



# Haven Springs

— Assisted Living and Memory Care —

## Where Every Day Feels Like Home!



 [contact@havensprings.care](mailto:contact@havensprings.care)

 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484



[www.havensprings.care](http://www.havensprings.care)





# Haven Springs

— Assisted Living and Memory Care —

## WHY CHOOSE US?

We are dedicated to providing exceptional care for our seniors, ensuring they thrive in their new home.

We are women healthcare professionals owned and operated assisted living facility with memory care.

Our collaborative approach between healthcare providers, caregivers, and families emphasizes open communication, ensuring residents' well-being and contentment.



## SPECIAL FEATURES

- ✓ Private Suites with bathrooms
- ✓ On-site supervision by nurse practitioner
- ✓ Physical therapy
- ✓ Quarterly screens for mobility
- ✓ Psych evaluation for cognitive changes

And of course, excellent meals, attentive care and assistance!!

✉ [contact@havensprings.care](mailto:contact@havensprings.care)

📍 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484



[www.havensprings.care](http://www.havensprings.care)



# Meet Our Team

---



## Dimple Amin

Dimple has been a Family Nurse Practitioner for over 15 years. She is nationally certified with the American Association of Nurse Practitioners. She specializes in pain management and neurological conditions and works in the Emergency Room. She enjoys helping older adults and strives to provide the best care to improve resident's quality of life.



## Suchi Desai

Suchi has been a Physical therapist for over a decade. Her specialization is in Neurology. Over the years, she has found her liking for geriatric patients and treated several patients with stroke, TBI, COPD, CHF, etc. She has a positive spirit and loves to make people laugh and work hard!



## Kris Bhakta

Krishan has a background in IT industry at IBM and worked with a Behavioral health company for 12 years.

- IT department & software updates
- Employee and facility compliance
- Finance and Accounting



# Haven Springs

— Assisted Living and Memory Care —



SUCHI DESAI, PT  
Director of Marketing & Sales

213-280-8484

[contact@havensprings.care](mailto:contact@havensprings.care)

[www.havensprings.care](http://www.havensprings.care)

**Green Valley**  
17802 S. Placita Octubre  
Green Valley, AZ 85614

**North Phoenix**  
4350 E Saint John Rd,  
Phoenix, AZ 85032

Dear Resident Families,

As a co-owner/physical therapist here at Haven Springs, I understand the importance of providing you with essential information to ensure the well-being and comfort of your loved ones.

My passion to own assisted living homes came from seeing how much more needs to be done for these residents to thrive and not just survive in their new homes.

Every resident is different and it is important to understand their needs, abilities and preferences to give them a happy and healthy life.

Physical therapy services provided:

1. **Rehabilitation:** Whether your family member is recovering from surgery, managing a chronic condition, or rehabilitating from an injury, our rehabilitation programs are tailored to their specific needs. We utilize exercises, manual therapy, and other techniques to help them regain strength, flexibility, and mobility.
2. **Fall Prevention:** Falls are a significant concern for older adults. Although there is no way to never have falls again but through targeted exercises and education, we can help reduce the risk of falls and improve safety within the home.
3. **Education:** We believe in empowering residents and their families with knowledge about their condition and how to manage it in addition to the staff's efforts to be mindful of the residents needs. We offer educational sessions once a month.


**Communication and Collaboration:** Communication is essential for effective care. We encourage open dialogue between residents, families, caregivers, and our healthcare professionals care team. Please feel free to ask questions, share concerns, and provide feedback. Your input helps us tailor our care to meet your family member's needs and preferences.

Sincerely,

Suchi Desai, PT  
Co-owner of Haven Springs Assisted Living and Memory Care

 [contact@havensprings.care](mailto:contact@havensprings.care)

 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484 

[www.havensprings.care](http://www.havensprings.care) 



# Haven Springs

— Assisted Living and Memory Care —



**DIMPLE AMIN, FNP-C**  
Director of Resident Care

213-280-8484

[contact@havensprings.care](mailto:contact@havensprings.care)

[www.havensprings.care](http://www.havensprings.care)

**Green Valley**  
17802 S. Placita Octubre  
Green Valley, AZ 85614

**North Phoenix**  
4350 E Saint John Rd,  
Phoenix, AZ 85032

Dear Resident Families,

As a co-owner/Nurse Practitioner here at Haven Springs, I want to express my heartfelt gratitude for entrusting us with the care of your family members. It is a privilege to serve them and to be a part of their lives here at our facilities.

I understand that these times may be challenging, especially with the ongoing concerns surrounding health and safety. Please know that the health and safety of our residents remains our top priority. We empathize with how challenging it might be for you to make this decision for your loved one. We are not just an assisted living home with memory care. We believe in the continuum of care. We would want to make sure we can meet the resident's needs from independent living to assisted living to hospice care and needs and everything in between. We continue to implement stringent measures to safeguard against COVID-19 and other health-related issues. Our staff undergo regular testing and adhere to strict hygiene protocols to ensure the utmost protection for everyone within our community.

As a Nurse Practitioner, I provide the following care for the residents as appropriate:

- Assessment and Diagnosis
- Treatment and Management
- Referrals to primary and speciality care
- Patient Education
- Collaboration and Consultation
- Health Promotion and Disease Prevention
- Advocacy and Patient Support


Our holistic approach to patient care combined with our years of healthcare experience ensures that the resident's have the best care tailored to their individual needs.

