

Bridges to Change: Aging in Place

NINTH EDITION



**A ROCKLAND COUNTY DIRECTORY
OF
ACTIVE SENIOR COMMUNITIES (55 AND OVER)
AFFORDABLE & SUBSIDIZED HOUSING
SENIOR RESIDENCES
ADULT CARE FACILITIES
ASSISTED LIVING
RESIDENTIAL HEALTH CARE FACILITIES
MEMORY CARE**



National Council of Jewish Women, Rockland Section

AUGUST 2022

(Updated 11-16-2023)

INTRODUCTION

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

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

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

“Bridges to Change” is a booklet that was originally produced by National Council of Jewish Women (NCJW) of Rockland almost twenty years ago. It offers information for seniors on resources and choices of residences available to them in Rockland County as they age. In cooperation with the Office for the Aging, it is updated every few years – the previous time was in late 2019. This booklet seeks to answer many questions that have arisen in the past.

If an individual is currently hospitalized, it is suggested that you arrange to meet with the attending physician and the Home Care/Discharge Planning Department of the hospital as soon as possible to determine the patient’s post-hospital needs.

All rates quoted in this booklet are subject to change by the individual facility. The information in this publication is our best information as of the time of printing.

Editions One through Seven of Bridges to Change were conceived and executed by The National Council of Jewish Women (NCJW), Rockland Section. Facility information and contact numbers were updated by NCJW. The Eighth and Ninth Editions are once again updated and executed by The National Council of Jewish Women, Rockland Section in collaboration with the Rockland County Office for the Aging.

ACKNOWLEDGMENTS

NATIONAL COUNCIL OF JEWISH WOMEN

MISSION STATEMENT

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

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

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

Once again, a committee of NCJW members and representatives of the Office for the Aging has reviewed and made any necessary changes and additions to the information offered.

EIGHTH AND NINTH EDITIONS COMMITTEE

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In collaboration with Rockland County Office for the Aging

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ASSESSMENT OF NEEDS

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

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

CHECKLIST FOR ASSESSING NEEDS

Instructions for using checklist

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

The Value of

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

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

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

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

LEVELS OF CARE

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

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

- **Community Support Services** – Community support services help keep both frail and healthier older adults at home. There is a concerted effort by governmental agencies as well as private agencies to provide support services to assist the frail elderly in their efforts to remain in their own homes as long as possible. A complete list of Community support services can be found in “Services for Older Adults” available from the Rockland County Office for the Aging (845-364-2110 or 845-364-2100).
- **Active Senior Communities (55 and Over)** – These communities are reserved for those individuals or couples who are age appropriate and wish an active lifestyle.
- **Affordable & Subsidized Housing** – This housing is usually for elderly and disabled individuals, with income limits. “Affordable” means minimum and maximum income limits. If “Subsidized,” then maximum income limit, and rent depends on income.
- **Senior Residences** – Senior residences offer some supportive services for those in good health, still active and able to live independently. Most offer housekeeping, dining rooms for congregate meals and planned activities.
- **Adult Care Facilities** – The New York State Department of Health licenses and regulates adult homes, enriched housing programs, and residences for adults, collectively known as adult care facilities. These facilities provide temporary (respite) or long-term, non-medical residential care services to adults who are substantially unable to live independently; which may be due to physical, mental, or other limitations associated with age or other factors. Residents are provided with personal care and services on a long-term basis, in order to enable them to remain healthy and to participate in daily personal and community activities. For more information about these services including assisted living, visit <https://profiles.health.ny.gov/acf/services>
- **Assisted Living Programs (ALP)** – An ALP serves persons who are medically eligible for nursing home placement but serves them in a less medically intensive, lower cost setting. ALP provides personal care, room, board, housekeeping, supervision, and case management services. ALP residents must **not** require continual nursing care, be chronically bedfast or chair fast, or be impaired to the degree that they endanger the safety of other ALP residents. Currently, the Assisted Living Programs listed in this directory have met licensing requirements of the New York State Department of Health.
- **Assisted Living Residences (ALR)** – An ALR is a certified adult care facility that has been approved by the DOH for licensure as an ALR. They must provide twenty-four hour on-site monitoring along with personal care services. ALRs must also provide daily meals and snacks, case management services, and are required to develop an individualized service plan (ISP). The law also provides important consumer protections for people who reside in an ALR. See the Consumer Information Guide to ALRs: health.ny.gov/publications/1505.pdf
- **Residential Health Care Facilities (Nursing Home)** – A residential health care facility provides nursing and medical care. Care of the resident is carried out under the orders of an attending physician with a registered nurse on duty 24 hours a day. All of these facilities operate under the strict regulations of the federal government and the New York State

Department of Health. An evaluation, called a Patient Review Instrument (PRI), is required in order to apply for admission to a Residential Health Care Facility. Contact the hospital Discharge Planner or Rockland County Department of Health, Patient Services of the Licensed Home Care Service Agency (LHCSA) **364-2534** for further information about the PRI.

- **Memory Care** – Communities that provide specialized care of those living with Alzheimer’s or other forms of dementia in a secure, structured environment. Memory care is often provided within the context of a residence that offers other levels of care, such as assisted living.

WAYS TO MEET COST OF CARE

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

- From their own income, assets or health insurance
- By applying for reduced senior rates, senior cards, and other discount programs offered by their town and school district
- By being eligible for a lowered “sliding scale” fee from non-profit and governmental agencies
- By receiving benefits for “medically necessary” expenses approved by Medicare
- By being eligible for the governmental assistance program, Supplemental Security Income (SSI)
- By being eligible for Medicaid. Medicaid **may** cover:
 - Home health care services including homemaker, home nursing and home health aide services if ordered by a physician.
 - Approved cost of physicians, dentists, hospitals, x-ray and lab services, outpatient or clinic services, podiatry, optometry and chiropractic services, physical therapy, occupational therapy, speech pathology and audiology, home care and psychiatric care, as well as drugs, eyeglasses, hearing aids, medical supplies and equipment.
 - Approved transportation services, respite care and adult day care.

Individuals may meet the cost of **Active Senior Communities (55 and Over) or Senior Residences**:

- From their own income and assets

Individuals may meet the cost of **Affordable Housing or Adult Care Facilities**:

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

Individuals may meet the cost of **Assisted Living Programs or Assisted Living Residences**:

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

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

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

MEDICARE (Information)

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

MEDICAID (Rockland County Dept. of Social Services)

845- 364-3040

SUPPLEMENTAL SECURITY INCOME FOR THE AGED (SSI)

