Hospital to Home

Provided by:

THE BURKE REHABILITATION HOSPITAL
785 MAMARONECK AVENUE, WHITE PLAINS, NEW YORK  10605
914-597-2500  •  www.burke.org

July 2013
Contents

Introduction........................................................................................................1
Adult Day Programs.........................................................................................18
Aging in Place.................................................................................................58
Assisted Living Facilities................................................................................31
Attorneys Specializing in Elder Law..............................................................36
Burke Community Wellness Programs.........................................................4
Burke Outpatient Programs............................................................................2
Burke Support Groups....................................................................................7
County Department of Senior Programs & Services.................................43
County Department of Social Service...........................................................42
County Office for the Disabled......................................................................38
Donations.........................................................................................................65
Emergency Response System..........................................................................59
Geriatric Care Managers................................................................................35
Helpful Websites for Caregivers.................................................................64
Home Care:
  Certified Home Health Agencies..............................................................8
  Licensed Home Health Agencies...............................................................12
  Long Term Home Health Agencies...........................................................10
  Private, Non-Medical, Unlicensed Home Care........................................18
Hospice/Palliative Care..................................................................................50
Hotlines...........................................................................................................60
Leisure/Recreation..........................................................................................39
Meals on Wheels, Senior Centers.................................................................46
Medicaid Eligibility.......................................................................................41
Mental Health Clinics.....................................................................................51
Protective Services........................................................................................59
Skilled Nursing Facilities...............................................................................21
Transportation Services................................................................................44
Voluntary Organizations...............................................................................55
Introduction

Dear Patient:

Going home from the hospital is a milestone in your recovery, but it can also be a hectic, unsettling time. We recommend that you begin planning for that day as early as practical during your inpatient stay.

Your doctor, with you and your rehabilitation team, will decide when you are ready to go home from the hospital and determine the elements of your recovery routine. That may include medications, home nursing, special equipment, and physical, occupational or speech therapy. Your relationship with us also can last long after discharge through our outpatient rehab programs, support groups, adult fitness center and leisure/recreation activities.

Burke's social work case managers have developed this resource guide to help ease your transition from “Hospital to Home,” with an extensive list* of agencies, community resources and Burke programs. If you have any questions when you return home, please feel free to call us at (914) 597-2500 and ask for the nursing station with the inpatient program you were in during your stay.

Best wishes,

Lenore Sirner, LMSW
Administrator, Clinical Services

*The listings in this handbook are not comprehensive and are not implied endorsements of any particular providers. They are provided as an informational service only. The choice is yours, as always.
Burke Rehabilitation Hospital

Outpatient Programs

Main Campus-Building 8  (914) 597-2200
785 Mamaroneck Avenue
White Plains, NY  10605
Services: Physical, Occupational and Speech Therapy; Women's Health Program; Lymphedema; and others

Burke Rehabilitation Outpatient Satellite Clinics
Services: Physical Therapy

Purchase Site  (914) 597-2133
Harrison Executive Park
3020 Westchester Avenue
Purchase, NY  10577

Mamaroneck Site  (914) 597-2424
703 W. Boston Post Road
Mamaroneck, NY 10543
Additional service: Women's Health Program

Bronx Site  (914) 597-2424 or (718) 515-2400
2826 Westchester Avenue
Bronx, NY  10461
Additional service: Occupational Therapy

Somers Site  (914) 597-2890
325 Route 100, #106
Somers, NY  10589

Yonkers Site - Ridge Hill  (914) 597-2822
73 Market Street, Suite 1789
Yonkers, NY  10710
The Burke Phase II Cardiac Rehabilitation Program
Main Campus-Building 4 (914) 597-2802

Burke’s Outpatient Phase II Cardiac Rehabilitation Program offers medically supervised exercise for people with coronary or valve-related heart disease. The Phase II Program requires a doctor’s prescription and consists of a series of 36 supervised, physician-monitored exercise sessions with continuous electrocardiograph monitoring. The Phase II Program is covered by Medicare and other insurance carriers.

Burke Outpatient Pulmonary Rehabilitation Program
Outpatient Building, Building 8 (914) 597-2527

Burke’s Outpatient Pulmonary Rehabilitation Program is a small group class that meets twice weekly. Its goal is to help patients with COPD and other pulmonary diseases cope with their illness through therapist-monitored exercise sessions and education. Many commercial insurers and Medicaid will cover the cost of this program. A physician’s prescription is required.

The Burke Driver Evaluation Program
Individuals with physical or cognitive disabilities who would like to start driving may participate in Burke’s Driver Evaluation Program. A licensed occupational therapist administers tests that measure skills needed in driving. Those who pass are referred to driving schools that are equipped with special driving devices, including hand controls. A physician’s prescription or referral is required. For further information, please call (914) 597-2326.
The Burke Home Safety Assessment Program
This program is performed by a certified occupational therapist in the client’s home to check for safety and accessibility. The therapist will perform an assessment and give a written report with recommendations to improve home safety. Such recommendations may include the use of durable medical equipment, installation of ramps, the use of a medication dispenser and more, depending on the client’s home and functional status. Resources will be provided to assist the client in implementing the recommendations. A physician’s prescription or referral is required. For further information, please call (914) 597-2326.

Communication Groups for People with Communication Difficulties
Adults with communication disorders can attend one of two 10-week sessions to learn strategies to enhance communication skills. Patients who have language difficulties (aphasia); slurred, slowed or difficult to understand speech (dysarthria); or difficulties executing skilled movements for speech (apraxia) can participate. For more information, please call (914) 597-2288.

Burke Rehabilitation Hospital
Community Wellness Programs

The Fitness Center at Burke
785 Mamaroneck Avenue, Building #4
White Plains, New York 10605
(914) 597-2805 (Call for pricing)
The Fitness Center at Burke caters to adults, 40 and older. Personalized exercise programs are developed for each member by a fitness instructor. A full range of Cybex and life-Fitness cardio and strength training machines is available. Physician’s clearance is required.

**Hours of Operation:**
Monday through Friday  6:00 a.m. to 8:30 p.m.
Saturday and Sunday   8:00 a.m. to 4:00 p.m.

**Wellness Services:**

**Personal Training:**
The personal training program is designed to specifically meet the fitness needs of an individual through proper one-on-one exercise instruction and motivation.

**Massage:**
Swedish massage uses a firm but gentle pressure to improve circulation, ease muscle aches and tension, improve flexibility and promote relaxation. Massages are scheduled on an appointment basis. To make an appointment, call (914) 597-2806.

