

Bridges to Change: Aging in Place

SEVENTH EDITION



**A ROCKLAND COUNTY DIRECTORY
OF
COMMUNITY SUPPORT SERVICES
SENIOR RESIDENCES
ADULT HOMES
ASSISTED LIVING
AND
RESIDENTIAL HEALTH CARE FACILITIES**



National Council of Jewish Women, Rockland Section

September 2016

INTRODUCTION

“Aging in Place” means growing older without having to move. Homes and communities must become “all-age” friendly. Rockland County has a variety of services for older adults. Someone who is able, mentally and physically, to manage with activities of daily living or just needs a little help may choose to continue to live at home. A key goal of this directory is to assist older adults and healthy seniors who choose to continue living in their homes, to find the resources that they need and want as their needs change.

When it becomes apparent that a change in living situation is necessary, new options must be explored. There are many long-term services designed to meet these needs. The key is to match the person with the type of care and services needed. Finding the right kind of services requires gathering many facts to help in the decision-making process.

Whether you continue to live at home, or move to a new living arrangement, this directory provides you with alternatives to explore including agencies that provide assistance with meals, housekeeping, personal care, home delivered meals, senior centers, homemaker/chore services, transportation, continuing education, finances, and safety & security. A mix of services and programs may provide an appropriate alternative to institutional care.

If an individual is currently hospitalized, it is suggested that you arrange to meet with the attending physician and the Home Care/Discharge Planning Department of the hospital as soon as possible to determine the patient’s post-hospital needs. With the help of this health care team, the best possible care can be selected. You can become familiar with available services by using this directory. All rates quoted in this booklet are subject to change by the individual facility. The information in this publication is current as of the time of printing.

Editions One through Six of Bridges to Change were conceived and executed by The National Council of Jewish Women, Rockland Section. Facility information and contact numbers were updated by the Office for the Aging, and other Rockland County Departments. This Seventh Edition is once again updated and executed by The National Council of Jewish Women, Rockland Section in collaboration with the Office for the Aging.

ACKNOWLEDGEMENTS

NATIONAL COUNCIL OF JEWISH WOMEN

MISSION STATEMENT

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms.

We thank all the NCJW women who have volunteered their time and energies to develop the previous editions of this directory. Their work has saved us time and effort.

The National Council of Jewish Women, Rockland Section, would like to extend a special thank you to the staff of the Rockland County Office for the Aging for technical assistance and ongoing support in updating "Bridges to Change".

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Sponsored by The Rockland County Office for the Aging

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TABLE OF CONTENTS

	<u>Page</u>
INTRODUCTION	1
ACKNOWLEDGEMENTS	2
ASSESSMENT OF NEEDS/CHECKLIST FOR ASSESSING NEEDS	4
LEVELS OF CARE	5
WAYS TO MEET COST OF CARE	6
COMMUNITY SUPPORT SERVICES	7
OFFICE FOR THE AGING	7
MEALS ON WHEELS PROGRAMS AND SERVICES	7
Meals, Education, Adult Day Care, Senior Centers	
MARTIN LUTHER KING SENIOR CENTER	8
LIFELINE MEDICAL ALERTS	8
HOME CARE SERVICES	8
Health and Maintenance, including Home Aides of Rockland	
NEW YORK STATE CERTIFIED HOME HEALTH AGENCIES	9
LONG TERM HOME HEALTH CARE PROGRAMS	9
MANAGED LONG-TERM CARE PLANS	9
ADULT DAY CARE	9
UNITED HOSPICE OF ROCKLAND	10
SUPPORT GROUPS	10
VOLUNTEER COUNSELING SERVICES, INC. (VCS, Inc.)	11
ADDITIONAL COUNSELING AND INFORMATION SERVICES	11
HEARING AND SPEECH SERVICES	11
HELEN HAYES HOSPITAL	11
ASSOCIATION FOR THE VISUALLY IMPAIRED	11
ADULT PROTECTIVE SERVICES	11
RESPITE CARE	11
VOLUNTEERING OPPORTUNITIES	11
FOOD SHOPPING/FOOD DELIVERY SERVICES	12
BOOKS-BY-MAIL HOMEBOUND SERVICE	12
ADDITIONAL SERVICES (Finances, Clubs, Passes, Discounts, Transportation, Education, Employment, and more)	12
EVALUATING A FACILITY / LONG TERM FACILITY CHECKLIST	13
SENIOR RESIDENCES	15
ADULT CARE FACILITIES	17
ASSISTED LIVING PROGRAMS	24
ASSISTED LIVING RESIDENCE	25
RESIDENTIAL HEALTH CARE FACILITIES	26
HEALTH CARE PROXY/VITAL INFORMATION CARD	30

ASSESSMENT OF NEEDS

In order to seek appropriate services, it is useful to assess the individual's functional and medical problems. People who are experiencing difficulty in performing certain daily tasks may require more care than the family can provide. Suitable care depends on understanding the person's needs and whether their needs can be met in the home setting.

The "Checklist for Assessing Needs" that follows is intended to offer some guidance to determine the appropriate level of care. Proper geriatric assessment also includes a physical examination by a physician.

CHECKLIST FOR ASSESSING NEEDS

Instructions for using checklist

Under **Activities of Daily Living** (Column A), and **Instrumental Activities of Daily Living** (Column B), check number 1, 2, or 3.

The Value of

- 1. = Can usually manage alone
- 2. = Can manage with intermittent assistance
- 3. = Cannot manage alone without constant assistance

Under **Other Care Factors** (Column C) check Yes or No. Each "yes" has a value of 3 and each "no" a value of 0.

A. Activities of Daily Living (ADL)	B. Instrumental Activities of Daily Living	C. Other Care Factors	Yes 3	No 0
<u>Activity</u>	<u>Activity</u>	<u>Factor</u>		
Bathing	Housework	Lives Alone	<input type="checkbox"/>	<input type="checkbox"/>
Personal Hygiene	Finances	Incontinent	<input type="checkbox"/>	<input type="checkbox"/>
Dressing	Laundry	Wanders	<input type="checkbox"/>	<input type="checkbox"/>
Mobility	Appointments	Forgetful	<input type="checkbox"/>	<input type="checkbox"/>
Transfer	Shopping	Disorientation	<input type="checkbox"/>	<input type="checkbox"/>
Toileting	Telephone Use	Poor Judgment	<input type="checkbox"/>	<input type="checkbox"/>
Eating	Prepare Meals	Visually Impaired	<input type="checkbox"/>	<input type="checkbox"/>
Total Column A Score _____		Total Column B Score _____	Total Column C Score _____	

Add the scores for Column A, B, and C. **TOTAL SCORE for all three columns:** _____

A score of **20 or less** indicates an individual who should be able to remain at home with occasional support from family, friends and community services. A score of **20 to 30** indicates an individual who may need consistent care to remain at home. A score of **30 or more** usually indicates an individual who needs a higher level of services that may best be provided in a long-term care facility.

LEVELS OF CARE

Once you are clear about your needs for care, you can consult with your physician, your family and other care providers to decide on the most appropriate place in which to receive care. Your ability to pay will also influence your decision.

There is a wide spectrum of services in Rockland County beginning with the less intensive, less restrictive community support services to 24-hour residential health care facilities.

- **Community Support Services** – Community support services help keep both frail and healthier older adults at home. There is a concerted effort by governmental agencies as well as private agencies to provide support services to assist the frail elderly in their efforts to remain in their own homes as long as possible.
- **Senior Residences** – Senior residences offer some supportive services for those in good health, still active and able to live independently. Most offer housekeeping, dining rooms for congregate meals and planned activities.
- **Adult Care Facilities** – Adult care facilities provide personal care for those who need help with daily tasks due to physical infirmities caused by age or cognitive disabilities. Medical care is not provided. However, supervised medication management is available if needed. Note that there are broad variations in atmosphere and services within adult care facilities due to sponsorship, administration, staff and the character of the resident population. Currently, the Adult Care Facilities listed in this directory have met licensing requirements of the New York State Department of Health.
- **Assisted Living Programs (ALP)** – An ALP serves persons who are medically eligible for nursing home placement but serves them in a less medically intensive, lower cost setting. ALP provides personal care, room, board, housekeeping, supervision, and case management services. ALP residents must **not** require continual nursing care, be chronically bedfast or chair fast, or be impaired to the degree that they endanger the safety of other ALP residents. Currently, the Assisted Living Programs listed in this directory have met licensing requirements of the New York State Department of Health. Currently the assisted living programs in this directory are Golden Care Assisted Living within Golden Acres, Assisted Living at Northern Riverview, and Promenade Chestnut Ridge.
- **Assisted Living Residences (ALR)** – An ALR is a certified adult care facility that has been approved by the DOH for licensure as an ALR. They must provide twenty-four hour on-site monitoring along with personal care services. ALRs must also provide daily meals and snacks, case management services, and are required to develop an individualized service plan (ISP). The law also provides important consumer protections for people who reside in an ALR. See this helpful Consumer Information Guide to ALRs: <https://www.health.ny.gov/publications/1505.pdf>
- **Residential Health Care Facilities** -- A residential health care facility provides nursing and medical care. It is often referred to as a “nursing home”. Care of the resident is carried out under the orders of an attending physician with a registered nurse on duty 24 hours a day. All of these facilities operate under the strict regulations of the federal government and the New York State Department of Health. An evaluation, called a Patient Review Instrument (PRI), is required in order to apply for admission to a Residential Health Care Facility. Contact the hospital Discharge Planner or Rockland County Department of Health, Patient Services of the Licensed Home Care Service Agency (LHCSA) **364-2534** or **364-2546** for further information about the PRI.