1-800-772-1213

NURSING HOME COMPARISONS, see <https://www.medicare.gov/care-compare/>

COMMUNITY SUPPORT SERVICES

OFFICE FOR THE AGING

845-364-2110

The Rockland County Office for the Aging is a planning, coordinating, advocacy and grant-making agency that provides a variety of programs and services for county residents, including information and referral, either directly or through sub-contractors. Below are some of the available programs and services. For other general information including discount bus passes, legal referrals, directories, etc. call the Main Desk: 364-2110 or 2100 or visit the website at:

rocklandgov.com/departments/aging/

- **NEW YORK CONNECTS** 845-364-3444
Information and assistance on long-term services and support for individuals, caregivers and families.
- **E.I.S.E.P. (EXPANDED IN-HOME SERVICES FOR THE ELDERLY PROGRAM)** 845-364-2113
Provides case management and non-medical, in-home services to income eligible older adults 60 and over, including respite and ancillary services. Potential clients cannot be receiving assistance from Medicaid or any other entitlement program.
- **HEAP (HOME ENERGY ASSISTANCE PROGRAM)** 845-364-2110
Subsidies on heating bills for people over age 60 that meet certain income guidelines or are collecting SSI.
- **EMPOWER NY** 845-364-2110
Offers no-cost energy efficiency services to low-income (i.e., HEAP eligible) homeowners and renters.
- **HIICAP (HEALTH INSURANCE INFORMATION, COUNSELING, & ASSISTANCE PROGRAM)** 845-364-2118
Information and counseling concerning Medicare, prescription drug coverage, and health insurance is available for older adults. Please call to schedule your free one-on-one appointment or to schedule a Medicare informational presentation for your group.
- **OLDER ADULT EMPLOYMENT – SCSEP (SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM)** 845-364-2116
Provides on the job experience and training. Provides employment opportunities for veterans or spouses of veterans, low-income people age 55 and older. Program teaches new skills, enhances old ones and provides a transition into unsubsidized employment.
- **RSVP (ROCKLAND SENIOR VOLUNTEER PROGRAM)** 845-364-2120
People of any age volunteer at local non-profits. Mileage allowance.
- **TELEPHONE REASSURANCE PROGRAM** 845-364-2120
Friendly caller program to promote social connection and address social isolation.
- **CAREGIVER RESPITE** 845-364-2113
Provides information to caregivers of Rockland older adults on various respite programs. This includes a week's stay at an assisted living facility, or nursing home, and an in-home care program. Subject to availability/funding.
- **“MOVING FORWARD” NEWSLETTER** 845-364-2108
Bi-monthly publication that provides information on current issues relating to older adults.
- **NUTRITION AND EDUCATION COUNSELING** 845-364-2115
One-on-one counseling and group nutrition education.
- **“SERVICES FOR OLDER ADULTS” PUBLICATION** 845-364-2110 or 2100

This booklet published by the Rockland County Office for the Aging is a comprehensive directory of services and programs available to older adults. The directory includes description and contact information for all of the following:

- **COUNSELING AND INFORMATION SERVICES**
Examples: Elder Abuse, Memory Impairment, United Hospice of Rockland, Blind and Visually Impaired, Drug Dependencies, Cancer Counseling, Consumer Protection, Health Care Services, Human Rights, Legal Advice, LGBT Services, Organizations for Older Adults, Rockland Jewish Family Service, Jeevan Jyoti
- **FINANCES**
Department of Social Services, EPIC (Elderly Pharmaceutical Insurance Coverage) Income Tax, Orange and Rockland Utilities, Property Tax Abatement Property Tax Credit, STAR (School Tax Relief) Program, Social Security Administration, Veteran's Affairs
- **PASSES AND DISCOUNTS**
Golden Park Program, Older Adult Citizen Card, Transportation Passes
- **HOUSING**
Community Development, Housing options such as those in this publication, Housing Violations, Energy Related Repairs, Mobile Homes
- **HEALTH, MEDICAL CARE, NURSING, AMBULANCES**
Health Centers, Medical and Dental Care, United Hospice, Hospitals in Rockland
- **HOME CARE SERVICES**
For example: Case Management, Home Care Agencies, Home Delivered Meals, Meals on Wheels (845-624-6325), Managed Long Term Home Care, Medical Equipment, and Volunteers Services
- **MENTAL HEALTH SERVICES**
Behavioral Health Response Team (BHRT), Clinics, Hospitals, Non-profit organizations, chemical dependency
- **SENIOR ACTIVITY CENTERS**
- **TRANSPORTATION**
Public Buses, Individual Transport
- **EDUCATION**
Adult Education, BOCES, SUNY Rockland, Dominican College, The Learning Collaborative, Rockland Conservatory of Music, Rockland Pride
- **EMPLOYMENT/TRAINING – PAID AND VOLUNTEER**
Senior Community Service Employment Program (SCSEP), Rockland County Career Center, RSVP (Rockland Senior Volunteer Program, 845-364-2120), and various non-profit organizations
- **EMERGENCIES**
Adult Protective Services, Dating and Domestic Violence--Center for Safety & Change, Food Cupboards, Food Pantries, Mental Health Crises, Suicide Prevention, HOPEline for alcoholism, drug abuse or gambling, Poison Emergency, Police, Veteran's Crisis Hotline

EVALUATING A FACILITY

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

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

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

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

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

LONG TERM FACILITY CHECKLIST

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

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

Environment

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

How the Facility Handles Payments

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

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

ACTIVE SENIOR COMMUNITIES (55 AND OVER)

THE CLUB AT PEARL RIVER & THE CLUB WEST AT PEARL RIVER

100 Schindler Dr.
Pearl River, NY 10965
(845) 735-3344
55 and Over Apartments

Website: theclubatpearlriver.com

BUILDING AND GROUNDS:

One- and two-bedroom rental residences on a hilltop overlooking Lake Tappan. Also three-bedroom at Club West. Elevator access, spacious layouts, 9-foot ceilings, oversized windows, white oak flooring and plush carpeted bedrooms, private balconies, gated entry and security on all entry doors. Private garages available.

CAPACITY: Call for availability.

RATES: Sample rate--One bedroom, one bath, starting at \$2200/month. Call for current rates and availability. 24/7 onsite maintenance.

RECREATION AND SPECIAL SERVICES:

Pets, cats and dogs allowed. Club House, Social Lounge, Billiards, Bar, Fireplace, Fitness Center, Yoga Studio, Pool terrace with heated pool and dining areas, BBQs, Shuffleboard, Library, Movie Theater, Business Lounge, Close proximity to Blue Hill Golf Course and border of Bergen County, NJ.

RESIDENT CHARACTERISTICS:

Age 55 and over, still working, newly retired, or planning to retire. Offers ability to travel without worry about safety and upkeep of home.

LILAC RIDGE AT CLARKSTOWN

1 Hyenga Way
Nanuet, NY 10954
(845) 735-3344
55 and Over Apartments
Website:

<https://www.reganddevelopment.com/new-york-new-jersey-real-estate-developers/lilac-ridge-clarkstown/>

Property Manager: Jason, Dolphin Property Services, (845) 659-4303

BUILDING AND GROUNDS:

Quiet serene location with on-site parking. Spacious apartments with laundry and modern conveniences. Energy star appliances and heating/air conditioning. On-site maintenance.

CAPACITY: 32 one-bedroom apartments at below market rents, based on income.

RATES: Call for current rates and availability. Tenant pays heat, hot water, and electric.

RECREATION AND SPECIAL SERVICES:

Only blocks from vibrant shopping and entertainment.

RESIDENT CHARACTERISTICS:

An active Adult 55+ rental community in Nanuet.

AFFORDABLE AND SUBSIDIZED HOUSING

AIRMONT APARTMENTS (Subsidized)

38 Pondview Drive
Suffern, NY 10901
(845) 357-7171

55+ Senior Apartments & families

BUILDING AND GROUNDS:

Handicapped accessible. Heat and hot water included.

CAPACITY: 90 units for age 55 and over. 31 Family units – no age limit.

RATES: Low-income housing, rent depends on income.

RECREATION AND SPECIAL SERVICES:

Community Activities

AIRMONT GARDENS

60 N DeBaun Ave
Suffern, NY 10901
(845) 368-4422

55+ Senior Apartments

BUILDING AND GROUNDS:

3 stories, built in 2003, fully equipped kitchen, heat and hot water included,

CAPACITY: 140 units, 1 & 2 bedrooms; handicapped accessible

RATES: Low-income housing supported by LIHTC (Low-income housing tax credit).

Call for rates.

