FAMILY AND VISITOR GUIDE

Welcome to Littleton Adventist Hospital. Family members and visitors are an important part of a patient’s recovery and we want to ensure you have the best experience possible. We hope this guide of hospital and local resources, created for you in effort to accommodate your visit, is helpful.

CAFÉ and FOOD

The Windows on the Rockies Café is located at the west end of the main lobby and is open for breakfast, lunch and dinner. Pizza, soup, sandwiches, wraps, salad bar and coffee bar items are available throughout the day.

- Café Hours: Mon-Fri 6:30 a.m. to 8:30 p.m. and Sat-Sun 7 a.m. to 7 p.m.
- Food and Beverage Vending Machines
  - Located within the dining area of the café
  - Located on the main floor of the south tower at the end of the hallway
  - Located in the emergency department waiting area (for Emergency Department visitors)
- Patient Meals: Room service delivery of breakfast, lunch and dinner is available 7 a.m. to 7 p.m. To order room service from your room phone dial 64-5802 or from an outside line dial 303-730-5802 or 303-738-2591. Your meal will be prepared to order and delivered to your room within 45 to 60 minutes. You may place a room service order one day ahead, and you may request delivery for a specific time.

GIFT SHOP

The gift shop is located in the lobby on the first floor across from the Clarity Chapel. A flower-vending machine located outside the gift shop allows guests to purchase floral arrangements any time. The gift shop is open Monday through Friday and Sunday and closed on Saturday in observation of the Seventh-day Adventist Sabbath.

HEALING ARTS

The Healing Arts Program at Littleton Adventist Hospital creates a calming, supportive environment by integrating the power of the arts into health care. Art – whether painting, photography, mixed media or music – can lift the spirit and reduce stress and allow the immune system to function at its best. Whether you’re a patient or visiting a loved one, these complimentary services are made available through the Littleton Adventist Hospital Foundation and the generosity of our community.
• **Visual Arts:** Enjoy a self-guided exploration of original, nature-inspired work by local artists in our Healing Arts Gallery, located on the first floor of the hospital in the hallway that connects the main lobby and the outpatient department.

• **Music:** Certified music therapists play soothing therapeutic music at the patient bedside. To request this complimentary service, please contact the Whole Person Care Team at 64-5884 or 303-730-5884.

• **Nature:** Located outside near the outpatient department on the south side of the hospital, the Healing Garden provides walking paths, fountains, picnic tables, and a serene retreat to revitalize your mind, body and spirit.

**MISSION & MINISTRY**
We recognize the central role of spirituality in mental, physical and emotional health. Our Whole Person Care Team is here to help you discover ways to care for your mind, body and spirit. The hospital’s spiritual resources include:

• **Whole Person Care Team:** Chaplains are here to help patients and associates discover ways to care for their minds, bodies and spirits. They are available to provide support, prayer and counsel 24 hours a day, 7 days a week. Patients can contact a chaplain by calling 64-5884 or 303-730-5884.

• **Clarity Chapel** is located in the lobby on the first floor.

• **In-house spiritual care programming** and music is available on television channels 60-67.

**PHONE CALLS**
Telephones are provided in all patient rooms. To place calls from the white, landline phones in patient rooms:

• **Internal hospital calls:** Dial 64-XXXX.

• **Local calls:** Dial 9, wait for the dial tone then dial the number.

• **Long-distance calls:** Dial 0 and a hospital operator will assist you.

• **To call any extension from inside the hospital,** dial 64 plus the last four digits of the number. 64-XXXX can only be dialed from white, landline phones within the hospital; it does not work from cell phones.

• **Friends and family may reach you directly by calling 720-922-6** plus your 3-digit room number.

**VOLUNTEER SERVICES**
There are 300 volunteers who serve throughout the hospital, making a difference in the lives of patients and visitors.

• **Dog Therapy Visitation Teams:** Visits from dogs are known to reduce stress and anxiety and aid in healing. If you would like a visit from one of our fine, furry friends and their volunteer, call the Welcome Center via a hospital phone at 64-5869 or via a non-hospital phone at 303-730-5869.