WAYS TO MEET COST OF CARE

Individuals may meet the cost of **Community Support Services**:

- From their own income, assets or health insurance
- By applying for reduced senior rates, senior cards, and other discount programs offered by their town and school district
- By being eligible for a lowered “sliding scale” fee from non-profit and governmental agencies
- By receiving benefits for “medically necessary” expenses approved by Medicare
- By being eligible for the governmental assistance program, Supplemental Security Income (SSI)
- By being eligible for Medicaid

Medicaid **may** cover:

- Home health care services including homemaker, home nursing and home health aide services if ordered by a physician.
- Approved cost of physicians, dentists, hospitals, x-ray and lab services, outpatient or clinic services, podiatry, optometry and chiropractic services, physical therapy, occupational therapy, speech pathology and audiology, home care and psychiatric care, as well as drugs, eyeglasses, hearing aids, medical supplies and equipment.
- Approved transportation services, respite care and adult day care.

Individuals may meet the cost of **Senior Residences**:

- From their own income and assets

Individuals may meet the cost of **Adult Care Facilities**:

- From their own income and/or assets
- By meeting income and resource eligibility requirements for Supplemental Security Income (SSI)

Individuals may meet the cost of **Assisted Living Program**:

- From their own income/assets and/or long term care insurance
- By being eligible for Medicaid

Individuals may meet the cost of **Residential Health Care Facilities**:

- From their own income, assets, health insurance or long-term care insurance
- When short-term rehabilitation is indicated, costs may be met by Medicare
- By being eligible for Medicaid

MEDICARE (Information)

1-800-MEDICARE (1-800-633-4227)

MEDICAID (Rockland County Dept. of Social Services)

364-3040

SUPPLEMENTAL SECURITY INCOME FOR THE AGED (SSI)

1-800-772-1213

COMMUNITY SUPPORT SERVICES

OFFICE FOR THE AGING

364-2110

The Rockland County Office for the Aging is a planning, coordinating, advocacy and grant-making agency that provides a variety of programs and services for county residents age 60 and over, including information and referral, either directly or through sub-contractors.

- **HEALTH CARE SERVICE ASSISTANCE PROGRAM** 364-2733 or 364-2118
Up-to-date information and advocacy is provided for Medicare benefits and entitlements.
- **LONG TERM CARE OMBUDSMAN PROGRAM** 914-682-3926 ext. 2111
State certified volunteers visit residents in adult homes and nursing facilities to assist them with their problems and concerns. Now located in Westchester County.
- **E.I.S.E.P. (EXPANDED IN-HOME SERVICES FOR THE ELDERLY PROGRAM)** 364-3444
This program provides case management and non-medical, in-home services including respite and ancillary services. These services are provided for those non eligible for Medicaid or other funding and the client may pay a fee based on a sliding scale.
- **NEW YORK CONNECTS** 364-3444
NY Connects is a statewide, locally based point of entry system that provides one stop access to free, objective and comprehensive Information and Assistance on long term care services. Long term care services refers to the wide range of in-home, community based and institutional services and programs designed to help the elderly and individuals with disabilities of all ages.
- **ROCKLAND COUNTY TELEPHONE REASSURANCE PROGRAM** 364-2108
Any person 60 or older in Rockland County can request a daily telephone call from a volunteer, at no charge. Contact Sheila Berman.
- **INFORMATION AND REFERRAL/ INFORMATION ROCKLAND** 364-2020
Provides information on Health & Human Services

MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

624-6325

121 West Nyack Road
Nanuet, NY 10954

www.mowrockland.org

- **HOME DELIVERED MEALS** 624- MEAL (6325)
Provides home-delivered meals for homebound persons who cannot cook or shop for themselves. Up to seven days a week, each person receives a hot lunch and a cold dinner, which adhere to individual dietary restrictions. Minimal fee and available sliding scale fee.
- **ADULT LEARNING CENTER** 623-5467
Offers classes in various areas such as basic computer skills, Excel, word processing, genealogy, digital photography, iPad and Smartphone.
- **SOCIAL MODEL ADULT DAY CARE** 624-6325
The Bobbi Lewis Center is a social model adult day care program for those living with Alzheimer's and other forms of dementia. Operates weekdays from 8:30-4:30 and half-day on Saturdays once per month. Clients enjoy socialization, mental stimulation, exercise programs, pet therapy, music therapy, entertainment and a variety of activities geared to sustaining and building on current cognitive and physical capabilities. A nutritious full hot lunch and snacks are served daily. This is a fee based program with full and half day rates available. Transportation is available for an additional charge.

- **SENIOR ACTIVITIES CENTERS PROGRAM** **624-6325**
Five sites provide the elderly with a nutritious meal, transportation, information and referral, socialization, nutrition education, cultural, recreational and educational programs.
Locations:

Clarkstown/Pearl River Senior Center
121 W. Nyack Rd.
Nanuet, NY 10954 **624-6334**

Ramapo Senior Center
Murchison Hall, 484 New Hempstead Rd.
New City, NY 10956 **356-2244**

North Rockland Senior Center
130 Samsondale Ave
W. Haverstraw, NY 10993 **429-2090**

Thorpe Senior Center, Dominican Convent
Route 340
Sparkill, NY 10976 **359-4058**

Nyack Senior Center
90 Depew Avenue
Nyack, NY 10960 **353-1311**

MARTIN LUTHER KING SENIOR CENTER **425-8910**
Provides meals for seniors in Spring Valley

LIFELINE MEDICAL ALERTS

“Lifeline” is the personal emergency response system available through the local hospitals that responds to medical and environmental emergencies. Telephone lines connect the client to a computer in the hospital or a medical monitoring company.

- Lifeline Systems Inc. is one of many Medical Alert systems **1-800-451-0525**
- See top 10 Medical Alert systems at www.consumersadvocate.org/medical-alerts

HOME CARE SERVICES

- **E.I.S.E.P. (see description under Office for the Aging)** **364-3444**
- **HOME AIDES OF ROCKLAND, INC.** **634-2024**

www.homeaides.org

This is a not-for-profit home care agency. Some services are provided on a sliding fee scale through a contract with the Office for the Aging and the United Way.

- **CHORE SERVICE** **634-2024**
Under the auspices of Home Aides of Rockland. Free in-home minor repairs. Customer must reimburse for materials. Examples of services include: change light bulb in hard to reach area, install or remove air conditioner from windows, install grab bars or raised toilet seats. Contact: Cecelia Halverson.
- **FOR-PROFIT HOME CARE AGENCIES**
Please see your local telephone directory, or search the internet for “Home Care Agencies in Rockland NY.”

NEW YORK STATE CERTIFIED HOME HEALTH AGENCIES

Agencies listed provide skilled nursing, physical therapy, occupational therapy, speech therapy, social work and home health aides under a physician’s order in accordance with federal and state regulations. Third party reimbursement is accepted.

- **ROCKLAND COUNTY HEALTH DEPARTMENT/NURSING DEPT.** 364-2534
- **GOOD SAMARITAN HOSPITAL/HOMECARE** 368-5277
- **NYACK HOSPITAL/HOMECARE** 638-8700
- **VISITING NURSE SERVICES (VNS) WESTCHESTER** 1-888-367-8679

LONG TERM HOME HEALTH CARE PROGRAMS

These programs provide long-term home health care called “Nursing Home without Walls”. They provide a comprehensive, coordinated program for the chronically ill and disabled, for those who need continuous care and would otherwise require nursing home placement. Medicaid eligibility required.

- **ROCKLAND COUNTY HEALTH DEPARTMENT** 364-3988
- **GOOD SAMARITAN HOSPITAL HOMECARE** 368-5277
- **NYACK HOSPITAL HOMECARE** 638-8700

MANAGED LONG-TERM CARE PLANS

Long-term care services to elderly or disabled individuals wishing to remain at home. A Care Manager coordinates all aspects of medical, long-term care and daily living needs. You must have Community Medicaid/Medicare and be in need of skilled nursing home care but are able to live safely at home.