RECREATION AND SPECIAL SERVICES:

Fitness Center, Social Activities

TRANSPORTATION SERVICES:

Near public transportation

RESIDENT CHARACTERISTICS:

Age 62 and over, or disabled, or near elderly according to federal regulations

CORTWOOD VILLAGE

34 Cortwood Village
Orangeburg, NY 10962
(845) 369-2690

Owned by Orangetown Housing Authority

BUILDING AND GROUNDS:

2 story frame building

CAPACITY: 95 units/apartments, 4 units for disabled, all one-bedroom, air conditioning, heating.

RATES: \$1000/month, Income level review/income based; 2 year wait

RECREATION AND SPECIAL SERVICES:

Community Room, 3 laundry rooms

DEPEW MANOR (Subsidized)

See VILLAGE OF NYACK HOUSING AUTHORITY PROPERTIES, page 17

ECKERSON VILLAGE (Subsidized)

164 E. Eckerson Road
Spring Valley, NY 10977
(845) 352-9065 (Fridays)

Owned by Orangetown Housing Authority

BUILDING AND GROUNDS:

Laundry Room

CAPACITY: No age requirement – physically handicapped

RATES: Call for rates. Income based.

RECREATION AND SPECIAL SERVICES:

Near public transportation; Community Room,

ESTHER GITLOW TOWERS (Subsidized)

See page 20

HAVERSTRAW PLACE

140 Route 9W
Haverstraw, NY 10927
(845) 947-1113
Fax #: 845-947-7109
Email: 0641@NationalChurchResidences.org
Administrator: National Church Residence,
Edward Valverde, Property Manager
BUILDING AND GROUNDS: 90 units, 3 story
brick building, air conditioning
CAPACITY: 90 one-bedroom apartments

RATES: \$984/month, Income based (\$24000
minimum) Sec 8, SSI/Medicaid; 1 1/2 to 2 year
wait

RECREATION AND SPECIAL SERVICES:
Community lounge area; service coordinator
on staff, laundry, classes, library

PROFESSIONAL SERVICES:

Beautician, Independent facility

RESIDENT CHARACTERISTICS: Men,
women, couples, disabled

HARVEST HOUSE APARTMENTS (Subsidized)

14 Union Road
Spring Valley, NY 10977
(845) 352-7677
Part of Village of Spring Valley Housing
Authority
Executive Director: Keith Burrell
Email: 0641@NationalChurchResidences.org
BUILDING AND GROUNDS:
4 story brick apartment building; landscaped
entrance; numbered parking spaces

CAPACITY: 51 apartments, 7 Studio and 44
one-bedroom apartments

RATES: Call for current rates

RECREATION AND SPECIAL SERVICES:

Community room

TRANSPORTATION SERVICES:

Near public transportation

RESIDENT CHARACTERISTICS:

Age 62 and over, or disabled, or near elderly
according to federal regulations

HYENGA LAKE SENIOR APARTMENTS

3 Hyenga Way
Nanuet, NY 10954
(845) 507-0435
Fax: (845)-507-0436
Property Manager: Ivett Nunez-Arias
BUILDING AND GROUNDS:
Three story, Elevator building. All handicapped
accessible. On-site parking.
CAPACITY: 65 one-bedroom units
RATES: Call for current rates. Call
Management Office for an application and
more information.

RECREATION AND SPECIAL SERVICES:

Two community rooms and a kitchen that is
available for residential use for various social
activities and holiday parties

RESIDENT CHARACTERISTICS:

Active adult rental complex for those 55
years and older, who meet certain income
eligibility requirements.

LAKEVIEW VILLAGE APARTMENTS

94 Memorial Park Dr.
Spring Valley, NY 10977
845-425-7879
Fax: 845-425-6209
Site Manager: Liza Diaz
ARCO Management
Spring Valley Redevelopment

BUILDING AND GROUNDS:

Affordable housing; Apartment rentals

CAPACITY: 140 studio and one-bedroom units

RATES: Low rent. Call for current rates. 1 and
a half to 2 year wait list.

RECREATION AND SPECIAL SERVICES:

No services

MIDDLEWOOD APARTMENTS (Subsidized)

80 North Middlewood Rd.
Nanuet, NY 10954
845-623-6434

Manager available only Wed. & Thurs, 9-5.

BUILDING AND GROUNDS:

Two stories, No elevator. Washer/dryer available in community building

CAPACITY: 107 one-bedroom, one-bath units

RATES: Section 8, based on income.

Minimum tenant contribution \$25. All utilities included; 5-7 year wait list.

RECREATION AND SPECIAL SERVICES:

Community room, senior club

RESIDENT CHARACTERISTICS:

62 and over, or disabled.

TRANSPORTATION SERVICES:

Proximity to public transportation.

MONTEREY GARDENS (Subsidized)

One Monterey Gardens
Bardonia, NY 10954
(845) 623-0388

BUILDING AND GROUNDS:

Two stories, No elevator. Washer/dryer available in office building. Smoking allowed.

CAPACITY: 106 one-bedroom units.

53 apartments per floor.

RATES: Section 8, gross income subsidized.

Rent includes heat, cooking gas, water.

Electricity not included. Pet friendly—deposit required. 5-7 year wait list.

RECREATION AND SPECIAL SERVICES:

Community Room

RESIDENT CHARACTERISTICS:

62 and over,

TRANSPORTATION SERVICES:

Near public transportation.

MURPHY MANOR APARTMENTS (Subsidized)

45 S. Route 9W and 53 S. Route 9W
Haverstraw, NY 10927
(845) 708-5799, ext. 202

BUILDING AND GROUNDS: 4 story building, handicapped accessible, on-site parking

CAPACITY: 26 affordable family rentals

Studio, one-bedroom and, two-bedroom apartments. Handicapped accessible.

RATES: HUD income eligibility required. Call for rates.

RECREATION AND SPECIAL SERVICES:

Community room, kitchen

RESIDENT CHARACTERISTICS:

Families and seniors

TRANSPORTATION SERVICES:

Convenient to shops, parks, places of worship and public transportation.

NYACK PLAZA APARTMENTS

100 Nyack Plaza
Nyack, NY 10960
(845)-247-1297, or (845) 353-3296, or (914) 592-5434

Senior low-income housing subsidized by HUD

BUILDING AND GROUNDS: 5 story building

CAPACITY: 96 units

One-, two-, and three-bedroom apartments.

Possible waiting list.

RATES: HUD residents usually pay 30% of their gross income for rent. The rent amount,

less approved HUD deductions such as medical and child care expenses, and other allowances, includes a utility allowance. HUD Residents also may choose to pay what is known as flat rent.

RESIDENT CHARACTERISTICS:

Senior low income. Receiving subsidy from the federal governments HUD (Housing and Urban Development Division).

TRANSPORTATION SERVICES:

Near public transportation and thriving main street shopping.

RAMAPO APARTMENTS AT CATAMOUNT (formerly Hillcrest Apartments) (Subsidized)

12 Catamount Drive
Spring Valley, NY 10977
(845) 357-7171
Part of Town of Ramapo Housing Authority

CAPACITY: 60 units for seniors (age 55 and over); 19 units for families (no age requirements)
RATES: Gas and water included. Call for current rates.

SCHOOLHOUSE ROAD ESTATES (Subsidized)

13 Hubert Humphrey Dr.
Spring Valley, NY 10977
(845) 352-7080
BUILDING AND GROUNDS:
2 stories, off-street parking
CAPACITY: 101 total units
One-bedroom, two-bedroom and handicapped apartments.
RATES: Call for rates

RECREATION AND SPECIAL SERVICES:
Community meeting room, 24-hour maintenance, on-site management
TRANSPORTATION SERVICES:
TRIPS service in complex, bus to groceries
RESIDENT CHARACTERISTICS:
Age 62 and over or disabled.

