



Burke Rehabilitation Hospital

785 MAMARONECK AVENUE, WHITE PLAINS, NEW YORK 10605

914-597-2500 • www.burke.org



Hospital to Home

A Resource of Community Services

Social Work and Case Management
Handbook 2015-2016

Hospital to Home



Provided by:

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

March 2015

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Introduction

Dear Patient:

Going home from the hospital is a milestone in your recovery. It can also be a hectic, unsettling time. To help ensure a smooth transition, we recommend that you begin planning for that day as early as practical during your inpatient stay.

Your doctor, along 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 can also 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 your case manager.

Best wishes,



Sandra Alexandrou, PT, MBA
Senior Administrator, Inpatient Rehabilitation 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: Varies by location

Purchase Site (914) 597-2133

Harrison Executive Park

3020 Westchester Avenue

Purchase, NY 10577

Mamaroneck Site (914) 597-2556

703 W. Boston Post Road

Mamaroneck, NY 10543

Additional service: Women's Health Program

Bronx Site (914) 597-2424 or

2826 Westchester Avenue (718) 515-2400

Bronx, NY 10461

Additional service: Occupational Therapy

Somers Site (914) 597-2890

325 Route 100, #106

Somers, NY 10589

Yonkers Site - Ridge Hill (914) 597-2882

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, NY 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 are available. Physician's clearance is required.

Hours of Operation:

Monday through Friday 6:00 a.m. to 8:30 p.m.

Saturday 7:00 a.m. to 5:00 p.m.

Sunday 8:00 a.m. to 5:00 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.

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.

LSVT-BIG Graduate Program:

The Parkinson's Exercise class is designed for the individual with a diagnosis of Parkinson's disease who can independently transfer and walk. This class is geared towards our graduates of our Burke Outpatient LSVT-BIG program as an exercise continuation program. This is a full body exercise class that will also incorporate cardiovascular training.

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
Melissa Garretto

Aphasia Conversation (914) 949-1325
Barbara Martin

Osteoporosis Awareness (914) 725-5229
Susan Gugick

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

Spinal Cord Injury Support Group
Stella Marino (914) 597-2321

Stroke Support Group
Roseann Cardi, CRRN (914) 907-7482

Traumatic Brain Injury (914) 597-2237
Janet Goodman, LMSW

Well Spouse
Judie Meisels (914) 949-4936

Young Onset Parkinson's Group
Alex (914) 316-3468

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
- services must be time limited.

If you meet the above criteria, you may be eligible for some personal care assistance at home. For a comprehensive listing visit www.medicare.gov and click "Home Health Compare".

Cabrini Certified Home Health Care

115 Broadway Dobbs Ferry, NY 10522

(914) 693-6800 fax (914) 693-1731

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

Elderserve Certified Home Health Agency

530 W 166th Street NY, New York 10032

(914) 368-5550 fax (914) 368-5551

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) 328-8822 fax (914) 328-7264

(914) 289-2400 fax (914) 328-7258

Metropolitan Jewish Home Care (MJHS)

Central intake for 5 Boroughs and Westchester

(718) 921-8800 fax (718) 921-8405

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

St. Joseph's Hospital Homecare

127 South Broadway Yonkers, NY 10701
(914) 375-3300 fax (914) 374-3342

United Hebrew Geriatric Certified Homecare

40 Willow Drive New Rochelle NY 10805
(914) 632-2870

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

Wartburg Certified Homecare

56 Harrison Street, Suite 503
New Rochelle, NY 10801
(914) 278-9131 fax (914) 278-9141

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

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) 828-8898

Accent Care

227 North Avenue, Suite 301
New Rochelle, NY 10801
(914) 826-3988

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

222 Mamaroneck Avenue, Suite 310
White Plains, NY 10605
(914) 358-4713

Choose Home Care

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

Comfort Keepers

32 N. Division Street 2nd Floor
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

334 E. Main Street Suite LL04
Mt. Kisco, NY 10549
(914) 449-1311

Foremost Home Care, Inc.

115 W. 30th Street Suite 500A
New York, NY 10001
(212) 564-3722

Home Instead Senior Care

(Southern Westchester/Bronx)
77 Tarrytown Road
White Plains, NY 10607
(914) 371-2739

Interim Health Care

19 Court Street #206
White Plains, NY 10605
(914) 946-2810

J & K Healthcare Services

140 Huguenot Street
New Rochelle, NY 10801
(914) 633-7810

White Plains Home Care

Accredited Maxim of New York

777 Westchester Avenue, Suite 110
White Plains, NY 10604
(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

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) 682-1440

Privatus Care Solutions

15 Valley Drive, Suite 306
Greenwich, CT 06831
(203) 987-3083 or (914) 940-4360

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

1 Wartburg Place
Mt. Vernon, NY 10552
(855) 927-8287

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

Always an Angel

(845) 526-1132
www.alwaysanangel.com

Irish Companions

(914) 803-1122
(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

Right at Home

(914) 468-1944

Sterling Homecare

Loretta Ann Lacci, RN 203-898-2661 (cell)

Services Connecticut and Westchester

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 a.m. to 10 a.m.