**Therapeutic Yoga:**
Therapeutic Yoga uses restorative (supported) yoga poses, gentle yoga, breath work, guided meditation and hands-on healing to help individuals nurture their bodies, allowing health and wellness to blossom. To make an appointment, call (914) 597-2807.
Group Exercise: The Fitness Center offers a full schedule of group exercise classes including stretch and tone, yoga, adaptive yoga, Tai Chi, Golden Tai Chi™, Pilates and Zumba.

**Fit for Life Exercise Classes:**
(Physician’s clearance required)

**Pulmonary Exercise Class:**
Monday, Wednesday, Friday, 1-2 p.m.
Participants perform a variety of exercises to increase and maintain exercise tolerance and performance. Exercise is performed at tolerable degrees of difficulty, and pulse and oxygen saturation levels are monitored throughout the class. Oxygen is available by prescription.

**Strength and Conditioning:**
This exercise class is designed for the individual with an orthopedic or neurological history, who can independently transfer weight and walk with an assistive device. Participants perform a variety of exercises for strength, flexibility, endurance and balance. A caregiver may be required to be present during the entire class.

**After Stroke:**
The class is designed to increase and maintain range of motion in affected extremities to assist individuals with the activities of daily living.
**LEVEL 1 - Wheelchair based/walk with assistance.**
Monday, Wednesday, Friday, 12-1 p.m.
**LEVEL 2 - Independent walkers with assistive devices**
Monday, Wednesday, Friday, 2-3 p.m.
Parkinson’s:
This program offers participants exercises for strength, endurance and balance in a group setting. The program leads participants through breathing, stretching, strengthening and coordination exercises, and helps to reduce the effects of inactivity and isolation.

Support Groups
The following community support groups meet regularly on the Burke Rehabilitation Hospital campus.

**ALS Support Group**  (845) 520-0952
Helen Mayer, RN

**Amputee**  (914) 597-2389
Laura Toohig, PT  (914) 478-3700 x898

**Aphasia Conversation**  (914) 949-1325
Barbara Martin

**Osteoporosis Awareness**  (914) 723-3625
Susan Gugick

**Pulmonary Support Group**  (914) 597-2843
Pam Jones, PT

**Stroke Support Group**  (914) 597-2290
Roseann Cardi, CRRN

**Traumatic Brain Injury**  (914) 597-2237
(evening group)
Janet Goodman, LMSW
Well Spouse
Judie Meisels  (914) 949-4936
Helen Goodman  (914) 764-1530

Young Onset Parkinson’s Group
George & Norma Jensen  (914) 667-3952

Certified Home Health Agencies

To qualify for certified home health care services:
• your doctor must prescribe physical therapy and/or skilled nursing care at home after discharge,
• you must be considered homebound, or
• services must be time limited.

If you meet the above criteria, you may be eligible for some personal care assistance at home.

DATAHR/Family Care
120 Kisco Avenue
Mount Kisco, NY 10549
(914) 242-1903  fax (914) 242-7010

Dominican Sisters Family Health Services, Inc.
299 North Highland Avenue
Ossining, NY 10562
(914) 941-1710  fax (914) 941-1556

Lawrence Home Care of Westchester
69 Main Street
Tuckahoe, NY 10707
(914) 961-2818  fax (914) 725-6384
Metropolitan Jewish Home Care, Inc.
172 South Broadway
White Plains, NY  10605
(914) 328-882  fax (914) 328-7264
(914) 289-2400  fax (914) 328-7258

Montefiore Hospital Home Care
45 Knollwood Road
Elmsford, NY  10523
(718) 405-4400  fax (914) 345-8843

PTS of Westchester, Inc.
7-11 South Broadway, Suite 404
White Plains, NY  10601
(914) 949-5150  fax (914) 949-5149

Revival Home Health Care, Inc.
665 Bedford Avenue
Brooklyn, NY 11211
(718) 629-1000  fax (718) 629-1200

Visiting Nurse Service of New York
90 South Ridge Street, Suite LL10
Rye Brook, NY  10573
(914) 946-1023  fax (914) 939-3498

Visiting Nurse Association of Hudson Valley
540 White Plains Road
Tarrytown, NY  10591
(914) 666-7616  fax (914) 666-0145
Visiting Nurse Service in Westchester & Putnam County
360 Mamaroneck Avenue
White Plains, NY 10605
(914) 682-1480 fax (914) 682-1488

*These services are available if covered by your insurance company. Your social worker can help you in this process.*

### Long Term Home Health Agencies

This program is referred to as the "Nursing Home without Walls" or "Lombardi" program. It is primarily Medicaid-funded.

**Bethel**
19 Narragansett Road
Ossining, NY 10562
(914) 739-6700

**CenterLight Healthcare Westchester**
(formerly Comprehensive Care Management, Beth Abraham Health Center)
335 Old Tarrytown Road
White Plains, NY 10603
(914) 289-0400

**Dominican Sisters**
299 N. Highland Avenue
Ossining, NY 10562
(914) 941-1710
Elderserve
6 Executive Plaza
Yonkers, NY 10701
(914) 368-5500

Frances Schervier
2975 Independence Avenue
Bronx, NY 10463
(718) 884-5612

Montefiore Hospital
45 Knollwood Road
Elmsford, NY 10523
(718) 405-4800

St. Cabrini Nursing Home
115 Broadway
Dobbs Ferry, NY 10522
(914) 693-6800, press 550

St. Joseph's Hospital
127 South Broadway
Yonkers, NY 10701
(914) 375-3300

St. Mary’s Home and Community Program
1 Executive Boulevard
Yonkers, NY 10701
(914) 375-7600
United Hebrew
40 Willow Drive
New Rochelle, NY  10805
(914) 632-2870

Wartburg Nursing Home
1 Wartburg Place
Mount Vernon, NY  10552
(914) 278-9131

Licensed Home Health Agencies

The following is a listing of proprietary home health agencies which, for a fee, can provide you assistance with skilled services, live-in care and activities of daily living. Check with your insurance carrier regarding benefits.

