

Welcome to Caton Woods



Charlestown
Add more Living to your Life®

Activities/Programs

We're here to
serve you...



Assisted Living Managers

Christina Bryant (*Left*)

1st & 2nd Floors

Amy Sarro (*Right*)

3rd & 4th Floors



Wellness Managers

Kristie Baldwin (*Left*)

1st & 2nd Floors

Funmi Opadina (*Right*)

3rd & 4th Floors

Caton Woods offers a variety of activities to promote social interaction and engagement. Activities are provided daily and residents are encouraged to contribute as well as assist in planning. Family and friends are always welcome. Daily activity calendars are posted in the Bistro areas on each neighborhood. Monthly calendars are placed in resident mailboxes on the 1st of each month. Visit www.ccicharlestown.org/rg/ to see a full listing of activities. Programs can be reached at 410-737-8838 ext. 8589.

Caton Woods Management Team

Please dial 410-737-8838, the extension, then press #

- ◆ Shawn Lavin, RN, Assistant Director of Nursing ext. 3125
- ◆ Alexandra Herbst, Admissions Health Care Counselor ext. 8578
- ◆ Pauline Fraser, RN, Health Care Operations Manager ext. 3720
- ◆ Christina Bryant, RN, Assisted Living Manager ext. 8571
- ◆ Amy Sarro, LCSW-C Assisted Living Manager ext. 3725
- ◆ Kristie Baldwin, RN, Wellness Manager ext. 3127
- ◆ Funmi Opadina, RN, Wellness Manager ext. 8926
- ◆ Denise Puckett, Assistant Programming Manager ext. 8575

Concierge Services

The concierge desk is available 7 days per week from 7am-11pm. Contact the Communications Specialist at the Concierge Desk for any services needed or requests such as Housekeeping, Maintenance or Transportation. Dining menus, announcements, and Manager-On-Call information is also available.

The **Grab-N-Go** store offers snacks, beverages, mouthwash and other sundry items that are available for purchase through the Concierge desk. Residents may charge purchases to their account. Charges will be reflected on the monthly statement. The Concierge Desk can be reached at 410-536-4743.

For **medical appointments**, please contact the **Unit Secretary, Barbara McNeil**, to assist with transportation arrangements. Barbara can be reached at 410-737-8838, ext. 8579.

Amenities at Caton Woods

- Terrace Level**
- Grab-N-Go Store**
Open from 9am - 11pm
- Hair Salon & Spa**
Open Tuesday - Friday
from 9am-to 3pm
(Walk-ins are welcome)
- Multi-Purpose Meeting Room**
- Conference Room**
- Lounge Area**
- 1st Floor**
- Fitness Center**
- Outdoor Courtyard**
- 2nd Floor**
- Resident Spa**
- Creative Arts Studio**
- 3rd Floor**
- Theater Room**
- 4th Floor**
- Resident Spa**
- Music Classroom**

Dining Services

Residents are offered three meals daily and are welcome to dine in any of our four dining rooms. Snacks & beverages are available 24 hours a day in the Bistro areas on each neighborhood. Residents who are able to dine independently, or with family, may dine in other dining venues throughout the Charlestown campus. If you wish to have family join you for a meal in one of the Caton Woods dining rooms, please contact Dining Services at least 24 hours in advance. Dining Services can be reached at 410-737-8838 ext. 3635.

Dining Room Seating

- Breakfast: 7:30am-9:30am
- Lunch: 12:00pm-1:15pm
- Dinner: 5:00pm-6:00pm

Please note seating times are subject to change

Housekeeping & Laundry

Housekeeping is offered once a week. Residents may elect to have personalized housekeeping services for an additional fee. Laundry areas are located in each neighborhood for resident use. Care Associates provide one load of laundry per week. Additional laundry services are available for an additional fee.

Mail & Deliveries

Mail is delivered everyday beginning at 9:00am directly to your mailbox. Please contact your newspaper vendor to arrange for delivery. Packages will be accepted by the Communications Specialist at the Concierge Desk and will notify you for pick up. If you need assistance, then the Communications Specialist can assist with arranging the package to be delivered to your home.

Medical Care

Resident's personal medications are kept secure in their apartment home or with the Nurse. Care Associates can be reached by pressing the call button or pulling the safety pull-cord. Charge Nurses can be reached on the following 2 numbers:

443-297-3702
443-297-3703

The Charge Nurse and the Care Associates are on duty 24/7/365. There will always be someone to offer assistance.

****This bulletin is for informational purposes only and does not create a contract.**

We reserve the right to change or update information.**