



Rusk Institute Rehabilitation Network

where the best matters

With the recent expansion of the Rusk Institute Rehabilitation Network, the world renowned Rusk Institute is proud to offer a continuum of services including acute, subacute and outpatient rehabilitation. The Rusk Institute has a long tradition of delivering superior care through each phase of recovery with a comprehensive multidisciplinary team approach. Subacute rehabilitation at the seven affiliated skilled nursing facilities extends the excellence and continuity of care associated with the Rusk Institute's acute inpatient and outpatient programs at the NYU Medical Center Campus and at NYU Hospital for Joint Diseases.

**1-877-RUSKNET
(1-877-787-5638)
www.RuskInstitute.org**

**Rusk Institute Rehabilitation Network
Office of Continuing Care
One Park Avenue, 11th Floor
New York, New York 10016
Fax: (212) 404-3798**

ACUTE REHABILITATION

Rusk Institute at 34th St.
Rusk Institute at 17th St.

OUTPATIENT REHABILITATION

Rusk Institute at 17th Street
Rusk Institute at 34th Street
Sports Therapy and Rehabilitation Center

SUBACUTE REHABILITATION

Cabrini Center for Nursing and Rehabilitation

Margaret Tietz Nursing and Rehabilitation
Center

Metropolitan Jewish Geriatric Center

Morningside House

Shorefront Jewish Geriatric Center

St. Cabrini Nursing Home

Village Nursing Home



Rusk Institute Rehabilitation Network

where the best matters

CONTACT INFORMATION

RUSKNET
(1-877-787-5638)
(212) 404-3798 Fax
www.RuskInstitute.org

Acute Rehabilitation
Rusk Institute at 34th Street
400 East 34th Street
New York, NY 10016
(212) 263-6034 phone
(212) 263-8510 fax

Rusk Institute at 17th Street
(NYU Hospital for Joint Diseases)
301 East 17th Street
New York, NY 10003
(212) 598-6750 phone
(212) 598-6457 fax

Outpatient Rehabilitation
Rusk Institute at 34th Street
400 East 34th Street
New York, NY 10016
(212) 263-6033 phone
(212) 263-0113 fax

Rusk Institute at 17th Street
(NYU Hospital for Joint Diseases)
301 East 17th Street
New York, NY 10003
(212) 598-6248 phone
(212) 598-6473 fax

Sports Therapy and Rehabilitation Center
614 Second Avenue
New York, NY 10016
(212) 684-3206 phone
(212) 684-3367 fax

Network Staff :
James G. Karkenny 212.404.3768
Lydia Englis 212.404.3992
Susan Finkelstein 212.404.4108
Adrienne Goldberg 212.404.3797
Dina Pagnotta 212.404.3793
Joan Sommer 212.404.3796
Ann Thaler-Shore 212.404.3792

Subacute Rehabilitation

Bronx
Morningside House
1000 Pelham Parkway South
Bronx, NY 10461
(718) 409-8244 phone (718) 409-8281 fax
www.aginginamerica.org

Brooklyn
Metropolitan Jewish Geriatric Center
4915 Tenth Avenue
Brooklyn, NY 11219
(718) 851-5960 phone (718) 853-7024 fax
www.mjhs.org

Shorefront Jewish Geriatric Center
3015 West 29th Street
Brooklyn, NY 11224
(718) 851-5960 phone (718) 853-7024 fax
www.mjhs.org

Manhattan
Cabrini Center for Nursing and Rehabilitation
542 East 5th Street
New York, NY 10009
(212) 358-6242 phone (212) 358-6249 fax
www.cabrini-eldercare.org

Village Nursing Home
607 Hudson Street
New York, NY 10014
(212) 337-9411 phone (212) 229-0146 fax
www.vcnny.org

Queens
Margaret Tietz Nursing & Rehabilitation Center
164-11 Chapin Parkway
Jamaica, NY 11432
(718) 298-7829 phone (718) 298-8807 fax
www.mtcnc.org

Westchester
St. Cabrini Nursing Home
115 Broadway
Dobbs Ferry, NY 10522
(914) 693-6800 ext. 527 phone (914) 693-5086 fax
www.cabrini-eldercare.org



Rusk Institute

Acute Rehabilitation

Rusk Institute is the largest university affiliated center devoted entirely to inpatient/outpatient care, research and training in rehabilitative medicine. The primary goal is to move patients into a successful level of productivity, independence and quality of life. Through the interdisciplinary team, comprised of dedicated professionals, we provide the right treatment plan for each patient.