A & A Staffing Health Care
175 Main Street
White Plains, NY  10601
(914) 428-1515

A Caring Hand
177 E. 87th Street
New York, NY  10128
(212) 696-1400

Accent Care
60 South Lexington Avenue
White Plains, NY  10606
(914) 682-3988
A&J Careseekers
359 E. Main Street
Mt. Kisco, NY 10549
(914) 244-9570

Access Nursing Services
480 Bedford Road
Chappaqua, NY 10514
(914) 761-7100

All Metro Health Care
4 West Prospect Avenue
Mount Vernon, NY 10550
(914) 667-0300

Any-Time Home Care, Inc.
5 Waller Avenue, Suite 400
White Plains, NY 10601
(914) 761-7100

AZOR Home Health Care
391 Pelham Road
New Rochelle, NY 10805
(914) 665-8701

Barksdale Home Care Services Corp.
327 Fifth Avenue
Pelham, NY 10803
(914) 738-5600
Bayada Nurses Home Care Specialists
1 Central Avenue, Suite 202
Tarrytown, NY  10591
(914) 631-2027, (800) 305-3000

Brightstar
600 Mamaroneck Avenue, Suite 447
Harrison, NY 10528
(914) 301-9412

Choose Home Care
92 S. Central Avenue
Hartsdale, NY  10530
(914) 948-1350

Comfort Keepers
1045 Park Street, Suite C
Peekskill, NY  10566
(914) 734-2616

Concept Care
50 Main Street, Suite 976
White Plains, NY  10606
(914) 682-7990

Crickett Care, Inc.
144 South Highland Avenue
Ossining, NY  10562
(914) 941-7775
Elder Care Homecare
106 Corporate Park Drive
White Plains, NY 10604
(914) 220-0336, (877) 223-1079

Family Aids, Inc.
76 Mamaroneck Avenue
White Plains, NY 10601
(914) 428-0887

Family Care Plus
2573 Main Street
Stratford, CT 06615
(877) 887-2273

First Light Home Care
275 East Main Street
Mt. Kisco, NY 10549
(914) 315-8256

Foremost Home Care, Inc.
1328 Broadway
New York, NY 10001
(212) 564-3722

Home Instead Senior Care (Southern Westchester/Bronx)
77 Tarrytown Road
White Plains, NY 10607
(914) 997-0400
Interim Health Care
19 Court Street #206
White Plains, NY 10605
(914) 946-2180

J & K Healthcare Services
140 Huguenot Street
New Rochelle, NY 10801
(914) 633-7810

Maxim Health Care Services
300 Hamilton Avenue, Room 201
White Plains, NY 10601
(914) 997-0420

Osborne Home Care
101 Theall Road
Rye, NY 10580
(914) 925-8221

People Care Incorporated
110 Mamaroneck Avenue, Suite 2A
White Plains, NY 10601
(914) 422-3917

Personalized Home Care
One Executive Boulevard
Yonkers, NY 10701
(914) 423-6410
Personal Touch Home Care of Westchester
7-11 South Broadway, Suite 404
White Plains, NY 10601
(914) 949-4040

Premier Home Health Care Inc.
55 Church Street
White Plains, NY 10601
(914) 428-4188

Priority Home Care, Inc.
445 Hamilton Avenue, 10th Floor
White Plains, NY 10601
(914) 428-7722

Recco Home Care Services
466 Main Street
New Rochelle, NY 10801
(914) 654-0003

Senior Bridge
445 Hamilton Avenue, #603
White Plains, NY 10601
(914) 437-8221

The Wartburg
The Wartburg Place
Mt. Vernon, NY 10552
(914) 699-0800
Unlimited Home Care
245 Main Street
White Plains, NY 10601
(914) 428-8940

Westchester Care at Home
360 Mamaroneck Avenue
White Plains, NY 10605
(914) 997-7912

Westchester Jewish Community Services
845 North Broadway
White Plains, NY 10603
(914) 761-0600, ext. 339

Private, Non-Medical, Unlicensed Home Care

Irish Companions
(718) 881-6961 (Ask for Joan Murphy)

Non-Medical Home Care
(Escort for Shopping/MD Visits)
All Care Living Assistance Services
(914) 667-0023

Primordial Caregivers
(914) 358-4940

Adult Day Programs

Social adult day programs are a means for keeping people
active and safe while they are still living at home. Medical adult day care is for frail seniors needing a medically supportive environment. Call the Westchester Coalition of Social Adult Day Service Programs at ELDERSERVE at (914) 813-6427 for more information.

**Bethel Nursing Home**
19 Narragansett Avenue
Ossining, NY  10562
(914) 941-7300, ext. 266

**Bradhurst Community Center**
63 Bradhurst Avenue
Hawthorne, NY  10532
(914) 592-6441

**CenterLight Healthcare Westchester**
(formerly Comprehensive Care Management, Beth Abraham Health Center)
335 Old Tarrytown Road
White Plains, NY 10603
(914) 683-1600

**Club Wartburg**
1 Wartburg Place
Mt. Vernon, NY  10552
(914) 699-0800, ext. 472

**Edna Lillian Roker**
311 North Street
White Plains, NY 10605
(914) 761-3885
Guidance Center of New Rochelle/STEP Program
547 North Avenue
New Rochelle, NY 10801
(914) 613-0700

Hebrew Hospital Home
61 Grasslands Road
Valhalla, NY 10595
(914) 681-8696

Mary and Fran Lundington at
Sound Shore Medical Center
Goldstein Building, Basement
16 Guion Place
New Rochelle, NY 10802
(914) 365-4237

Monsignor Terence Attridge, St. Cabrini Nursing Home
115 Broadway
Dobbs Ferry, NY 10522
(914) 693-6800, ext. 850

My Second Home
95 Radio Circle Drive
Mount Kisco, NY 10549
(914) 241-0770

Sarah Neuman Center for Health Care and
Rehabilitation
845 Palmer Avenue
Mamaroneck, NY 10543
(914) 864-5800
St. Andrew’s Day Program (formerly OPUS)
101 North Central Avenue
Hartsdale, NY  10530
(914) 448-5645

St. Joseph's Medical Center
81 South Broadway
Yonkers, NY  10701
(914) 375-3333

Westchester Adult Day Program
50 Broadway
Hawthorne, NY 10532
(914) 769-0953

Skilled Nursing Facilities
(Nursing Homes/Sub-Acute Facilities)

Unlike Burke Rehabilitation Hospital, where patients receive a minimum of three hours of therapy a day, sub-acute facilities, which in New York State are located in nursing homes, typically provide a minimum of one hour of therapy a day. Nursing homes vary in appearance and services; therefore, we encourage family members to visit the facilities they have interest in.

Your social work case manager is available to assist you with concerns that you may have regarding a transfer to a nursing home. Your social worker can provide you with the names of facilities in your area and act as a liaison between Burke and the skilled nursing facility. The social worker will notify you and your family when a bed becomes available at a skilled nursing facility.
• Patients/families may wish to consult with an elder care attorney to discuss long-term planning and application for Medicaid.

• A patient may be referred to a skilled nursing facility for short-term or long-term care. The goal of short-term, also referred to as sub-acute, rehabilitation is to enable a patient to return home after a few additional weeks of therapy. If a patient is in need of long-term placement, he/she may be referred directly from Burke to a skilled nursing facility.

• The rehab team will complete the appropriate referral information, including the Patient Review Instrument (PRI) and the Screen, and the Burke social work case manager will fax the information to the skilled nursing facilities.

• The family is responsible for touring facilities, completing facility applications, and providing the names of five facilities to the social work case manager.

