



Aquatic Therapy

Baby its cold outside but it's 92 degrees in the Wellness Center pool!

Did you know that it is **YOUR CHOICE** where you go for therapy services? There are many clinics that offer physical therapy and a few that offer aquatic therapy also.

Top 10 Reasons to **CHOOSE** aquatic physical therapy at the Wellness Center

1. Our pool water temperature is 92 degrees and the air temperature is 94 degrees. Most community pools are kept in the 80s. BRRRR!
2. Our therapists have an average of 15 years of experience each!
3. The therapist is in the pool with you the entire duration of your one on one 45-60 minute treatment. You are the client! The therapists treat 1 client at a time to ensure safety and 100% attention to your needs.
4. Our pool is a therapeutic pool. The primary purpose is for therapy patients and past patients to use in order to maintain their health and wellness. You will not encounter lap swimmers, children playing, or other aquatic users.
5. The pool has a chair lift for those who cannot perform stairs.
6. There is a shallow and a deep end with endless specialized equipment in order to maximize your benefits in the aquatic environment.
7. We are dedicated to safety practices and ensuring low numbers to maintain social distancing.
8. Our Aftercare program is open for those graduating from physical therapy! For a nominal fee, clients can schedule appointments to use the pool to continue their exercise programs and maintain their wellness.
9. We specialize in those that are fearful of the water. You do not need to know how to swim or wear a swimsuit to participate. We welcome users with shorts and t-shirts and cater to those with special needs.
10. We accept most insurances.

Remember, you have the right to **CHOOSE** where you attend therapy.



Wall of Honor

Interested in having your Veteran displayed on our Wall of Honor? Our Life Enrichment Team continues to gather information specific to your loved ones' time of military service. We will create a frame that will be displayed proudly along Main Street and at the cottages.

For more information on this opportunity please contact your Life Enrichment Coordinator.

Kari Belanger - 932-3032
Linda Burton - 932-3159
Sarah Backlund - 932-3650
Keira Long - 932-3621



The Wellness Center
GRAND TRAVERSE PAVILIONS

Save the Date

February 2nd
Groundhog Day



February 14th
Valentines Days



February 21st
Presidents Day



REMINDER

Taking your Loved One Out

When you take your loved one out for an appointment or fun filled outing staff can leave their wheel chair in the designated spot at the Front Desk. The Front Desk was designed to store a wheel chair or walker while our residents are out of the building. This helps avoid confusion with the other Lobby wheel chairs.

Wheel Chair Foot Pedals

Please be sure that the foot pedals are securely fastened anytime you are transporting a resident in a wheelchair. This is a Regulatory Requirement and it also ensures proper positioning while sitting as well as safety of your loved ones. Staff is available for assistance if needed.

THE WI-FI PASSWORD pavilions221

This password is valid from January 1st through March 31st. The GTP Wi-Fi password changes quarterly to reflect the year and quarter.

DON'T FORGET TO REMEMBER

Don't forget to like and follow Grand Traverse Pavilions on Facebook to keep updated on any news and upcoming events happening within our facility.

<https://www.facebook.com/grandtraversepavilions>



Email your family for Valentines Day



Send your loved ones a message for Valentine's Day. E-mail services are available for resident's at the Grand Traverse Pavilions. Messages and personal pictures can be sent to:

lovenotes@gtpavilions.org

Please refrain from sending "junk mail" or advertisements as they will be blocked.

Social Workers

Aspen/Birch - Stephanie Annis...932-3207
Cherry -932-3307
Dogwood - Cindi Pobuda.....932-3407
Elm - Holly Kazim.....932-3507
Rehab - Kim Kucharski.....932-3727
Emily Tyrrell.....932-3707

Main Building - 1000 Pavilions Circle Traverse City, MI 49684 (231) 932-3000
Evergreen Cottage - 521 Cottageview Drive (231) 932-3600
Hawthorn Cottage - 523 Cottage Arbor Lane (231) 932-3620
Willow Cottage - 525 Cottage Arbor Lane (231) 932-3640
Grand Traverse Pavilions Foundation Office (231) 932-3018
Website - www.gtpavilions.org



Grand Traverse Pavilions
A COMMUNITY CARING FOR GENERATIONS