Plan de cuidados de enfermeria para adulto mayor pdf



Getting ThereTrains travel between Madrid's Atocha or Chamartín station and Alcalá de Henares every day and evening. Service is every 15 minutes (trip time: 23 min.) and round-trip fare from Madrid costs 5.50% to 5.80%. The train station (tel. 90-224-02-02) in Alcalá is at Paseo Estación.Commuter trains (cercanías) run every 15 minutes or so from Madrid's Atocha station to Alcalá de Henares (lines C2, C7, and C8). A one-way fare costs 3.40€ and the trip takes 40 minutes. The train station in Alcalá is at Paseo Estación (don't get out at the Alcala de Henares–Universidad stop, which is for the campus on the outskirts of town.) For schedule information, visit www.renfe.com/viajeros/cercanias.Buses from Madrid depart from Av. América 18 (Metro: América) every 15 minutes. A fare is 1.95€ one-way, 3.30€ round-trip. Bus service is provided by Continental-Auto, and the Alcalá bus station is on Av. Guadalajara 36 (tel. 91-888-16-22), 2 blocks past Calle Libreros.Alcalá lies adjacent to the main national highway (N-11), connecting Madrid with eastern Spain. As you leave central Madrid, follow signs for Barajas Airport and Barcelona. Visitor Information The tourist information office, Callejón de Santa María 1 (tel. 91-889-26-94; www.turismoalcala.com), provides a map showing all the local attractions. It is open daily from 10am to 2pm and 4 to 6:30pm (until 7:30pm July-Sept). Note: This information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in question before planning your trip. The remote Maya ruins of Plan de Ayutla sit on an evocatively overgrown site, with buildings in various states of excavation and abandonment. From the dirt lot under a dense tree canopy, follow a winding path up the rise to the North Acropolis, one of three constructed on natural hills. Visitors can explore a maze of interconnected rooms over four levels of the former residential palace complex. The most significant building in this acropolis is Structure 13, a dramatically vaulted structure with an exterior decorated with unique stepped apron moldings. It was here that archaeologists recently discovered an astronomical observatory with two upper rooms containing window channels aligned to view the winter solstice and the solar zenith. Plan de Ayutla was inhabited between 150 BC and AD 1000 and is believed to have been a regional seat of power between 250 BC and AD 700. Based on its size and features (including its ball court - at 65m long the largest in the upper Río Usumacinta region), archaeologists have two theories about the site's history. One hypothesis is that it was the city of Sak T'zi' (White Dog), which battled Toniná, Yaxchilán and Piedras Negras - and whose bloody defeat by Bonampak may be depicted in that site's famed murals, or perhaps it is the ancient city of Ak'e' (Turtle), where the royalty of Bonampak originated. By car, drive 11km into Nueva Palestina from the highway; when the paved road turns left next to a clutch of lodgings signs, continue straight onto a gravel road. After about 4.5km, follow the signed left at the junction (the right turn goes to the village of Plan de Ayutla, not the ruins) and then travel another 3km to the clearly visible site. Ejido (common landholding) representatives, if present, may charge a small fee. Arriving by combi at the Nueva Palestina highway turnoff, you can negotiate a taxi fare with waiting time. Getting There -- Those arriving by public transport can take a bus operated by Transportes Los Amarillos. (tel. 95-638-50-60; www.losamarillos.es). From Monday to Friday buses a day from Jerez every hour, taking 45 minutes, or every 2 hours on weekends, costing 3€ (\$4.80) for a one-way ticket. There are 6 to 12 buses a day from Jerez every hour, taking 45 minutes, or every 2 hours on weekends, costing 3€ (\$4.80) for a one-way ticket. There are 6 to 12 buses a day from Jerez every hour, taking 45 minutes, or every 2 hours on weekends, costing 3€ (\$4.80) for a one-way ticket. Seville, taking 2 hours and costing 8.50 (\$14) for a one-way ticket. Tickets can be purchased on the bus. From Jerez or El Puerto de Santa María, signs point motorists northwest to Sanlúcar. Driving time from either town is about 20 minutes. Visitor Information -- The local tourist office is on Calzada del Ejército s/n, a block inland from the beach (tel. 95-636-61-10; www.turismosanlucar.com). It's open Monday to Friday 10am to 2pm and 5 to 7pm, and Saturday and Sunday 10am to 2pm. At this office you can pick up information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in question before planning your trip. While on MSNBC's Morning Joe this morning, Mayor Bill de Blasio announced that he plans to "fully reopen" New York City on July 1. He went on to specify that the city is "ready for stores to open," for businesses to open, offices, theaters, full-strength." Happy Thursday, folks! Just in case you're in disbelief, check out the clip from his appearance on the show: View this post on Instagram A post shared by Vosizneias) The politician went on to cite the 6.3 million people that have been vaccinated across the city to date, a number that has made officials hopeful. "We know the vaccination effort is going to grow and grow," he said. "We gotta keep working hard on that." Although lockdown restrictions have been easing around town in the past couple of months (just yesterday, Governor Andrew Cuomo announced that the restaurant curfew that has plagued local eateries for over a year will officially be lifted next month), a vast majority of big businesses—including Broadway—have been shut down entirely for almost a year-and-a-half. The news comes at the heels of a slew of updates