SETON VILLAGE

148 Convent Rd
Nanuet, N.Y. 10954
(845) 624-4477
Website: www.seton-village.org
Not for profit
Owner/Operator: Sisters of Charity Housing Development Corporation
Executive Director/CEO: Matthew Janeczko
BUILDING AND GROUNDS:
Three 2-story buildings with elevators, handicapped accessible—emergency call

system in bedroom and bathroom
CAPACITY: 106 apartments, all one-bedroom
RATES: Call for rates. Rents based on income. 3-4 year wait list.
RECREATION AND SPECIAL SERVICES:
Social and recreational programs.
TRANSPORTATION SERVICES:
RESIDENT CHARACTERISTICS:
Seniors capable of independent living. One household member must be 55 or over.

SOPKO APARTMENTS (Stony Point Elderly Apartments) (Subsidized)

117 Knights Corner
Stony Point, NY 10980
(845) 429-2503
BUILDING AND GROUNDS:
Off street parking.
CAPACITY: 75 apartments; studio & one-bedroom
RATES: Call for current rates. Heat and water included
RECREATION AND SPECIAL SERVICES:
Community meeting room, 24 hours

maintenance, on-site management
TRANSPORTATION SERVICES:
Bus to groceries
RESIDENT CHARACTERISTICS:
Age 62 and over or disabled.
RESPIRE CARE: N/A
VISITING HOURS:
Open

SPOOK ROCK SENIOR CENTER APARTMENTS

200 Dashew Dr.
Suffern, NY 10901
(845) 368-2400

BUILDING AND GROUNDS: 2 stories, off street parking.

CAPACITY: 255 one-bedroom apartments

RATES: Call for current rates. A HUD apartment. HUD residents usually pay 30% of their gross income for rent.

RECREATION AND SPECIAL SERVICES:

Community meeting room, 24-hour maintenance, on-site management

TRANSPORTATION SERVICES:

Bus to groceries

RESIDENT CHARACTERISTICS:

Age 62 and over or disabled.

SPRING VALLEY SENIOR APARTMENTS

46 N. Madison Ave
Spring Valley, NY 10977
(845) 517-0397

BUILDING AND GROUNDS: 3 stories

CAPACITY: 48 one-bedroom; 4 two-bedroom apartments (age 55 and over). All units handicapped accessible.

RATES: Call for rates

RECREATION AND SPECIAL SERVICES:

Clubroom and kitchen

TRANSPORTATION SERVICES:

Near public transportation

RESIDENT CHARACTERISTICS: Age 55 and over

SYCAMORE CREST

15 Summit Ave
Spring Valley, NY 10977
(845) 352-1911 or 844-590-8003

BUILDING AND GROUNDS: Elevator; on-site laundry

CAPACITY: 48 one-bedroom, 48 two-bedroom apartments; handicapped accessible

RATES: Call for current rates

RECREATION AND SPECIAL SERVICES:

Community room, Fitness room

RESIDENT CHARACTERISTICS:

Age 55 and over:

TALLMAN TOWERS (Subsidized)

36 S. Broadway
Nyack, NY 10960
(845) 353-7303

BUILDING AND GROUNDS: 7 story building

CAPACITY: 83 units

One-, two- and three-bedroom apartments

RATES: Call for rates. Project-based Section 8 rent subsidized. Income restrictions based on HUD guidelines with rent calculated on income less permitted expenses.

RECREATION AND SPECIAL SERVICES:

Walking distance to shops, buses, local amenities, restaurants

TRANSPORTATION SERVICES:

Public transportation nearby

RESIDENT CHARACTERISTICS:

For families and seniors.

THORPE VILLAGE

Thorpe Drive, P.O. Box 254
Sparkill, NY 10976
(845) 359-0454
Fax: (845) 359-5238

BUILDING AND GROUNDS: Four 3 story residential buildings on 10-acre landscaped site on Route 340. Community building and office/maintenance building. Elevators. Coin operated laundry on each floor Emergency generators. 100% security camera coverage.

CAPACITY: 200 one-bedroom apartments.

All units handicapped accessible.

RATES: Call for rates. Project-based Section 8 rent subsidized. Income restrictions based on

HUD guidelines with rent calculated on income less permitted expenses.

RECREATION AND SPECIAL SERVICES:

Variety of social, recreational, and educational programs. Social Club. No personal care—residents must make their own arrangements for assistance if needed. On-site management and maintenance.

TRANSPORTATION SERVICES:

Scheduled transportation to shopping on Thorpe Village van. TOR Bus #92 stops at Thorpe bus shelter. Bus to NYC.

RESIDENT CHARACTERISTICS: At least 62 years of age or mobility impaired.

VILLAGE OF NYACK HOUSING AUTHORITY PROPERTIES (Subsidized): DEPEW MANOR, LEONARD COOKE PINE STREET HOMES, WALDRON TERRACE

(845) 358-2476

Nyack low-income housing, Income limits. Housing built through the Low-Income Housing Tax Credit (LIHTC) program.

1. Depew Manor

60 Depew Ave, Nyack, NY 10960
48 Units, seniors only—60 and over, adjacent to Nyack Senior Center

2. Leonard Cooke Pine Street Homes

Pine Street, Nyack NY 10960
28 units built for permanently mobility impaired.

3. Waldron Terrace

Pine Street, Nyack NY 10960
88 units, ages 18 and over, one-, two-, three- and four-bedrooms. Community center, laundry.

BUILDING AND GROUNDS: Varies

CAPACITY: Varies by location.

RATES: Call for current rates.

RECREATION AND SPECIAL SERVICES:

Varies by location. Community Center. Walking distance to shops, buses, local amenities, restaurants.

RESIDENT CHARACTERISTICS:

Varies by location.

TRANSPORTATION SERVICES:

Public transportation nearby.

WALNUT HILL APARTMENTS

Route 9W
West Haverstraw, NY 10993
(845) 429-3033

BUILDING AND GROUNDS: Garden-style apartments

CAPACITY: 279 apartments

Accessible and barrier-free units

RATES: Call for current rates.

RECREATION AND SPECIAL SERVICES:

Community Room, Library/Computer lab, near shopping and health care facilities.

TRANSPORTATION SERVICES:

Public transportation nearby.

RESIDENT CHARACTERISTICS:

Age 55 and over.

WARREN KNOLLS APARTMENTS (Subsidized)

500 Warren Knolls Dr.
Haverstraw, NY 10927
(845) 429-3003

BUILDING AND GROUNDS: 2 story, no smoking

CAPACITY: 96 one-bedroom apartments; 2 apartments for disabled.

RATES: Call for current rates.

RECREATION AND SPECIAL SERVICES: Community Room, Laundry Room, Business Center, Clubhouse.

RESIDENT CHARACTERISTICS: Age 62 and over or disabled.

TRANSPORTATION SERVICES: Near public transportation

WEST HAVERSTRAW SENIOR APARTMENTS (Subsidized)

Route 9W
West Haverstraw, NY 10994
(845) 429-2210

BUILDING AND GROUNDS: Garden-style apartments

CAPACITY: 100 apartments.

RATES: Call for current rates.

RECREATION AND SPECIAL SERVICES: Community Center, Gazebo.

RESIDENT CHARACTERISTICS: Age 62 and over or disabled.

TRANSPORTATION SERVICES: Transportation to shopping.

YOUNGBLOOD SENIOR APARTMENTS

201 Main Street (Route 45)
Spring Valley, NY 10977
(845) 708-5799, ext. 203

BUILDING AND GROUNDS:

CAPACITY: 26 one-bedroom apartments.

RATES:

Call for rates. Accepts Section 8 Housing Choice Vouchers. Housing built through the

Low-Income Housing Tax Credit (LIHTC) program.

