



Key Information for Your Stay

[TimbersOK.com](http://TimbersOK.com)

# Table of Contents

---

ABOUT US .....	3
THANK YOU .....	4
TV CHANNEL GUIDE .....	5
TIMBERS GRILL .....	6
BEAUYY SALON INFORMATION .....	7
FINDING YOUR WAY AROUND .....	8



## *Our Mission*

Serving people with compassion and dignity.

## *Our Vision*

Oklahoma's premier employee owned skilled nursing and therapy provider as measured by quality outcomes and satisfaction.

## *Our Values*

### *Responsibility*

We are personally accountable for our actions and how they affect others.

### *Ethics*

We will not participate in or tolerate dishonesty or abuse.

We are obligated to report unethical behavior.

### *Servant Attitude*

We are givers, not takers. We are listeners, not talkers.

We are promoters of others, not ourselves.

### *Pride*

We believe in the dignity of our work and the honor of our profession.

We expect the best of ourselves and one another.

### *Efficiency*

We recognize the value of the resources available to us and will use them responsibly.

### *Communication*

We Communicate in an honest, factual and fair manner, and recognize the value of honest feedback.

We will promote a positive environment, free of fear, harassment and intimidation.

### *Teamwork*

Our strength lies in our sense of family and the ongoing development of each other.

We will work together to reach our goals, and openly celebrate each other's successes.



# Thank You!

Thank you for choosing The Timbers to provide you and your family with skilled care in a therapeutic recovery environment. We strive to provide the best possible experience for each patient and hope yours will be positive.

At The Timbers, we measure ourselves by the highest possible standards: *Yours*. We understand the trust required to place a loved one in our care and know that if you are truly satisfied, you wouldn't hesitate to recommend us to a family member or friend. We call this measurement *the ultimate question* because it requires that you go beyond consideration of any one care measure and say that your care – or the care of your loved one – is so good, you think your friends, relatives or neighbors should entrust The Timbers with their needs.

If we do not meet your expectations in any aspect of your experience with us, or if you have a suggestion on how we could improve our care and service, please contact me by phone or email.

The Timbers takes great pride in offering individuals with skilled nursing and therapy needs, compassionate and dignified care in a warm and caring environment. We hope that if you have a future need, you won't hesitate to consider us again.

Respectfully,

Russell Lanier  
Administrator

405-341-1433

[Russell.Lanier@TimbersOK.com](mailto:Russell.Lanier@TimbersOK.com)

For more information about the facility follow us on Facebook or check us out online at [TimberOK.com](http://TimberOK.com).

# TV Channel Guide

---

2 TBN	46 VH1 HD	122 CRTV
3 Cox Channel HD	47 HLN HD	123 Revenue Frontier
4 NBC HD	48 TruTV HD	124 OUTV
5 Telemundo	49 Syfy HD	125 University Program
6 QVC HD	50 BET HD	126 C-SPAN
7 My Network TV HD	51 Travel Channel HD	134 FamilyNet
8 ABC HD	52 Cartoon Network HD	135 EWTN
9 HSN HD	53 News	136 INSP
10 CBS HD	54 TV Land HD	137 BYUtv
11 CW HD	55 WGN HD	165 Hallmark HD
12 FOX HD	56 Comedy Central	166 Oxygen
14 PBS HD	57 Food Network HD	171 GSN HD
16 Freedom 43 HD	58 HGTV HD	175 WeTV HD
17 ION	59 Animal Planet HD	212 Hallmark Movies & Mysteries
18 Public School Channel	60 Golf Channel HD	214 Encore Espanol
20 Local Government	61 History HD	215 Unimas HD
21 Univision HD	62 TBS HD	216 GetTV
25 Lifetime HD	63 TCM HD	217 Comet TV
26 NICK HD	64 E! Entertainment HD	218 GRIT TV
27 A&E HD	65 Bravo HD	219 Weather Nation
28 ESPN2 HD	66 Weather Channel HD	220 This TV
30 MTV HD	67 Fox Sports 1 HD	221 Galavision HD
31 TNT HD	68 Fox Sports Plus HD	222 Me TV
32 Discovery HD	70 POP	247 Antenna TV
33 AMC HD	72 National Geographic HD	248 FOX Business HD
34 USA Network HD	75 MoviePlex HD	251 NBC Sports HD
35 FX HD	77 COX CHANNEL 2	262 FXX HD
36 ABC Family HD	88 Jewelry TV	265 FOX Sports 2
37 FOX Sports OK HD	103 Investigation Discover HD	733 Universal HD
38 Disney HD	112 OETA Oklahoma	740 Velocity HD
39 CMT HD	113 OETA Create	749 Pallidia HD
40 TLC HD	114 OETA Kids	793 MundoFox HD
41 CNBC HD	115 Daystar	
42 MSNBC HD	117 EVINE	
43 CNN HD	118 Shopping Network	
44 FOX News HD	119 Liquidation Channel	
45 Spike HD	120 Cornerstone TV	

THE TIMBERS GRILL

OPEN DAILY

6:30 a.m. – 6:30 p.m.

❖ Cheeseburger & Chips

❖ Cottage Cheese & Fruit Plate

❖ Hot Dog & Chips

❖ Cold Sandwich & Chips

❖ Side Salad

Or try our

**\* DAILY SPECIAL \***

Served at 7:00 a.m. – 12:00 p.m. – 5:00 p.m.



## Beauty Salon / Barber Shop Full Service Salon

### Services

Shampoo / Set or Style

Haircut

Rinse

Color

Perm

### Price

\$16.00

\$14.00

\$ 2.00

\$35.00 (starting)

\$55.00 (starting)

## Salon Open Monday & Tuesday

\*To schedule appointment please fill out Stylist form at front desk.\*