• **If you are interested in becoming a volunteer at LAH,** please call 303-738-2687.
WHAT TO EXPECT WHILE YOU ARE HERE WITH US
Patients are visited by a care provider every hour from 6 a.m. to 10 p.m. and every two hours from 10 p.m. to 6 a.m. (Customized exceptions may occur.) During this time they will:

- Check the well-being of everyone in the patient room.
- Monitor comfort and pain.
- Assist with trips to the bathroom.
- Update the patient and family members on the plan of care.

QUESTIONS?
Contact the Welcome Center (located in the lobby at the east main entrance of the hospital) directly at 303-730-5869 or 64-5869 or the hospital operator at 303-730-8900.

If you have a complaint about your care, please contact the unit manager or patient representative. The patient representative can be reached at 303-738-7781.

THANK YOU
This guide was created by the Office of Patient Experience and Service Excellence in conjunction with the Patient and Family Collaboration Council. Should you have suggestions for changes to this guide or if you are interested in more information about the Patient and Family Collaboration Council, please feel free to email the Office of Patient Experience and Service Excellence at OPESE@Centura.org.
LOCAL RESOURCES
Businesses are sorted by distance from LAH, not alphabetically.

CHILD DROP-IN DAYCARE

<table>
<thead>
<tr>
<th>Child Daycare</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
</tr>
</thead>
<tbody>
<tr>
<td>KidsTown Drop-In Child Care</td>
<td>537 W Highlands Ranch Pkwy, Highlands Ranch, 720-344-2500</td>
<td>2.1 miles</td>
</tr>
<tr>
<td>Club 4 Kids Piney Creek</td>
<td>15432 E Orchard Rd, Centennial, 303-627-4080</td>
<td>13 miles</td>
</tr>
</tbody>
</table>

CHURCHES/PLACES OF WORSHIP
Here is a website to search for places of worship located near LAH that best suits your personal beliefs: www.churchfinder.com/churches/co/littleton.

CLOTHING AND SUNDRIES

<table>
<thead>
<tr>
<th>Store</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn Style Consignment</td>
<td>151 W Mineral Ave, Littleton, 720-557-8084</td>
<td>0.5 miles</td>
</tr>
<tr>
<td>Target</td>
<td>1950 E County Line Rd, Highlands Ranch, 303-797-1911</td>
<td>2.2 miles</td>
</tr>
<tr>
<td>Walmart</td>
<td>6675 Business Ctr Dr, Highlands Ranch, 303-683-3641</td>
<td>6.2 miles</td>
</tr>
<tr>
<td>Costco</td>
<td>8686 Park Meadows Ctr Dr, Littleton, 303-708-0012</td>
<td>7.5 miles</td>
</tr>
</tbody>
</table>

COFFEE SHOPS

<table>
<thead>
<tr>
<th>Shop</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starbucks</td>
<td>7901 S Broadway, Littleton, 303-737-5700</td>
<td>0.25 miles</td>
<td>• Located inside the King Soopers in the Market at Southpark Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• SW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Starbucks</td>
<td>181 W Mineral Ave, Littleton, 303-218-2100</td>
<td>0.25 miles</td>
<td>• Located inside the Safeway in the Southbridge Plaza Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Solid Grounds</td>
<td>6504 S Broadway, Centennial, 303-209-7494</td>
<td>1.1 miles</td>
<td>• North on Broadway</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• On east side of Broadway</td>
</tr>
</tbody>
</table>
## Dog Daycare

<table>
<thead>
<tr>
<th>Dog Daycare</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floppy Dog Daycare</td>
<td>7502 S Grant St, Littleton, 303-945-4219</td>
<td>0.5 miles</td>
</tr>
<tr>
<td>Camp Bow Wow</td>
<td>8121 S Grant Way, Littleton, 303-797-2267</td>
<td>1.4 miles</td>
</tr>
</tbody>
</table>