RECREATION AND SPECIAL SERVICES: Laundry room.

TRANSPORTATION SERVICES: Near public transportation.

RESIDENT CHARACTERISTICS: Age 55 and over or disabled.

YVETTE & LOUIS TEKEL SENIOR RESIDENCE (Subsidized)

196 Lafayette Ave
Suffern, NY 10901
(845) 357-9507

CAPACITY: 79 one-bedroom apartments.

RATES:

Call for rates.

RECREATION AND SPECIAL SERVICES: Community Room, Social Worker on staff, Activities

SENIOR RESIDENCES

BRIGHTVIEW LAKE TAPPAN CONTINUUM OF CARE Independent Living, Assisted Living, Memory Care

31 Hunt Road
Orangeburg, N.Y. 10962
(845) 867-2333 ; (845) 406-9741 Sales
Fax #:(845) 458-8271

Website:

<http://www.brightviewseniorliving.com>

Private, licensed by NY State

Administrator: Toni Musto, Executive Director

BUILDING AND GROUNDS:

Community built in 2018, all new, modern & state-of-the art systems and accommodations throughout. Outdoor spaces for exercising, relaxing and entertaining.

CAPACITY:

70 Independent living apartment homes; 47 Assisted Living apartment homes; 27 Memory Care residents accommodated at Wellspring Village.

RATES: \$4880 per month. Pricing varies depending on specific apartment and care service needs

RECREATION AND SPECIAL SERVICES:

Maintenance-free living with housekeeping and linen service; chef-prepared meals, served restaurant style; Movie theater, billiards, salon, fitness center, art studio, pub and café. Spiritual, physical, emotional, cultural and intellectual programming such as religious services, lectures, art classes, trips & outings, movies, fitness programs, clubs.

PROFESSIONAL SERVICES:

Physical, occupational and speech therapy; visiting physicians and specialists on site. Assisted living and dementia care neighborhoods on site.

TRANSPORTATION SERVICES:

Transportation services for easy access to shopping, dining, cultural venues and medical appointments

RESIDENT CHARACTERISTICS:

At least 65 years of age. Assistance for personal care must be arranged privately.

RESPIRE CARE: Based on availability. Call for information.

DOWLING GARDENS Enriched Housing

190 Kings Highway, Box 276
Sparkill, N.Y. 10976
(845) 365-1662

Fax #:(845) 359-5238

Website: www.dowlinggardens.org

Private non-profit

Administrator: Sister Ursula Joyce

Email: info@dowlinggardens.org

BUILDING AND GROUNDS:

Three-story brick building on five-acre site. Elevators, landscaped gardens, dining room, coffee shop, beauty parlor, lounge & activity room, library, computer center, meditation room

CAPACITY: 111 one-bedroom apartments; Building is fully accessible. Twelve apartments for mobility impaired. Application & interview required. Open to persons 65 and older. Service enriched independent living.

RATES: \$2545 per month, includes all utilities except telephone. Daily sit-down dinner served in formal dining room. One year lease. Limited number of apartments set aside under the Low-Income Housing Tax Credit Program to income eligible persons

RECREATION AND SPECIAL SERVICES:

On-site monitored emergency alert system. Meals; Variety of daily activities for social and recreational programs. Other optional services for fee.

TRANSPORTATION SERVICES:

Scheduled transportation for shopping

RESIDENT CHARACTERISTICS:

At least 65 years of age. Assistance for personal care must be arranged privately.

THE ESPLANADE AT PALISADES

640 Oak Tree Road
Palisades, N.Y. 10964
(845) 359-7870
Fax #: (845) 359-9266

Website: www.esplanadeatpalisades.com
Administrator/Owner: Susan Scharf Diamond
E-mail: sdiamond@esplanadeatpalisades.com
General Manager: Marvin Ammer

BUILDING AND GROUNDS:

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

CAPACITY: 109 apartments

MONTHLY RATES: \$3500 studio

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

\$7,000 two-bedroom

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

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

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

PROFESSIONAL SERVICES:

Visiting physicians and physical therapist.

RELIGIOUS SERVICES:

Jewish and Christian/Catholic services
Temple and Chapel on premises

RECREATION:

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

ESTHER GITLOW TOWERS (Subsidized)

200 Lafayette Avenue
Suffern, New York 10901
(845) 357-9507
Fax #: (845) 369-7426

Website: www.esthergitlowtowers.org
Apartments with Services, Independent living

Administrator: Adam Tekel

BUILDING AND GROUNDS:

Brick apartment buildings with elevators
79 apartments in 6 story building; 110
apartments in 4 story building

CAPACITY: 189 one-bedroom apartments

RATES:

Call for current rates. Income based subsidies based on HUD guidelines & section 8. No meals

RECREATION AND SPECIAL SERVICES:
Community Room, activities and educational programs. Beauty parlor, accessible Internet lab with DSL connections.

RELIGIOUS SERVICES:

Available for all faiths.

PROFESSIONAL SERVICES:

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

TRANSPORTATION SERVICES:

Private shuttle for transportation to shopping

RESIDENT CHARACTERISTICS:

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

**FOUNTAINVIEW AT COLLEGE ROAD
AND THE SPRINGS AT FOUNTAINVIEW**

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

Fax #: (845) 426-6914

Website: www.fountainview.org

Private, Not for Profit

Premier Retirement Community

Director: Lori Frank, (845) 426-6701, ext. 226

Owner: Northern Services Group

BUILDING AND GROUNDS:

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

CAPACITY:

109 Independent Apartments – One and two bedroom, 2 bath apartments; 46 Studio

Apartments, Medicaid only; guest suite available for families from out of town.

RATES: Call for information

RECREATION AND SPECIAL SERVICES:

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Jewish (Synagogue on premises)

TRANSPORTATION SERVICES:

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

RESIDENT CHARACTERISTICS:

Men/Women/Couples. Interview required.

VISITING HOURS: Unlimited

SETON VILLAGE

See page 15

ADULT CARE FACILITIES

FELLOWSHIP COMMUNITY

241 Hungry Hollow Road
Chestnut Ridge, NY 10977
(845) 356-8494, Ext. 2
Fax #: (845) 259-2668

Private non-profit

Administrator: Tari Steinrueck

Website: www.fellowshipcommunity.org

Email: rsffoffice@fellowshipcommunity.org

Owner: Rudolf Steiner Fellowship Foundation

BUILDING AND GROUNDS:

80 acres; 11 residential dwellings; 4 independent living apartments; garden; patio; flower and vegetable gardens; Threefold Community Farm; home for adults on one level; dining area; air conditioned.

CAPACITY:

33 residents

25 private rooms – 4 double rooms

RATES:

Adult Home: \$3,135 - \$6300 monthly for rent. Includes all food, utilities, room cleaning, laundry. An additional Fee for Medical Support and Personal Care.

Medicare NOT accepted.

Community Entrance Fee: \$72,000

Independent Living Apartments – please call for further information. Ranges from studios to 2-bedroom apartments.

RECREATION AND SPECIAL SERVICES:

Cultural events; outings; pottery; printing; reading; weaving; woodworking; gardening; movement classes; music classes; laundry room; volunteer program.