- **CENTERLIGHT HEALTHCARE SELECT** 1-877-226-8500
- **CENTERS PLAN FOR HEALTHY LIVING** 1-855-270-1600
- **EVERCARE CHOICE** 1-877-255-3678
- **FIDELIS CARE AT HOME** 1-800-688-7422
- **HAMASPIK CHOICE** 1-855-552-4642
- **HOMEFIRST - A PRODUCT OF ELDERPLAN** 1-866-390-1562
- **UNITED HEALTHCARE PERSONAL ASSIST** 1-877-512-9354
- **VNSNY CHOICE** 1-888-867-6555
- **WELLCARE ADVOCATE MLTC** 1-877-395-4282

ADULT DAY CARE

- **ADULT DAY CARE OF ROCKLAND AT THE BOBBI LEWIS CENTER** 624-6325
A division of Meals on Wheels of Rockland County, Inc. A **social** model adult day care program providing support and therapeutic activities for seniors who are frail, dependent, cognitively impaired or diagnosed with Alzheimer’s disease and related dementias. This innovative program offers socialization, recreation, case assistance, supportive counseling, respite for caregivers, meals and transportation. This program is available Monday through Friday 8:30 a.m. to 4:30 p.m. Saturday Respite Program, last Saturday of the month, 9 a.m. to 1 p.m.; call to confirm.
- **CIRCLE OF FRIENDS OF ROCKLAND ADULT DAY CARE** 517-4944
A **social** day program offering a series of activities designed to promote well-being through social and well-being related services. Transportation provided daily as well as caregiver support groups, information and referral services, and community outreach programs.
- **NORTHERN METROPOLITAN ADULT DAY HEALTH CARE CENTER** 352-9000
This is a **medical** model program that provides nursing, case management, medical social worker, nutritional and recreational services, 8:30 a.m. to 5:30 p.m., Monday-Friday and Sunday. Private pay or Medicaid accepted. Door to door transportation and two hot meals provided.
- **FRIEDWALD CENTER’S ADULT DAY HEALTH CARE PROGRAM** 678-2100
A **medical** model program provides rehabilitation therapy and social work services. The staff administers medication, provides meals and personal care assistance. This program is available Sunday-Friday from 8 a.m. to 4 p.m.

UNITED HOSPICE OF ROCKLAND

634-4974

www.hospiceofrockland.org

A nonprofit organization that provides specialized care, hope, comfort and improved quality of life to individuals and their families facing serious illness. Office Location: 11 Stokum Lane, New City. Residence: 415 Buena Vista Road, New City (499-2368).

SUPPORT GROUPS

- **ALZHEIMER'S ASSOCIATION, HUDSON VALLEY CHAPTER** 639-6776
www.alz.org/hudsonvalley
Office site in New City offers information and referral services, assist families with care planning and managing challenging situations, advocacy, a companion program, 24/7 helpline, safe return initiative, resource library, newsletter and educational programs. Ongoing support groups in Nanuet, New City, Palisades and Suffern.
Contacts: Jody Addeo, Ext. 401; Debbie Kagan-Birkeland, Ext. 402
- **C.A.R.E. (CARING ADULTS RESPONDING TO THE ELDERLY)** 634-5729, X319
www.vcs-inc.org
Ongoing caregiver support group which provides information, resources and alternatives for people concerned with the many challenges associated with aging parents and relatives. Not necessary to be doing direct care. Meeting is every Wednesday at Volunteer Counseling Services (VCS) in New City from 11 AM to 12 noon.
Contact: Ellie Jacobson, ejacobson@vcs-inc.org
- **OUTREACH TO ELDERS** 634-5729, x319
www.vcs-inc.org
Short-term program serving older adults (over 60) who would benefit from discussing age-related concerns in the comfort of their own home. Short-term and confidential. Referral to additional community services if appropriate. Family meeting if client requests.
Contact: Ellie Jacobson, ejacobson@vcs-inc.org
- **SUPPORT GROUP FOR GRANDPARENTS/RELATIVES RAISING CHILDREN** 634-5729, x319
www.vcs-inc.org/
The Grandparents/Relatives Raising Children support group is an open support group for grandparents raising their grandchildren or any other person raising the child of a relative. The group is a place to share the challenges and experiences amongst your peers. There are informative programs with speakers and time for discussion. The group is free and is held the first Monday of the month at noon at Volunteer Counseling Services (VCS) in New City.
Contact: Ellie Jacobson, ejacobson@vcs-inc.org
- **SELF-HELP CLEARINGHOUSE** 267-2172, x422
www.mharockland.org/self-help
Program of the Mental Health Association of Rockland County, Inc. It offers information and referral concerning self-help mutual support groups, plus group and individual counseling.

VOLUNTEER COUNSELING SERVICES, INC. (VCS)

77 So. Main St. New City

A mental health counseling and family service center.

634-5729

www.vcs-inc.org

facebook.com/VCSRock/

- **CAREGIVER RESOURCE CENTER** **634-5729**
 Located at VCS, the Caregiver Resource Center is funded through the Office for the Aging. The Center provides caregivers of the elderly with resources (books, tapes, and videos for loan), information, and educational workshops, and sponsors a support group.

ADDITIONAL COUNSELING AND INFORMATION SERVICES **364-2110**
 For an expanded list of Counseling and Information Services see the **DIRECTORY OF SERVICES FOR SENIOR CITIZENS**, published by the Rockland County Office for the Aging. Contact 364-2110, Online references at rocklandgov.com/departments/aging.

HEARING AND SPEECH SERVICES

- **GOOD SAMARITAN HOSPITAL** **368-5000**
 Offers hearing services.
- **JAWONIO** **708-2000**
www.jawonio.org
 Offers a range of services for hearing and speech problems.

HELEN HAYES HOSPITAL **786-4000**
 Offers comprehensive specialized rehabilitative medical care.

ASSOCIATION FOR THE VISUALLY IMPAIRED **574-4950**
http://www.avieyes.org
 Offers specialized information, referral, counseling, support groups, instruction in adaptive skills, (vision rehabilitation, education program, resource Technology Center, community outreach, employment placement program) wellness and recreation programs, library assistance and transportation assistance to medical appointments.
 Contact: Beth A. Bate-Du Boff

ADULT PROTECTIVE SERVICES **364-2020**
 Intervention by the Rockland County Department of Social Services for older adults who experience risk of abuse, neglect or exploitation.

RESPIRE CARE
 Respite Care (Scheduled Short-Term Care) is a means of providing temporary relief for caregivers. Other family members, friends, or professional services may provide respite care in the home or outside the home. (See listings of residences for facilities that offer respite care.)

VOLUNTEERING OPPORTUNITIES

- **RETIRED & SENIOR VOLUNTEER PROGRAM OF ROCKLAND (R.S.V.P.)** **356-6818**
sunyrockland.edu/community-and-business/seniors/rsvp
 Helps to address community needs by recruiting volunteers 55 or older to lend their time and expertise in community service to nonprofit agencies and proprietary nursing homes, and in so doing to provide them with meaningful and ongoing volunteer opportunities.
- **ROCKLAND COUNTY OFFICE FOR THE AGING TELEPHONE REASSURANCE PROGRAM** **364-2108**
 Contact Sheila Berman.

- **NATIONAL COUNCIL OF JEWISH WOMEN, ROCKLAND SECTION** 405-3331
www.ncjwrockland.org
 Offers a variety of volunteer opportunities such as: reading to young children in early learning programs, making fleece blankets and teddy bears for donation to children in shelters, working with seniors on various crafts, assisting children and families to make crafts for donation, preparing and serving meals at a soup kitchen.

FOOD SHOPPING/FOOD DELIVERY SERVICES (check Yellow Pages for additional sites)

- Peapod by Stop & Shop 800-573-2763 or peapod.com
- ShopRite from Home shoprite.com/srfh_delivery/
- DeCicco's Family Markets – New City 639-6996
- Restaurant Meals delivered (search by zip code) GrubHub.com

BOOKS-BY-MAIL HOMEBOUND SERVICE

If you are physically unable to travel to the library due to illness, age or disability, you can still enjoy library services. You can receive your materials via the US Mail and thanks to Library Association of Rockland County, it's absolutely FREE! Contact your local library for details about this program. Certain restrictions may apply.

ADDITIONAL SERVICES FOR SENIOR CITIZENS

An expanded list of services in the following areas can be found in the **DIRECTORY OF SERVICES FOR SENIOR CITIZENS**, published by the Rockland County Office for the Aging, 364-2110:

- COUNSELING AND INFORMATION SERVICES
- FINANCES
- PASSES AND DISCOUNTS
- HOUSING
- HEALTH, MEDICAL CARE, NURSING FACILITIES, AMBULANCES
- HOME CARE SERVICES
- MENTAL HEALTH SERVICES
- SENIOR CENTERS AND SENIOR CITIZEN CLUBS
- TRANSPORTATION (including Buses and Personal Transport)
 - To get a TRIPS bus pass, contact 364-8747.
 - Taxi vouchers may be obtained at the Office for the Aging, 364-2108.
- EDUCATION
- EMPLOYMENT – PAID AND VOLUNTEER
- EMERGENCIES

EVALUATING A FACILITY

Leaving one's own environment to live in a long-term care facility represents a major and often difficult change in a person's way of living. Sharing with a large number of people, loss of privacy, parting with lifetime possessions, and the regimentation of an institutional setting, are examples of the kinds of changes that may occur. Continued contact with family and friends is helpful in an individual's adjustment to change.