Services include:

- Aquatic therapy (34th St.)
- Cardiac rehabilitation (34th St.)
- Community re-entry
- Family education
- (Neuro) Psychological treatment

Accreditation:

- Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- Commission on the Accreditation of Rehabilitation Facilities (CARF)

RUSK AT 34TH STREET

Founded in 1948, Rusk Institute of Rehabilitation Medicine at NYU Medical Center was the world's first university affiliated facility devoted entirely to rehabilitation medicine. Today, it remains internationally renowned as one of the largest academic centers for rehabilitation services, responsible for many innovations and advances that have established the standard of care.

AREAS OF EXPERTISE:

- Stroke and Neurological disorders
- Medically complex conditions
- Orthopedics/Musculoskeletal disorders
- Pediatrics
- Cardiac/Pulmonary Rehabilitation
- General Rehabilitation

RUSK AT 17TH STREET

NYU Hospital for Joint Diseases

Rusk at 17th Street is located within NYU Hospital for Joint Diseases-Orthopaedic Institute. This site specializes in orthopaedics, rheumatology, and treatment of neurological conditions such as Multiple Sclerosis (MS) and Brain Injury. Physiatrists work closely with rehabilitation nurses, (neuro) psychologists and therapists to provide an effective plan of care.

SPECIALTY PROGRAMS:

- MS inpatient program
- Brain Injury program (traumatic and other neurological injuries)
- Orthopedics/Musculoskeletal disorders
- Horticultural therapy (34th St.)
- Occupational and Physical therapy
- Therapeutic Recreation
- Social Work
- Speech-Language Pathology



Each year, hundreds of patients return to the familiarity of home thanks to the skilled, compassionate Short Term Rehabilitation Teams of Cabrini Center for Nursing and Rehabilitation, New York City and St. Cabrini Nursing Home, Westchester County. Person Centered Care, promoting a home-like environment, individualized care, and teamwork, is at the heart of this success.

FEATURES – NYC AND WESTCHESTER

- Custom care plans developed by multi-disciplinary teams with patients/families
- Board-certified internists and geriatricians
- Full subspecialty medical consultants
- Physical, Occupational therapies
- Speech-Language Pathology services including Speech and Swallow therapies
- Customized, dietician-supervised diets
- Psychologist/Social Worker support
- Orthopedic and Physiatry clinics
- Orthotic and prosthetic services
- Dedicated rehabilitation unit
- Bedside phones and TV
- Education for return home
- Pastoral care, daily Mass, other faith services
- Cabrini home health care and adult day health programs

SUPPLEMENTAL FEATURES

New York City:

- Certified palliative care specialist
- Chinese menu option
- Multilingual Rehabilitation staff

Cabrini of Westchester:

- Certified wound care specialist
- Certified swallowing specialist



Rusk Institute
Rehabilitation Network



The Margaret Tietz Nursing and Rehabilitation Center (MTC) established in 1971 is located in Jamaica Hills, Queens. A progressive, innovative and teaching Residential Health Care facility, MTC has always been on the cutting edge of program development as it pertains to quality care in meeting the diverse needs of the community.

TEAM APPROACH

Our multidisciplinary team works in tandem with the patients and their caregivers to develop an individualized plan of care. The plan is implemented upon admission to promote independence and to assist in successful reintegration into the community.

- Board Certified Physicians and Physiatrist
- Doctor of Holistic and Chinese Medicine
- Physical and Occupational Therapists
- Speech-Language Pathologists
- Social Workers and Case Manager
- Therapeutic Recreation Therapist
- Yoga & Tai Chi
- Pet Therapy

AMENITIES

- Discrete, state of the art unit
- Primarily private rooms
- TV, VCR and Cable access
- Telephones with unlimited local calling
- Remote control lighting and draperies
- In room safe to store valuables
- Common area with plasma TV, computer terminal with internet access overlooking the garden
- Spacious Physical and Occupational therapy departments
- Equipment includes: Paraffin Baths, PROGYM, Aerobicizer, Ultrasound

Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accredited





METROPOLITAN JEWISH GERIATRIC CENTER

MJGC, a JCAHO-accredited facility, provides subacute rehabilitation within a supportive, patient-centered environment. The interdisciplinary team works with patients/families to develop individualized treatment plans facilitating goal attainment. Our superior subacute program is focused on a seamless transition from MJGC to home. MJGC physicians are on-site 24/7, directing the team to assure the optimum level of care. An academic affiliation with Mount Sinai School of Medicine enables our physicians and clinical staff to remain current with the latest innovations in medicine and in therapeutic techniques. Clinical areas of expertise include: orthopedics, cardiovascular and pulmonary diseases, amputation, neurology, swallowing and communication disorders. Telemetry monitoring is provided for cardiac patients in the rehabilitation gym.

Amenities include:

- Canteen Aviary
- Cozy Café
- Casino
- Adopt-a-Grandparent Program

SHOREFRONT JEWISH GERIATRIC CENTER

SJGC, a JCAHO-accredited facility, offers subacute care on a discrete rehabilitation unit. With beautiful shorefront views and large treatment areas, Shorefront provides a warm environment conducive to the rehabilitation mindset. Directed by a highly trained team of board-certified/eligible physicians, the clinical staff at Shorefront designs unique programs for patients with orthopedic, neurological and medically complex conditions, among other diseases and disabilities, enabling patients to return to the community.

Programs include:

- Pet therapy (with rooming-in)
- Dementia programs, e.g. Sundowning
- Specialty programs, e.g. Intergenerational, Russian
- Spa Day by the Sea

MJGC AND SJGC OFFER THE FOLLOWING:

- Distinct rehabilitation unit
- Spacious rehabilitation gym
- On-site physician coverage 24/7
- Physical and Occupational Therapists with specialty training
- Speech-Language Pathology services including Speech and Swallow therapies available 5 days/week
- Large Therapeutic Recreation department with specific programs for subacute patients
- Dance therapy
- Cable TV, telephones, internet access
- On-site chapel
- Full service hair salon



Rusk Institute
Rehabilitation Network



With a proud history dating back to 1852, Aging in America and its five subsidiaries cares for those in need. Residential and community services are provided through an interdisciplinary team ensuring that each person lives life comfortably at their highest level of physical, psychological, social and spiritual ability. Morningside House is a 386 bed teaching nursing home specializing in short- term rehabilitation and subacute post hospital care. Our goal is to maximize our skilled professional services, fostering a short stay with a quick return home.

- Physical and Occupational therapies
- Speech-Language Pathology services including Speech and Swallow therapies
- Therapies available seven days a week up to twice daily
- Modern, spacious fully equipped rehabilitation gym
- Specialized pain management program
- Wound care program
- IV therapies
- Palliative care
- Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accredited
- Visiting 24 hours a day
- Local transportation for visitors of short-term rehabilitation residents
- Satellite TV and telephone in each room
- Internet access with web cam
- In-network contracts with most Managed Care companies
- Home care services
- Social and Medical Adult Day Care
- Community Case Management





Short-Term Rehabilitation at Village Nursing Home occurs on a discrete unit, spanning two floors of the facility. The program is designed to help individuals achieve the greatest level of recovery possible following a traumatic event. Treatment is individualized to meet the unique needs of those who have suffered a disabling illness or condition. The patient population includes those with fracture, stroke, amputation, arthritis, spinal injury, deconditioning or other neurological, orthopedic or cardiac conditions. Short-Term Rehabilitation services at Village enable patients to return home as active members of their community.

CARE FEATURES:

- Physical Medicine and Orthopedics
- Medical Director on site five days per week
- Attending physicians on site seven days per week
- Specialization in treatment of orthopedic, neurological and cardio-pulmonary diagnoses
- Full complement of professional rehabilitation staff
 - Nursing
 - Physical and Occupational Therapists
 - Speech-Language Pathologists
 - Audiologist
- Intensive rehabilitation services six days per week
- Full Therapeutic Recreation schedule
- Wound care specialist
- Full time unit based Nurse Practitioner
- Renovated rehabilitation floor
- Bedside TV and phone
- Comprehensive discharge plan including a pre-discharge home safety evaluation and home care referrals as needed