PROFESSIONAL SERVICES:

Medical and nursing services; physical therapy

RELIGIOUS SERVICES:

Interdenominational

TRANSPORTATION SERVICES:

Medical visits; shopping

RESIDENT CHARACTERISTICS:

Men/women/couples

RESPIRE CARE:

Not available

VISITING HOURS:

9 am to 7 pm following COVID Protocol or by appointment

GREEN HILLS ESTATE HOME FOR ADULTS

1 South Route 9W
Haverstraw, NY 10927
(845) 429-8411

Fax #: (845) 947-2668

Administrator: Mark Sanchez

Case Manager: Ruth Nieves

Owner: Manuel & Anita Sanchez

BUILDING AND GROUNDS:

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

CAPACITY:

163 total with 42 Assisted Living

RATES:

Approx. \$3,500-4,500 for 1 & 2 bedroom, meals included; multiple levels of care

\$1,261 SSI rates; Medicaid and SSI accepted

RECREATION AND SPECIAL SERVICES:

Promotes independence but with supervision/assistance with daily living and coordination of outside services. Resident enrichment programs. Activity/recreation room; arts & crafts programs; computers; laundry

room; Residents' Council; activities director, transfer arrangements to Montefiore Nyack and Good Samaritan Hospitals and Rockland Psychiatric Center. Now includes New Horizons, a Social Model Day Rehab Program.

PROFESSIONAL SERVICES:

Activities of daily living, Podiatrist, Physicians, Psychiatrist, Nurses, Medication management

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish, Jehovah Witnesses

TRANSPORTATION SERVICES:

Medical visits with BIV Ambulette; recreational trips; shopping

RESIDENT CHARACTERISTICS:

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

RESPIRE CARE:

Not available

VISITING HOURS:

Flexible

L'DOR ADULT HOME

156 W. Clarkstown Road
New City, N.Y. 10956
(845) 356-4108

Fax # : (845) 356-0167

Email : plesmark@aol.com

Private for profit

Administrator: Elliot Markowitz

Owner: Elliot and Sharon Markowitz

BUILDING AND GROUNDS:

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

CAPACITY:

44 residents

3 single rooms – 19 double rooms

1 triple room

RATES:

\$1,234 and up per month

Some SSI and Medicaid accepted

RECREATION AND SPECIAL SERVICES:

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

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

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

TRANSPORTATION:

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

RESIDENT CHARACTERISTICS:

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

RESPITE CARE:

As available

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

PROMENADE AT BLUE HILL

582 Veterans Memorial Drive
Pearl River, NY 10965
(845) 735-6846

Fax #: (845) 735-6855

Website: www.promenadesenior.com/location/promenade-blue-hill

Email: joseph@PromenadeSenior.com

Director of Community Relations

Private for Profit

Administrator: Teresa Geentry

Owner: Promenade Blue Hill LLC

BUILDING AND GROUNDS:

Building accommodates residents who are memory impaired.

CAPACITY:

61 residents

RATES:

Call for Current Rates for:

Companion room plus care

Single private room plus care

Deluxe private room plus care

L-shaped luxury private room plus care

All rooms have large private bathrooms

RECREATION AND SPECIAL SERVICES:

Enrichment program, entertainment and trips.

PROFESSIONAL SERVICES:

RN's, medical technicians, home health aides

RELIGIOUS SERVICES:

Chaplains of all faiths visit

TRANSPORTATION SERVICES

Recreational only

RESIDENT CHARACTERISTICS:

Dual Community: Town house for assisted living; Country cottage for memory care

AVAILABILITY OF RESPITE CARE:

Up to 6 weeks in any year when apartment is available. Minimum 30 days.

VISITING HOURS:

No set hours – visitors may come at any time.

PROMENADE AT CHESTNUT RIDGE

168 Red Schoolhouse Road
Chestnut Ridge, NY 10977
(845) 620-0606
Fax #: (845) 620-9056
Website: www.promenadesenior.com/location/promenade-chestnut-ridge

Email: Deanna@PromenadeSenior.com

Private for Profit

Administrator: Gail Spencer

Owner: Chestnut Operating Company LLC

BUILDING AND GROUNDS:

Two-story building with elevator; wellness center; large courtyard; library/card/computer room; activity room; media room; restaurant-style dining room; hair salon

CAPACITY:

118 residents (including 36 ALP residents)

RATES:

Call for current rates for semi-private / private. Rates include three meals/day; weekly housekeeping; furnished rooms/apartments; all utilities (including cable TV) except telephone

RECREATION AND SPECIAL SERVICES:

Daily exercise class; museum/cultural and recreational trips; shopping; on and off-site entertainment; card and table games; bingo; arts and crafts; nightly movies; intergenerational and volunteer programs

PROFESSIONAL SERVICES:

Wellness services director (RN); case manager; visiting physicians; medication management; physical therapy; social worker; 24-hour staff

RELIGIOUS SERVICES:

Chaplains of all faiths visit

TRANSPORTATION SERVICES:

Various outings; shopping

RESIDENT CHARACTERISTICS:

Men/women/couples

RESPITE CARE:

Yes, call for details

VISITING HOURS:

No set hours – visitors may come at any time

SPRING VALLEY REST HOME

184 S. Pascack Road
Nanuet, N.Y. 10954
(845) 623-5040

Fax #: (845) 623-5004

Private for Profit

Administrator: Myrna Daos

Owner: Myrna Daos

BUILDING AND GROUNDS:

1 building

CAPACITY:

32 residents

RATES:

Call for current rates

SSI accepted (Supplemental Security Income)

RECREATION AND SPECIAL SERVICES:

24-hour supervision; in-house activities, theater, parties; laundry, shopping.

PROFESSIONAL SERVICES:

Medical, psychiatric, dental

RELIGIOUS SERVICES:

Catholic, Protestant and other sects

TRANSPORTATION SERVICES:

Ambulette, public transportation

RESIDENT CHARACTERISTICS:

Ambulatory, men, women, Medicaid; mental discharges

RESPITE CARE:

None

VISITING HOURS:

All day until 9:00 p.m.

ST. JOSEPH'S ADULT CARE HOME

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

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

TAPPAN ZEE MANOR

51 Mountainview Ave.
Nyack, N.Y. 10960
(845) 353-6100
Fax #: (845) 353-1660 or (845) 353-0170
Website: www.tzmanor.com
Administrator: Wendy Bleiweiss
Email: wbleiweiss@tzmanor.com
Admission Director: Wendy Bleiweiss
Private; Licensed by New York State
BUILDING AND GROUNDS:
3 story state-of-the-art building with full-service amenities including sprinkler system, air conditioning, cable TV; studios and suites; private dining room; private bathrooms.
CAPACITY:
150 residents
RATES:
Call for information about rates and types of rooms.

RECREATION AND SPECIAL SERVICES:
Yoga, Tai Chi, knitting, bingo, arts and crafts; nightly movies; museum trips; cultural events; laundry, linen and housekeeping services; full-service hair salon.
PROFESSIONAL SERVICES:
Physical therapy, Occupational Therapy, Podiatrist, Psychologist, Speech, Hospice services, Optometrist, Case management, Medication management, and LPN on staff.
RELIGIOUS SERVICES:
Communion, Shabbat Services
TRANSPORTATION SERVICES:
Van to local shopping, medical appointments, various outings.
RESIDENT CHARACTERISTICS:
Men/women/couples
RESPIRE CARE:
Based on availability of apartments; call for information
VISITING HOURS:
Unlimited

ASSISTED LIVING PROGRAMS

ASSISTED LIVING AT NORTHERN RIVERVIEW

89 South Route 9W
Haverstraw, NY 10927
(845) 429-4300
Fax #: (845) 429-6267

Website: www.northernriverview.com

Private not for profit; Affiliate of Northern Services Group

Administrator: David Singer, 429-5381, x309

Email: dsinger@northernriverview.com

Assistant Administrator: Avromi Reifman

Email: areifman@northernriverview.com

BUILDING AND GROUNDS:

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

CAPACITY:

105 residents

RATES:

Call for private and semi-private rates.
Medicare/Medicaid accepted.