It is therefore very important to choose the facility that provides the kind of care which will meet the individual's physical, social, emotional and spiritual needs. There is a

variation in the quality and types of services provided at the different facilities.

Whenever possible, **do not wait until the last minute to begin the process** of choosing a facility. It is strongly recommended that you visit each facility under consideration at least once and look, listen, ask and smell. We suggest you visit on various days, at different hours, in order to determine the character of the facility.

The following checklist applies to considerations for selecting a facility which meets the individual's needs.

LONG TERM FACILITY CHECKLIST

	Facility A		Facility B	
	Yes	No	Yes	No
Personal Considerations				
• Observe how residents interact with staff. Does the staff show respect for the residents in their care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is there enough staff?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is there care in selecting roommates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Are the residents involved in a variety of activities tailored to their needs and interests?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is the food served attractively, menus varied and does the facility take into account the likes and dislikes of the residents?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Can a resident bring any personal items or furniture with them to the facility? How is the laundry handled? Is it ironed? What about name tags?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Are languages other than English spoken by residents and staff?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Are the residents who were out of bed dressed in street clothes, rather than pajamas or robes? (Appearance can tell you if good personal care is being given).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is there an RN or LPN on the floor or wing? (does not apply to adult care facilities)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Facility A		Facility B	
	Yes	No	Yes	No
Programs and Care				
• Are appropriate recreational and educational programs provided?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is there a resident council?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is an ombudsman program in effect?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Can residents use a private physician?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Is there a full time physician on staff or on call at the facility? (does not apply to adult care facilities)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Environment

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| • Is the outside and inside of the facility clean and in good repair? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is the facility free of unpleasant odors? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is it easy for residents in wheelchairs to move around? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is the lighting appropriate for what residents are doing? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Are there outdoor areas accessible for residents to use? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is furniture used by residents in good repair? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Did you notice clocks with easy to read faces, and calendars indicating day and date? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

How the Facility Handles Payments

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| • Are all fees clearly explained? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Does the facility provide a written list of extra charges? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do they accept Medicaid? (does not apply to adult care fac.) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Is the resident or the resident's family informed in advance when charges are increased? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Once you have visited a facility, consider your reaction to the residents, staff, policies, programs and the physical environment. Your “gut feeling” is important. Selecting a long-term care facility is one of the most important and difficult decisions that you may be asked to make, either for yourself or for a member of your family. Do not rely on any one source when making your decision.

SENIOR RESIDENCES

DOWLING GARDENS

190 Kings Highway, Box 276
Sparkill, N.Y. 10976
(845) 365-1662
Fax #:(845) 359-5238
Website: www.dowlinggardens.org
Private non-profit
Administrator: Sister Ursula Joyce

BUILDING AND GROUNDS:

Three-story building with elevator on five acres; landscaped gardens; dining room; library; activities room; beauty parlor; computer center.

CAPACITY: 111 one-bedroom apartments; 3-6 month wait list. Application & interview. Lease for 1 year.

RATES: \$2400 per month; some rents available below market rates to income eligible persons. Includes utilities, 1 meal a day (dinner during the week and brunch on weekends).

RECREATION AND SPECIAL SERVICES:

Meals; housekeeping; personal care; all optional services for fee; social and recreational programs, coffee shop, computer lab.

TRANSPORTATION SERVICES:

Scheduled transportation to shopping

RESIDENT CHARACTERISTICS:

Able to live independently with supportive services

THE ESPLANADE AT PALISADES

640 Oak Tree Road
Palisades, N.Y. 10964
(845) 359-7870
Fax #: (845) 359-9266
Website: www.esplanadeatpalisades.com
Administrator/Owner: Susan Scharf Diamond
E-mail: sdiamond@esplanadeatpalisades.com
General Manager: Marvin Ammer

BUILDING AND GROUNDS:

Two-story building with elevator situated on a beautiful 22-acre wooded campus. All rooms equipped with kitchenette and individual apartment controlled heat and air conditioning units.

CAPACITY: 109 apartments

MONTHLY RATES: \$3500 studio

\$4,200 to \$5,800 one-bedroom

\$7,000 two-bedroom

Monthly rates include: Three meals daily, utilities and cable, weekly housekeeping, linen service, emergency response system, all

recreational and cultural events, scheduled transportation, and 24-hour security.

SPECIAL SERVICES: New York State licensed Home Health Care agency on premises. Full-time nurse, full-time social worker, evening health supervisor. On-site wellness center. Available meeting space to be used at no charge to engage with community.

PROFESSIONAL SERVICES:

Visiting physicians and physical therapist.

RELIGIOUS SERVICES:

Jewish and Christian/Catholic services

Temple and Chapel on premises

RECREATION:

Full-time recreation director offers 7 to 8 activities daily. Weekly shopping trips; flower arranging class; painting; arts and crafts; literary group; card games; theater trips and live entertainment; daily exercise class.

ESTHER GITLOW TOWERS

200 Lafayette Avenue
Suffern, New York 10901
(845) 357-9507
Fax #: (845) 369-7426
Website: www.eshthergitlowtowers.org

Apartments with Services

Administrator: Adam Tekel

BUILDING AND GROUNDS:

Brick apartment building with elevators

CAPACITY: 112 apartments

RATES:

Based on HUD's low income guidelines

\$34,600 for a single person

\$39,550 for a couple

Monthly rent is 30% of eligible income minus eligible medical expenses

RECREATION AND SPECIAL SERVICES:

Optional dinner meal program provides five

hot nutritious meals a week for a fee, Monday-Friday (dietary laws observed). We have activities and educational programs. Beauty parlor, accessible Internet lab with DSL connections.

RELIGIOUS SERVICES:

Available for all faiths.

PROFESSIONAL SERVICES:

Full-time service coordinator for help with benefits and entitlement information.

TRANSPORTATION SERVICES:

Private shuttle for transportation to shopping

RESIDENT CHARACTERISTICS:

Able to live independently; 12 handicapped accessible apartments available. To qualify for an apartment, you must meet HUD's low-income guidelines and be at least 62 years of age or mobility impaired.

FOUNTAINVIEW AT COLLEGE ROAD AND THE SPRINGS AT FOUNTAINVIEW

2000 Fountainview Drive
Monsey, New York 10952
(845) 426-6757

Fax #: (845) 426-6914

Website: www.fountainview.org

Private, Not for Profit

Premier Retirement Community & Assistive Living Community

Owner: Northern Services Group

BUILDING AND GROUNDS:

Situated on 10 beautiful park-like acres in the town of Ramapo with walking trails surrounding the community. Three story luxury apartment complex; elevators; independent apartments with full kitchens; washer/dryers; patios; air conditioners; individual thermostats; lounge areas in all buildings; card rooms; restaurant style dining rooms; country café and country store; sprinkler system; terraces and outdoor seating areas; on-site beauty/barber shop; library; fitness center; computer center; flower and vegetable garden; private dining room for special events; putting green; swimming pool.

CAPACITY:

110 Independent Apartments – One and two bedroom, 2 bath apartments; 47 Assistive Apartments; Studio and one bedroom

apartments; guest suite available for families from out of town.

RATES: Call for information

RECREATION AND SPECIAL SERVICES:

Full range of recreation & leisure activities; Glatt Kosher meals; housekeeping & maintenance services; college courses; exercise & fitness center; lectures; book reviews, concerts; trips; computer classes; intergenerational & volunteer programs; Resident's council; 24 hour staffing & security; guardian alert system for emergencies; additional personal care available for a fee by a licensed home care agency

PROFESSIONAL SERVICES:

Wellness Center – physician and podiatrist appointments; social worker; Resident Services Director to coordinate services and referrals.

RELIGIOUS SERVICES:

Jewish (Synagogue on premises)

TRANSPORTATION SERVICES:

Medical visits; recreational and educational trips; shopping and banking.

RESIDENT CHARACTERISTICS:

Men/Women/Couples. Well elderly. Interview required.

VISITING HOURS: Unlimited

ADULT CARE FACILITIES

EVERGREEN COURT HOME FOR ADULTS

65 Lafayette Street
Spring Valley, NY 10977
(845) 356-7700

Fax #: (845) 352-6244

Private for Profit

Administrator: Kari Bou

Email: kari@evergreencourtalp.com

Owner: The Schonberger Family

BUILDING AND GROUNDS:

The old Bader's Hotel; 3 story stucco and frame building on 3 acres. Large dining room, spacious public areas, patio, private and semi-private rooms available.

