

STARS

SHORT-TERM AND REHABILITATION SERVICES
A JEWISH HOME CENTER OF EXCELLENCE

WE SPECIALIZE

Our short-term rehabilitation unit benefits patients who require temporary skilled oversight following their stay in an acute hospital. We offer comprehensive medical and rehabilitation services – including management by physicians, nursing and therapeutic staff – in an intimate setting housed on the campus of our nationally recognized, state-of-the-art facility. Admission is not limited by religious or cultural affiliation.



STARS UNIT MANAGER AND RN FLORENCE HUFANA (RIGHT) TAKES MARY NEUMANN'S VITALS, BUT ALSO TAKES TIME TO FIND OUT HOW SHE IS FARING ON THE PERSONAL FRONT.

WE OFFER

- Mostly private accommodation, with private bath and shower, in a welcoming, comfortable environment. Some semi-private rooms (a maximum of two persons).
- Transitional care services and medication reconciliation to ensure proper clinical management between various levels of care. All STARS nursing staff are RNs.
- Services for medically complex patients with multiple comorbidities.
- In-house physicians and nurse practitioners specializing in older adult care, as well as:
 - Palliative care specialist
 - Physician's assistant
 - Wound care specialist
 - Interdisciplinary team, including case management
 - Audiology, ophthalmology, dentistry, cardiology, podiatry specialty services available at on-site clinics
- Licensed clinical social workers to attend to psychosocial needs and discharge planning.
- Highly experienced physical, occupational and speech therapists and physiatrist skilled in working with older adults.
- Rehabilitation program includes the latest equipment to facilitate patient care:
 - Un-weighted treadmill system
 - HUR pneumatic resistive equipment
 - Keiser pneumatic strengthening system
 - NuStep exercise equipment
 - Fitness training center
- Accelerated Care Plus modality program utilizing advanced rehabilitation therapeutic modalities for patient treatment:
 - Diathermy
 - Electrical stimulation
 - Ultrasound
 - Omnicycle
- STARS discharge planner.
- On-site licensed pharmacy and pharmacists to manage medication administration.
- Access to social and therapeutic services.
- Integrative medicine, such as Healing Touch and acupuncture.

ADMISSION CRITERIA

- Be insured through traditional Medicare.
- Have a three-day qualifying stay in an acute hospital.
- Require daily skilled nursing services or oversight from a licensed nurse or therapist.
- Be able to participate in treatment and make measurable progress during the course of care.
- Have a solid discharge plan and arrangements for post-treatment care.

For more information, or if you would like to refer a patient to our services, please contact the Admissions department
PHONE: 415.469.2286 FAX: 415.651.9871

Nursing Home Compare Five Star Quality Rating

Reprinted from *Jewish Senior Living* 2010/2011 magazine.

STARS IS HEAVEN-SENT

**“NO ONE WANTS TO WORRY THEIR CHILDREN,”
SAYS MARY NEUMANN.**

That is one reason Mary was so comfortable recovering from hip replacement surgery at the Jewish Home’s short-term and rehabilitation services unit, STARS.

“My daughter thinks it’s wonderful and so does my son,” Mary asserts. “They know I’m getting excellent care, which definitely gives them peace of mind. And it gives me peace of mind knowing they’re not worrying about me.”

STARS was established to provide care for seniors who need specialized medical services to recover from surgery or an acute illness, with the goal of returning to the community. Stays may range from one to eight weeks. Short-term patients enjoy the same high quality of interdisciplinary care and services available to residents of the Jewish Home.

Mary has suffered from a number of physical problems since she was diagnosed with severe rheumatoid arthritis in 1965, when she was just 31 years old. The debilitating condition kept her from being able to work or live a normal life. In the past decade, her mobility became even more compromised. “My daughter, Wendy, put her career completely on hold to care for me so that I could live something resembling an independent life,” Mary says. Recently, knee replacement surgery, two fractured hips, and side effects from years of medication, among other concerns, made her less able to get around.

When Mary entered the Home’s STARS unit to recover from an infection following her hip replacement surgery, life began to look far more positive for her. “If you have to be in a nursing facility, this is the one to be at,” she says. “It’s so clean and they take such good care of you. Everyone is so nice. I can’t say enough positive things about it.”

Once she recovered from the infection, Mary was scheduled for another surgery, and was hopeful she could return to the STARS unit for rehabilitation. “I was so glad I found the Jewish Home to begin with, and knowing that I would be able to return to its STARS unit after this surgery was reassuring,” she reports.

Mary keeps busy at the Jewish Home. Besides daily physical therapy, she is involved in fitness and meditation classes and is learning computer skills. She is also exercising her artistic abilities at the Home’s creative arts center.

Mary’s goal is to live in a safe, comfortable environment where her dignity is preserved. She is convinced that being cared for in the Home’s STARS unit will help her recover so that she can achieve this objective.

She is sold on the Jewish Home. “I want people to know what a great place this is.” ■



PHYSICAL THERAPIST TYE WARNER SUGGESTS A GOAL FOR MARY NEUMANN AS SHE WORKS ON HER RECOVERY FROM HIP REPLACEMENT SURGERY.