medication reminder

COMPANIONSHIP

We can provide a variety of companionship services allowing the assistance you need while keeping you active and involved.

Here are some examples:

- Respite care • Meal preparation • Meal planning
- Laundry service • Mail sorting • Reading/card playing
- Refrigerator check • Organizing closets
- Light housekeeping • Appointment reminders
- Companion for events - weddings, gatherings, outings, etc.
- Plant care • Running errands • Pet care • Conversation

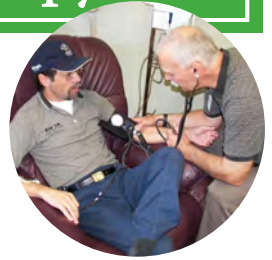
BLOOM AT HOME TRANSFERS

Let us get you back home after a hospital or rehabilitation stay. With Bloom Transfers, we use Columbine Health Systems vehicles to allow for a safe and comfortable ride home. Columbine has vehicles that are handicapped accessible, with drivers who transport seniors everyday. After arriving home, your care provider will help you get settled in by providing personal care and companionship services you may need.

BLOOM INTO A NEW AGE!

Poudre Infusion Therapy

1455 Main Street Windsor, CO
Phone: 970-460-9208



INFUSION THERAPY

- Antibiotics • Hydration • Immune therapy
- Steroid therapy • Chemotherapy
- Pain management • Total parenteral nutrition
- Blood transfusions and blood products

AMBULATORY INFUSION CENTRE

Private infusions suite incorporating:

- Media Center with Direct TV
- Pharmacy care management

**INFUSION THERAPY
(IVs) AT HOME OR
AT OUR AMBULATORY
INFUSION CENTRE**

HOME MEDICAL SUPPLIES

- Nutritional supplements (Ensure, Boost)
- Tube feeding supplies and products

STAFF QUALIFICATIONS

- Pharmacist Board certified in Nutrition Support Pharmacy Practice
- RN's with Infusion Therapy experience
- Certified Infusion Nurses
- Certified Pharmacy Technician
- Drug and Disease State Management
 - Antibiotic
 - Anti-coagulation
 - Chemotherapy
 - Immunotherapy

Our staff provides in-service training and consultation in the following areas:

- TPN and tube feeding formulations • Intravenous therapies
- IV placement, removal, and methods of administration
- Staff education

We coordinate with these other providers in the community:

- Physicians • Home Health agencies
- Long term and rehab hospitals • Surgery centers
- Assisted living facilities • Skilled nursing facilities

Columbine Medical Equipment

RETAIL STORE HOURS:

Monday thru Friday
8:00 a.m. to 5:00 p.m.
1455 Main St. Windsor, CO
Phone: 970-460-9205

- We offer 24-hour emergency service
- Private rooms for fitting and education
- Free Delivery

OXYGEN/RESPIRATORY SERVICES

Our team provides free delivery, set-up, and training.
We provide equipment for your rental or purchase needs.

HOME & PORTABLE OXYGEN SYSTEMS

- Helios oxygen systems • Liquid oxygen • Concentrators
- Cylinder oxygen • Nebulizers and supplies • Suction devices
- CPAP and supplies • Bi-PAP and supplies

BEDROOM & BATH NEEDS

Columbine Medical Equipment also offers equipment for rent or purchase for bedroom and bathroom including:

- Hospital beds • Overbed tables • Alternating pressure mattress
- Bed trapeze • Bath and transfer benches • Shower chairs

OSTOMY & UROLOGICALS

- Related ostomy products
- Related urological products
- Wound care supplies

**EQUIPMENT AND SUPPLIES
FOR THE NEWBORN TO THE
GERIATRIC CLIENT.**

INCONTINENT PRODUCTS

Briefs, pads, liners, wipes, and related products

WALKING & REHABILITATION EQUIPMENT

- Walkers - Adult and Junior • Regular canes • Quad canes
- Crutches • Wheelchairs • Wheelchair seating systems

MASTECTOMY

- Affordable and fashionable products: forms, bras, and swimwear
- Our certified fitter is on staff and available for individual needs
- Special orders for hard to find sizes and accessories

SPECIALTY PRODUCTS

- Compression stockings - general and prescription custom fittings
- Sports medicine

Front Range Therapy

**PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH THERAPY**



1475 Main Street Windsor, CO
Phone: 970-494 6449

COMPREHENSIVE OUTPATIENT THERAPY SERVICES

- Balance Training
- Gait Training
- Fall Prevention/Risk Assessment
- Post-operative Rehabilitation (Hip, knee and shoulder replacement rehab)
- Adult Neurological Rehab (Stroke, Parkinson's, Multiple Sclerosis)
- Spine Rehab
- Orthopedic Rehab (Foot/ankle, hip, knee, shoulder, elbow)
- Orthotic and Prosthetic Fitting and Training
- Osteoporosis and Arthritis Management
- Core Stability Training
- Flexibility and Strengthening
- Postural Strengthening and Training
- Repetitive Strain Injury Rehab and Prevention

