

*P*aramount Health Resources was created by President and CEO, James J. Cox. He has led several teams that have been serving the senior population for over 20 years. The concept was to provide an innovative type of service, providing quality healthcare in an upscale environment to the older adult population. Paramount's commitment is to provide its resident's excellence in service and to enrich their quality of life. As we expand in both size and the varied types of services offered, we shall continue to honor this commitment to deliver quality to each and every senior we serve. The foundation for this service pledge is built on employing the most qualified and dedicated staff members in their respective fields. By offering a wide variety of healthcare services and choice of gracious accommodations Paramount is confident we can offer just the right fit to make you feel right at home.

*I*ndependent Living

Independent Living is the right choice for those older adults who enjoy an active rewarding lifestyle minus the burden of household upkeep. Our communities allow residents to select floor plans ranging from private studios to one and two bedroom apartments. Regardless of the selection our Independent Living residents enjoy varied activities, meal plans and personalized service. Of most importance, our seniors reduce day to day worry and enhance their days with attractive surroundings and social opportunities. Paramount communities also offers personal care, and nursing and rehabilitative care options in order to meet life's changing needs.

*S*enior Living

The Paramount concept in senior living is innovative in its "aging in place" theme. Our concept offers the ideal solution for seniors in need of assistance with day to day activities such as showering, dressing and dispensing medication. Our emphasis is on overall wellness and delivering a high level of clinical service throughout our elegant senior living medical models. The residents of Paramount communities enjoy clean, gracious living and common areas, delicious meals, social activities, transportation, and personal assistance.

*A*lzheimer's and Dementia Care

For those seniors in need of specialized care for Alzheimer's disease and other related memory impairments, selective Paramount communities offer specialized programs. These specialized units feature living spaces designed with both safety and comfort in mind. Our programming focuses on creating activities and care plans that involve residents in everyday activities they find both stimulating and enjoyable.

*N*ursing and Rehabilitative Care

Preserving the dignity and sense of independence of our resident's is of utmost importance at all of our Paramount communities. We do this by delivering the highest standard of nursing care and involving the resident and their family in care planning. For those with more complex care needs, many Paramount communities offer, post-hospital and post-surgical care, physical, occupational and speech therapy, pharmacy services and 24-hour skilled nursing.

*P*aramount Home Health

For seniors who aren't ready to move to a community and wish to remain in their own homes, Paramount offers quality health and homemaker services from licensed professional caregivers, as well as medication assistance, reliable 24 hour security monitoring and emergency response.

*H*ospice and Palliative Care

Paramount makes Hospice care available to those in need of end of life care. We strive to allow our residents to receive high-quality Hospice care while remaining in the surroundings they have grown to call home.

Respite Care: is designed for those requiring services after an illness or hospitalization. Respite also provides an opportunity for a necessary break for the caregiver.

Personal Care Services Individually Tailored Assistance

We understand that each resident has needs unique to their individual situation and preference. In order to design a care plan specific to each resident a Wellness Assessment is completed prior to move in. Assistance can then be provided in the following areas:

-  Showering or bathing
-  Hygiene, grooming and dental care
-  Dressing
-  Securing medical care
-  Medication management
-  Mobility and transferring
-  Continence management
-  Assistance with meals
-  Enhanced nursing care

Resident Care Plans are reviewed as needed by the Director of Resident Care in order to monitor and ensure delivery of the highest quality of care possible. Adjustments can be made to serve our resident's changing needs.

Continence Management

Working together with the resident as well as their family and physician, we will determine an appropriate care plan. We will continually assess this plan and provide suggestions for products and management should a resident's needs change.

Medication Management

We order, manage and administer medication, depending on the needs of each resident, using approved pharmacies.

Wellness Assessment

This program helps determine the appropriate care and service that preserves each resident's dignity, encourages independence and best enables freedom of choice.

Amenities and Services

Paramount Senior Living

*P*aramount Senior Living was built on a foundation of commitment to our residents and their families. Because no two people are alike; the services and care we provide must be tailored to their individual needs. That is why we offer a variety of lifestyle, service and care options. By making these choices available, we are offering solutions for today and the security of knowing that there are options for tomorrow.