• The social work case manager will supplement the list with the names of skilled nursing facilities close to the patient’s home or near Burke Rehabilitation Hospital if five names are not submitted by the family. Failure to accept the first available skilled nursing facility bed may result in the termination of the patient’s hospital insurance coverage at Burke.

• The social work case manager must have an emergency contact telephone number to inform the family of immediate bed availability and the patient’s transfer.
• The family may transport a patient to a skilled nursing facility, if appropriate, or may meet the patient at the facility. Ambulette transportation, usually at the patient/family’s expense, may be arranged by the social work case manager.

• The nursing staff will assure that necessary paperwork will accompany the patient.

• Check with the long term care ombudsman program in your area. The Westchester County Ombudsman can be reached at (914) 345-3993, ext. 234.

If you have any questions about any information in this handbook, please contact your social worker.

For information on nursing homes in your area,
• visit www.medicare.gov
• hover over “forms, help & resources” tab,
• click on “Find doctors, hospitals & facilities”
• click on I want to find “Nursing Homes,” and follow prompts.
The following skilled nursing facilities offer short-term (sub-acute) rehabilitation services.

**Bayberry Nursing Home**  
40 Keogh Lane  
New Rochelle, NY 10805  
Proprietary: 60 beds  
(914) 636-3947

**Bethel Nursing and Rehabilitation Center, Ossining**  
17 Narragansett Avenue  
Ossining, NY 10562  
Voluntary: 78 beds  
(914) 739-6700

**Bethel Nursing and Rehabilitation Center, Croton-on-Hudson**  
67 Springvale Road  
Croton-on-Hudson, NY 10520  
Voluntary: 200 beds  
(914) 739-6700

**Cedar Manor Nursing and Rehabilitation Center**  
32 Cedar Lane  
Ossining, NY 10562  
Proprietary: 153 beds  
(914) 762-1600
Cortlandt Health Care
110 Oregon Road
Cortlandt Manor, NY 10567
Proprietary: 120 beds
(914) 739-9150

Dumont Masonic Home
676 Pelham Road
New Rochelle, NY 10805
Voluntary: 190 beds
(914) 632-9600

Elant at Brandywine Nursing Home
620 Sleepy Hollow Road
Briarcliff Manor, NY 10510
Proprietary: 131 beds
(800) 501-3936

Field Home - Holy Comforter
2300 Catherine Street
Cortlandt Manor, NY 10567
Proprietary: 200 beds
(914) 739-2244

Glen Island Care Center
490 Pelham Road
New Rochelle, NY 10805
Proprietary: 182 beds
(914) 636-2800
Hebrew Home for the Aged in Riverdale
5901 Palisade Avenue
Bronx, NY  10471
Voluntary: 868 beds
(718) 581-1000

Hebrew Hospital Home of Westchester
61 Grasslands Road
Valhalla, NY  10595
Voluntary: 160 beds
(914) 681-8484

Kendal on Hudson
1010 Kendal Way
Sleepy Hollow, NY  10591
Voluntary: 42 beds
(914) 922-1000

King Street Home
787 King Street
Rye Brook, NY  10573
Proprietary:  120 beds
(914) 937-5800

Michael Malotz Skilled Nursing Pavilion
120 Odell Avenue
Yonkers, NY  10701
Voluntary:  120 beds
(914) 964-3230
North Westchester Restorative Therapy & Nursing
3550 Lexington Avenue
Mohegan Lake, NY 10547
Proprietary: 120 beds
(914) 528-2000 x106

NYS Veterans Home
2090 Albany Post Road
Montrose, NY 10548
Public: 252 beds
(914) 788-6144

The Osborn
101 Theall Road
Rye, NY 10580
Voluntary: 84 beds
(800) 824-0793

Port Chester Nursing and Rehabilitation Centre
1000 High Street
Port Chester, NY 10573
Voluntary: 160 beds
(914) 937-1200

Regency Extended Care Center
65 Ashburton Avenue
Yonkers, NY 10701
Proprietary: 315 beds
(914) 963-4000
St. Cabrini of Westchester Nursing Home
115 Broadway
Dobbs Ferry, NY  10522
Voluntary:  304 beds
(914) 693-6800

St. Joseph's Hospital Nursing Home of Yonkers
127 South Broadway
Yonkers, NY  10701
Voluntary:  200 beds
(914) 378-7210

Salem Hills
539 Route 22
Purdys Station, NY  10578
Proprietary:  126 beds
(914) 277-3691

Sans Souci Nursing Home
115 Park Avenue
Yonkers, NY  10703
Proprietary:  120 beds
(914) 423-9800

Sarah R. Neuman Rehabilitation and Nursing
Jewish Home Lifecare
845 Palmer Avenue
Mamaroneck, NY  10543
Voluntary:  270 beds
(914) 864-5805
Schaeffer Extended Care  
16 Guion Place  
New Rochelle, NY  10802  
Voluntary: 150 beds  
(914) 365-3818

*Schnurmacher Center for Rehabilitation & Nursing  
12 Tibbits Avenue  
White Plains, NY  10606  
Voluntary: 245 beds  
(914) 428-0910

Sky View Rehabilitation and Health Care Center  
1280 Albany Post Road  
Croton-on-Hudson, NY  10520  
Proprietary: 192 beds  
(914) 271-5151

Somers Manor Nursing Home  
189 Route 100, P.O. Box 445  
Somers, NY  10589  
Proprietary: 300 beds  
(914) 232-5101

Sprain Brook Manor Nursing Home  
77 Jackson Avenue  
Scarsdale, NY  10583  
Proprietary: 121 beds  
(914) 472-3200
Sutton Park Nursing Home  
31 Lockwood Avenue  
New Rochelle, NY 10801  
Proprietary: 160 beds  
(914) 576-0600

Tarrytown Hall Care Center  
20 Wood Court  
Tarrytown, NY 10591  
Proprietary: 120 beds  
(914) 631-2600

* United Hebrew Center  
391 Pelham Road  
New Rochelle, NY 10805  
Voluntary: 150 beds  
(914) 632-2804

Victoria Home  
25 North Malcolm Street  
Ossining, NY 10562  
Voluntary: 49 beds  
(914) 941-2450 x226  
(914) 345-5062

Wartburg Adult Care Community  
1 Wartburg Place  
Mount Vernon, NY 10552  
Voluntary: 241 beds  
(914) 513-5354
Waterview Hills Nursing Center
537 Old Route 22, P.O. Box 257
Purdy’s Station, NY 10578
Proprietary: 130 beds
(914) 277-3691

Westchester Center For Rehabilitation & Nursing
10 Claremont Avenue
Mount Vernon, NY 10550
Voluntary: 240 beds
(914) 699-1600