Peekskill Office

750 Washington Street

Peekskill, NY 10566

(914) 862-5084

M to F, 9 a.m. 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 a.m. to 11 a.m.

Are You Eligible For Medicaid?

2015 Medicaid Income and Resource Levels for New York State Community Medicaid

Family Size	Monthly Income	Resources
1	\$825	\$14,850 plus a \$1,500 burial fund
2	\$1,209	\$21,750 plus two \$1,500 burial funds and a \$20 Social Security disregard

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:
\$2,980.50/month
- Community Spouse Resource Allowance:
up to \$119.22/month

Managed Medicaid Long Term Care Agencies (MLTC's)

New York State approved Managed Medicaid Long Term Care Plans (MLTC's) are designed for frail elders and adults living with disabling, chronic conditions. The goal

of managed long term care plans is to allow these individuals to stay at home safely while maintaining their health with long term supportive services such as home health aides, nursing care, therapy, transportation and many other services. Eligibility is based on age, income, and need for long term services for more than 120 days. Individuals must be 18 and older and be eligible for Medicaid.

For complete listing and Questions regarding MLTC Plans, please call Conflict Free Evaluation and Enrollment Center (CFEEC) at 1-855-222-8350.

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

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 more information on nursing homes in your area please visit www.medicare.gov and click “Nursing Home Compare.”

The following skilled nursing facilities offer short-term (sub-acute) rehabilitation services:

Bayberry Care Center

40 Keogh Lane
New Rochelle, NY 10805
Proprietary: 60 beds
(914) 636-6200

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 Healthcare

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) 964-3333

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) 788-6000

The Osborn

101 Theall Road
Rye, NY 10580
Voluntary: 84 beds
(914) 925-8000

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) 698-6005

Schaffer 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) 287-7200

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

(855) 927-8287

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) 401-4310

Atria on the Hudson

321 North Highland Avenue
Ossining, NY 10562
(914) 401-4430

Atria Rye Brook

1200 King Street
Rye Brook, NY 10573
(914) 356-8633

Atria Woodlands

1017 Saw Mill River Road
Ardsley, NY 10502
(914) 356-8248

Bethel Springvale Inn

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

Five Star Premiere Residence of Yonkers

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

Kendal on Hudson

1010 Kendal Way
Sleepy Hollow, NY 10591
(914) 922-1000

Meadowview Assisted Living at the Wartburg

2 Wartburg Place
Mount Vernon, NY 10552
(855) 927-8287

Sunrise Assisted Living at Fleetwood

500 North Columbus Avenue
Mount Vernon, NY 10552
(914) 667-5660

Sunrise of Crestwood

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

The Bristol Assisted Living at White Plains

305 North Street
White Plains, NY 10605
(914) 681-1800

The Country House

200 Baldwin Road
Yorktown Heights, NY 10598
(914) 962-3625

The Esplanade

95 South Broadway
White Plains, NY 10601
(914) 761-8100

The Fountains at RiverVue

One RiverVue Place
Tuckahoe, NY 10707
(914) 574-2383

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

838 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 for Independent & Assisted Living

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

Westchester Meadows

55 Grasslands Road
Valhalla, NY 10595
(914) 989-7800

Willow Towers

355 Pelham Road
New Rochelle, NY 10805
(914) 636-6565

Care Patrol is a *free* community service offered to help people find appropriate senior living communities.
 CT (203) 244-9562, NY (914) 357-8084 or
 RichardRusso@carepatrol.com (203) 482-5979
 www.carepatrol.com

New York Elder Care Consultants, Debra Drelich,
 LMSW,CMC (718) 601-0838
 www.nyeldercareconsultants.com

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

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

118 North Bedford Road
Suite 300
Mount Kisco, NY 10549
(914) 428-1404

Anthony J. Enea, Esq.

245 Main Street
White Plains, NY 10601
(914) 948-1500

Law Office of Laurie Giles

4 Research Drive, Suite 402
Shelton, CT 06484
(203) 533-9026

Jeffrey S. Goldstein, Esq.

9 The Hamlet
Pelham, NY 10803
(914) 738-2692

Inslar & 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

Moira S. Laidlaw, Attorney at Law

55 Smith Avenue,
Mt. Kisco NY 10549
(914) 666-5600
mlaidlaw@smhal.com

Michael Richman, Esq.

399 Knollwood Road, Suite 206
White Plains, NY 10603
(914) 761-8084

Neil Rimsky, Esq.

Cuddy & Feder
445 Hamilton Avenue
White Plains NY 10601
(914) 761-1300

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. 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 adaptive and therapeutic yoga, table tennis and golf, contact the Burke Therapeutic Recreation Department at (914) 597-2248 or TR@burke.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

God's Love 1-800-747-2023. They service all 5 Boroughs and are moving into Westchester. They service patients no matter what age- This is a free service.