## Dry Cleaners and Laundry Service

<table>
<thead>
<tr>
<th>Cleaners</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
</table>
| Joyful Cleaner      | 7933 S Broadway, Littleton, 303-730-0252 | 0.25 miles | • Market at Southpark Shopping Ctr  
• SW corner of Mineral & Broadway |
| Southbridge Cleaners| 155 W Mineral Ave, Littleton, 303-797-1558 | 0.25 miles | • Southbridge Plaza Shopping Ctr  
• NW corner of Mineral & Broadway |
| Wife Savor Laundromat| 6429 S Broadway, Littleton, 303-794-9806 | 1.7 miles | • North on Broadway  
• On west side of Broadway |

## Gas Stations

<table>
<thead>
<tr>
<th>Store</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf ‘N Jug</td>
<td>8080 S Broadway, Littleton, 720-697-6896</td>
<td>0.6 miles</td>
<td>South on Broadway, on east side</td>
</tr>
<tr>
<td>Conoco</td>
<td>8073 S Broadway, Littleton, 303-730-2693</td>
<td>0.6 miles</td>
<td>South on Broadway, on west side</td>
</tr>
<tr>
<td>Safeway</td>
<td>181 W Mineral Ave, Littleton, 303-218-2100</td>
<td>0.25 miles</td>
<td>West on Mineral</td>
</tr>
<tr>
<td>Bradley Sinclair</td>
<td>7500 S Broadway, Littleton, 303-797-6955</td>
<td>0.3 miles</td>
<td>South on Broadway, on east side</td>
</tr>
</tbody>
</table>

## Grocery Stores

<table>
<thead>
<tr>
<th>Store</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
</table>
| King Soopers  | 7901 S Broadway, Littleton, 303-738-5700 | 0.25 miles | • Market at Southpark Shopping Ctr  
• SW corner of Mineral & Broadway |
## Store

<table>
<thead>
<tr>
<th>Store</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safeway</td>
<td>181 W Mineral Ave, Littleton, 303-218-2100</td>
<td>0.25 miles</td>
<td>• Southbridge Plaza Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Natural Grocers</td>
<td>6774 S University Blvd, Centennial, 303-694-3000</td>
<td>2.8 miles</td>
<td>Major intersection: University &amp; Arapahoe Road</td>
</tr>
<tr>
<td>Whole Foods</td>
<td>6853 S York St, Centennial, 303-996-3660</td>
<td>2.8 miles</td>
<td>• Market at Streets of SouthGlenn</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Major intersection: University &amp; Arapahoe Rd</td>
</tr>
</tbody>
</table>

## HOTELS

<table>
<thead>
<tr>
<th>Hotel*</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Inn Marriott</td>
<td>93 W Centennial Blvd, Highlands Ranch, 303-683-5500</td>
<td>1.9 miles</td>
<td>South on Broadway, west on Centennial Blvd</td>
</tr>
<tr>
<td>Hilton Garden Inn Denver-Highlands Ranch</td>
<td>1050 Plaza Dr, Highlands Ranch, 303-683-4100</td>
<td>2.8 miles</td>
<td>South on Broadway, west on Plaza Drive</td>
</tr>
<tr>
<td>Courtyard Marriott</td>
<td>3056 W County Line Rd, Littleton, 303-791-3001</td>
<td>2.9 miles</td>
<td>South on Broadway, west on County Line</td>
</tr>
<tr>
<td>Hampton Inn &amp; Suites Denver-Highlands Ranch</td>
<td>3095 W County Line Rd, Littleton, 303-794-1800</td>
<td>2.9 miles</td>
<td>South on Broadway, west on County Line</td>
</tr>
<tr>
<td>Comfort Suites Highlands Ranch</td>
<td>7060 E County Line Rd, Highlands Ranch, 303-770-5400</td>
<td>5.2 miles</td>
<td>South on Broadway, east on County Line</td>
</tr>
<tr>
<td>Fairfield Inn &amp; Suites Denver Tech Ctr-South</td>
<td>7056 East County Line Road, Highlands Ranch, 303-290-6700</td>
<td>5.2 miles</td>
<td>South on Broadway, east on County Line</td>
</tr>
</tbody>
</table>