Sincerely,

Dimple Amin, FNP-C  
Co-owner of Haven Springs Assisted Living and Memory Care

 [contact@havensprings.care](mailto:contact@havensprings.care)

 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484 

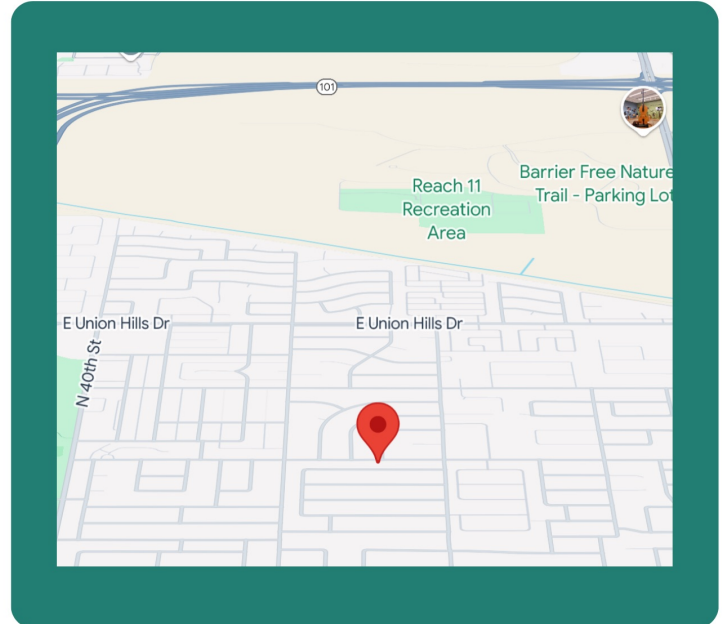
[www.havensprings.care](http://www.havensprings.care) 

# LOCATIONS

---

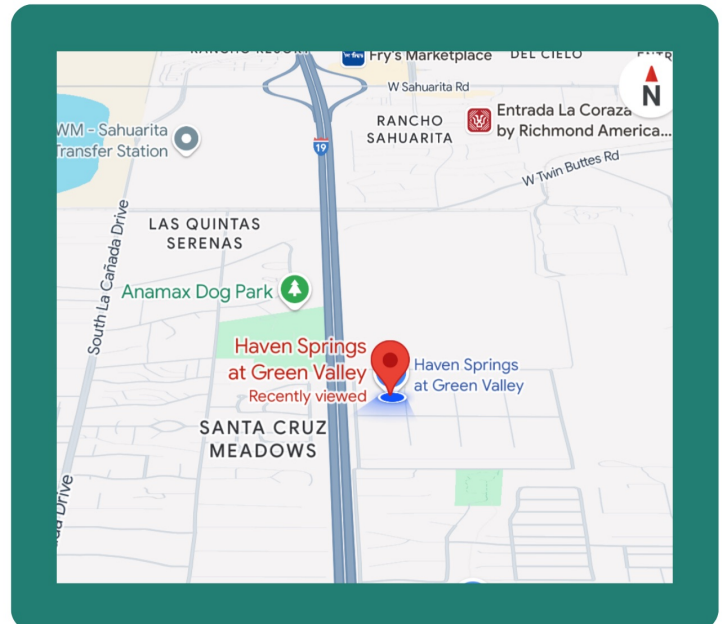
## NORTH PHOENIX

4350 E Saint John Road,  
Phoenix , AZ 85032



## GREEN VALLEY

17802 S. Placita Octubre  
Green Valley, AZ 85614



 [contact@havensprings.care](mailto:contact@havensprings.care)

 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484

[www.havensprings.care](http://www.havensprings.care)



# Asthma Self-Management Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Every day—your personal peak flow goal: \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: All Clear

If you have:

- ✓ No shortness of breath
- ✓ Ability to do usual activities
- ✓ If a peak flow meter is used: Peak flow: more than \_\_\_\_\_ (80% or more of my best peak flow)
- ✓ My best peak flow: \_\_\_\_\_



## What this could mean:

- ✓ Your symptoms are under control
- ✓ Continue taking your controller medication as ordered
- ✓ Continue to monitor peak flow
- ✓ Keep all physician appointments

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ Cough, wheeze, chest tightness, or shortness of breath
- ✓ Waking at night due to asthma
- ✓ Can do some, but not all, usual activities
- ✓ Peak flow: \_\_\_\_\_ to \_\_\_\_\_ (50–80% of my best peak flow)
- ✓ Anything else unusual that bothers you

*If you notice a Yellow Caution, work closely with your healthcare team.*



## What this could mean:

- ✓ Your asthma is getting worse
- ✓ You may need a medication adjustment
- ✓ Eliminate triggers
- ✓ Stop strenuous exercise
- ✓ Add reliever medication: \_\_\_\_\_

**Call your doctor, nurse, or home health nurse.**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Instructions: \_\_\_\_\_

## Red Zone—Stop and Think!

If you have **any** of the following:

- ✓ Very short of breath, trouble walking and talking due to shortness of breath, or skin color is pale or gray
- ✓ Quick-relief medications have not helped
- ✓ Cannot do usual activities or symptoms are same or get worse after 24 hours in the Yellow Caution area
- ✓ Peak flow: less than \_\_\_\_\_ (50% of my best peak flow)
- ✓ Fingernails or lips are blue



## What this could mean:

- ✓ **If you experience any Red Zone symptoms, call 9-1-1 and notify your physician right away**

Physician Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

# Blood Thinner Self-Management Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The name of my blood thinner is (Generic and brand name): \_\_\_\_\_

I take my blood thinner because: \_\_\_\_\_

Name and phone number of physician: \_\_\_\_\_

Name and phone number of pharmacy: \_\_\_\_\_

Name and phone number of home care agency (if applicable): \_\_\_\_\_

If you take Warfarin or Coumadin, please answer the questions below about your blood test (internal normalized ratio [INR]) to check the response of your blood thinner medication. Your INR tests your blood's ability to clot.