RECREATION AND SPECIAL SERVICES:

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

PROFESSIONAL SERVICES:

Medical; nursing; psychological; physical therapy

RELIGIOUS SERVICES:

Jewish, Catholic, Bible study for Christians

TRANSPORTATION SERVICES:

Free transportation to shopping malls, trips and restaurants

RESIDENT CHARACTERISTICS:

No wheelchairs

RESPIRE CARE:

Not available

VISITING HOURS:

Anytime

FOUNTAINVIEW AT COLLEGE ROAD THE SPRINGS AT FOUNTAINVIEW

See page 21

GREEN HILL ESTATES HOME FOR ADULTS

See page 22

PROMENADE AT CHESTNUT RIDGE

See page 24

PINE VALLEY CENTER FOR REHABILITATION AND NURSING THE PAVILION AT PINE VALLEY

See page 31

ASSISTED LIVING RESIDENCES

ATRIA NEW CITY SENIOR LIVING Assisted Living and Memory Care

Atria New City
269 N. Main Street
New City, NY 10956
(845) 709-8844

Fax #: (845) 213-6675

Website: www.AtriaNewCity.com

Executive Director: Todd Aronson

Community Sales Director: Kevin Miller /
Matthew Werner

BUILDING AND GROUNDS:

Atria New City will be a three-story community situated on 5.1 acres just minutes from downtown Main Street's shops and restaurants. Offers spacious studio, shared suite, one- and two-bedroom apartments with flexible leases and no buy-in fee

CAPACITY:

56 Assisted Living apartments

24 Memory Care apartments

RATES: Call for specific rates.

Monthly rental rate includes: A caring staff available 24 hours per day, Emergency alert

system, delicious dining experiences every day, Housekeeping and linen services, Entertainment events, and Maintenance of apartment, community and grounds.

RECREATIONAL AND SPECIAL SERVICES:

A full calendar of educational, social and cultural opportunities is included in the monthly rental rate. Through the Engage Life® program, they take time to learn what you already like to do and what you'd like to try next. A robust calendar filled with engaging opportunities for learning, creativity, exercise and spirituality every month.

PROFESSIONAL SERVICES:

Professional services include 24-hour staff, emergency alert pendant, wellness center offering checkups & monitoring, and routine health assessments.

TRANSPORTATION SERVICES:

Scheduled transportation for local appointments and outings is included in the monthly rental rate.

THE SENTINEL OF ROCKLAND Assisted Living, Alzheimer's and Memory Care

200 Rella Boulevard
Montebello, NY 10901
(845) 203-4500

Fax: (845) 203-4503/4515

Administrator: Debbie Corwin

Website: <https://www.sentinelalf.com/the-sentinel-of-rockland/>

BUILDING AND GROUNDS:

Choice of numerous floor plans; Beautiful furniture and plush carpeted rooms; Flat screen televisions; Individually controlled heating and air conditioning; Emergency call systems in bedrooms and bathrooms.

CAPACITY: 200 Beds

RATES: Call for rates

RECREATIONAL AND SPECIAL SERVICES:

Weekly housekeeping, laundry, and linen services; Cable television and Wi-Fi; Private Dining Room for family gatherings; A dynamic

array of activities; Indoor and outdoor children's play area; A library, parlor, internet cafe, walking paths, sun decks, solarium, movie theater, and more.

PROFESSIONAL SERVICES:

Assistance with activities of daily living (i.e., bathing, dressing, safety assurance, supervision, and round the clock care if needed.); Healthcare services are provided by a licensed Home Care Services Agency; Wellness Center featuring an On-site internist, psychologists, podiatrist, physical and occupational therapists; Medication assistance program managed by licensed nurses.

TRANSPORTATION SERVICES:

Transportation to local excursions.

VISITING HOURS: 9 AM – 12 PM; 1 PM – 4 PM; Visiting days: Sunday, Monday, Tuesday, Thursday and Friday

SUNRISE OF NEW CITY
Assisted Living, Alzheimer's and Memory Care

233 North Main Street
New City, NY 10956
(845) 943-2533 for pricing and availability
(845) 708-7855 for family and friends
Fax #: (845) 708-7858
Website:
www.sunriseseniorliving.com/communities/sunrise-of-new-city/about.aspx

Private for profit
Exec. Director: Elizabeth Connors
Owner: Sunrise Senior Living
BUILDING AND GROUNDS:
Three-story Victorian style home, staircase and elevators

CAPACITY: 76 Suites
RATES: Private pay, stand-alone assisted living offering semi-private, private and couple accommodations

RESIDENT CHARACTERISTICS:
Men/women/couples, seniors who value their independence but may require help with personal care. A pet-friendly community. Memory Care/Reminiscence

RECREATIONAL AND SPECIAL SERVICES:

Professionally organized activity program including: resident clubs, movies, exercise, entertainment and recreational outings; TV rooms; library; bistro open 24 hours; laundry rooms; housekeeping services; hair salon; concierge service. Intergenerational activities through Boy Scouts, Tutor Time child day care and Hebrew schools

PROFESSIONAL SERVICES:
On-site physical, occupational therapy and physician house calls. Personalized care, light to full assistance with all activities of daily living; medication supervision and administration; incontinence management

RELIGIOUS SERVICES:
Catholic and Jewish

TRANSPORTATION SERVICES:
Van for outings and shopping. Near Shop Rite, Stop & Shop, a movie theater, numerous restaurants, public library and a local Veteran's Assistance Office.

RESPIRE CARE:
No
VISITING HOURS: All day, every day

ASSISTED LIVING AT NORTHERN RIVERVIEW
See page 26

BRIGHTVIEW LAKE TAPPAN
BRIGHTVIEW LAKE CONTINUUM OF CARE
See page 19

PROMENADE AT BLUE HILL
See page 23

RESIDENTIAL HEALTH CARE FACILITIES

FRIEDWALD CENTER FOR REHABILITATION & NURSING

475 New Hempstead Road

New City, NY 10956

(845) 678-2000

Fax #: (845) 678-2074

Website: www.friedwaldcenter.com

Private for Profit

Administrator: AJ Josephy

Email: ajosephy@friedwaldcenter.com

Owner: Barry Winet

BUILDING AND GROUNDS:

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

CAPACITY: 180 residents

RATES: Call for current rates

Medicaid/Medicare accepted

RECREATION AND SPECIAL SERVICES:

Adult Day Health Care; Physical, social, cognitive, creative activities, arts & crafts programs, outings, traveling store, beauty shop.

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Spiritual services – All denominations

TRANSPORTATION SERVICES:

Available

RESIDENT CHARACTERISTICS:

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

RESPITE CARE: Available

VISITING HOURS:

Preferred: 8:00 a.m. to 8:00 p.m.

NORTHERN MANOR MULTICARE CENTER

199 North Middletown Road

Nanuet, NY 10954

(845) 623-3904

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

Website: www.northernmanor.com

Private non-profit

Administrator: Henry Heineman

Email: HHeineman@northernmanor.com

BUILDING AND GROUNDS:

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

CAPACITY:

231 residents. 36 private rooms,
90 double rooms, 5 3-bedded rooms

RATES:

Private – \$400 per day

Semi-private – \$380 per day

Vent Unit - \$800 per day

Medicare/Medicaid /HMO's accepted

RECREATION AND SPECIAL SERVICES:

Creative and innovative Unit and Rotunda

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Catholic, Protestant, Jewish

TRANSPORTATION SERVICES:

Medical services; excursions to parks, malls and movies.

RESIDENT CHARACTERISTICS:

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

RESPITE CARE: Available

VISITING HOURS: Unrestricted

NORTHERN METROPOLITAN, INC.