CAPACITY:

200 residents, Call to check ALP status.

RATES:

Based on accommodations/level of assistance.
SSI and Medicaid accepted

RECREATIONAL AND SPECIAL SERVICES:

Full time recreation director; varied programs including art and music therapy, computer room, activity room, game room, library, beauty parlor, laundry services, daily housekeeping, kosher dining, licensed home health aides for

assistance with personal care, medication assistance and supervision, 24-hour supervision, and bingo.

PROFESSIONAL SERVICES:

Medical services available on premise include: physician, FNP, RN, LPN, psychiatrist, therapists, podiatrist, occupational, speech and physical therapy, optician, dentist, lab work, and imaging services.

RELIGIOUS SERVICES:

Jewish, Christian

TRANSPORTATION SERVICES:

Arrangements made for medical appointments, shopping trips, and activity outings. Walking distance to train, bus, and Jitney loop.

RESIDENT CHARACTERISTICS:

Individuals with varied ages and backgrounds who require assistance with personal care, nursing, or medication management.

RESPIRE CARE:

Not available

VISITING HOURS:

Daily 8:00 a.m.-10:00 p.m. Tours are welcome.

FELLOWSHIP COMMUNITY

241 Hungry Hollow Road
Chestnut Ridge, NY 10977
(845) 356-8494, Ext. 2

Fax #: (845) 356-8468

Private non-profit

Administrator: Matthew Uppenbrink

Website: www.fellowshipcommunity.org

Email: rsffoffice@fellowshipcommunity.org

Owner: Rudolf Steiner Fellowship Foundation

BUILDING AND GROUNDS:

80 acres; 8 residential dwellings; 3 independent living apartments; garden; patio; flower and vegetable gardens; Duryea Farm of the Fellowship Community; home for adults on one level; dining area; air conditioned.

CAPACITY:

33 residents

25 private rooms – 4 double rooms

RATES:

Adult Home: \$1425 to \$4635 monthly

Life Leases: \$30,000 to \$40,000

Independent Living Apartments – please call for further information.

RECREATION AND SPECIAL SERVICES:

Cultural events; candle making; cooking; outings; pottery; printing; reading; weaving; woodworking; gardening; laundry room; store/gift shop; volunteer program.

PROFESSIONAL SERVICES:

Medical and nursing services; physical therapy

RELIGIOUS SERVICES:

Christian

TRANSPORTATION SERVICES:

Medical visits; shopping

RESIDENT CHARACTERISTICS:

Men/women/couples

RESPIRE CARE:

Not available

VISITING HOURS:

No specific hours

GARNERVILLE HOME

216 Ramapo Road
Garnerville, NY 10923
(845) 241-5284

Fax #: (845) 241-5283

Private for profit

Administrator: Abraham Greenfield

Owner: Abraham Greenfield

BUILDING AND GROUNDS:

Two-story, wood frame, shingled building; low-rise steps

CAPACITY:

38 residents

RATES:

Private – \$1800 monthly

Semi-private – \$1300 monthly

SSI accepted on third party payments

RECREATION AND SPECIAL SERVICES:

Activity director: arts and crafts program; beauty/barber shop; commissary; community

involvement; kosher food available; laundry; residents' council; reading room; transfer arrangements to Nyack and Good Samaritan Hospitals; volunteer program.

PROFESSIONAL SERVICES:

Ophthalmologist; physician; psychiatrist; dentist; podiatrist

RELIGIOUS SERVICES:

Catholic, Jewish, Protestant

TRANSPORTATION SERVICES:

Medical visits; outings; shopping

RESIDENT CHARACTERISTICS:

Men/women/couples placed together; blind; deaf; mentally retarded; disoriented; long term care; interview necessary

RESPIRE CARE:

Not available

VISITING HOURS:

All day, every day

GOLDEN ACRES ASSISTED LIVING

11 Prospect Street
Spring Valley, NY 10977
(845) 356-2440

Fax #: (845) 356-0846

Private for profit

Administrator: Janet Franco

Email: janet@goldenacresalp.com

Owner: Steven Schonberger

BUILDING AND GROUNDS:

Renovated 3-story brick frame fireproof building; handicapped accessible; elevator; patio and grounds; partially air conditioned.

CAPACITY:

Assisted Living: 79 residents

Single or double rooms

RATES:

Depends on accommodations/needs

Medicaid and SSI accepted

RECREATION AND SPECIAL SERVICES:

Two activity rooms with cable TV; on-site educational programs from RCC; full activity program with recreational director; outings; laundry; daily room cleaning; personal care

services; supervised money and medication managements; special services available upon request.

PROFESSIONAL SERVICES:

Golden Care Assisted Living program provides nursing; physical therapy; occupational therapy; speech therapy; dental care; eye care. Also available on site; physician, podiatrist; ophthalmologist, psychologist for one-on-one therapy and group therapy.

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish and Baptist

TRANSPORTATION SERVICES:

Medical visits; some outings

RESIDENT CHARACTERISTICS:

Primarily elderly adults who may need assistance with daily living tasks such as nursing, personal care, medication management, ambulation, physical, speech or occupational therapies and case management.

RESPIRE CARE:

7-day minimum stay

VISITING HOURS:

Unlimited

GREEN HILLS ESTATE HOME FOR ADULTS

1 South Route 9W
Haverstraw, NY 10927
(845) 429-8411
Fax #: (845) 947-2668
Administrator: Celeste Sanchez
Case Manager: Ruth Nieves
Owner: Manuel & Anita Sanchez

BUILDING AND GROUNDS:

Multi-level brick building: overlooks Hudson River, patios and residence garden, basketball court. Bus Stop at edge of driveway.

CAPACITY:

164 residents

RATES:

\$1,234 SSI rate
Medicaid and SSI accepted

RECREATION AND SPECIAL SERVICES:

Activity/recreation room; arts and crafts programs; computers; laundry room; Residents' Council; activities director, transfer arrangements to Nyack and Good Samaritan

Hospitals and Rockland Psychiatric Center. Now includes New Horizons, a Social Model Day Rehab Program.

PROFESSIONAL SERVICES:

Podiatrist, Physicians, Psychiatrist, Nurses

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish, Jehovah Witnesses

TRANSPORTATION SERVICES:

Medical visits with Rockland Ambulette; recreational trips; shopping

RESIDENT CHARACTERISTICS:

Men, women, couples, rehabilitated mental patients; interview necessary. Languages spoken include English, Spanish, and French.

RESPIRE CARE:

Not available

VISITING HOURS:

Flexible

L'DOR ADULT HOME

156 W. Clarkstown Road
New City, N.Y. 10956
(845) 356-4108
Fax #: (845) 356-0167
Email: plesmark@aol.com
Private for profit

Administrator: Elliot Markowitz
Owner: Elliot and Sharon Markowitz

BUILDING AND GROUNDS:

Two-story wood frame construction with patio and spacious backyard; on two acres; air conditioning available.

CAPACITY:

44 residents
3 single rooms – 19 double rooms
1 triple room

RATES:

\$1,234 and up per month
Some SSI and Medicaid accepted

RECREATION AND SPECIAL SERVICES:

Activities room with large screen TV; additional TV room; DVD player; piano; resident kitchen, board games room; barbecues; laundry

services; monthly visits with barber and beautician; activities; volunteers; Ombudsman Program; Residents' Council; outings and trips.

PROFESSIONAL SERVICES:

Physician; podiatrist; nurse and registered dietician visit regularly; access to all other medical services available.

RELIGIOUS SERVICES:

Weekly Roman Catholic in-house services; Friday candle lighting; visits by minister and rabbi.

TRANSPORTATION:

Van transportation to medical appointments; T.R.I.P.S. available; easy walk to bus line.

RESIDENT CHARACTERISTICS:

Men; women; couples; ambulatory; continent; blind, deaf, Resident ages at time of printing: 35 to 90; interview and trial visit required.

RESPIRE CARE:

As available

VISITING HOURS: 8:00 a.m. – 8:00 p.m. daily

NEW MONSEY PARK HOME FOR ADULTS

15 Monsey Boulevard
Monsey, NY 10952
(845) 356-3400
Fax #: (845) 356-3503

Private for profit

Administrator: Yitzy Ullman

Owner: Israel Orzel

BUILDING AND GROUNDS:

Hotel-like setting; large lobbies; patio; lawns;
some rooms have terraces

CAPACITY:

265 residents

RATES:

Semi private starts at \$1,234 per month

Private starts at \$3,000 per month

SSI accepted

RECREATION AND SPECIAL SERVICES:

Full recreation program; beauty/barber shop;
outings; dances; full time recreation director.

PROFESSIONAL SERVICES:

Physicians; podiatrists; psychiatrists,
psychologists; urologist; chiropractor;
dermatologist; dentist.