My target INR: \_\_\_\_\_ My next INR is due: \_\_\_\_\_

My most recent INR: \_\_\_\_\_ Who is drawing my next INR: \_\_\_\_\_

|            |  |  |  |  |  |
|------------|--|--|--|--|--|
| Date       |  |  |  |  |  |
| INR Result |  |  |  |  |  |

|            |  |  |  |  |  |
|------------|--|--|--|--|--|
| Date       |  |  |  |  |  |
| INR Result |  |  |  |  |  |

**Note that other medicines can change the way your blood thinner works.** Your blood thinner can also change how other medicines work. It is very important to talk with your doctor about all the medicines you take, including other prescription medicines, over-the-counter medicines, vitamins, and herbal products.

The following is a list of some common medicines that you should talk to your doctor or pharmacist about before using:

- **Pain relievers**, such as aspirin, ibuprofen (Advil, Midol, Motrin, Nuprin, Pamprin HB), naproxen (Aleve, Excedrin)
- **Cold medicines**, such as Sine-Off and Alka-Seltzer
- **Stomach remedies**, such as cimetidine (Tagamet HB), bismuth subsalicylate (Pepto Bismol), laxatives, and stool softeners
- **Herbal products**, such as garlic, ginkgo biloba, and green tea



# Blood Thinner Safety Zones

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: All Clear Zone. *This is the safety zone if:*

- ✓ No swelling
- ✓ No increase in shortness of breath
- ✓ No chest pain
- ✓ No active signs of bruising or bleeding
- ✓ Taking medication every day at the same time
- ✓ Rotating injection sites; at least 4 inches from navel

### Green Zone means:

- ✓ Your symptoms are under control
- ✓ Continue taking your medications as ordered
- ✓ Keep your diet consistent, *if you are on Warfarin*
- ✓ Keep all medical appointments
- ✓ Refill any medications as needed



### If taking warfarin:

- ✓ You get your international normalized ratio (INR) blood test regularly
- ✓ Your diet has not changed in regard to foods high in vitamin K (green, leafy vegetables)

## Yellow Zone: Caution. *Call your physician:*

### If you experience any of these:

- ✓ Black or tarry stools
- ✓ Vomit that looks like coffee grounds
- ✓ Bleeding at a surgical site
- ✓ Bleeding gums
- ✓ Bruises for no reason
- ✓ Blood in urine
- ✓ You are ordered a new medication or begin taking an over-the-counter medication
- ✓ Scheduled procedure, surgery, or major dental work
- ✓ Pregnant or plan to become pregnant
- ✓ Trouble affording your blood thinner or your insurance won't cover it
- ✓ Trouble getting your blood thinner from the pharmacy
- ✓ Miss doses or go without taking your blood thinner

### Yellow Zone means:

- ✓ Your symptoms indicate you may need an adjustment in your medications
- ✓ The physician or pharmacists may adjust your blood thinner if you are prescribed any other new medications
- ✓ Call your nurse or physician to evaluate your symptoms
- ✓ These changes or symptoms may put you at risk of bleeding or clotting

### If taking warfarin:

- ✓ You don't get your INR test regularly and your results are out of range



## Red Zone: Medical Alert Zone. *Take Action. Call 9-1-1 or go to the hospital.*

### This is the danger zone if you have:

- ✓ Uncontrolled bleeding that you cannot stop in 5 minutes when pressure is applied
- ✓ Frothy or pink sputum (spit)
- ✓ Bright red blood in your urine or stool

- ✓ Severe stomach or back pain, headache, dizziness, fainting or body weakness that will not stop
- ✓ Had a major accident, serious fall, or hit your head (even if you don't look hurt)



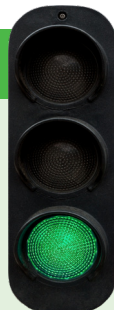
# COPD Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: In Control



- ✓ I breathe easily without a cough or shortness of breath.
- ✓ I am not wheezing.
- ✓ I am not experiencing chest tightness.
- ✓ I do not need to decrease my activity level as I am able to maintain my normal activity level.

## Green Means I Should:

- ✓ Continue to take my medicine as ordered.
- ✓ Continue regular activity as tolerated.
- ✓ Follow a low salt diet.
- ✓ Wear oxygen, if prescribed.
- ✓ Keep all physician appointments.

## Yellow Zone: Caution



- ✓ I have an increased cough and/or sputum and symptoms.
- ✓ I have an increase in shortness of breath with my usual activity level.
- ✓ I have increased the amount of quick relief medications used.
- ✓ I have had a change in my usual energy level—increase in either tiredness or restlessness.
- ✓ I need more pillows to sleep.
- ✓ I have swollen ankles more often than usual.
- ✓ I have chest tightness.

## Yellow Means I Should:

- ✓ Continue taking daily medications.
- ✓ Use oxygen, if prescribed.
- ✓ Contact my physician, nurse, or home health nurse to discuss my change in symptoms and possible adjustment of medication.

### Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone—Medical Alert!



- ✓ I have unrelieved shortness of breath, chest pain, or chest tightness.
- ✓ I have shortness of breath, wheezing, or chest tightness at a rest state.
- ✓ I have an increased or irregular heartbeat.
- ✓ I have a fever or shaking chills.
- ✓ I need to sleep sitting up or in a chair.
- ✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.
- ✓ I am experiencing confusion or I am coughing up blood.

## Red Means I Must:

- ✓ **Take action!**
- ✓ **Go to the Emergency Room or call 9-1-1 immediately!**

# COVID-19 Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: In Control



- ✓ I can breathe easily without shortness of breath.
- ✓ I am not experiencing chest tightness.
- ✓ My energy level is nearly normal.
- ✓ I can think clearly.

## Green Means I Should:

- ✓ Use oxygen if prescribed by my doctor/healthcare provider.
- ✓ Check my oxygen level (pulse oximetry) if ordered by my doctor/healthcare provider.
- ✓ Keep a diary of my oxygen levels so I can review with my doctor/healthcare provider.

## Yellow Zone: Caution



- ✓ My breathing is fast.
- ✓ I have a new or worsening cough.
- ✓ I am having trouble catching my breath.
- ✓ My heartbeat feels much faster than usual.
- ✓ I have a fever.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head feels "fuzzy."

## Yellow Means I Should:

- ✓ Be evaluated by my doctor/healthcare provider.
- ✓ Call or message my doctor or healthcare provider.  
(Do not go to the doctor's office unless instructed to do so.)
- ✓ Share my symptoms and follow their directions.

### If receiving home healthcare services:

Agency: \_\_\_\_\_ Phone: \_\_\_\_\_

### My doctor/healthcare provider:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Red Zone—Medical Alert!



- ✓ My breathing is very fast.
- ✓ I can't catch my breath and can't speak an entire sentence.
- ✓ My fingernails or my lips are pale or blue.
- ✓ I am having chest pain.
- ✓ I can't eat or drink.
- ✓ I am confused.
- ✓ I can't stay awake.

## Red Means I Must:

- ✓ **Take action!**
- ✓ **Call 9-1-1 immediately!**

Tell the operator that I am showing severe symptoms of COVID-19!

# Manage Your Diabetes

Name \_\_\_\_\_

Date \_\_\_\_\_

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor.

## Blood Sugar (Glucose) Goals



**Your doctor or primary care provider will decide the blood sugar and A1c numbers that are best for you.**

✓ **Fasting blood sugar 80–130 mg/dl**

This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is \_\_\_\_\_ mg/dl.

✓ **Post-meal blood sugar less than 180 mg/dl (1 to 2 hours after eating)**

My goal is \_\_\_\_\_ mg/dl 2 hours after I eat a meal.

✓ **A1c test result less than 7**

The A1c test is a blood test that measures my average blood sugar level over the past three months. My A1c goal is \_\_\_\_\_.

## The ABCs of Diabetes<sup>1</sup>



- ✓ A: A1c level less than 7
- ✓ B: Blood pressure less than 140/90
- ✓ C: Cholesterol
  - Total less than 200
  - LDL less than 100
  - HDL greater than 40 (men)
  - HDL greater than 50 (women)
  - Triglycerides less than 150

## 5 Things You Can Do Everyday



- ✓ Do not smoke and avoid secondhand smoke.
- ✓ Eat healthy meals
- ✓ Avoid alcohol
- ✓ Get regular exercise
- ✓ Check your blood sugar
- ✓ Take your medications
- ✓ Check your feet

# Diabetes Safety Zones

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: All Clear Zone ... *This is the safety zone if:*

- ✓ Your blood sugar is under control.
- ✓ You have no symptoms of low or high blood sugar.
- ✓ Your fasting blood sugar is between 80–130 mg/dl.
- ✓ Your blood sugar 1 to 2 hours after a meal is less than 180 mg/dl.
- ✓ Your A1c level is less than 7.



## Yellow Zone: Caution ... *This is the watch zone if you have:*

### New loss of feeling in both feet

#### Low blood sugar (hypoglycemia)

- ✓ Blood sugar less than 70 mg/dl
- ✓ Symptoms: Shaky or dizzy, blurry vision, weak or tired, sweaty, headache, hungry, upset or nervous
- ✓ What to do?
  - Check your blood sugar (if possible).
  - Eat or drink something that contains sugar.  
*(For example: 3 packets or 1 tablespoonful of regular sugar, 4 glucose tablets, 4 pieces of hard candy, 4 ounces of fruit juice or regular [not diet] soda.)*
  - Check your blood sugar again in 15 minutes. If it is still below 70 mg/dl, eat or drink something that contains sugar again.

#### High blood sugar (hyperglycemia)

- ✓ Blood sugar more than 240 mg/dl
- ✓ Symptoms: Thirsty all the time, blurry vision, need to urinate often, weak or tired, dry skin, often hungry, fruity smelling breath
- ✓ What to do?
  - Call your doctor or primary care provider and tell him/her that your blood sugar is high.
  - Continue to take your medications.
  - Follow your meal plan.