West ledge Nursing Home
2000 East Main Street
Peekskill, NY 10566
Proprietary: 100 beds
(914) 737-8400

White Plains Center for Nursing Care LLC
220 W. Plains Road
White Plains, NY 10606
Proprietary: 100 beds
(914) 686-8880

* Indicates Burke Rehabilitation Network Member

Assisted Living Facilities

Atria at Briarcliff Manor
1025 Pleasantville Road
Briarcliff Manor, NY 10510
(914) 923-4400
Atria on the Hudson
321 North Highland Avenue
Ossining, NY 10562
(914) 762-1980

Atria Rye Brook
1200 King Street
Rye Brook, NY 10573
(914) 939-2900

Bethel Springvale Inn
62 Springvale Road
Croton-on-Hudson, NY 10520
(914) 739-4404

Classic Residence in Yonkers
537 Riverdale Avenue
Yonkers, NY 10705
(914) 709-1234

Kendal on Hudson
1 Kendal Way
Sleepy Hollow, NY 10591
(914) 922-1000

Meadowview Assisted Living at the Wartburg
1 Wartburg Place
Mount Vernon, NY 10552
(914) 513-5444
Sunrise Assisted Living at Fleetwood
500 North Columbus Avenue
Mount Vernon, NY 10552
(914) 667-5825

Sunrise of Crestwood
65 Crisfield Street
Yonkers, NY 10710
(914) 395-3500

The Country House
200 Baldwin Road
Yorktown Height, NY 10598
(914) 962-3625

The Esplanade
95 South Broadway
White Plains, NY 10601
(914) 761-8101

The Fountains at RiverVue
One RiverVue Place
Tuckahoe, NY 10707
(914) 768-6012, (800) 780-9186

The Kensington
100 Maple Avenue
White Plains, NY 10601
(914) 290-4781
The Osborn
101 Theall Road
Rye, NY 10580
(914) 925-8242

The Plaza at Clover Lake
83 Fair Street
Carmel, NY 10512
(845) 878-4111

The Pines Independent Living (Bethel/Pines)
19 Narragansett Avenue
Ossining, NY 10562
(914) 941-7300

The Seabury at Field Home
2276 Catherine Street
Cortlandt Manor, NY 10563
(914) 737-2255

Westchester Center
78 Stratton St. South
Yonkers, NY 10701
(914) 787-7400

Westchester Meadows
55 Grasslands Road
Valhalla, NY 10595
(914) 989-7820
**Willow Towers**
255 Pelham Road
New Rochelle, NY 10805
(914) 636-6565

**Geriatric Care Managers**

Geriatric Care Managers (GCMs) provide consultation and care management services for a fee for older adults and their families. GCMs can arrange social, supportive and health care services to enable older persons to remain in their own home.

Social workers or case managers may provide these services for patients being discharged from a hospital.

**A Place for Mom (Holly Hartman)**
(The nation’s largest free elder care referral service)
(866) 333-6614

**Care Management by the Hebrew Home at Riverdale**
(718) 581-1593

**Eldercare-Transitional Services**
Visiting Nurse Service of New York
(Covers the five boroughs & Westchester)
(718) 888-6931

**Geriatric Care Consultant**
Directions in Aging
Miriam Zucker, ACSW
(914) 636-7347
Geriatric Care Consultant
Phyllis Spiegel, LCSW
• Mt. Kisco Office
• White Plains Office
(914) 241-0718
(914) 686-2790

Elder Care Consultant
Colin Sandler, LCSW
(Specializes in Medicaid)
(914) 924-2566

Patricia Werlau, LMSW
(877) 222-6435

Attorneys Specializing In Elder Law

Elder law attorneys handle traditional areas of legal practice such as estate planning and probate. They are also very knowledgeable about public benefits like Medicaid, Medicare, Social Security and planning for future health care decision-making.

National Academy of Elder Law Attorneys
naela.org, (703) 942-5711

Westchester County Bar Association
Lawyer Referral Services
(914) 761-5151
Amoruso & Amoruso, LLP
800 Westchester Avenue, Suite 320
Rye Brook, NY 10573
(914) 253-9255

Michele Cassidy, Esq.
Cassidy Law Firm
399 Knollwood Road, Suite 107
White Plains, NY 10603
(914) 428-1404

Anthony J. Enea, Esq.
245 Main Street
White Plains, NY 10601
(914) 948-1500

Jeffrey S. Goldstein, Esq.
9 The Hamlet
Pelham, NY 10803
(914) 738-2692

Insler & Hermann—Social Security Disability Lawyers
560 White Plains Road, Suite 630
Tarrytown, NY 10591
(914) 286-3030

Bernard Krooks, Esq.
Littman, Krooks, LLP
399 Knollwood Road
White Plains, NY 10603
(914) 684-2100
Westchester County Office for the Disabled

Since its inception in 1975, the Westchester County Office for the Disabled has functioned as a clearinghouse of information for people with disabilities, their families and advocates. Each month, the office handles approximately 1,000 phone calls from people who are looking for transportation, housing, employment, information about the Americans with Disabilities Act and other laws that guarantee people with disabilities basic civil rights.

Apart from information and referral for the public, the office also consults with other county departments to ensure that Westchester County's policies, programs and facilities are in compliance with the mandates of the Americans with Disabilities Act of 1990. Office for the Disabled services include:

• Paratransit applications

• Distribution of application forms for the County's reduced-fare pass for the Bee Line buses
• Sign language interpreter referral for individuals and organizations who are looking for qualified interpreters

• Resource guides and directories (e.g., guide to camps and recreation programs for people with disabilities)

• Speakers’ bureau

Office hours are 8 a.m. to 5 p.m., Monday through Friday. Phone: (914) 995-2957 or (914) 995-7397 (TTY) Fax: (914) 995-2799

**Leisure/Recreation Information**

Information about things to do for fun and enjoyment can be obtained from your local newspaper, local recreation department and the Westchester County Department of Parks, Recreation and Conservation. For more information, please call (914) 864-7275.

The Burke Therapeutic Recreation Department also has information packets available at no charge. To request a packet, call (914) 597-2497 or 2248. The packets contain information on:

• Travel resources (planning, accommodations, medical considerations)

• New York State travel and recreation opportunities

• Outdoor recreation opportunities (boating, fishing, camping, wilderness)
• Cultural pursuits (theatre discounts and accessibility, accessibility guides to museums, performing arts and wheelchair dance)

• Adaptive/accessible gardening

• Publications (relating to disability issues)

• Continuing education opportunities

Sports for Persons with Disabilities
The annual Burke Wheelchair Games are held each September. The all-day event includes track and field events, table tennis and more. Along with the Wheelchair Games, there is also the Heels & Wheels 5K Road Race. For information about these events, call (914) 597-2850.

