

# 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 top-ranked care, highly trained staff, modern amenities and lush gardens, all on one campus. Our short-stay rehabilitation therapy services are provided in partnership with nationally renowned Burke Rehabilitation Hospital.

Our **Heart Failure Program** is the only Joint Commission accredited heart failure program in Westchester. The program aims to help patients with heart failure have the best possible clinical outcomes and quality of life and it combines interdisciplinary rehabilitation, cardiac education, and real-time heart health monitoring. Each patient has a Transition Care Manager, a specially trained licensed social worker, who serves as the single point of contact with the entire care team.

## Program features:

- 24/7 care with on-site registered nurses, nurse practitioners, physicians, and medical specialists
- Physical therapy available 7 days a week and tailored to patient's needs and limitations
- Clinical staff with expertise in congestive heart failure
- Comprehensive discharge plan with our post-acute team and The New Jewish Home's Home Care agency
- 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

Through counseling and education, we help patients understand their condition and how to manage it and improve their quality of life.

## 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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