**Call your doctor or primary care provider if your blood sugar levels do not improve. You may need a medication adjustment or a change in your eating habits and/or activity level.**

Doctor's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## Red Zone: Medical Alert Zone ... *This is the danger zone if you have:*

- ✓ A blood sugar level greater than \_\_\_\_\_ mg/dl OR less than \_\_\_\_\_ mg/dl, **call your doctor, 9-1-1, or go to the emergency room.**
- ✓ Doctor's Name: \_\_\_\_\_
- Phone Number: \_\_\_\_\_



# Heart Disease Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke; avoid secondhand smoke.

Every day:  Weigh yourself in the morning  Take your medications  Eat low salt foods  Balance activity with rest periods

## Green Zone: All Clear

If you have:

- ✓ No shortness of breath
- ✓ No chest pain or chest tightness
- ✓ No weakness
- ✓ Blood pressure less 140/90 (or as directed by your physician)
- ✓ HbA1c <7% if you are diabetic
- ✓ LDL <100 mg/dl
- ✓ Ability to do usual activities



### What this could mean:

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all medical appointments

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ Shortness of breath
- ✓ Swelling of your feet, ankles, legs, or stomach
- ✓ Fatigue or lack of energy
- ✓ Dizziness
- ✓ An uneasy feeling—you know something is not right
- ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows

***If you notice a Yellow Zone Caution, work closely with your healthcare team.***



### What this could mean:

- ✓ Your symptoms may indicate that you need a medication adjustment  
*Call your home care nurse or primary care doctor **and** your cardiologist*

**Doctor:** \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

**Cardiologist:** \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

## Red Zone: Medical Alert! Stop and Think

If you:

- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
- ✓ Have chest pain or heaviness
- ✓ Have confusion or can't think clearly



### What this could mean:

- ✓ ***You need to be evaluated by a healthcare professional immediately***
- ✓ ***Call 9-1-1***
- ✓ ***Notify your healthcare provider's office***

# Heart Failure Self-Management Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Do not smoke; avoid secondhand smoke.

**Every day:**  Weigh yourself in the morning  Take your medications  Eat low salt foods  Balance activity with rest periods

## Green Zone: All Clear



### What this could mean:

- If you have:
- ✓ No shortness of breath
  - ✓ Weight gain less than two pounds (although a 1–2 pound gain may occur some days)
  - ✓ No swelling of your feet, ankles, legs, or stomach
  - ✓ No chest pain
  - ✓ Ability to do usual activities

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all physician appointments

## Yellow Zone: Caution



### What this could mean:

- If you have **any** of the following:
- ✓ A weight gain of two or more pounds in one day or 3–5 pounds in one week
  - ✓ Increased shortness of breath
  - ✓ Increased swelling of your feet, ankles, legs, or stomach
  - ✓ Fatigue or lack of energy
  - ✓ Dry hacking cough
  - ✓ Dizziness
  - ✓ An uneasy feeling—you know something is not right
  - ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows
  - ✓ New or frequent chest pain or tightness

- ✓ Your symptoms may indicate that you need a medication adjustment  
*Call your home care nurse or primary care doctor **and** your cardiologist*

**Doctor:** \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

**Cardiologist:** \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

*If you notice a Yellow Zone Caution, work closely with your healthcare team*

## Red Zone: Medical Alert! Stop and Think



### What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
  - ✓ Have chest pain not relieved or reoccurs after taking three nitro tablets
  - ✓ Have confusion or can't think clearly

- ✓ **You need to be evaluated by a healthcare professional immediately**

✓ **Call 9-1-1**

✓ **Notify your healthcare provider's office**

# Medications and Your Health

Name \_\_\_\_\_

Date \_\_\_\_\_

- Take medication(s) as prescribed.
- Do not stop medication(s) without first checking with your doctor.
- Do not restart medication(s) without first checking with your doctor.
- Do not skip or double up on your medication(s).
- Make sure your medication(s) have not expired; check the dates!

- Check with your pharmacist before drinking alcohol when taking prescription medication(s).
- Tell your doctor about ALL medication(s) you are taking, including over-the-counter vitamins and supplements.
- Do not smoke and avoid secondhand smoke.

## Green Zone: All Clear

If you:

- ✓ Have no side effects with medication(s)
- ✓ Take your medication(s) as prescribed
- ✓ Are getting your medication(s) filled regularly

## Green Zone could mean:

- ✓ You're doing well.

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ Problems taking your medication(s) as prescribed by your doctor (e.g., missing or skipping doses)
- ✓ Trouble urinating
- ✓ Constipation or diarrhea
- ✓ Side effects like fatigue, weakness, dizziness, swelling or hands or feet
- ✓ Upset stomach or abdominal pain
- ✓ Blurred vision
- ✓ Dark, tarry stools, or noticeable blood in stool
- ✓ Ringing in the ears
- ✓ Feeling "off balance"
- ✓ Excessive tiredness
- ✓ Head feels "fuzzy"

## Yellow Zone could mean:

- ✓ You may need further education or support regarding medication management.
- ✓ You could be having side effects to your medication(s).
- ✓ Your medication(s) may need adjustment.
- ✓ Contact your doctor and share your symptoms.

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone: Medical Alert! Stop and Think

If you have **any** of the following:

- ✓ Loss of consciousness or fainting
- ✓ Develop a rash
- ✓ Cannot urinate
- ✓ Blurred vision
- ✓ No bowel movement for 3 or more days (particularly when taking a narcotic)
- ✓ Vomiting blood

## Red Zone could mean:

- ✓ **You need to be seen by a healthcare professional right away.**
- ✓ **If you cannot reach your doctor, go to the emergency room, or**
- ✓ **Call 9-1-1**





# Medications and Your Health

Name \_\_\_\_\_

Date \_\_\_\_\_

- Take medication(s) as prescribed.
- Do not stop medication(s) without first checking with your doctor.
- Do not restart medication(s) without first checking with your doctor.
- Do not skip or double up on your medication(s).
- Make sure your medication(s) have not expired; check the dates!

