



Welcome

Daughters of Sarah Community for Seniors

Nestled within the historic Albany Pine Bush Preserve, our charming senior living campus is here for you. Daughters of Sarah Community for Seniors is a non-profit, faith-based senior living community conveniently located in New York’s Capital Region. For more than 75 years, we have provided exceptional, person-centered care for society’s most vulnerable- our aging population. Today, we continue that commitment within our Nursing & Rehabilitation Center and our assisted living facility, The Massry Residence.

Nursing & Rehabilitation Center

We are proud to offer the following high-quality, specialized senior care options: a **Long-Term Skilled Nursing** facility open to those looking to make Daughters of Sarah their home; a separate, dedicated **Short-Term Rehabilitation** Unit for patients needing physical and other rehabilitation in order to safely go back home; and the **Golub Family Memory Enhancement Unit** specifically designed to care for those living with Alzheimer’s and other forms of dementia.

At Daughters of Sarah Community for Seniors **you** are the center of our community. **Your** needs are met. **Your** health, safety, and well-being are our priority. **You matter!**

Why We Stand Out!

- All **private rooms** with **private bathrooms**
- Staffed with- Medical Director, Staff Physicians & Nurse Practitioners
- Highly trained, professional care staff 24/7
- Individualized Counseling, Social Work, and Discharge Planning Services
- On-site **Rehabilitation Services:** Physical, Occupational, and Speech Therapies
- On-premise **Medical Services:** Dentist, Optometrist, Podiatrist, Psychologist, Psychiatrist, Dermatologist, Pharmacy, Lab and Mobile Medical Imaging



Long-Term Skilled Nursing Care

We recognize it is an emotional, deeply personal, and life-changing decision to select **Long-Term** care for you and/or your loved one. Have peace of mind, knowing that our Nursing & Rehabilitation Center has the staff and resources that will keep you and/or your loved one safe, cared for, and surrounded with dignity and respect.

Long-Term Care Highlights:

Skilled Nursing – Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and Certified Nursing Assistants (CNAs) provide compassionate care 24-hours a day.

Restorative Nursing – Specialized programs, provided by CNAs, that assist residents in maintaining their physical abilities and improve quality of life.

Palliative Care – Offer physical, emotional, spiritual, and social support for residents, their family members, and caregivers as they prepare for the challenges and difficulties that come with the end-of-life.

Medical Services – Team of medical professionals specializing in geriatric medicine provides oversight of resident care.

Social Services – Onsite social services team provides residents and their families counseling services and emotional support.

Recreation Therapy – Offer a variety of programs and activities that are physically, mentally and socially engaging based on need, abilities, and interests.

Memory Enhancement Care

Daughters of Sarah Nursing & Rehabilitation staff provide the very best in **Memory Enhancement Care**. We are proud to have specially trained care providers offering integrated, structured programs for people with memory loss or impairment. This includes those who have early stage dementia including Alzheimer's Disease or memory loss from stroke, illness or injury. Thus, giving our residents unparalleled, outstanding senior care.



The Golub Family Memory Enhancement Unit, within our Nursing & Rehabilitation Center, offers a warm, welcoming, respectful, and enriching environment. With 36 large, private rooms, our Memory Care Unit affords a wide variety of activities and entertainment within a calming, familiar, and safe setting. Our staff is here to help support residents living with significant memory disorders. We provide excellent memory care with a collaborative medical team approach by establishing a regular/familiar routine, while giving residents the patience and understanding that help to ease their feelings of anxiety.

MISSION

It is our mission to enhance the quality of life, assure the safety and dignity, and foster the independence of those we serve through residential, personal care, health, and other services consistent with Jewish values and traditions.

Short-Term Rehabilitation Care

Short-Term Rehabilitation, at Daughters of Sarah Community for Seniors, is here for anyone! If you're looking for a state-of-the-art facility to recover, recuperate, or rebound after a surgery or major medical event; we offer a comprehensive range of options. This separate, dedicated unit offers private rooms and features a flat screen TV and Wi-Fi in each room for your convenience.

Our Physical, Occupational, and Speech Therapists are committed to providing extensive evaluations and individualized treatment programs to meet each person's needs with outstanding results and excellent quality of care. Those under our care, are empowered to meet and exceed goals in order to maximize their safety and independence. The frequency and intensity of therapy sessions are based upon how an individual responds to treatment. Typically, rehabilitation residents receive therapy six days per week (Monday-Saturday) with sessions lasting between one and three hours per day.

Physical & Occupational Therapy

- Gait and transfer training
- Splinting/Orthotics and contracture management
- Functional practice apartment for kitchen mobility/cooking
- Activity of daily living training with adaptive equipment
- Stair training- including ramps, various sized steps & outdoor ambulation on uneven surfaces
- Therapeutic exercises, including aerobic & progressive/resistive strengthening

Additional Senior Community Amenities:

Sarah's Corner Gift Shop

Religious/Chaplaincy Services

Outdoor Courtyards and Gardens

Kosher Café (open for breakfast, lunch & dinner)

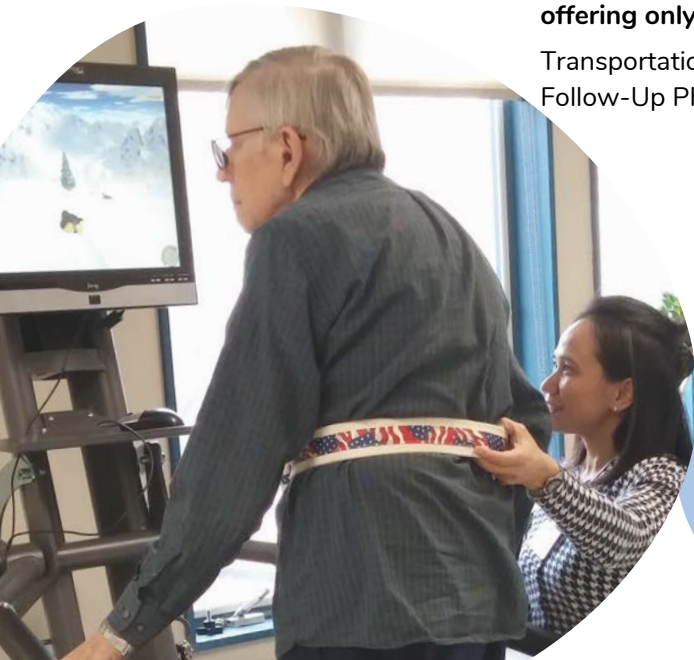
Beauty/Barber Shoppe

Smoke-Free Building & Grounds

Pet Visits Welcome (must have current vaccination record)

In-suite "Catering-to-You" Restaurant-Style Dining (**short-term offering only**)

Transportation Arranged for Follow-Up Physician Appointments



Speech & Language Therapy

- Swallowing disorders management/oral motor strengthening
- Cognitive rehabilitation therapy
- Speech and language/communication skills

Extra Perks!

Modalities (ultrasound, electric stimulation) to address pain

Dementia management

Fall prevention/balance training

Seating and positioning, wheelchair mobility training

Enjoyable, encouraging environment with industry modern equipment (bikes, treadmill, etc.)

Home safety assessments for short-term residents

Development of personalized home exercise and maintenance program

Family/Caregiver training (including car transfers and stairs)

Visit Us On Line!
daughtersofsarah.org

