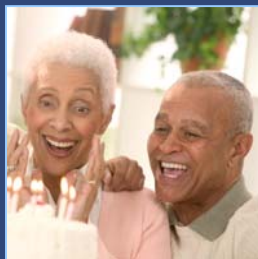
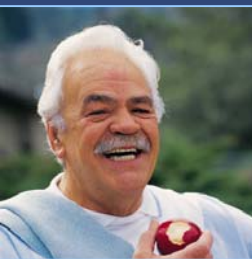


# Services for Older Adults



**Lutheran  
HealthCare**<sup>SM</sup>

150 55<sup>th</sup> Street,  
Brooklyn, NY 11220  
718-630-7000

[www.LutheranMedicalCenter.com](http://www.LutheranMedicalCenter.com)

Many of our neighbors are older adults and creating the right programs to meet their needs has been a critical focus for Lutheran HealthCare. To help support our neighbors throughout all stages of their life, we have developed a full array of services for older adults that includes wellness activities and health education; housing and supportive services; access to medical and rehabilitative care; social adult day programs; providing meals to those who need them; and long-term care. These services are a part of Lutheran HealthCare's commitment to helping community members stay healthy and active as they age.

## Older Adult Programs & Senior Housing

### **Services for Older Adults**

Telephone: 718-630-7588



Service Coordination helps seniors in our housing sites continue living independently. The Service Coordinators provide information and referral, advocacy services, and assistance working with building management around issues that may affect a tenant's ability to age in place.

Adult Day Program - Seniors in Touch provides arts-based activities to frail and socially isolated seniors, promoting independence and socialization. Lunch and transportation are provided.

Transportation Services - Bay Ridge on the Move is a fixed-route transportation service providing seniors with easier access to neighborhood shopping, medical appointments, visits with family and friends.

Wellness Services - Health Accent is a membership program providing adults 55 and older with activities to help them remain healthy and active. Services include a walking group, a swimming group, educational and recreational trips, health and wellness presentations and a quarterly newsletter.

Care Giver Support Services - Weekly support groups and educational workshops are offered for individuals caring for older adults in the community.

Shore Ridge NNORC - A “NNORC” is a Neighborhood Naturally Occurring Retirement Community. Lutheran Family Health Centers is a partner in the NNORC project. The target community for the NNORC is bounded by Bay Ridge Parkway, Ridge Avenue, 88<sup>th</sup> Street, and Shore Road. The overall purpose of the Shore Ridge NNORC is to enable the seniors living in the target community to successfully age in place. The project provides seniors with services including counseling, case management, shopping assistance, friendly visiting, transportation, and health promotion.

Sunset Park Senior Citizens Center provides services at Marien-Heim Housing, Harbor Hill Housing and Windsor Terrace. The Senior Center provides group meals five days a week, home-delivered meals six days a week, case management services, educational and recreational activities, ESL classes, and health workshops and screenings.

## Housing for Older Adults

Telephone: 718-745-4730



Government-subsidized apartments are available for residents 62 years of age and older. Tenants pay 30% of their adjusted income for rent. Supportive services include service coordination, transportation, and recreational and educational activities.

Housing sites include:

- Shore Hill – 9000 Shore Road
- Harbor Hill – 5613 2<sup>nd</sup> Avenue
- Sunset Gardens – under construction in Sunset Park

## Health Services

### Lutheran Family Health Centers

Telephone: 718-630-7208

Lutheran Family Health Centers provide high-quality health care services, including internal medicine, women’s health, specialty, and dental services throughout southwest Brooklyn. Our community health centers are conveniently located in Sunset Park, Bay Ridge, Park Slope, and Flatbush.

- Sunset Park Family Health Center  
150 55<sup>th</sup> Street 718-630-7942
- Bay Ridge Family Health Center  
9711 3<sup>rd</sup> Avenue 718-759-9126
- Brooklyn-Chinese Family Health Center  
812 54<sup>th</sup> Street 718-686-2680
- Caribbean-American Family Health Center  
3414 Church Avenue 718-940-9425
- Family Physician Family Health Center  
5616 6<sup>th</sup> Avenue 718-439-5440
- Park Ridge Family Health Center  
6317 4<sup>th</sup> Avenue 718-907-8100
- Park Slope Family Health Center  
220 13<sup>th</sup> Street 718-832-5980
- Shore Road Family Health Center  
9000 Shore Road 718-630-8878
- Sunset Terrace Family Health Center  
514 49<sup>th</sup> Street 718-854-1851

## **Mental Health Services**

Telephone: 718-854-1851

Lutheran HealthCare offers inpatient and outpatient mental health and substance-abuse services. Services that focus on the unique needs of older adults include depression screening and treatment; group therapy dealing with issues of grief and loss; testing and treatment of medically-related mental health issues. The Geriatric Psychiatric Outpatient Service offers psychiatric examinations and treatment to older adults in a private office setting. The program specializes in screening and testing for memory disorders and dementia. We also offer a special track for seniors in our Psychosocial Club, providing structured services from 9 a.m. to 2 p.m., including breakfast and lunch.

## **Rehabilitation Services**

Telephone: 718-630-7425



Rehabilitation Services are offered in our inpatient Rehabilitation Unit and through outpatient care at three locations in the community: Shore Road Sports Therapy and Rehabilitation (718-921-2945), Third Avenue Physical Therapy (718-759-9160), and Lutheran Medical Center Outpatient Rehabilitation (718-630-7425).

Outpatient services include physical therapy, occupational therapy, speech therapy, and hearing testing. A referral

from a doctor is required to use these services. Rehabilitation Services organizes monthly health and wellness presentations at the senior centers. Physical and occupational therapists facilitate participatory educational sessions on topics such as memory loss, arthritis, and fall prevention. For a low monthly fee, seniors and other community members can use the Shore Road physical fitness equipment independently or with the help of staff.