- Check with your pharmacist before drinking alcohol when taking prescription medication(s).
- Tell your doctor about ALL medication(s) you are taking, including over-the-counter vitamins and supplements.
- Do not smoke and avoid secondhand smoke.

## Green Zone: All Clear

If you:

- ✓ Have no side effects with medication(s)
- ✓ Take your medication(s) as prescribed
- ✓ Are getting your medication(s) filled regularly

## Green Zone could mean:

- ✓ You're doing well.

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ Problems taking your medication(s) as prescribed by your doctor (e.g., missing or skipping doses)
- ✓ Trouble urinating
- ✓ Constipation or diarrhea
- ✓ Side effects like fatigue, weakness, dizziness, swelling or hands or feet
- ✓ Upset stomach or abdominal pain
- ✓ Blurred vision
- ✓ Dark, tarry stools, or noticeable blood in stool
- ✓ Ringing in the ears
- ✓ Feeling "off balance"
- ✓ Excessive tiredness
- ✓ Head feels "fuzzy"

## Yellow Zone could mean:

- ✓ You may need further education or support regarding medication management.
- ✓ You could be having side effects to your medication(s).
- ✓ Your medication(s) may need adjustment.
- ✓ Contact your doctor and share your symptoms.

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone: Medical Alert! Stop and Think

If you have **any** of the following:

- ✓ Loss of consciousness or fainting
- ✓ Develop a rash
- ✓ Cannot urinate
- ✓ Blurred vision
- ✓ No bowel movement for 3 or more days (particularly when taking a narcotic)
- ✓ Vomiting blood

## Red Zone could mean:

- ✓ **You need to be seen by a healthcare professional right away.**
- ✓ **If you cannot reach your doctor, go to the emergency room, or**
- ✓ **Call 9-1-1**



# Pneumonia Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: In Control



- ✓ I am breathing easily.
- ✓ I have no fever.
- ✓ I am not coughing, wheezing, or experiencing chest tightness or shortness of breath.
- ✓ I am able to maintain my normal activity level.

## Green Means I Should:

- ✓ Continue to take my medicine as ordered.
- ✓ Balance activity and rest periods.
- ✓ Drink plenty of water, unless ordered otherwise.
- ✓ Take a deep breath and cough 2–3 times every hour to open up my lungs. (Coughing helps to clear my airways.)

## Yellow Zone: Caution



- ✓ I have an increase or change in the color of my mucus (phlegm).
- ✓ I am coughing or wheezing more than usual.
- ✓ I become short of breath with activity.
- ✓ I have a fever of 100.5 F or greater by mouth, or 99.5 F or greater under the arm.
- ✓ Need more pillows or need to sleep sitting up.
- ✓ I have loss of appetite, low energy, or fatigue.

## Yellow Means I Should:

- ✓ Contact my physician and share my symptoms.

### Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone—Medical Alert!



- ✓ I am experiencing unrelieved shortness of breath.
- ✓ I have a change in the color of my skin, nails, or lips to gray or blue.
- ✓ I have unrelieved chest pain.
- ✓ I experience an increased or irregular heartbeat.
- ✓ I feel confused or can't think clearly.

## Red Means I Must:

- ✓ **Take action!**
- ✓ **You need to go to the Emergency Room or call 9-1-1 immediately!**

# My Plan to Identify Infection and/or Sepsis

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke; avoid secondhand smoke.

## Green Zone: No Signs of Infection (all below)

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ Any wound or IV site I have is healing well.



## Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Continue to take my medicine as ordered, especially if I'm recovering from an infection or illness.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions if I'm caring for a wound or IV site.
- ✓ Wash my hands and avoid anyone who is ill.

## Yellow Zone: Caution (any below)

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I'm coughing.
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head is "fuzzy."
- ✓ I don't feel well—I'm too tired to do things.
- ✓ I haven't urinated in 5 hours or it's painful or burning when I do.
- ✓ Any wound or IV site I have looks different.



## Yellow Means I Should:

- ✓ Contact my doctor, especially if I've recently been ill or had surgery.
- ✓ Ask if I might have an infection or sepsis.

### Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone: Medical Alert! (any below)

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ My fingernails are pale or blue.
- ✓ People say I'm not making sense.
- ✓ My wound or IV site is painful, red, smells, or has pus.



## Red Means I Must:

- ✓ **Act fast ... Sepsis is serious!**
- ✓ **Call 9-1-1** and say, "I need to be evaluated immediately. I'm concerned about sepsis."

# My Plan for Prevention and Early Recognition of Stroke

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

## Green Zone: In Control



### Green Means I Should:

- My condition is under control and I:
- ✓ Am keeping my blood pressure under control.
  - ✓ Am not smoking.
  - ✓ Have no headache or vision problems.
  - ✓ Have no trouble speaking or swallowing.
  - ✓ Have no arm or leg weakness or numbness.
  - ✓ Have all my medicine.

- ✓ Continue to take my medicine as ordered.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions for diet, exercise, and therapy.
- ✓ Check my blood pressure regularly.