For information on adapted and therapeutic yoga, table tennis and golf, contact the Burke Therapeutic Recreation Department at (914) 597-2248.
Are You Eligible For Medicaid?

2013 Medicaid Income and Resource Levels for New York State Community Medicaid

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Monthly Income</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$800</td>
<td>$14,400 plus a $1,500 burial fund</td>
</tr>
<tr>
<td>2</td>
<td>$1,175</td>
<td>$21,150 plus two $1,500 burial funds and a $20 Social Security disregard</td>
</tr>
</tbody>
</table>

You may own a home, a car and personal property and still be eligible.

Institutional Medicaid
- Institutionalized Persons Personal Care Allowance: $50/month
- Community Spouse Income Allocation: $2,841/month
- Community Spouse Resource Allowance: up to $113.64/month
Westchester County Department of Social Services (Medicaid)

Mount Vernon Office
100 E. First Street
Mount Vernon, NY 10550
(914) 813-6129
M to F, 8:30 to 10 a.m.

Peekskill Office
750 Washington Street
Peekskill, NY 10566
(914) 862-5084
M to F, 9 to 11 a.m.

White Plains Office
85 Court Street
White Plains, NY 10601
(914) 995-5468
M to F, 8:30 a.m. to 5 p.m.

Yonkers Office
137 Alexander Street
Yonkers, NY 10701
(914) 231-2221
M to F, 9 to 11 a.m.
The Westchester County Department of Senior Programs & Services

This department is the information and referral point for local services, including:

- Extended In-home Services for the Elderly Program
- Emergency response systems
- Home delivered meals
- Housing assistance
- Information center for local services
- Medicaid
- Medic alert emblem
- Nutrition sites
- Pharmaceutical assistance program (EPIC)
- Respite care
- Senior clubs and centers

Please call (914) 813-6300 or (877) 914-4040 for more information.

For Medicare and Social Security Benefits information, call the Social Security Administration at (800) 772-1213; Medicare at (800)-MEDICARE; or The Medicare Rights Center at (212) 560-5400.

The New York State Attorney General’s Health Care Bureau Health Care Helpline can be reached at (800) 771-7755, select option 3.
Community Health Advocates can help guide individuals, families and small businesses through the healthcare system with information and advice.

Community Health Advocates can be reached at:
105 East 22 Street
New York, NY 10010
(212) 614-5400
communityhealthadvocates.org

Transportation Services

Westchester County Bee-Line Bus
Bee-Line Information Hotline: (914) 813-7777, press 0 Monday to Friday, 7 a.m. to 7 p.m.
(most bus routes are wheelchair accessible)

Car/Taxi Services in Westchester
- Central (914) 949-0110
- Greenburgh (914) 592-4949
- Larchmont (914) 834-0500
- Splendid (914) 949-7333,
  (914) 682-2222
- USA (914) 328-9700
- White Plains (914) 949-0054

Services covered by Medicaid
- Bates Transportation (914) 939-0036
- Premier (914) 939-3410

Westchester Medicaid Transportation Office
(866) 833-7865
New York City Medicaid Transportation Office
(800) 243-7842

Westchester County Para-Transit Services
Advance registration required for curb-to-curb transportation for eligible riders—those who have a specific impairment-related condition that interferes with using a fixed bus route independently and/or riding a bus without a wheelchair lift.

For an application, call:
- Westchester County Office for the Disabled
  (914) 995-2957
- New York City Access-a-Ride
  (877) 377-2017
  (718) 393-4999
- New York City Car Service (Carmel)
  (212) 666-6666

Parking Permit Information
Westchester County Office for the Disabled
(914) 995-2957
Meals on Wheels and Senior Centers

Senior centers may also provide transportation for shopping and/or medical appointments. For the center nearest you, phone your local Department on Aging:

- Westchester (914) 813-6300
- New York City (212) 442-1100
- Nassau County (516) 227-8900
- Suffolk County (631) 853-8200

The American Red Cross may be of assistance in some areas as well. Call (800) 733-2767 or visit redcross.org for information on your local chapter.

Be aware of the transportation alternatives in your community. Local senior citizen centers are good resources. They may provide transportation to their center for nutrition and social activities. Some may have transportation to local doctors or a van that will take seniors to the supermarket. Senior centers may have information on other resources such as low cost taxis or volunteer drivers.

**Bedford** (914) 666-7004
Senior meetings, shopping

**Cortlandt** (914) 528-1572
Shopping, nutrition, medical (one way, local)

**Croton** (914) 271-4979
Shopping, medical
<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ardsley &amp; Dobbs Ferry</td>
<td>(914) 693-1550</td>
<td>Nutrition, shopping</td>
</tr>
<tr>
<td>Eastchester</td>
<td>(914) 771-3340</td>
<td>Escorted shopping, shopping, nutrition, medical</td>
</tr>
<tr>
<td>Greenburgh Center</td>
<td>(914) 693-8985 x105</td>
<td>Shopping, senior center</td>
</tr>
<tr>
<td>Harrison</td>
<td>(914) 835-2000</td>
<td>Shopping, medical, senior center</td>
</tr>
<tr>
<td>Katonah</td>
<td>(914) 666-7203</td>
<td>Shopping</td>
</tr>
<tr>
<td>Larchmont and Mamaroneck</td>
<td>(914) 381-7840</td>
<td>Shopping, medical, senior center</td>
</tr>
<tr>
<td>Lewisboro</td>
<td>(914) 232-6162</td>
<td>Nutrition, shopping, senior meeting, medical</td>
</tr>
<tr>
<td>Mount Vernon (Armory)</td>
<td>(914) 665-2434</td>
<td>Nutrition, shopping</td>
</tr>
<tr>
<td>Mt. Kisco</td>
<td>(914) 666-8931</td>
<td>Nutrition, shopping, medical</td>
</tr>
<tr>
<td>Mt. Pleasant</td>
<td>(914) 592-6441</td>
<td>Shopping, nutrition, adult day care, senior programs</td>
</tr>
</tbody>
</table>
New Castle  (914) 238-8888
Nutrition, senior center, shopping, medical by appointment

New Rochelle  (914) 235-2363
Nutrition, shopping, local medical appointments

North Salem  (914) 669-5665
(914) 277-5800
Nutrition, shopping, medical (FISH)

Ossining  (914) 762-8953
Nutrition, shopping, taxi discount, medical appointments
(schedule and staff permitting)