## **The Center for Child Development**

Telephone: 718-439-5600

Don't be confused by the name. Older adults are also seen at Center for Child Development (CCD). CCD's hearing services are available to people of all ages. Have your hearing tested, or have the effectiveness of your hearing aid evaluated by professionals.

## **Diabetes Self-Management Education Program**

Telephone: 718-630-6885

Lutheran HealthCare works to help community members control their diabetes and stay healthy. The Diabetes Self-Management Education Program offers nutrition counseling, instruction for using the blood sugar meter, and case management. The program also offers a series of classes and support groups in diabetes management.



## **The Stroke Center**

Telephone: 718-630-7316

Lutheran HealthCare's Stroke Center, offers stroke treatment, including assessment, intervention and

comprehensive rehabilitation. The stroke team is committed to helping patients deal with the effects of stroke such as depression, pain and paralysis. By offering the newest therapies, Lutheran helps patients regain lost mobility and function, even those who had strokes many years ago.

### **Medication Assistance Program**

Telephone: 718-630-6998

The Medication Assistance Program helps uninsured patients receive free or low-cost prescription medication. Staff also helps Medicare recipients navigate the new changes in the Medicare prescription program, Medicare Part D.

### **Podiatry**

Telephone: 718-630-7942

Skilled podiatrists provide the best treatment available for conditions such as foot pain, heel spurs and bunions. Our podiatrists specialize in diabetic wound care as well as treating patients with traumatic foot injuries. We also offer state-of-the-art Extracorporeal Shock Wave therapy (ESWT), a non-invasive technique to treat foot pain.

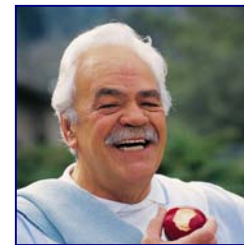
### **Extended Care Residential Services**

#### **Lutheran Augustana Center for Extended Care and Rehabilitation**

Telephone: 718-630-6000

Lutheran Augustana Center is a 240-bed skilled nursing facility located across the street from

Lutheran Medical Center. Augustana provides services including but not limited to: sub-acute and long-term care; restorative and maintenance rehabilitation; and end-of-life and hospice care. Nursing care is complemented by professional services in physical, occupational and speech therapy; social services; nutritional care; therapeutic recreation and pastoral care. Augustana is recognized for its intensive short-term restorative rehabilitation for post-hospital treatment of people disabled by complex orthopedic, neurological and other acute or chronic medical conditions.



Augustana also offers a long term home health care program: “Nursing Home Without Walls”, to help provide home-based care and services for patients who would normally be placed in a nursing home, including the frail elderly, chronically ill, or disabled. The program offers services including but not limited to: skilled nursing, physical, occupational, and speech therapy, personal care, medical supplies and equipment, emergency response, respiratory therapy, social work, housekeeping and case management.

#### **Calvary Hospital at Lutheran Medical Center**

Telephone: 718-518-2100

Lutheran Medical Center hosts Calvary’s Brooklyn Hospice program. Calvary provides end-of-life care for adult advanced cancer patients. Programs include: inpatient and outpatient care, pain management, and home care, as well as grief and support programs for families and friends.

## Community Care Organization, Inc.

Telephone 718-630-7274



The Community Care Organization (CCO) is a licensed home care program offering services to the frail elderly, ill, handicapped, or people recovering from illness. CCO provides Home Health Aides and Personal Care Aides for companionship, safety supervision, personal care, and light housekeeping

services. Services include, but are not limited to, assisting with transportation to medical appointments, shopping and meal preparation. CCO aides are supervised by a registered nurse who conducts in-home assessments and works with the patient's personal doctor to provide health information. The nurse also provides home visits, and refers patients to special services, as needed.

## About Lutheran Medical Center



A Level I Trauma Center and Stroke Center, Lutheran Medical Center (LMC) has cared for Brooklyn communities since 1883. As a full service 476-bed teaching hospital, LMC is the hub of Lutheran HealthCare, a network of primary, acute and long-term care centers providing a continuum of services from early childhood development to senior support to state-of-the-art medical care.

Recently, LMC has streamlined service, increased capacity and reduced door to doctor time by an average of one hour and fifteen minutes in its Emergency Department (ED) by installing a new computer system, adding staff and implementing a new "Fast Track" treat-and-release triage system. As the result, the ED provides patients with faster-than-ever emergency care.

In 2006, LMC was named the best rated hospital in Brooklyn and ranked among the top five percent in the nation for clinical outcomes by HealthGrades®, one of the nation's leading health care ratings organizations. Additionally, the LMC Surgical Weight Loss Institute is the only program in Brooklyn to be designated as a Center of Excellence by the American Society for Bariatric Surgery while also holding a Level 1 Accreditation from the American College of Surgeons. Learn more about LMC and its more than a 124 year commitment to patient care excellence, community service, health education and research online at [www.LutheranMedicalCenter.com](http://www.LutheranMedicalCenter.com).

# Mission Statement

Lutheran HealthCare's reason for being is to serve the needs of its neighbors.

For Lutheran HealthCare, "health" is the total well-being of the community and its residents. Beyond treating individual physical illness, this includes such things as decent housing, the ability to speak English, employment and educational opportunities and civic participation.

Lutheran HealthCare sees a hospital not as a collection of buildings, machines and beds, but a staff of talented, creative and committed people who serve the community.

Lutheran HealthCare works with its neighbors, each relying on the other as friends who care about and help each other.