## Yellow Zone: Caution



### Yellow Means I Should:

- ✓ I experience occasional dizziness or headache.
- ✓ I experience brief or temporary arm or leg weakness or numbness.
- ✓ My blood pressure is above 140/90.
- ✓ **Have I missed my medications?**
- ✓ **Do I have less than 3 days worth of medicine left?**

- ✓ Contact my physician and share my symptoms.

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

- ✓ Discuss adjusting my medications with my physician.
- ✓ Request refills if my medication is running out.

## Red Zone: Medical Alert!



### Red Means I Must:

- I am likely to experience:
- ✓ Trouble speaking.
  - ✓ Trouble walking or a change in my walk.
  - ✓ My arm and/or leg feeling heavy or numb.
  - ✓ A drooping on one side of my face or smile.
  - ✓ Trouble with vision.
  - ✓ Blood pressure above 160/90.

- ✓ **Act fast ... Stroke is Serious!**
- ✓ **Call 9-1-1 and say, "I need to be evaluated immediately. I am concerned I am experiencing a stroke."**
- ✓ Not attempt to drive myself to the hospital. Paramedics will evaluate me for possible stroke.
- ✓ Bring all my medicines and supplements with me to the hospital.

# Total Hip Replacement

Name \_\_\_\_\_

Date \_\_\_\_\_

## Every Day:

- ✓ No smoking! Avoid second hand smoke.
- ✓ Balance activity and rest.
- ✓ Resume a well-balanced diet or the specific diet your physician recommended.
- ✓ Take your medication as prescribed. Avoid NSAIDS (Advil, Naproxen, Ibuprofen, etc.) until your doctor tells you to take them.
- ✓ Monitor your surgery site daily.

My Doctor:

\_\_\_\_\_

Telephone:

\_\_\_\_\_



## Green Zone: All Clear. This is the safety zone if you have:

- ✓ Pain that is controlled by prescribed pain medications.
- ✓ No swelling, redness, or draining at your surgery site.
- ✓ Been keeping all appointments with physical therapy and your doctor.



## Yellow Zone: Warning. Call your doctor if you have:

- ✓ Pain that is not controlled by prescribed pain medications.
- ✓ Fever higher than 100.5 degrees.
- ✓ Swelling that seems to be worsening, redness, opening of wound, cloudy or bloody drainage from your surgical site.
- ✓ Trouble tolerating physical therapy well.



## Red Zone: Medical Alert!

Go to the emergency department or call 911 if you have:

- ✓ A fall at home.
- ✓ Shortness of breath or chest pain.

# Total Knee Replacement

Name \_\_\_\_\_

Date \_\_\_\_\_

## Every Day:

- ✓ No smoking! Avoid secondhand smoke.
- ✓ Balance activity and rest.
- ✓ Resume a well-balanced diet or the specific diet your physician recommended.
- ✓ Take your medication as prescribed. Avoid NSAIDS (Advil, Naproxen, Ibuprofen, etc.) until your doctor tells you to take them.
- ✓ Monitor your surgery site daily.

My Doctor:

\_\_\_\_\_

Telephone:

\_\_\_\_\_



## Green Zone: All Clear. This is the safety zone if you have:

- ✓ Pain that is controlled by prescribed pain medications.
- ✓ No swelling, redness, or draining at your surgery site.
- ✓ Been keeping all appointments with physical therapy and your doctor.



## Yellow Zone: Warning. Call your doctor if you have:

- ✓ Pain that is not controlled by prescribed pain medications.
- ✓ Fever higher than 100.5 degrees.
- ✓ Swelling that seems to be worsening, redness, opening of wound, cloudy or bloody drainage from your surgical site.
- ✓ Trouble tolerating physical therapy well.



## Red Zone: Medical Alert!

Go to the emergency department or call 911 if you have:

- ✓ A fall at home.
- ✓ Shortness of breath or chest pain.

# Urinary System and Your Health

Name \_\_\_\_\_

Date \_\_\_\_\_

- Drink plenty of water.
- Do not postpone going to the bathroom. Urinate often and when the urge arises.
- Keep your genital area clean.

- Empty your bladder before and after having sex.
- Wipe from front to back to prevent bacteria from the bowels (intestines) from getting into the urinary tract.
- Consider limiting your caffeine.

## Green Zone: All Clear

If you have:

- ✓ Clean yellow urine
- ✓ Frequency of urination is normal for you
- ✓ No pain when you urinate

## Green Zone could mean:

- ✓ You are taking steps toward your urinary health

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ New urinary incontinence, dribbling urine
- ✓ Feel pain or burning when you urinate
- ✓ Have a low-grade fever, feel tired, or are shaky
- ✓ Feel you need to urinate often, even if you just went
- ✓ Feel pressure in your lower belly
- ✓ Have urine that smells bad, is cloudy, or reddish
- ✓ Feel pain in your back or side below the ribs

## Yellow Zone could mean:

- ✓ You may have a urinary tract infection

*Call your home care nurse or primary care doctor*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

***If you notice a Yellow Zone Caution, work closely with your healthcare team***

## Red Zone: Medical Alert! Stop and Think

If you have **any** of the following:

- ✓ Red/bloody urine
- ✓ Feel nauseated or vomit
- ✓ Are unable to pass any urine
- ✓ Have mental changes or confusion
- ✓ Have a fever above 101 degrees
- ✓ Feel pain in the side, back, or groin

