

THE NEW JEWISH HOME

Sarah Neuman

HEART FAILURE PROGRAM



Located in the charming village of Mamaroneck, as part of the The New Jewish Home health care system, Sarah Neuman is the destination of choice for short-stay rehabilitation and long-term care in Westchester. We offer clinical excellence, highly trained staff, modern amenities—all on one beautiful garden campus. Our short-stay rehabilitation is provided in partnership with the nationally renowned Burke Rehabilitation Hospital.

The New Jewish Home, Sarah Neuman is the only skilled nursing facility in Westchester with a Joint Commission accredited Heart Failure Program. The program aims to help patients with heart failure have the best possible clinical outcomes and quality of life by combining interdisciplinary rehabilitation, cardiac education, and real-time heart health monitoring.

Program features:

- 24/7 care with on-site registered nurses, nurse practitioners, physicians, and medical specialists
- Physical therapy available 6 days a week and tailored to patients' needs and limitations
- Clinical staff with expertise in congestive heart failure
- Medication management, daily physician visits, and wound care
- High nurse-to-patient care ratio and multilingual staff
- Regular visits with the dietitian and fresh and nutritious chef-prepared daily meals
- Robust therapeutic recreation programs

Patient education:

With use of tablets and technology and through counseling and education, we work with patients to help them learn about congestive heart failure so they can better manage their own care through medication management, diet and exercise.

We counsel patients on:

- Identifying the signs and symptoms to seek medical attention
- Understanding their medication plan
- Adopting heart-healthy eating tips and meal-planning advice
- Making exercise a part of their daily routine
- Learning to manage stress and depression
- Understanding the importance of routine tests and follow-up appointments with cardiologists

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