Peekskill  (914) 734-4254
Shopping, nutrition site, senior activities

Pleasantville  (914) 769-2021
Nutrition, shopping, medical by appointment

Port Chester  (914) 939-4975
Nutrition, shopping, local medical appointments

Pound Ridge  (914) 764-8451
Volunteer services

Rye  (914) 967-2535
Senior center, shopping, local medical appointments

Rye Brook  (914) 939-7904
Shopping, senior center, medical
Scarsdale
Shopping (914) 722-1160
Meals on Wheels (914) 723-4342

Sleepy Hollow (914) 366-5109
Nutrition, shopping, local medical appointments

Somers
Senior center, trips (914) 232-8441
Medical (914) 277-5800

Tarrytown (914) 631-7873
Nutrition, shopping, local medical appointments

Tuckahoe (914) 961-3100
Dial a Ride option 4

White Plains (914) 422-1352
Shopping, nutrition, local medical appointments

Yonkers (914) 963-4411
Nutrition, medical, shopping

Yorktown (914) 962-7447
Nutrition, shopping, senior center, medical appointments
(in town only)
Hospice/Palliative Care

Calvary Hospital Hospice and Homecare
(718) 548-2465

Hospice Care in Westchester & Putnam
(914) 666-7616 or (914) 666-4228

Hospice & Palliative Care of Westchester
(914) 682-1484

Jansen Memorial Hospice
(914) 961-2818

Phelps Hospice
(914) 366-3325

DOROT Westchester
(914) 674-9129
(800) 499-0940
dorotusa.org

Services for homebound elderly:
• Friendly visiting
• Telephone friends
• Holiday package delivery
• University without Walls
• Russian University without Walls
• Caregivers Connections
• Information and referral
Mental Health Outpatient Centers

For a psychiatric emergency, visit your local hospital’s Emergency Department or call St. Vincent’s Hospital Crisis Prevention and Response Team at (914) 925-5959.

Lower Westchester

Catholic Charities Counseling Service
204 Hawthorne
Yonkers, NY 10705 (914) 476-2700

Family Services of Westchester
20 South Broadway
Yonkers, NY 10704 (914) 964-6767

St. Joseph’s Medical Center Outpatient Services
107 South Broadway
Yonkers, NY 10705 (914) 378-7461

Westchester Jewish Community Services
487 South Broadway, Suite 201
Yonkers, NY 10705 (914) 423-4433

Family Service of Westchester
9 W. Prospect Avenue, Suite 309
Mt. Vernon, NY 10550 (914) 668-9124

Rockland Psychiatric Center
60 South Third Avenue
Mt. Vernon, NY 10550 (914) 699-6070

The Burke Rehabilitation Hospital 51
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>City, State Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Guidance Center</td>
<td>70 Grand Street</td>
<td>New Rochelle, NY 10801</td>
<td>(914) 636-4440</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Guidance Center</td>
<td>95 Lincoln Avenue</td>
<td>New Rochelle, NY 10801</td>
<td>(914) 632-6757</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kirschenbaum Mental Health Center</td>
<td>16 Guion Place</td>
<td>New Rochelle, NY 10801</td>
<td>(914) 365-3420</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rockland New Rochelle Mental Health Center</td>
<td>420 North Avenue</td>
<td>New Rochelle, NY 10801</td>
<td>(914) 633-8842</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Central Westchester</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Association of Westchester County</td>
<td>580 White Plains Road, Suite 510</td>
<td>Tarrytown, NY 10591</td>
<td>(914) 345-5900</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Westchester Jewish Community Services</td>
<td>141 North Central Avenue</td>
<td>Hartsdale, NY 10530</td>
<td>(914) 949-7699</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scarsdale Family Counseling Service</td>
<td>14 Harwood Court, Room 405</td>
<td>Scarsdale, NY 10583</td>
<td>(914) 723-3281</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sancia Health Care, Inc.
20 Church Street
White Plains, NY 10601 (914) 421-0400

Westchester County Medical Center
Behavioral Health Center
95 Grasslands Road
Valhalla, NY 10595 (914) 493-7088

Family Service of Westchester
1 Summit Avenue
White Plains, NY 10606 (914) 948-8004

New York Presbyterian Hospital, Westchester Division
21 Bloomingdale Road
White Plains, NY 10605 (914) 997-8627

Rockland Psychiatric Center
79 East Post Road
White Plains, NY 10601 (914) 948-1192

Northern Westchester

Mental Health Association of Westchester
344 East Main Street
Mt. Kisco, NY 10549 (914) 666-4646

Rockland Psychiatric Center/Peekskill
1137 Main Street
 Peekskill, NY 10566 (914) 739-6405
Westchester Jewish Community Services
1101 Main Street
Peekskill, NY (914) 737-6405

Phelps Counseling
755 North Broadway, Suite 250
Sleepy Hollow, NY 10591 (914) 366-3000
Voluntary Organizations

Alzheimer’s Association  (914) 253-6860
(Helpline)  (800) 272-3900
2900 Westchester Avenue
Purchase, NY 10577  alz.org

American Cancer Society  (914) 949-4800
2 Lyon Place
White Plains, NY 10605 cancer.org

American Diabetes Association  (800) 342-2383
PO Box 25757, 1660 Duke Street
Alexandria, VA 22314 diabetes.org

American Heart Association  (212) 661-5335
New York Division
122 E. 42nd Street, 18th Floor
New York, NY 10168 amhrt.org
(Cardiac exercise programs in your area, Mended Hearts
groups for emotional support)

American Lung Association  (212) 315-8700
14 Wall Street, Suite 8C
New York, NY 10005 lungusa.org
(Education about pulmonary conditions
and information about community programs)

Amyotrophic Lateral Sclerosis Assn.  (800) 672-8857
(ALS - Lou Gehrig's disease)  (212) 619-1400
42 Broadway, Suite 1724
New York, NY 10004 als-ny.org
Amputee Coalition of America  (888) 267-5669  
900 E. Hill Avenue, Suite 290  
Knoxville, TN 37915  
amputee-coalition.org

Arthritis Foundation  (212) 984-8700  
New York Chapter  
122 E. 42nd Street, 18th Floor  
New York, NY 10168  
arthritis.org

Brain Injury Association USA  (800) 444-6443  
10 Colvin Avenue  
Albany, NY 12206  
biausa.org

Brain Injury Association of NYS  (800) 228-8201  
10 Colvin Avenue  
Albany, NY 12206  
bianys.org

Cancer Care  (212) 712-8400  
275 Seventh Avenue, 22nd Floor  
New York, NY 10001  
cancercare.org

Christopher and Dana Reeve  (800) 225-0292  
Spinal Cord Injury and Paralysis Foundation  
636 Morris Turnpike  
Suite 3A  
Short Hills, NJ 07078  
www.christopherreeve.org

Guillain-Barre Syndrome Foundation  (610) 667-0131  
P.O. Box 262  
Wynnewood, PA 19096  
gbsfi.org
Multiple Sclerosis Society  
2 Gannett Drive  
White Plains, NY 10604  
(914) 694-1655  
msnyc.org  
nmss.org