RELIGIOUS SERVICES:

Jewish, Catholic, Baptist

TRANSPORTATION SERVICES:

Near public transportation; transportation
arranged for medical visits

RESIDENT CHARACTERISTICS:

Men/women/couples

RESPIRE CARE:

Not available

VISITING HOURS:

9:00 a.m. – 10:00 p.m.

HOME OF THE RUSSIAN ORTHODOX CONVENT

100 Smith Road
Nanuet, NY 10954
(845) 356-8250

Fax #: (845) 371-3717

Administrator: Alex Kulesha

Email: akulesha@verison.net

Owner: Russian Orthodox Convent

BUILDING AND GROUNDS:

Two-story stone building on convent grounds

CAPACITY:

76 residents

76 single rooms

RATES:

\$1,465 to \$1,765

SSI and Medicaid Accepted

RECREATION AND SPECIAL SERVICES:

Ethnic entertainment program

PROFESSIONAL SERVICES:

Physician, psychiatrist, podiatrist, therapist
Nurses aides on duty 24 hours

RELIGIOUS SERVICES:

Russian orthodox

TRANSPORTATION SERVICES:

Not available. Will register residents with TRIPS.

RESIDENT CHARACTERISTICS:

Men; women

RESPIRE CARE:

Not available

VISITING HOURS: No limit

PROMENADE AT BLUE HILL

582 Veterans Memorial Drive
Pearl River, NY 10965
(845) 735-6846
Fax #: (845) 735-6855
Website: www.promenadesenior.com
Email: saundra@PromenadeSenior.com
Private for Profit
Administrator: Richard Cupelli
Owner: Promenade Blue Hill LLC
BUILDING AND GROUNDS:
Building accommodates residents who are memory impaired.
CAPACITY:
61 residents
RATES:
From \$4290 companion room plus care
From \$4590 single private room plus care
From \$4890 deluxe private room plus care
From \$5370 L-shaped luxury private room plus care
All rooms have large private bathrooms

RECREATION AND SPECIAL SERVICES:
Enrichment program, entertainment and trips.
PROFESSIONAL SERVICES:
RN's, medical technicians, home health aides
RELIGIOUS SERVICES:
Chaplains of all faiths visit
TRANSPORTATION SERVICES
Recreational only
RESIDENT CHARACTERISTICS:
Dual Community:
Town house for assisted living
Country cottage for memory care
AVAILABILITY OF RESPITE CARE:
Up to 6 weeks in any year when apartment is available. Minimum 30 days.
VISITING HOURS:
No set hours – visitors may come at any time.

PROMENADE AT CHESTNUT RIDGE

168 Red Schoolhouse Road
Chestnut Ridge, NY 10977
(845) 620-0606
Fax #: (845) 620-9056
Website: www.PromenadeSenior.com
Email: Debbie@PromenadeSenior.com
Private for Profit
Administrator: Gail Spencer
Owner: Chestnut Operating Company LLC
BUILDING AND GROUNDS:
Two-story building with elevator; wellness center; large courtyard; library/card/computer room; activity room; media room; restaurant-style dining room; hair salon
CAPACITY:
118 residents (including 36 ALP residents)
RATES:
Starting at \$2,550 – semi-private;
\$3,300 – private
Rates include three meals/day; weekly housekeeping; furnished rooms/apartments; all utilities (including cable TV) except telephone

RECREATION AND SPECIAL SERVICES:
Daily exercise class; museum/cultural and recreational trips; shopping; on and off site entertainment; card and table games; bingo; arts and crafts; nightly movies; intergenerational and volunteer programs
PROFESSIONAL SERVICES:
Wellness services director (RN); case manager; visiting physicians; medication management; physical therapy; social worker; 24-hour staff
RELIGIOUS SERVICES:
Chaplains of all faiths visit
TRANSPORTATION SERVICES:
Various outings; shopping
RESIDENT CHARACTERISTICS:
Men/women/couples
RESPITE CARE:
Yes, call for details
VISITING HOURS:
No set hours – visitors may come at any time

SPRING VALLEY REST HOME

184 S. Pascack Road
Nanuet, N.Y. 10954
(845) 623-5040
Fax #: (845) 623-5004
Private for Profit
Administrator: Myrna Daos
Owner: Myrna Daos
BUILDING AND GROUNDS:
1 building
CAPACITY:
32 residents
RATES:
\$1234/ month
SSI accepted
RECREATION AND SPECIAL SERVICES:
24 hour supervision; in-house activities,
theater, parties; laundry, shopping.

PROFESSIONAL SERVICES:
Medical, psychiatric, dental
RELIGIOUS SERVICES:
Catholic, Protestant and other sects
TRANSPORTATION SERVICES:
Ambulette, public transportation
RESIDENT CHARACTERISTICS:
Ambulatory, men, women, Medicaid; mental
discharges
RESPIRE CARE:
None
VISITING HOURS:
All day until 9:00 p.m.

ST. JOSEPH'S ADULT CARE HOME

125 Sisters Servants Lane
P.O. Box 8
Sloatsburg, N.Y. 10974
(845) 753-2555
Fax # (845) 753-6910
Public #: (845) 753-8662
Private non-profit
Administrator: Sister Michelle
Owner: Sisters Servants of Mary Immaculate
BUILDING AND GROUNDS:
Two-story stone building on several acres;
gardens
CAPACITY:
31 private rooms
RATES:
\$1600 – \$1900 monthly
SSI accepted

RECREATION AND SPECIAL SERVICES:
Assistance available for baths; beauty/barber
shop; community volunteer program; library
facilities; residents' council; transfer to Good
Samaritan and Nyack Hospitals; nursing aide
on duty 24 hours.
PROFESSIONAL SERVICES:
Physician, psychiatrist, podiatrist, dentist,
nurses on referral, therapists on referral.
RELIGIOUS SERVICES:
Catholic; Jewish; Byzantine Rite (chapel on
premises)
TRANSPORTATION SERVICES:
Can be provided for doctor appointments.
RESIDENT CHARACTERISTICS:
Men/women/couples
RESPIRE CARE:
Not available
VISITING HOURS:
Daily until 11 PM

ST. ZITA'S VILLA

50 Saddle River Road N.
Monsey, N.Y. 10952
(845) 356-2011
Fax #: (845) 352-5209
Website: www.facebook.com/stvitasvilla
Non-profit
Administrator: Sister Maureen Francis
Director of Residential Services: Andrea Lopera, LMSW
Owner: Sisters of Reparation of the Congregation of Mary, Inc.
BUILDING AND GROUNDS:
Estate
CAPACITY:
Private Pay/SSI accepted

35 beds
RATES: \$1234 per month, Basic
\$2000 per month, Private
PROFESSIONAL SERVICES:
On site podiatrist; physician
RELIGIOUS SERVICES:
Nondenominational, however, a daily Catholic mass is offered for all who wish to attend.
RESIDENT CHARACTERISTICS:
Women only; Age 60 plus
RESPIRE CARE:
Not available
VISITING HOURS:
No visitors after 9:00 p.m.

TAPPAN ZEE MANOR

51 Mountainview Ave.
Nyack, N.Y. 10960
(845) 353-6100
Fax #: (845) 353-1660
Website: www.tzmanor.com
Administrator: Kim Furphy
Email: kfurphy@tzmanor.com
Admission Director: Wendy Bleiweis
Private; Licensed by New York State
BUILDING AND GROUNDS:
2 story state-of-the-art building with full service amenities including sprinkler system, air conditioning, cable TV; studios and suites; private dining room; private bathrooms.
CAPACITY:
150 residents
RATES:
\$3400 per month, independent studio
\$3900 per month, assisted studio
\$5690 per month, independent suite
\$6190 per month, assisted suite

RECREATION AND SPECIAL SERVICES:
Yoga, Tai Chi, knitting, bingo, arts and crafts; nightly movies; museum trips; cultural events; kosher food; assistive living program, laundry, linen and housekeeping services.
PROFESSIONAL SERVICES:
Physical therapy, Podiatrist, Chiropractor, Case management, medication management, and LPN on staff.
RELIGIOUS SERVICES:
Communion, Shabbat Services
TRANSPORTATION SERVICES:
Van to local shopping, medical appointments, various outings.
RESIDENT CHARACTERISTICS:
Men/women/couples
RESPIRE CARE:
Based on availability of apartments; call for information
VISITING HOURS:
Unlimited

ASSISTED LIVING PROGRAM

GOLDEN ACRES ASSISTED LIVING

11 Prospect Street
Spring Valley, NY 10977
(845) 356-2440

Fax #: (845) 356-0846

Private for profit

Administrator: Janet Franco

Email: janet@goldenacresalp.com

Owner: Steven Schonberger

BUILDING AND GROUNDS:

Renovated 3-story brick frame fireproof building; handicapped accessible; elevator; patio and grounds; partially air conditioned.