*Most hotels will give a special rate to patients and patient family members if they mention Littleton Adventist Hospital. Some also offer Shuttle service. Courtyard Marriott offers both for certain.*
### PARKS

<table>
<thead>
<tr>
<th>Park</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southbridge Park</td>
<td>7751 S Windermere St, Littleton, 303-795-5131</td>
<td>1.3 miles</td>
</tr>
<tr>
<td>Clarkson Park</td>
<td>7346 S Clarkson St, Centennial, 303-798-5131</td>
<td>1.5 miles</td>
</tr>
<tr>
<td>Puma Park</td>
<td>7900 S Ogden Way, Centennial, 303-798-5131</td>
<td>1.5 miles</td>
</tr>
<tr>
<td>Writer’s Vista Park</td>
<td>1900 W Mineral Ave, Littleton, 303-795-5131</td>
<td>1.7 miles</td>
</tr>
</tbody>
</table>

### PHARMACY

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>King Soopers</td>
<td>7901 S Broadway, Littleton, 303-738-5710</td>
<td>0.25 miles</td>
<td>• Market at Southpark Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• SW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>100 E Mineral Dr, Littleton, 303-795-0043</td>
<td>0.25 miles</td>
<td>• SE corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Across the street from LAH</td>
</tr>
<tr>
<td>Walgreens</td>
<td>9141 S Broadway, Highlands Ranch, 720-344-0700 (Open 24 Hours, 7 days a week)</td>
<td>2 miles</td>
<td>• South on Broadway</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Broadway &amp; Highlands Ranch Parkway</td>
</tr>
</tbody>
</table>