Amenities

- ☀ Private or companion suites complete with full bath and a choice of floor plans
- ☀ Comfortable quality furnishings
- ☀ Private Patios on select units
- ☀ Modern fire safety system
- ☀ Wall-to-wall carpeting and kitchenette in each suite
- ☀ Emergency call response system in each suite
- ☀ Variety of bright spacious community areas, including:
 - elegant central dining room
 - private dining room for special events
 - beautifully landscaped courtyard featuring a relaxing water fountain
 - activity / media center
 - Paramount Lounge
- ☀ Beautifully manicured and maintained landscaped gardens and grounds
- ☀ Full-service beauty salon (additional fee)
- ☀ Paramount Cafe - designed for snacks and mid-day coffee breaks
- ☀ Wellness Center for exercise and fitness

Services

- ☀ Modified diets
- ☀ Three delicious, well-balanced meals served daily in a formal dining room
- ☀ Daily appetizing snacks
- ☀ Housekeeping and trash removal
- ☀ Laundry and linen service available
- ☀ Social, educational, spiritual & recreational programs
- ☀ Scheduled transportation services available
- ☀ Birthdays & holidays celebrated
- ☀ Front desk reception 8:00 am – 9:00 pm
- ☀ Accessibility to rehabilitation and home care service and hospice/palliative care
- ☀ Personal care services available 24 hours a day
- ☀ On site licensed nurse available 24 hours a day
- ☀ Maintenance of building & grounds
- ☀ Scheduled medical clinics
- ☀ Pharmacy services
- ☀ All utilities paid (phone & cable excluded)

Memory Amenities and Services Paramount Senior Living

*A*t Paramount Senior Living our goal is to provide the highest quality of life for each of our residents. Paramount is dedicated to a philosophy of social, psychological, spiritual and the well-being of every individual. This dedication is reflected in every effort our community makes in caring for residents with dementia or other memory related impairments. Our intent is to allow each resident to function independently at their ability, while providing care and assistance where needed.

*M*emory Program Highlights

- ☀ Aligns closely with Alzheimer Association's standards, and implements the guidelines for dignity
- ☀ Includes multi-sensory experiences, daily exercise, frequent outings, group activities, the joy of pets and regularly scheduled visits with children
- ☀ Dining assistance insures proper nutrition with three delicious, well-balanced meals and healthy snacks
- ☀ Our individual service plan is based on each resident's unique life history prior to move-in
- ☀ Initial and ongoing family interaction is encouraged
- ☀ Staff trained in disease process via our Alzheimer's/Dementia training program
- ☀ Care staff dedicated to maintaining the dignity and individuality of every resident

*P*rimaries Amenities & Services

- ☀ Companion suites complete with full bath and a choice of floor plans, comfortable quality furnishings, art work, and wall to wall carpeting
- ☀ Emergency call response system in each suite
- ☀ Variety of comfortable community areas, including: elegant community dining room; private dining room for family or guests; and media, television and living room common space
- ☀ Paramount Cafe - designed for snacks and mid-day coffee breaks
- ☀ Beautifully manicured and maintained landscaped gardens and grounds
- ☀ Secured Garden Terrace for exercise and relaxation
- ☀ Modern fire safety system
- ☀ Housekeeping and trash removal
- ☀ Laundry and linen service available
- ☀ Social, educational, spiritual and recreational programs
- ☀ Scheduled resident and family meetings
- ☀ Full service beauty salon (additional fee)

Our Mission

Paramount Health Resources strives to obtain optimal quality and business results while maximizing customer satisfaction in the provision of health services to seniors.

Our Core Values

A Commitment to Quality

We believe that “quality” is in the eye of the beholder and that every customer has unique needs. We believe achieving true satisfaction involves listening and understanding these unique needs to provide care that is personalized, fosters independence and promotes individuality.

A Dedication to Family

We are in the business of caring for families. We believe the input and participation of families and friends enhances customer care and quality of life. We believe family-oriented relationships between staff and customers that display respect and compassion play a key role in securing desired outcomes.