CAPACITY:

Assisted Living: 79 residents

Single or double rooms

RATES:

Depends on accommodations/needs

Medicaid and SSI accepted

RECREATION AND SPECIAL SERVICES:

Two activity rooms with cable TV; on-site educational programs from RCC; full activity program with recreational director; outings; laundry; daily room cleaning; personal care services; supervised money and medication

managements; special services available upon request.

PROFESSIONAL SERVICES:

Golden Care Assisted Living program provides nursing; physical therapy; occupational therapy; speech therapy; dental care; eye care. Also available on site; physician, podiatrist; ophthalmologist, psychologist for one-on-one therapy and group therapy.

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish and Baptist

TRANSPORTATION SERVICES:

Medical visits; some outings

RESIDENT CHARACTERISTICS:

Primarily elderly adults who may need assistance with daily living tasks such as nursing, personal care, medication management, ambulation, physical, speech or occupational therapies and case management.

RESPIRE CARE:

7-day minimum stay

VISITING HOURS:

Unlimited

ASSISTED LIVING AT NORTHERN RIVERVIEW

89 South Route 9W
Haverstraw, NY 10927
(845) 429-4300

Fax #: (845) 429-6267

Website: www.northernriverview.com

Private not for profit

Administrator: David Brachfeld, 429-5381,
x309

Email: dbrachfeld@northernriverview.com

Assistant Administrator: Joan Nelson

Email: joann@northernriverview.com

BUILDING AND GROUNDS:

High-rise building; elevators; air conditioned; boardwalk; view of Hudson River

CAPACITY:

105 residents

RATES:

Private – \$175 per day

Semi-private – \$150 per day

RECREATION AND SPECIAL SERVICES:

Full-time recreation therapist; live music; music therapy, trips and outings; birthday and holiday parties; arts and crafts; a secure dementia unit

PROFESSIONAL SERVICES:

Medical; nursing; psychological; physical therapy

RELIGIOUS SERVICES:

Jewish, Catholic

TRANSPORTATION SERVICES:

Free transportation to shopping malls, trips and restaurants

RESIDENT CHARACTERISTICS:

Not listed

RESPIRE CARE:

Not available

VISITING HOURS:

Anytime

PROMENADE AT CHESTNUT RIDGE (Please see listing on Page 21)
Assisted Living Program is located within Promenade at Chestnut Ridge

ASSISTED LIVING RESIDENCE

SUNRISE OF NEW CITY

233 North Main Street
New City, NY 10956
Fax #: (845) 708-7855
Website: www.sunriseseniorliving.com

Private for profit

Exec. Director: Elizabeth Connors

Owner: Sunrise Senior Living

BUILDING AND GROUNDS:

Three-story Victorian style home, staircase and elevators

CAPACITY: 76 Suites

RATES: Private pay, stand-alone assisted living offering semi-private, private and couple accommodations

RESIDENT CHARACTERISTICS:

Men/women/couples, seniors who value their independence but may require help with personal care.

RECREATIONAL AND SPECIAL SERVICES:

Professionally organized activity program including: resident clubs, movies, exercise, entertainment and recreational outings; TV rooms; library; bistro open 24 hours; laundry rooms; housekeeping services; hair salon; concierge service.

PROFESSIONAL SERVICES:

Personalized care, light to full assistance with all activities of daily living; medication supervision and administration; incontinence management

RELIGIOUS SERVICES:

Catholic and Jewish

TRANSPORTATION SERVICES:

Van for outings and shopping

RESPIRE CARE:

No

VISITING HOURS:

All day, every day

RESIDENTIAL HEALTH CARE FACILITIES

FRIEDWALD CENTER FOR REHABILITATION & NURSING

475 New Hempstead Road
New City, NY 10956
(845) 678-2000

Fax #: (845) 678-2074

Website: www.friedwaldcenter.com

Private for Profit

Administrator: Steve Staum

Email: sstaum@friedwaldcenter.com

Owner: Barry Winet

BUILDING AND GROUNDS:

Scenic Country Setting, 4 acres beautifully landscaped grounds; multi-storied brick building; sun shaded patios; handicap accessible; cheerful; private and semi-private rooms; dining rooms; delicious, varied Kosher meals prepared by our own C.I.A. chef.

CAPACITY: 180 residents

RATES:

Semi-private: \$375 per day

Private: \$400 per day Vent: \$600 per day

Medicaid/Medicare accepted

RECREATION AND SPECIAL SERVICES:

Physical, social, cognitive, creative activities, arts & crafts programs, outings, traveling store, beauty shop.

PROFESSIONAL SERVICES:

Complete medical staff; short-term and long-term rehabilitation; post-acute care; ventilator unit; tracheotomy care; wound care team; I.V. Therapy; respiratory care; hemo-dialysis and feeding tubes.

RELIGIOUS SERVICES:

Spiritual services – All denominations

TRANSPORTATION SERVICES:

Available

RESIDENT CHARACTERISTICS:

Men, women, couples, 16 years of age and older. All religions and cultures.

RESPIRE CARE: Available

VISITING HOURS:

Preferred: 11:00 a.m. to 9:00 p.m.

NORTHERN MANOR MULTICARE CENTER

199 North Middletown Road
Nanuet, NY 10954

(845) 623-3904

Fax #: (845) 623-1467 / 623-8908

Website: www.northernmanor.com

Private non-profit

Administrator: Shlomo Katz

Email: skatz@northernmanor.com

BUILDING AND GROUNDS:

Beautiful interior designed multi-storied environment; fully sprinkled; air conditioned; landscaped courtyard; porches; enclosed garden room; rotunda for leisure time activities. Butterfly Wandering Herb Garden with circular walkway for Alzheimer residents.

CAPACITY:

231 residents 36 private rooms

90 double rooms 5 3-bedded rooms

RATES:

Private – \$400 per day

Semi-private – \$380 per day

Vent Unit - \$800 per day

Medicare/Medicaid /HMO's accepted

RECREATION AND SPECIAL SERVICES:

Creative and innovative Unit and Rotunda

programs and activities; arts and crafts; music., holiday entertainment; games; movies; bus trips; volunteer program. Special Services: beauty parlor; Ombudsman Program; Residents' Council; transfer arrangements to Good Samaritan and Nyack Hospitals; kosher meals available; bariatric care; ventilator unit; pain management; short and long-term rehab.

PROFESSIONAL SERVICES:

Physician; dentist; ophthalmologist; physical, occupational & speech therapists; podiatrist; psychiatrist; audiologist; psychologist; hospice care.

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish

TRANSPORTATION SERVICES:

Medical services; excursions to parks, malls and movies.

RESIDENT CHARACTERISTICS:

Men/women/couples placed together; non-ambulatory; incontinent; visually and hearing impaired; terminally ill; dementia; mentally challenged.

RESPIRE CARE: Not available

VISITING HOURS: Unrestricted

NORTHERN METROPOLITAN, INC.

225 Maple Avenue
Monsey, NY 10952
(845) 352-9000

Fax #: (845) 352-9082

Website: www.northernmet.com

Private non-profit

Email: rklein@northernmet.com

BUILDING AND GROUNDS:

Multi-storied brick building; elevator; air conditioned; patios

CAPACITY:

120 residents

18 single rooms

51 double

RATES:

Call for private and semi-private rates

Medicare/Medicaid accepted

RECREATION AND SPECIAL SERVICES:

Adult Day Health Care Center; Alzheimer's at the Met; S.N.A.P. (Supplemental Nutrition

Assistance Program); innovative and creative programs; arts and crafts; games; pet therapy; kosher meals only; secured unit for wandering residents; beauty parlor

PROFESSIONAL SERVICES:

Medical director; physicians; physical, occupational and speech therapists; audiologist; dentist; podiatrist; psychiatrist; social worker; psychologist

RELIGIOUS SERVICES:

Catholic, Jewish, Protestant

TRANSPORTATION SERVICES:

Medical visits; outings

RESIDENT CHARACTERISTICS:

Men/women/couples; terminally ill; non-ambulatory; incontinent; visually and hearing impaired; mentally retarded; dementia; others.

RESPIRE CARE:

Not available

VISITING HOURS:

8:00 a.m. – 11:00 p.m.

NORTHERN RIVERVIEW HEALTH CARE CENTER, INC.

87 South Route 9W
Haverstraw, NY 10927
(845) 429-5381

Fax #: (845) 429-3001

Website: www.northernriverview.com

Private non-profit

Administrator: David Brachfeld

Email: dbrachfeld@northernriverview.com

BUILDING AND GROUNDS:

High rise building; 3 elevators; air conditioned; atrium; patio; boardwalk; panoramic Hudson River view

CAPACITY:

180 beds

RATES:

Call for private and semi-private rates

Medicare/Medicaid accepted

RECREATION AND SPECIAL SERVICES:

Tai chi; origami; RSVP clowns; puppetry; pet therapy; photography club; Senior Olympics; exercise classes; men's club; monthly birthday and holiday parties with live entertainment;

garden club; summer barbecues; sensory program for sundowners; multi-purpose room; large day unit/dining rooms with large screen TVs; arts and crafts; cooking club, beautician on-site.