Muscular Dystrophy Association  
7 Skyline Drive  
Hawthorne, NY 10532  
(914) 345-5062  
mdausa.org  
(Has extensive equipment loan closet)

National Amputation Foundation  
38-40 Church Street  
Malverne, NY 11565  
(516) 887-3600  
nationalamputation.org  
(for support groups in your area)

National Aphasia Association  
350 Seventh Avenue, Suite 902  
New York, NY 10001  
(800) 922-4622  
aphasia.org

National Parkinson Foundation  
Helpline  
1501 N.W. 9th Avenue  
Miami, FL 33136  
(800) 473-4636  
parkinson.org

Parkinson's Disease Foundation  
1359 Broadway, 1509  
New York, NY 10018  
(212) 923-4700  
pdf.org

United Spinal Injury Association  
Greater NY Chapter  
PO Box 286444, Yorkville Station  
New York, NY 10128  
(800) 962-9629  
(866) 692-7242  
spinalcord.org
Westchester Self Help Clearinghouse (914) 761-0600
845 North Broadway ext. 308
White Plains, NY 10603
(The clearinghouse serves as the umbrella for 270 mutual support groups throughout Westchester.)

Stroke Resources

American Stroke Association (888) 478-7653
strokeassociation.org

Internet Stroke Center at Washington University (214) 648-3111
strokecenter.org

National Stroke Association (800) 787-6537
Stroke Smart Publication www.stroke.org

The Stroke Network
(Online support group) strokenetwork.org

Aging in Place, Westchester (914) 899-3150
Aging in Place enables people to stay in their homes as they grow older by making available social support, health care and home maintenance services they require. There are 10 Aging in Place programs in Westchester.

www.centerforaginginplace.org
Protective Services *In an emergency dial 911.

**Emergency Response System/Medical Alert**

**In Home**
Phillips Lifeline (800) 543-3546  
LifeFone (800) 691-8876  
American Medical Alert (800) 645-3244

**Anywhere**
Mobile Help-The Anywhere Help Button (800) 800-1710
Hotlines

Addictions Hotline (800) 522-5353

Advocate for Injured Workers Unit (800) 580-6665
(for difficulties with Worker’s Compensation Board)

Adult Day Care (914) 813-6300

Alcohol and Drug Information (800) 729-6686

Alcoholics Anonymous (914) 949-1200

Anxiety and Phobia Treatment Center (914) 681-1038

AARP- Grief and Loss Programs (888) 687-2277

Bereavement Center (914) 682-1484

Caregiver Resource Center (Elderserve) (914) 368-5506

Compassionate Friends for:
Bereaved Parents and Siblings (877) 969-0010
White Plains Chapter (914) 381-3389
Department of Social Services (914) 995-5846

Disabled on the Move (914) 968-4717

Emergency Response Systems (914) 813-6442

Elderly Pharmaceutical Insurance Coverage (EPIC) (800) 332-3742
Family Institute of Westchester (914) 777-3909

Food Stamps (914) 813-6071

Friends & Relatives of Institutionalized Aged (FRIA) (212) 732-5667

Home Energy Assistance Program (HEAP) (914) 995-5619

Housing-NY Foundation for Senior Citizen Home Sharing (212) 962-7559

Independent Living Center of Westchester (914) 682-3926

Legal Services of the Hudson Valley (914) 949-1305

Lighthouse for the Blind (914) 683-7500

Meals on Wheels (914) 576-3865

Medic Alert Foundation (800) 432-5378

Medicaid (914) 813-6134

Medicare (800) 772-1213

Mental Health Assoc. of Westchester (914) 949-7035

National Family Caregivers Association (800) 896-3650
Office for the Disabled (914) 995-2957
(For Deaf) (800) 421-1220

Pace Women’s Justice Center (914) 422-4069

Respite Care (914) 813-6442

Senior Centers (914) 813-6300

Social Security Administration (800) 772-1213
(Old age, survivors and disabled)

SSI—Supplemental Security Income (800) 772-1213

Vocational Rehab White Plains (914) 946-1313

Veterans Information (914) 995-2146

Volunteer Work (Senior) (914) 948-4452

Westchester Network for People with Disabilities at JCC (914) 366-7898

Westchester Residential Opportunities (914) 428-4507

Wheel Chair Dancing (Nyemcheck’s) (845) 735-1400

Workers’ Compensation Board (877) 632-4996

Adult Protective Services (914) 995-4843

Adult Protective Services referral (914) 955-2259
Batterers Anger Management  (914) 949-1212
Child Protective Services  (800) 342-3720
Domestic Violence  (800) 298-SAFE (7233)
Victims Assistance  (914) 345-3113
Helpful Websites for Caregivers

American Red Cross
Family Caregiving Reference Guide redcross.org

Caregiver Resource Directory netofcare.org

Community Health Advocates

Community Services Society of NY cssny.org

Friends’ Health Connection 48friend.org

Geriatric Home Safety www.thiscaringhome.org

Managed Care Consumer Assistance Program nycmccap.org

Medicare Information medicare.gov

National Association of Social Workers helpstartshere.org

National Family Caregivers Association nfcacares.org

Web of Care webofcare.com
Offers practical information, animated skill demonstrations, support groups and supplies designed to specifically meet the needs of home caregivers.

Well Spouse Foundation wellspouse.org
Making a Charitable Donation to Burke

Compassionate, skilled medical professionals can make a tremendous difference in a patient's comfort level and convalescence. Please consider honoring a special caregiver for the personalized attention you or a loved one received by making a Memorial or Tribute Gift to support the vital programs that help our patients reach maximum recovery. The individual being honored will be notified of your generosity.

As a non-profit institution, Burke relies on the generosity of individuals, foundations and corporations to help fund the work of Burke Rehabilitation Hospital and Medical Research Institute. All gifts to Burke are tax deductible to the fullest extent of the law.

Unrestricted gifts of cash will be used for the greatest needs within the hospital and medical research institute.

You may also consider an estate gift to provide long-term support through a bequest, trust, charitable gift annuity or insurance policy.

To find out how to restrict your charitable gift to a specific program, transfer appreciated securities or to donate online, please visit burke.org/donate or call Burke’s Development Department at (914) 597-2848.

Double or even triple the impact of your gift by checking if your company offers a matching gift program.
Thank you for considering Burke as the recipient of your generosity. Your support will help provide the most effective rehabilitation services and medical research aimed at reducing disability in areas such as joint replacement, amputation, stroke, traumatic brain and spinal cord injuries, and neurological disorders such as Alzheimer’s and Parkinson’s diseases.