An Expectation of Excellence

We believe in setting high goals and standards, constantly seeking opportunities for improvement and innovation by harnessing the creative views of staff and customers.

A Passion for Service

We recognize that our customers keep us in business. We believe in approaching our work with a “whatever it takes” mind set to ensure customer needs are met.

A Culture of Integrity

We believe in conducting all business activities with the highest degree of openness and honesty.

A Recognition of Talent

We believe that hiring, developing and retaining the best personnel in the industry will enable us to meet our goals and expectations.

James J. Cox,
President & CEO


















AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CALENDAR KEY A- ACTIVITY ROOM C- CHAPEL L- DINNING ROOM L- LOBBY O- OUTSIDE FW- FACILITY WIDE</p>		<p>AUGUST BIRTHDAYS:</p>		<p>CALENDAR IS SUBJECT TO CHANGE</p>		
<p>2 9:30 Current Events-A & Coffee 10:30 Catholic Mass-D 10:30 Movie Matinee-A "Kenwood Memories" 2:00 Sunday Sundaes-A</p>	<p>3 9:45 Silver Sneakers-A 10:15 Parachute Routine-A 11:00 Finish The Song-A 1:30 It's A Good Thing-A "Martha Stewart" 3:00 Crafts w/ Dawn-A 7:00 Bingo-D</p>	<p>4 9:30 Sittercise-A 10:00 Sing-A-Long-A 11:00 Remembering The 1940's-A 2:00 Biography of _____-A "Lucille Ball" 3:30 Tuesday Trivia-A 7:00 Bingo-D</p>	<p>5 9:45 Silver Sneakers-A 10:00 Garden Club-O 11:00 Creative Writing-A 2:30 Entertainment-D "Mickey Dee" 3:30 Relaxing On The Patio-A</p>	<p>6 9:30 Sittercise-A 10:00 John & Ellie Bible Study-A 11:00 Lucky-A 2:00 Bingo-D 6:00 Poker: 2nd Floor Atria</p>	<p>7 9:45 Silver Sneakers-A 10:15 Boggle-A 11:00 Cliches-A 1:00 Rosary-C w/ The Legion of Mary 2:00 Sing-A-Long 3rd Floor Atria w/ Pam 3:00 Happy Hour-A</p>	<p>8 9:30 Sittercise-A 10:30 Manicures-A 2:00 Movie Matinee-A "An Affair To Remember" 2:00 Bingo-D</p>
<p>9 9:30 Current Events-A & Coffee 10:30 Catholic Mass-D 10:30 Movie Matinee-A "Dean Martin Variety Show" 2:00 Sunday Sundaes-A</p>	<p>10 9:45 Silver Sneakers-A 10:15 Horse Races-A 11:00 Field Trip: "Meadows Casino" 7:00 Bingo-D</p>	<p>11 9:30 Sittercise-A 10:30 Catholic Mass-D 11:00 Chit Chat-A 1:30 Movie Matinee-A "Oklahoma" 3:30 Tuesday Trivia-A 7:00 Bingo-D</p>	<p>12 9:45 Silver Sneakers-A 10:00 Garden Club-O 11:00 Word-In-A-Word-A 2:30 Entertainment-D "Kenny & Chip" 3:30 Card Game-A "500"</p>	<p>13 9:30 Sittercise-A 10:00 John & Ellie Bible Study-A 11:00 Alphabetties-A 2:00 Bingo-D 6:00 Poker: 2nd Floor Atria</p>	<p>14 9:45 Silver Sneakers-A 10:15 Clock Game-A 11:00 Staris With/ Envs With-A 1:00 Rosary-C w/ The Legion of Mary 2:00 Sing-A-Long 3rd Floor Atria w/ Pam 3:00 Happy Hour-A</p>	<p>15 9:30 Sittercise-A 10:30 Manicures-A 1:00 Pet Visits-FW 2:00 Movie Matinee-A "Amos & Andy" 2:00 Bingo-D</p>