by the city's top cultural institutions announcing a series of outdoor events and projects that hope to draw in the sorts of crowds and tourists that the city relies on throughout warmer months especially. Lincoln Center, for example, is opening a giant outdoor performing arts center imminently while free, outdoor concerts are popping up around town as well. Dare we say that this summer is shaping up to be a pretty memorable one? We're all in this together, New York. Fill out our excellent (and extremely quick) Time Out Index survey right now, and have your voice heard. Want to know what's cool in the city? Sign up to our newsletter for the latest and greatest from NYC and beyond. Popular on Time Out[title] Visitor InformationThere are no hotels, large restaurants, ATMs, or Internet cafes in town, so there isn't much visitor information to be had. But if you speak Spanish, you can stop by the Casa de la Cultura (Barrio El Central, on the main square; tel. 503/2331-2242) to learn more about the town's history. The nearby city of Chalatenango, which you will pass coming and going to Quezaltepeque, has ATMs, fast-food, and grocery stores. Note: This information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in guestion before planning your trip. Getting There By Plane -- There is a small airport in San Vicente, just across the bay from Bahía. There are occasional charter flights into San Vicente, but the nearest commercial airport is Manta, which is connected to Bahía by regular bus traffic. By Bus -- Cooperativa Reina del Camino (tel. 02/2572-673 in Quito, or 05/2695-818 in Manabí province) has four buses daily between Quito and Bahía. The ride takes between 7 and 9 hours, and costs \$7.50 to \$9 (£5-£6). Express buses cost a little more, but are a shorter, cozier ride. There's much more frequent bus service between Guayaquil and Bahía, with buses leaving roughly every 2 hours around the clock. Both Cooperativa Reina del Camino (tel. 04/2140-757 in Guayaquil) and Coactar (tel. 04/2140-078 in Gua regular bus service connecting Bahía and Portoviejo and Manta. The new main bus terminal is located about 6km (3 3/4 miles) outside central Bahía. Taxis are always waiting for arriving passengers, and there's regular city bus service to the center of town as well. By Car -- To reach Bahía by car from Quito, start off heading south on the Pan-American Highway (E35) until the intersection at Aloag. From here, head west on E30 toward Santo Domingo de los Colorados, and then go on to Chone. In Chone, there's a well-marked turnoff for the road to Bahía. The ride should take around 7 to 8 hours. Construction of a new highway, which should be completed by early 2010, should cut the drive time down to around 6 hours. Getting Around By Taxi -- Taxis are abundant in Bahía, though largely unnecessary if you are sticking closely to the downtown and Malecón area. There are actually two types of taxis to choose from: traditional car cabs, and what the locals call "eco-taxis," which are bicycle-powered rickshaw-type contraptions, with the driver pedaling behind a small sitting area with two wheels on either side. There's a two-person maximum in the eco-taxis charge about half as much. By Boat Taxi & Ferry -- Bahía is connected to the small city of San Vicente, just across the bay, by a steady stream of boat taxis and ferries. The larger ferries, which carry vehicles, leave from a spot on the Malecón just across from a small triangular plaza, a block or so north of the passenger ferry or boat-taxi dock. Car ferries run roughly every half-hour between 6:30am and 9pm daily. The fare is \$3 (£2) per car, and the crossing takes 20 to 25 minutes. The boat taxis are small, faster boats that can carry around 10 passengers. Boat taxis run around the clock and basically leave whenever they are full. However, the frequency and number of ferries is greatly reduced in the wee hours. Rates are 35¢ (20p) per person on the boat taxis, with a slight surcharge after 10pm. If it's really late and there's no other traffic, you can hire a boat to take you across for \$10 (£6.65). This crossing takes around 10 minutes. Note: A bridge, expected to be completed sometime in 2011, will connect Bahía and San Vicente, most likely making the above boat taxis and ferries irrelevant. Orientation Bahía is a long, narrow city that follows the inner coast of the bay out to the end of a jutting peninsula. All along the bay shore and out to the peninsula's point is a sidewalk promenade, the Malecón. The peninsula runs roughly north-south, with the point located on the Malecón and the 2 blocks inland from here, define the heart of downtown. At its widest, Bahía spans only 5 or 6 blocks. The central north-south avenue, located inland from the Malecón, is Avenida Bolívar, along which you'll find the town's greatest concentration of shops, banks, and other businesses. Fast Facts -- The post office is on Calle Aguilera, just off the Malecón. The Ministry of Tourism maintains an information desk (tel. 05/2691-124) at Av. Bolívar 700 and Calle Mateus. There are several banks and ATMs in the small downtown area. The biggest and best of the bunch is Banco de Guayaquil (tel. 05/2692-205), at the corner of Avenida Bolívar and Calle Río Frío. There are several banks and ATMs in the small downtown area. Bahía. Two of my favorites are Genesis Net (tel. 05/2692-400), on the Malecón across from the boat taxi dock, and Multim@x (tel. 09/9717-596), on Avenida Bolívar, between calles Mateus and Checa. Rates run around 50¢ to \$1.50 (35p-£1) per hour. Note: This information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in question before planning your trip.

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