PROFESSIONAL SERVICES:

Dentist, Podiatrist; Physician, Psychiatrist; Ophthalmologist; Psychologist; Speech, occupational and physical therapy, RNs; Nurse Practitioner; Social Services; Audiologist, Ombudsman Program, Hospice

RELIGIOUS SERVICES:

Jewish, Catholic, Protestant, Baptist

RESIDENT CHARACTERISTICS:

Men; women; couples placed together; non-ambulatory; incontinent; visually and hearing impaired; mentally retarded; terminally ill

RESPIRE CARE:

2 certified beds

SUGGESTED VISITING HOURS:

10:00 a.m. – 8:30 p.m., 7 days a week

NYACK MANOR NURSING HOME

476 Christian Herald Road
P.O. Box 256
Valley Cottage, NY 10989
(845) 268-6861

Fax #: (845) 268-2712

Website: www.nyackmanorhealth.net

Private for profit

Administrator: Richard Lohne

Email: r.lohne@nyackmanorhealth.net

BUILDING AND GROUNDS:

Three-story brick building; elevators; air conditioned; patio

CAPACITY:

160 residents; 16 private rooms

56 double rooms; 8 four-bedded rooms

RATES:

Private - \$292 per day; Semi-private - \$275 per day; Quad - \$260 per day

Medicare/Medicaid/HMOs accepted

RECREATION AND SPECIAL SERVICES:

Activities room; activities for bed-ridden residents; arts & crafts program; food service;

beauty/barber shop; day rooms; laundry services; library; Ombudsman program; resident council; volunteer coordinator; Hospice services available.

PROFESSIONAL SERVICES:

Short-term rehabilitation; dentist; physical therapist; occupational therapist; speech therapist; physician; optometrist; ophthalmologist; podiatrist; psychiatrist; psychologist; wound care specialist.

RELIGIOUS SERVICES:

Catholic, Jewish, Baptist, Protestant

TRANSPORTATION SERVICES

Medical visits

RESIDENT CHARACTERISTICS:

Men and women residents are a cross-section of the generation now needing skilled nursing home care. We accept and retain only those residents that we can care for properly.

RESPITE CARE: As available

VISITING HOURS:

10:00 a.m. – 8:00 p.m. (flexible)

PINE VALLEY CENTER FOR REHABILITATION AND NURSING

661 North Main Street
Spring Valley, NY 10977
(845) 426-5600

Fax #: (845) 356-2781

Website: www.pinevalleyrehab.com

Private for Profit

Administrator: Noah Kaminer

Email: nkaminer@pinevalleyrehab.com

BUILDING AND GROUNDS: Multi-story brick building; patio and grounds; air conditioned; elevators; handicapped accessible

CAPACITY:

200 residents; 20 single rooms;

75 double rooms; 10 triple rooms

RATES:

Single – \$320 per day; Double - \$300 per day

Medicare/Medicaid accepted

HMO Contracts – B/C B/S, Aetna USHC and M.V.P.

RECREATION AND SPECIAL SERVICES:

Activities for bedridden patients; Alzheimer's Unit; arts and crafts; beautician; comprehensive recreation & activities; cognition maintenance and cultural and diversional programs; laundry service; library; long term care; meals available in rooms;

Ombudsman Program, ongoing family support and education; resident's council; Senior Companion Program; specialized diets & Kosher meals available; specialized sensory programs for bedfast patients; sub-acute care/short term rehabilitation; transfer agreements to local hospitals; trips within community; volunteer program.

PROFESSIONAL SERVICES: Dentist; nurse practitioner; ophthalmologist; orthopedic consultations; physician; physiatrist; podiatrist; psychiatrist; psychologist; registered dietician; registered nurses; social worker; physical, occupational, respiratory and speech therapy; music and pet therapies.

RELIGIOUS SERVICES:

Weekly for several denominations

TRANSPORTATION SERVICES: None

RESIDENT CHARACTERISTICS:

Enteral & parenteral nutrition services; hearing impaired; incontinent; infection management; IV Therapy; mentally retarded, non-ambulatory; orthopedic traction; terminally ill; tracheostomy care, visually impaired; wound care.

RESPITE CARE: Available

VISITING HOURS: 11:00 a.m. – 9:00 p.m.

RAMAPO MANOR CENTER FOR REHABILITATION & NURSING

30 Cragmere Road
Suffern, NY 10901
(845) 357-1230
Fax #: (845) 369-6515
Website: www.ramapomanor.com
Private for profit
Administrator: Joseph Zimiles
Email: administrator@ramapomanor.com

BUILDING AND GROUNDS:

Six acres; beautiful gardens surround this two-story building with elevator; lovely and spacious rooms light and bright; large atrium dining room; convenient to NY and NJ

CAPACITY: 203 residents

RATES:

Private – \$270 to \$295 per day
Semi-private – \$255 to \$280 per day
Medicare/Medicaid/HMOs accepted

RECREATION AND SPECIAL SERVICES:

Wide range of activities offering live entertainment, Julliard trained music specialists, wellness spa, crafts, cooking, news, movies, special needs programs, exercise, parties, barbecues, beauty shop, and gift shop.

PROFESSIONAL SERVICES:

Joint Commission accredited. Physician services including all specialties; physical rehabilitation, pharmaceutical, nursing, nurse practitioners, hospice services; physical, speech and occupational therapy; therapeutic rehabilitative activities, wellness spa, beauty salon.

REHABILITATION CENTER:

Kessler Rehabilitation Institute provides on-site rehabilitation services. Separate rehabilitation center where patients reside, dine and receive therapies.

RELIGIOUS SERVICES:

Jewish, Catholic, Protestant

RESIDENT CHARACTERISTICS:

Residents in need of rehabilitation therapies; joint replacements, strokes, MS, short-term rehabilitation, sub-acute care, IV therapy, trachea care; long-term residential health care, ambulatory and non-ambulatory, visually and hearing impaired, and dementia patients.

RESPITE CARE: As available

VISITING HOURS: open

11:00 a.m. – 9:00 p.m. recommended

TOLSTOY FOUNDATION NURSING HOME

100 Lake Road
Valley Cottage, NY 10989
(845) 268-6813
Fax #: (845) 268-5966
Website: www.tfrnc.org
Private non-profit
Administrator: Dorothy Corbett
Email: dcorbett@tfrnc.org

BUILDING AND GROUNDS:

Resident rooms are on ground level and enjoy a view of the manicured lawns, blossoming fruit trees and surrounding Ramapo Mountains.

CAPACITY: 96 beds

RATES: \$310 per day

RECREATION AND SPECIAL SERVICES:

Wide variety of recreational programs conducted in both Russian & English; beauty, barber shop on premises; TV hook-ups; catalogue purchasing with annual on-premise visiting store; on-premise laundry; off-premise dry cleaning; residents' and family councils; volunteer programs.

PROFESSIONAL SERVICES:

On-premise attending physician and MD specialty consultations; laboratory and x-ray services; audiologist; dentist; physical, occupational and speech therapists; bilingual social services.

RELIGIOUS SERVICES:

Russian Orthodox and Roman Catholic on premises; other denominations welcomed at resident's request.

TRANSPORTATION SERVICES:

Transportation arranged for as necessary

RESIDENT CHARACTERISTICS:

80% English, 20% Russian speaking in a homelike environment where there is *dedication to excellence* and commitment to providing the highest attainable quality of life.

RESPITE CARE:

Not available

VISITING HOURS:

8:00 a.m. – 8:00 p.m. preferred

HEALTH CARE PROXY

The New York Health Care Proxy Law allows you to appoint someone you trust — for example, a family member or close friend – to make health care decisions for you if you lose the ability to make decisions yourself. By appointing a health care agent, you can make sure that health care providers follow your wishes.

Additional information about this law can be found online at the NY State Department of Health Website: https://www.health.ny.gov/professionals/patients/health_care_proxy/

A sample health care proxy form, which can be printed and filled out, can be found at: <https://www.health.ny.gov/publications/1430.pdf>

VITAL INFORMATION

Vital information should be collected and kept in a safe and convenient place. This should include your social security number, the name and phone number of your primary physician and whom to contact in an emergency. A wallet-size card is a useful way for individuals to keep vital information handy in an emergency. A sample card is provided below.

Name:	Health Care Plan
Address:	Medicare Number:
	Date of Birth:
	Social Security Number:
Phone:	Medications:
Emergency Name 1:	
Emergency Number 1	
Emergency Name 2:	
Emergency Number 2:	Medical Conditions:
Physician Name:	
Physician Number:	