225 Maple Avenue
Monsey, NY 10952
(845) 352-9000
Fax #: (845) 352-3166
Website: www.northernmet.com
Private non-profit
Administrator: Avrom Reifman
Email : areifman@northernmet.com

BUILDING AND GROUNDS:

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

CAPACITY:

120 residents
18 single rooms
51 doubles

RATES:

Call for private and semi-private rates
Medicare/Medicaid accepted

RECREATION AND SPECIAL SERVICES:

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

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Catholic, Jewish, Protestant

TRANSPORTATION SERVICES:

Medical visits; outings

RESIDENT CHARACTERISTICS:

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

RESPIRE CARE:

Not available

VISITING HOURS:

9:00 a.m. – 8:00 p.m.

NORTHERN RIVERVIEW HEALTHCARE CENTER

87 South Route 9W
Haverstraw, NY 10927
(845) 429-5381
Fax #: (845) 429-3001
Website: www.northernriverview.com
Private non-profit
Administrator: Mayer Lipschitz
Email: MLipschitz@northernriverview.com

BUILDING AND GROUNDS:

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

CAPACITY:

180 beds

RATES:

Call for private and semi-private rates
Medicare/Medicaid accepted

RECREATION AND SPECIAL SERVICES:

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

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Jewish, Catholic, Protestant, Baptist

RESIDENT CHARACTERISTICS:

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

RESPIRE CARE:

2 certified beds

SUGGESTED VISITING HOURS:

10:00 a.m. – 8:30 p.m., 7 days a week

NYACK RIDGE (formerly NYACK MANOR NURSING HOME)

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

Fax #: (845) 268-2712

Website: www.nyackridge.com

Private for profit

Administrator: Michael Lefkowitz

Email: mlefkowitz@nyackridge.com

BUILDING AND GROUNDS:

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

CAPACITY:

160 residents; 16 private rooms

56 double rooms; 8 four-bedded rooms

RATES:

Private - \$362 per day; Semi-private or Quad - \$352.44 per day

Medicare/Medicaid/HMOs accepted

RECREATION AND SPECIAL SERVICES:

Activities room; Zumba, yoga, pottery, cooking, bingo, jewelry making; food service;

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

Catholic, Jewish, Baptist, Protestant

TRANSPORTATION SERVICES

Medical visits

RESIDENT CHARACTERISTICS:

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

RESPITE CARE: As available

VISITING HOURS:

10:00 a.m. – 8:00 p.m. (flexible)

PINE VALLEY CENTER FOR REHABILITATION & NURSING THE PAVILION AT PINE VALLEY

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

Fax #: (845) 356-2781

Website: www.pinevalleyrehab.com

Private for Profit

Administrator: Michael Zyskind

Email: mzyskind@pinevalleyrehab.com

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

CAPACITY: 200 residents; 20 single rooms; 75 double rooms; 10 triple rooms

RATES:

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

Medicare/Medicaid accepted

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

RECREATION AND SPECIAL SERVICES:

Activities for bedridden patients; Alzheimer's Unit (Pavilion); arts and crafts; beautician; comprehensive recreation & activities; cognition maintenance and cultural and diversional programs; laundry service; library; long term care; meals available in rooms; Ombudsman Program, ongoing family support

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

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

RELIGIOUS SERVICES:

Weekly for several denominations

RESIDENT CHARACTERISTICS:

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

RESPITE CARE: Available

VISITING HOURS: 10:00 a.m. – 6:00 p.m., recommended

**THE WILLOWS AT RAMAPO REHABILITATION & NURSING CENTER
(Formerly RAMAPO MANOR CENTER FOR REHABILITATION & NURSING)**

30 Cragmere Road
Suffern, NY 10901
(845) 357-1230
Fax #: (845) 369-6515
Website: thewillowsrehab.com
Private for profit

Administrator: Jonathan

BUILDING AND GROUNDS:

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

CAPACITY: 203 residents

RATES:

Private – \$425 to \$495 per day
Semi-private – \$395 to \$460 per day
Medicare/Medicaid/HMOs accepted

RECREATION AND SPECIAL SERVICES:

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

PROFESSIONAL SERVICES:

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

REHABILITATION CENTER:

On-site rehabilitation services. Separate rehabilitation center where patients reside, dine and receive therapies.

RELIGIOUS SERVICES:

Jewish, Catholic, Protestant

RESIDENT CHARACTERISTICS:

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

RESPIRE CARE: As available

VISITING HOURS: open

8:00 a.m. – 8:00 p.m.

TOLSTOY FOUNDATION REHABILITATION & NURSING CENTER

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

Administrator: Dorothy Corbett
Email: dcorbett@tfrnc.org

BUILDING AND GROUNDS:

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

CAPACITY: 96 beds

RATES: \$425 per day

RECREATION AND SPECIAL SERVICES:

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

PROFESSIONAL SERVICES:

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

RELIGIOUS SERVICES:

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

TRANSPORTATION SERVICES:

Transportation arranged for as necessary

RESIDENT CHARACTERISTICS:

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

RESPIRE CARE:

Available in the future.

VISITING HOURS:

8:00 a.m. – 8:00 p.m.

MEMORY CARE

ARTIS SENIOR LIVING OF CHESTNUT RIDGE

801 Chestnut Ridge Road
Chestnut Ridge, NY 10977
(845) 920-8341
Fax: (845) 920-8345
Administrator: Rebecca Lippel
Website:

<https://www.artis seniorliving.com/communities/artis-senior-living-chestnut-ridge>

BUILDING AND GROUNDS:

Stand-alone Memory Care Community

CAPACITY:

64 beds

RATES: Call for rates

SUITE AMENITIES: Spacious Suites; Choose a furnished suite or furnish the suite with familiar items from home for comfort and ease; Suites accommodate a full-size bed, bedside table, dresser, lamp, chair and other items of your choosing; Curtains/Blinds, AC, Hardwood-Style Floors, Wi-Fi; Laundry Service

COMMUNITY AMENITIES: Delicious, healthy meals daily; Creative Arts studio; Innovative, adaptive engagement programming; Organized, personalized activities, enrichment opportunities and special events; Town center and gathering place for Residents and associates; Volunteer opportunities and letter writing programs; walking paths

PERSONAL CARE SERVICES:

Beauty Parlor/Barber Shop; Daily Living Assistance; Enrichment Opportunities; Health and Wellness Center; Licensed Nurse Available 24/7; Medical Appointment Scheduling; Medication Management; Mobility Assistance; Physical, Occupational and Speech Therapy; Respite Care

MEMORY CARE: Our approach to Memory Care and everything we do is built around relationships and positive partnerships

ATRIA NEW CITY SENIOR LIVING

See page 27

BRIGHTVIEW LAKE TAPPAN, WELLSRING VILLAGE

See page 19

PINE VALLEY CENTER FOR REHABILITATION - THE PAVILION AT PINE VALLEY

See page 31

PROMENADE AT BLUE HILL

See page 23

ASSISTED LIVING AT NORTHERN RIVERVIEW

See page 26

NORTHERN MANOR MULTICARE CENTER

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NORTHERN METROPOLITAN

See page 30

SUNRISE OF NEW CITY

See page 28

THE WILLOWS AT RAMAPO REHABILITATION & NURSING CENTER

See page 32

HEALTH CARE PROXY

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

Additional information about this law can be found online at the NY State Department of Health Website: https://www.health.ny.gov/professionals/patients/health_care_proxy/
A sample health care proxy form, which can be printed and filled out, can be found at: <https://www.health.ny.gov/publications/1430.pdf>

VITAL INFORMATION

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

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

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