<p>16 9:30 Current Events-A & Coffee 10:30 Catholic Mass-D 10:30 Movie Matinee-A "Foxfire" 2:00 Sunday Sundaes-A</p>	<p>17 9:45 Silver Sneakers-A 10:30 Pastor Steve's-D "All Denominational Services" 11:00 Who or What Am I?-A 1:30 Kitchen Fun-A "Fruit Pizza" 3:00 Crafts w/ Dawn-A 7:00 Bingo-D</p>	<p>18 9:30 Sittercise-A 10:00 Biography of _____-A "Don Knotts" 2:00 Resident Council Mtg-D 3:30 Tuesday Trivia-A 7:00 Bingo-D</p>	<p>19 9:45 Silver Sneakers-A 10:00 Garden Club-O 10:45 The Allegheny County-A Library Bookmobile Entertainment-D "Patrick Heiserman" 3:30 Word Scale-A</p>	<p>20 9:30 Sittercise-A 10:00 John & Ellie Bible Study-A 11:00 Fresh Homemade Lemonade-A 2:00 Bingo-D 6:00 Poker: 2nd Floor Atria</p>	<p>21 9:45 Silver Sneakers-A 10:15 Wii Bowling-A 1:00 Rosary-C w/ The Legion of Mary 1:30 Sing-A-Long 3rd Floor Atria w/ Pam 2:30 Church Service-D w/ Rev. Walkup 3:00 Happy Hour-A</p>	<p>22 9:30 Sittercise-A 10:30 Manicures-A 2:00 Movie Matinee-A "Abbott & Costello" 2:00 Bingo-D</p>
<p>23 9:30 Current Events-A & Coffee 10:30 Catholic Mass-D 10:30 Movie Matinee-A "Wuthering Heights" 2:00 Sunday Sundaes-A</p>	<p>24 9:45 Silver Sneakers-A 10:15 Bocce-A 1:30 Silent Movie Greats-A 3:30 Crafts w/ Dawn-A 7:00 Bingo-D</p>	<p>25 9:30 Sittercise-A 10:00 Guess The Word-A 11:00 Field Trip: "Wal-Mart" 2:30 Anything Goes Bingo-D 4:00 Tuesday Trivia-A 7:00 Bingo-D</p>	<p>26 9:45 Silver Sneakers-A 10:00 Garden Club-O 11:00 School Days-A 2:30 Entertainment-D "Sing-A-Long w/ Ariene" 3:30 Word Association-A</p>	<p>27 9:30 Sittercise-A 10:00 John & Ellie Bible Study-A 11:00 Science Experiments-A 2:00 Bingo-D 6:00 Poker: 2nd Floor Atria</p>	<p>28 9:45 Silver Sneakers-A 10:15 Balloon Swat-A 1:00 Rosary-C w/ The Legion of Mary 2:00 Sing-A-Long 3rd Floor Atria w/ Pam 3:00 Happy Hour-A</p>	<p>29 9:30 Sittercise-A 10:30 Manicures-A 2:00 Movie Matinee-A "Apollo 13" 2:00 Bingo-D</p>
<p>30 9:45 Current Events-A & Coffee 10:15 Wii Bowling-A 1:30 Crossword Puzzle-A 3:30 Crafts w/ Dawn-A 7:00 Bingo-D</p>	<p>31 9:45 Silver Sneakers-A 10:15 Wii Bowling-A 1:30 Crossword Puzzle-A 3:30 Crafts w/ Dawn-A 7:00 Bingo-D</p>					



Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2 Hello Time Patty & Poppy Hymn Sing Short Film 2:30pm Flore & Sunday Service Table Bowling</p> 	<p>3 Town Square Fun Sing-A-Long Crossword Puzzle Race Car Game Old Tyme TV/Manicles</p> 	<p>4 Town Square Fun Tai Chi Film Rosary/Communion Uno game Craft Pgh Film</p>	<p>5 Watermelon Day Let's make watermelon cookies Head to Toe Exercise Hymn Sing w/ Ginny Golf, LCR Watermelon Trivia Let's Eat Watermelon 4pm Katie's watercolor class</p> 	<p>6 Tell a Joke Day Moxie Visits Town Square Fun Ladies Group Happy Hour Word in a Word Poke no</p> 	<p>7 Town Square Fun Paramount Casino Laughter Club Bingo 3pm Jason & Friends Entertain Bingo Western Movie</p>	<p>8 Hello Time Dallas Visits Exercise Sing-A-Long 2:30pm Bingo 4pm Pirate Game</p> 
<p>9 Hello Time Beanbag Toss Patty & Poppy Visit Hymn Sing Pirate Game Beer & Pretzels</p>	<p>10 Town Square Fun Cooking Group Race Car Game Crossword Puzzle Musical Manicles</p> 	<p>11 Town Square Fun Tai Chi Short Film Rosary/Communion Uno Game 4pm Table bowling Pgh film</p>	<p>12 News of the Day What is it? Head to Toe 11am Charlie Visits Hymn Sing w/ Ginny Golf 3pm Lou Gaber 4:30pm Deal or No Deal</p>	<p>13 Town Square Fun Ladies Group-Indoor picnic lunch Happy Hour Word in a Word Pokeno</p> 	<p>14 Town Square Fun Paramount Casino Trivia Laughter Club Bingo Western/ Movie/Manicles</p>	<p>15 Hello Time Dallas Visits Ring Toss Sing-A-long on Film Bingo</p> 
<p>16 Hello Time Patty & Poppy Visits RWB Exercise on Film 1: 10 pm Pirate Game Beer & Pretzels Shirley Temple Flick</p> 	<p>17 Town Square Fun Cooking Group 2pm Crossword Puzzle 3pm Stamping Class 4pm Race Car Game Old Tyme TV Manicles</p>	<p>18 Town Square Fun Tai Chi Film Uno Game Rosary/Communion Bad Poetry day Let's write poetry</p> 	<p>19 News of the Day What is it? 11am Charlie Visits Hymn Sing w/ Ginny Golf LCR 4:30pm Outside Fun</p>	<p>20 Town Square Fun Ladies Group on the patio Moxie Visits Happy Hour Word in a Word Pokeno</p> 	<p>21 Town Square Fun MEN OUT TO BREAK- FAST Laughter Club Bingo We</p> 	<p>22 Hello Time Dallas Visits RWB Exercises Bingo 4pm Pirate Game w/ Beer and Pretzels</p>
<p>23 Hello Time Patty & Poppy Visits Hymn Sing 1:30pm Pirate Game Beer & Pretzels Uno Game</p>	<p>24 Town Square Fun Cooking Group Race Car Game Table Bowling 4pm Crossword Puzzle Ask Katie Film</p> 	<p>25 Town Square Fun Tai Chi Short Film Rosary/Mass LCR BB Art Painting</p>	<p>26 News of the Day Head to Toe exercise Hymn Sing w/ Ginny Easel Game 3pm Kenay & Chip Birthday Celebration Golf</p>	<p>27 Town Square Fun Ring Toss Art Class w/ Jenn Resident Council Happy Hour Word in a Word Pokeno</p> 	<p>28 Town Square Fun Paramount Casino Trivia Laughter Club Bingo Western Movie</p>	<p>29 Hello Time Jimmie Visits Ball Fun Exercise to Music Singing Bingo</p> 
<p>30 10am Church on TV Exercise on DVD 1:35pm Pirate Game Beer & Pretzels Shirley Temple Flick</p>	<p>31 Town Square Fun Crossword Puzzle What is it? Musical / Manicles</p>					