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

Ardsley & Dobbs Ferry (914) 693-1550

Nutrition, shopping

Eastchester (914) 771-3340

Escorted shopping, shopping, nutrition, medical

Greenburgh Office for the Aging

Meals on Wheels (914) 693-8997

Shopping, senior center (914) 693-8985 x105

Harrison (914) 835-2000

Shopping, medical, senior center

Katonah (914) 666-7203

Shopping

Larchmont and Mamaroneck (914) 381-7840

Shopping, medical, senior center

Lewisboro (914) 232-6162

(Vista, Goldens Bridge, Cross River, Waccabuc, South Salem) Nutrition, shopping, senior meeting, medical

Mount Vernon (Armory) (914) 665-2434

Nutrition, shopping

Mt. Kisco (914) 666-8931

Nutrition, shopping, medical

Mt. Pleasant (914) 592-6441
Shopping, nutrition, adult day care, senior programs

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) 764-5472
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 (914) 232-0807
Senior center, trips, medical, nutrition

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

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

White Plains (914) 946-6878
Meals on Wheels

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

Yorktown (914) 962-7447
Nutrition, shopping, senior center, medical appointments

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) 787-6158

Phelps Hospice

(914) 366-3325

DOROT Westchester

(914) 522-7315

(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) 761-0600

Family Service of Westchester

9 W. Prospect Avenue, Suite 309

Mt. Vernon, NY 10550

(914) 668-9124

The Guidance Center

70 Grand Street

New Rochelle, NY 10801

(914) 636-4440

The Guidance Center

95 Lincoln Avenue
New Rochelle, NY 10801 (914) 632-6757

Montefiore of New Rochelle

16 Guion Place
New Rochelle, NY 10801 (914) 365-3420

Rockland New Rochelle Mental Health Center

420 North Avenue
New Rochelle, NY 10801 (914) 633-8842

Central Westchester

Mental Health Association of Westchester County

580 White Plains Road, Suite 510
Tarrytown, NY 10591 (914) 345-5900

Westchester Jewish Community Services

845 North Broadway
White Plains, NY 10603 (914) 761-0600

Scarsdale Family Counseling Service

14 Harwood Court, Room 405
Scarsdale, NY 10583 (914) 723-3281

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 Pyschiatric 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

Volunteer**Alzheimer's Association**

(Helpline)

2900 Westchester Avenue
Purchase, NY 10577

(914) 253-6860

(800) 272-3900

alz.org

American Cancer Society

2 Lyon Place

White Plains, NY 10605

(914) 949-4800

cancer.org

American Diabetes Association

PO Box 25757, 1660 Duke Street
Alexandria, VA 22314

(800) 342-2383

diabetes.org

American Heart Association

New York Division

122 E. 42nd Street, 18th Floor

New York, NY 10168

(212) 661-5335

heart.org

(Cardiac exercise programs in your area, Mended Hearts
groups for emotional support)

American Lung Association

14 Wall Street, Suite 8C

New York, NY 10005

(212) 315-8700

lung.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
 10 Colvin Avenue (800) 444-6443
 Albany, NY 12206 biauxa.org

Brain Injury Association of NYS (800) 228-8201
 10 Colvin Avenue (518) 459-7911
 Albany, NY 12206 bianys.org

Cancer Care (212) 712-8400
 275 Seventh Avenue, 22nd Floor (800) 813-HOPE
 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 (914) 694-1655
 2 Gannett Drive msnyc.org
 White Plains, NY 10604 nmss.org

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

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

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

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

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

United Spinal Injury Association (800) 962-9629
 Greater NY Chapter (866) 692-7242
 PO Box 286444, Yorkville Station
 New York, NY 10128 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) 357-8311
 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.

Adult Protective Services	(914) 995-2259
Batterers Anger Management	(914) 949-1212
Child Protective Services	(914) 995-5333
Domestic Violence	(800) 298-SAFE (7233)
Victims Assistance	(914) 345-3113

Emergency Response System/Medical Alert

In Home

Phillips Lifeline (800) 543-3546

LifeFone (872) 862-1872

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 (for difficulties with Worker's Compensation Board)	(800) 580-6665
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 White Plains Chapter Department of Social Services	(877) 969-0010 (914) 381-3389 (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) 995-3333
Medicare	(800) 772-1213
Mental Health Assoc. of Westchester	(914) 949-7035
National Family Caregivers Association	(800) 896-3650

Office for the Disabled (For Hearing Impaired)	(914) 995-2957 (800) 421-1220
Pace Women's Justice Center	(914) 422-4069
Respite Care	(914) 813-6442
Senior Centers	(914) 813-6300
Social Security Administration (Old age, survivors and disabled)	(800) 772-1213
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

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 Offers practical information, animated skill demonstrations, support groups and supplies designed to specifically meet the needs of home caregivers.	webofcare.com
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 Burke 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) 597-2348.

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.

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