



**DIRECTIONS: Headed North or South on Interstate 5 in Mount Vernon,** take the Kincaid Street 226 exit. Proceed up the hill on East Kincaid Street. Stay straight as the street turns into Broad. At the four-way stop, turn left onto South 15th Street. Turn right onto East Kincaid Street. Turn left onto South 18th Street and proceed 2 blocks to Mira Vista address on the right.



300 South 18th Street • Mount Vernon, WA 98274 • (360) 424-1320

*Respect for each individual.*  
**BODY  
 MIND &  
 SPIRIT**



# WELLNESS

Our goal is your well-being. Enjoy faster recovery in a healing environment.

Mira Vista offers a warm, classic, soothing interior and home-like décor on beautiful park-like grounds to enhance your stay. Choose to spend your time in one or several of the themed relaxation areas located throughout the building or any of our outdoor courtyard and patio areas. We are locally owned and family friendly with an adjoining park.



Consistent staffing enhances care for the whole person. Our team appreciates the situations individuals and families are often thrust into unexpectedly. This can be a confusing time and there is need for calming reassurance and help along the way. We strive to be a part of the solution.





## Rehabilitation

Our comprehensive rehabilitation program includes recreational, physical, occupational and speech therapists working with restorative nursing staff to provide a rehabilitation environment, 24-hours-a-day. Enjoy a bright, open well-equipped Rehab Therapy Gym and our onsite Art Tour showcasing local artists.

### PHYSICAL THERAPY

Our Physical Therapists focus on helping patients reach their highest level of independent mobility and learn how to prevent injury.

#### SESSIONS MAY INCLUDE:

- Exercise
- Hydrotherapy
- Massage
- Joint Mobilization
- Training for use of crutches, canes, walkers, wheelchairs and prostheses

### OCCUPATIONAL THERAPY

Our Occupational Therapists help patients restore function and reach their highest level of independence with activities of daily living including return to work, school, family and community.

#### SESSIONS MAY INCLUDE:

- Personal Care - Dressing, Grooming, Bathing and Eating
- Home Management
- Meal Preparation
- Work
- Leisure Activities

### SPEECH THERAPY

Speech and Language Therapists assist patients in reaching an improved quality of life through the assessment of language, swallowing and/or cognitive disorders.

#### SESSIONS MAY INCLUDE:

- Exercises to increase language fluency and the function of thinking and memory
- Assessing and treating swallowing disorders



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## Accommodations

Mira Vista Care Center offers a quiet and comfortable environment for patients and families.

- Smoke Free Environment
- Private Restrooms
- Cable, Wireless Internet, Telephone
- Library
- Garden Lounge
- Salon/Barber Shop



## Dining

Residents and patients enjoy locally sourced fresh fruits and vegetables, comfort foods, and many snack choices and beverage options.

- Local Ingredients
- Alternate Choices Available
- In-Room Service
- Private Dining Room for Family Gatherings
- Large Dining Room with Inner Courtyard



## Recreational Therapy

Therapeutic recreation staff offer individual and group programs designed to be fun and provide diversions to nurture the body and benefit the mind and spirit. We provide a wide range of social programs, leisure exercises, and recreation activity options to assist in rehabilitation, maintain function and promote physical & emotional wellbeing.

- Music Therapy & Programs
- Therapeutic Games
- Therapeutic Arts & Crafts
- Outdoor Activities
- Spiritual Care
- Special Events
- Visiting "pets" are welcome

## Social Services

In addition to their role in providing individualized holistic care, our social workers provide a variety of support and assistance to patients and families. They facilitate connection to community resources and bring together necessary care partners to enhance and promote psychosocial health and wellness. They also facilitate discharge to home, previous living arrangements or alternate accommodations.

## Nursing Services

Our nursing team uses a holistic wellness model and case management approach that emphasizes quality of care to promote rapid healing. Together with patients and family members, our nursing team designs an individualized plan. Goals often include achieving the highest function and independence in the least restrictive environment, preventing complications, coping with disability or illness and returning to home and community.

Our health care partners include physicians, nurse practitioners, pharmacists, therapists, and dietitians, as well as social service, therapeutic recreation and dietary staff. Our team provides care and assistance, monitors progress and plans for discharge to the community.

## Long-Term Care

Mira Vista Care Center staff provides a comfortable and medically supervised long-term care setting. Specially trained restorative nursing staff helps to maintain or improve residents' ability to participate in daily activities. Residents enjoy a full range of services and programs in a home-like setting.