Paramount Dining Room Menu

Breakfast

Lunch

Dinner

<i>Monday</i>	<i>Hot or Cold Cereal Cinnamon Toast w/Cream Cheese Fruit of the Day</i>	<i>Potato Bacon Soup Grilled Ham & Cheese Potato Chips Banana Cream Pie</i>	<i>Ham Loaf Garlic Mashed Potatoes Steamed Peas Raspberry Cake</i>
<i>Tuesday</i>	<i>Hot or Cold Cereal Banana Foster Pancakes Bacon</i>	<i>Ham & Cabbage Soup Cheese Steak Hoagie Potato Wedges Strawberry Ice Cream</i>	<i>Orange Chicken Over Rice Oriental Vegetable Pineapple Upside Down Cake</i>
<i>Wednesday</i>	<i>Hot or Cold Cereal Asst. Muffins Mandarin Oranges</i>	<i>Pasta Fagioli Chicken Salad on a Croissant Peaches and Cottage Cheese Chocolate Mousse</i>	<i>Breaded Pork Chop Red Skin Potato Southern Green Beans Ginger Bread Cake</i>
<i>Thursday</i>	<i>Hot or Cold Cereal Eggs over Easy Sausage Toast</i>	<i>Chicken Noodle Soup Chicken Nuggets Tater Tots Fruit Ice Cream Sandwich</i>	<i>Stuffed Peppers Mashed Potatoes Dinner Rolls Ice Cream Novelty</i>
<i>Friday</i>	<i>Hot or Cold Cereal Fried Eggs Toast</i>	<i>Cream of Spinach Soup Tuna Melt on Wheat Waldorf Salad Peanut Butter Brownies</i>	<i>Coconut Shrimp Rice Pilaf Bermuda Blend Vegetables Chocolate Cream Pie</i>
<i>Saturday</i>	<i>Hot or Cold Cereal Fresh Doughnuts Fresh Fruit</i>	<i>Navy Bean Soup Pizza Roll Tossed Salad Carrot Cake</i>	<i>Beef Macaroni Casserole Mixed Roasted Squash Pudding</i>
<i>Sunday</i>	<i>Hot or Cold Cereal Scrambled Eggs w/ Cheese Bacon Home Fries</i>	<i>Stuffed Pepper Soup Open Faced Turkey Sandwich Mixed Veggie Peach Tart</i>	<i>Cheese Ravioli Bread Stick Sugar Snap Peas Mandarin Orange Jello</i>
<i>Week 4</i>			



Paramount Dining Room Menu

Breakfast

Lunch

Dinner

Monday	<i>Hot or Cold Cereal Scrambled Eggs Fruit of the Day</i>	<i>Wedding Soup Hamburger Mac & Cheese Fruit of the Forest Pie</i>	<i>Grilled Pork Loin w/ an Apple Chutney Spaetzle w/Butter & Onion California Vegetable Chef Choice Dessert</i>
Tuesday	<i>Hot or Cold Cereal Western Scrambled Eggs Toast</i>	<i>Italian Hoagie Marinated Tortellini Salad Banana Nut Muffin</i>	<i>Spaghetti & Meatballs Creaser Salad Italian Bread Stained Glass Jell-O</i>
Wednesday	<i>Hot or Cold Cereal Eggs to Order Sausage</i>	<i>Chicken & Rice Soup Chef's Salad Potato Roll French Vanilla Ice Cream</i>	<i>Top Round Mashed Potatoes Veg Du Jour Melba Pears</i>
Thursday	<i>Hot or Cold Cereal Pancakes With Syrup</i>	<i>Pepper Pot Soup Monte Cristo Sandwich Fresh Fruit Banana Pudding</i>	<i>Chicken Alfredo Over Penne Pasta Steamed Broccoli Espresso Cake</i>
Friday	<i>Hot or Cold Cereal Cheesy Scrambled Eggs Hash Brown Toast</i>	<i>Clam Chowder Monterey Cheese Egg Bake Croissant/Fruit Oatmeal Raisin Cookie</i>	<i>Potato Crusted Cod Delmonico Potato Key West Vegetable Pudding</i>
Saturday	<i>Hot or Cold Cereal Fresh Doughnuts Fresh Fruit</i>	<i>Chicken Tortellini Soup Grilled Ribs Potato Salad Pound Cake</i>	<i>Baked Ham Scalloped Potato Green Beans and Tomatoes Chef's Choice of Ice Cream</i>
Sunday Week 5	<i>Hot or Cold Cereal French Toast Sausage/Toast</i>	<i>Beef Barley Soup Turkey Salad On A Croissant/Fruit Cocktail Cheesecake</i>	<i>Broccoli and Cheese Stuffed Chicken Scalloped Potato Tiramisu Cake</i>