

TOLSTOY FOUNDATION REHABILITATION & NURSING CENTER

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ABOUT THE HOME

Founded in 1970 by Alexandra Tolstoy, daughter of the famous author and humanitarian Leo Tolstoy, Tolstoy Foundation Rehabilitation & Nursing Center was established to provide care to elderly people of diverse cultures and backgrounds. Even today, over forty years after opening its doors, skilled nursing care is provided by a multi-lingual staff, experienced and proven in their abilities and, most of all, in their **dedication to excellence.**

The Home is conveniently located an approximate 40-minute drive from midtown Manhattan, Bergen and Fairfield Counties. The natural landscape affords Residents of the 96-bed facility rather unique safety features. Although a two-story building, both floors are ground floors; each nestled into the soft rolling hillside of what was once a 75-acre working farm. Resident rooms have large windows looking out on the picturesque country setting with the Ramapo Mountains as its distant backdrop.

Short-term and long-term bilingual, services offered include:

Alzheimer's/Dementia Programs
IV Therapy
Rehabilitative Nursing
Physician & MD Specialist Services
Social Services
Diverse Activity Programs

The Old World environment of loving care with special touches includes:

Home-style ethnic and American cuisine
Russian Orthodox and Catholic on-premise services

OUR PHILOSOPHY

In every aspect of being, the Home views the resident as an entire person; with individual strengths and impairments; one who – *like each of us* – has physical, cultural, emotional, spiritual and social needs as well as potentials. By striving for excellence and through continuous improvement, we make every effort to maintain and nurture a home-like, caring, safe and clean environment, providing individualized services which respect each Resident's right to self determination.

SERVICES PROVIDED

Based on the assessed needs of the resident and through ongoing quality assurance monitoring and staff education, the Tolstoy Foundation Rehabilitation & Nursing Center provides the following array of services through its **interdisciplinary team approach:**

Specialized Rehabilitation Therapies:

Physical, Occupational and Speech therapies are provided to Residents who, upon assessment, are identified as candidates for restoration of function or improvement in functional capabilities through adaptive skills training.

Medical and Nursing Care:

With oversight provided by the Gerontologist-Medical Director, the Nursing Department of TFRNC, managed by Registered Nurses on all three shifts, provides comprehensive skilled nursing services on a 24-hour basis. Health care from the overall clinical team includes physical examinations, and as appropriate: diagnostic tests, intravenous therapy, administration of medications and treatments, dental care and referrals to outside specialists; the Medical Director is affiliated with Nyack Hospital.

Social Services:

The Social Services staff provides psychosocial and emotional support and assistance to residents and their families. Members of this department are knowledgeable of community resources and assist families through the seemingly insurmountable labyrinth of systems and paperwork needed for admission of a loved one. The Social Services Director also serves as the link between the resident's health care team and the family.

Dietary and Nutritional Services:

The Registered Dietician conducts nutritional assessments, participates in the Interdisciplinary Team process and ensures that meals are nutritious, tasty, consistent with physician orders, and reflective of resident preferences. The Dietician monitors nutritional status on an ongoing basis to ensure that dietary needs are continuously met.

Recreational/Activities Therapy and Programming:

Structured activity programs are an important part of residency at TFRNC; they are designed to promote avenues for self-expression, creativity, and socialization while providing meaningful, dignified, enjoyment. Included in the Activity Calendar are: bible study, religious services, music appreciation, current events, pet therapy, movement and exercise programs, creative cuisine, bingo, and arts and crafts. Additionally, throughout the course of the year, there are many special events such as choral and piano concerts, weekly barbecues, and monthly names' day/birthday celebrations. On holy days such as Easter and Christmas, families are invited to join their loved ones at the festive, Old World celebrations which are so much a part of residents' lives and which create a special sense of love, friendship, and community.

Alzheimer's/Dementia Programs:

A specialized, therapeutic program, "**The Sunshine Club**", is in place. This unique program is designed to specifically meet the challenging social and sensory needs of residents with Alzheimer's Disease or related disorders who often cannot independently seek out sources and means for meeting their social and sensory needs. Through a number of grants in conjunction with the Ringle Institute of Gerontology, University of NY at Albany, many Certified Nurses' Assistants and other staff of TFRNC have been afforded special Alzheimer's/dementia training.