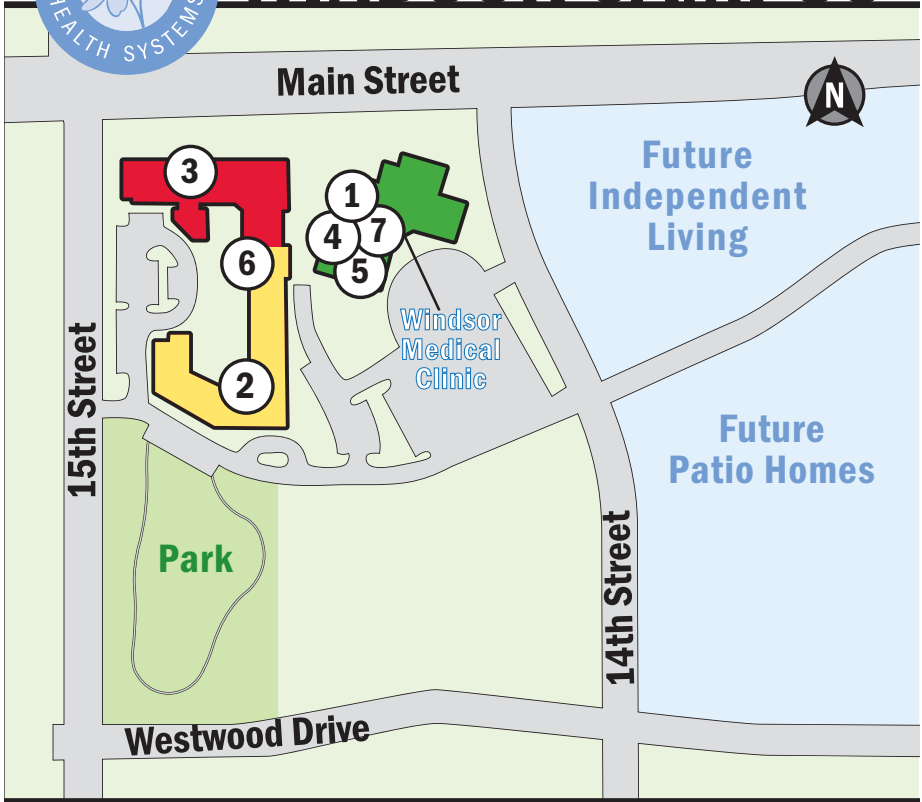
**WE PROVIDE OUTPATIENT
REHABILITATION INCLUDING
PHYSICAL, OCCUPATIONAL,
AND SPEECH LANGUAGE
PATHOLOGY THERAPY**



WINDSOR CAMPUS



WINDSOR CAMPUS



- 1** Bloom at Home
Non-Medical Home Care
- 2** Columbine Commons
Assisted Living
- 3** Columbine Commons
Health & Rehab Facility
- 4** Columbine
Medical Equipment
- 5** Columbine Poudre
Home Care
- 6** Front Range Therapy
- 7** Poudre Infusion Therapy

WINDSOR CAMPUS

WINDSOR

- Bloom at Home..... 970-460-9200
- Centre Pharmacy, Inc.....970-221-0190
- Columbine Commons..... 970-449-5540
- Columbine Commons Health & Rehab Facility..... 970-449-5541
- Columbine Medical Equipment.....970-460-9205
- Columbine Poudre Home Care.....970-460-9200
- Front Range Therapy.....970-494-6449
- Poudre Infusion Therapy..... 970-460-9208

LOVELAND

- Bloom at Home..... 970-482-5096
- Front Range Therapy.....970-494-6449
- Lakeview Commons..... 970-278-4000
- North Shore Health & Rehab Facility..... 970-667-6111
- Centre Pharmacy, Inc.....970-221-0190
- Columbine Medical Equipment..... 970-221-1453
- Columbine Poudre Home Care.....970-482-5096
- Poudre Infusion Therapy..... 970-494-2130
- The Wexford..... 970-667-1900

FORT COLLINS

- Bloom at Home..... 970-482-5096
- Centre Avenue Health & Rehab Facility..... 970-494-2140
- Centre Pharmacy, Inc..... 970-221-0190
- Columbine Medical Equipment..... 970-221-1453
- Columbine Poudre Home Care.....970-482-5096
- Columbine West Health & Rehab Facility..... 970-221-2273
- Front Range Therapy.....970-494-6449
- Geriatric Education Centre..... 970-494-6455
- Lemay Avenue Health & Rehab Facility.....970-482-1584
- Lifestyle Centre..... 970-494-6446
- New Mercer Commons..... 970-495-1000
- Poudre Infusion Therapy..... 970-494-2130
- The Winslow..... 970-492-6200
- The Worthington..... 970-490-1000

- INDEPENDENT LIVING ●
- ASSISTED LIVING ●
- REHABILITATION ●
- HEALTH & REHAB ●
- HEALTH SERVICES ●

University of Colorado Health combines Memorial Hospital, Poudre Valley Hospital, Medical Center of the Rockies, Colorado Health Medical Group, and University of Colorado Hospital into an organization dedicated to health. Poudre Valley Hospital has a financial interest in Columbine Poudre Home Care, and Centre Avenue Health & Rehab.



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www.columbinehealth.com