### RESTAURANTS, FOOD DELIVERY, TAKEOUT

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baskins-Robbins</td>
<td>91 W Mineral Ave, Littleton, 303-797-1121</td>
<td>0.2 miles</td>
<td>• Southbridge Plaza Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Domino’s Pizza</td>
<td>91 W Mineral Ave, Littleton, 303-797-7889</td>
<td>0.2 miles</td>
<td>• Southbridge Plaza Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>91 W Mineral Ave, Littleton, 303-738-1777</td>
<td>0.2 miles</td>
<td>• Southbridge Plaza Shopping Ctr</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• NW corner of Mineral &amp; Broadway</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Street Address &amp; Phone Number</td>
<td>Distance from LAH</td>
<td>Location</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>----------------------------------------</td>
<td>-------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Sunflower Asian Café            | 91 W Mineral Ave, Littleton, 303-798-0700 | 0.2 miles        | • Southbridge Plaza Shopping Ctr  
                                     |                                        |                   | • NW corner of Mineral & Broadway                                         |
| Arby’s                          | 161 W Mineral Ave, Littleton, 303-798-2598 | 0.3 miles        | • Southbridge Plaza Shopping Ctr  
                                     |                                        |                   | • West on Mineral                                                           |
| Little Basil Asian Grill        | 7923 S Broadway, Littleton, 303-347-8816 | 0.3 miles        | • Market at Southpark Shopping Ctr  
                                     |                                        |                   | • SW corner of Mineral & Broadway                                           |
| Old Chicago Pizza               | 7961 S Broadway, Littleton, 303-794-5959 | 0.3 miles        | • Market at Southpark Shopping Ctr  
                                     |                                        |                   | • South on Broadway, on the west side                                      |
| Rib City South Broadway         | 7903 S Broadway, Littleton, 303-798-1670 | 0.3 miles        | • Market at Southpark Shopping Ctr  
                                     |                                        |                   | • South on Broadway, on the west side                                      |
| Subway                          | 7941 S Broadway, Littleton, 303-730-8488 | 0.3 miles        | • Market at Southpark Shopping Ctr  
                                     |                                        |                   | • South on Broadway, on the west side                                      |
| Taco Bell                       | 7911 S Broadway, Littleton, 303-794-4592 | 0.3 miles        | • Market at Southpark Shopping Ctr  
                                     |                                        |                   | • South on Broadway, on the west side                                      |
| Zaika Indian Cuisine            | 151 W Mineral Ave, Littleton, 720-328-3038 | 0.3 miles        | • Southbridge Plaza Shopping Ctr  
                                     |                                        |                   | • NW corner of Mineral & Broadway                                          |
| McDonald’s                      | 8011 S Broadway, Littleton, 303-797-0767 | 0.4 miles        | • Market at Southpark Shopping Ctr  
<pre><code>                                 |                                        |                   | • South on Broadway                                                         |
</code></pre>
<p>| Pizza Hut                       | 7960 S Broadway, Littleton, 303-794-4100 | 0.4 miles        | • South on Broadway, on the east side                                    |
| Wendy’s                         | 8040 S Broadway, Littleton,             | 0.4 miles        | • South on Broadway, on the east side                                    |</p>
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiznos</td>
<td>8053 S Broadway, Littleton, 303-795-1500</td>
<td>0.6 miles</td>
<td>• Market at Southpark Shopping Ctr&lt;br&gt;• South on Broadway, on the west side</td>
</tr>
<tr>
<td>Mi Cocina Express</td>
<td>137 W County Line Rd, Highlands Ranch, 303-795-3552</td>
<td>0.8 miles</td>
<td>• South on Broadway&lt;br&gt;• In plaza on SW corner of Broadway &amp; County Line Rd</td>
</tr>
<tr>
<td>C.B. &amp; Potts</td>
<td>43 Centennial Blvd, Highlands Ranch, 720-344-1200</td>
<td>1 mile</td>
<td>• South on Broadway, west on Centennial Blvd</td>
</tr>
<tr>
<td>Red Robin</td>
<td>63 Centennial Blvd, Highlands Ranch, 303-470-7480</td>
<td>1 mile</td>
<td>• South on Broadway, west on Centennial Blvd</td>
</tr>
<tr>
<td>Rock Wood Fired Kitchen</td>
<td>53 Centennial Blvd, Highlands Ranch, 303-346-8096</td>
<td>1 mile</td>
<td>• South on Broadway, west on Centennial Blvd</td>
</tr>
<tr>
<td>Wang’s Gourmet</td>
<td>12 E Arapahoe Rd, Littleton, 303-347-2323</td>
<td>1.3 miles</td>
<td>• North on Broadway&lt;br&gt;• SE corner of Arapahoe &amp; Broadway</td>
</tr>
<tr>
<td>Los Dos Potrillos</td>
<td>35 Springer Dr, Highlands Ranch, 303-470-9010</td>
<td>1.2 miles</td>
<td>• South on Broadway, on the west side</td>
</tr>
</tbody>
</table>

**SHOPPING (includes movie theaters and dining options)**

<table>
<thead>
<tr>
<th>Mall</th>
<th>Street Address &amp; Phone Number</th>
<th>Distance from LAH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Streets at SouthGlenn</td>
<td>6991 S Vine St, Centennial, 303-539-7141</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>Aspen Grove</td>
<td>7301 S Santa Fe Dr, Littleton, 877-225-5337</td>
<td>3.5 miles</td>
</tr>
</tbody>
</table>
**TRANSPORTATION**

<table>
<thead>
<tr>
<th>Street Address &amp; Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTD Information</td>
</tr>
<tr>
<td>RTD Bus</td>
</tr>
</tbody>
</table>
| RTD Light Rail Closest to Hospital | Littleton Mineral Station  
Corner of S Santa Fe Dr and Mineral, Littleton  
Distance from hospital: 2.5 miles |
| Metro Taxi                  | 303-333-3333 |
| South Suburban Taxi         | 303-888-8888 |
| Yellow Cab Denver           | 303-777-7777 |

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Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact Centura Health’s Office of the General Counsel at 303-804-8166. Copyright © Centura Health, 2017