## Red Zone could mean:

- ✓ ***You need to be evaluated by a healthcare professional immediately.***
- ✓ ***Notify your healthcare provider's office.***
- ✓ ***If you cannot reach your doctor, go to the emergency room or call 9-1-1.***



Wide Leg Squat



Standing Leg Curl



Side Leg Raise



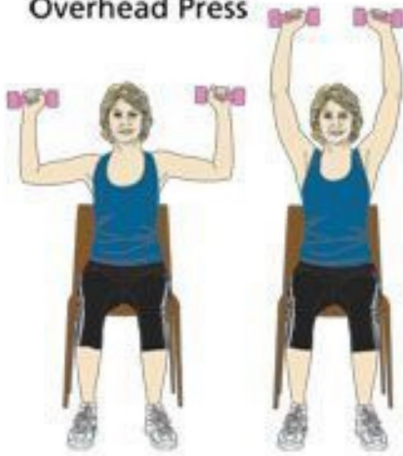
Knee Extension



Biceps Curl



Overhead Press



Seated Row



Toe Stand





# Safe and Effective Exercises for Seniors at Home

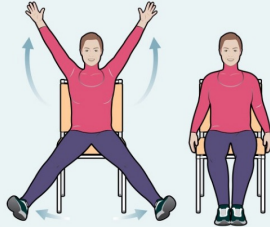
GET READY



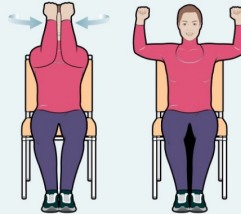
MARCH IN PLACE



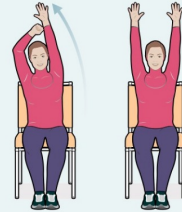
SEATED JUMPING JACK



DO THE PEEKABOO



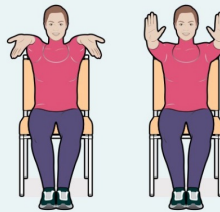
RELEASE SOME TENSION



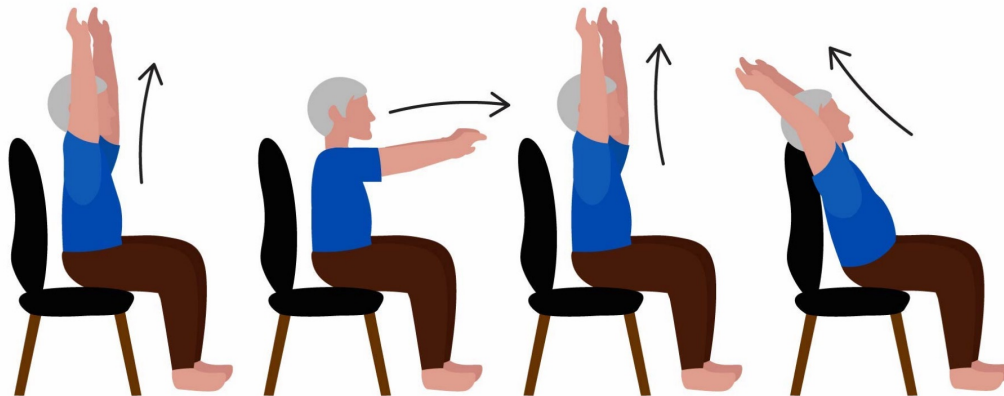
MOVE YOUR JOINTS



FOCUS ON EXTREMITIES



GET HEAVY



# THE BEST EXERCISES TO IMPROVE *your* BALANCE



# BEGINNERS CORE EXERCISES

## FIND NEUTRAL PELVIS



1 Flatten your lower back so that it is gently pressing into the floor. In this position, the pelvis is tilting **BACKWARDS**.



2 Now arch your lower back slightly to make a small gap with the floor. In this position, the pelvis is tilting **FORWARDS**.



3 Find a position between these two where your lower back is neither in contact with the floor nor arching. This is **NEUTRAL** pelvis.

## LEG LOWERS



1 Lie on your back, hands by your side, with the legs raised, bent at the hips and knees as shown.



2 Using your core muscles to stay in neutral lower one leg down towards the floor. Return to the starting position and repeat with the other leg

## AB HOLLOWING



1 Get onto your hands and knees, with your back flat



2 Pull your abdominal muscles in strongly to hollow the abdominal area

## OPPOSITE ARM AND LEG RAISES



1 Start as for ab hollowing above



2 Keeping the core muscles engaged so that the back stays flat (not arched), raise the right leg and left arm until parallel with the floor. Hold for a count of 3 then lower and repeat with the left leg and right arm.

# Post-workout stretches

Lying hamstring stretch



Ankle to knee



Lying torso twist



Downward dog



Plank



Cobra



Runner's lunge



Pigeon



Forward bend



Child's pose



Shoulder stretch



Triceps stretch



# SCAN HERE

## FOR FULL ACCESS TO THE MATERIAL

- 15 Zone tools
- Home Exercises
- Stretching Exercises
- Balance and Coordination Exercises
- Strengthening Exercises



## FREE E-BOOK

1

OPEN YOUR  
CAMERA

2

SCAN THIS QR  
CODE

3

PUT IN YOUR EMAIL

4

GET YOUR GIFT

 [contact@havensprings.care](mailto:contact@havensprings.care)

 4350 E Saint John Road, Phoenix , AZ 85032

213-280-8484



[www.havensprings.care](http://www.havensprings.care)

