

# A better quality of life

*Bethel's continuum of care provides effective senior care at every stage*

**BY BOB DUMAS**  
CONTRIBUTING EDITOR

For more than a century, Bethel has been providing seniors in the Northern Westchester area with every facet of care imaginable to help them lead healthier, happier lives.

From home care and adult day services to independent and assisted living, as well as around the clock care, Bethel offers the peace of mind that comes with incomparable resources, experience and value.

"We are the only not-for-profit organization in Northern Westchester to offer a full continuum of senior care," said Cathy SantaColoma, director of communications for Bethel. "Besides home care, adult day services and independent and assisted living residences, we have two skilled-nursing rehabilitation centers and a Continuing Care Retirement Community. We are proud of the fact that we are one of the few remaining not-for-profits offering senior healthcare and services in this area."

Bethel has a rich history helping seniors to live better, healthier lives.

"Although today we are non-denominational, Bethel's roots are in Methodism. We started as a floating chapel, the Bethel ship, John Wesley, which had docked in New York Harbor in 1845, to help newly arriving Swedish immigrants," SantaColoma said.

"In the early 19th century, Methodists would come up to Campwoods, in Ossining, for annual retreats," SantaColoma said. "They began by camping in tents and later built little cottages on the wooded land. In 1920 they bought a working farm on nearby Narragansett Avenue and used



**Bethel's Nursing & Rehabilitation Center in Croton-on-Hudson includes a dedicated, 40-bed, short-term, sub-acute rehabilitation unit for residents.**

the large farmhouse to care for aging seniors." In 1959, they built a new facility to accommodate the growing senior population.

Since then, Bethel has expanded its continuum of care to three campuses: Ossining, Croton and Valhalla.

Here's a breakdown of what you'll find on each campus.

## OSSINING

**Independent living:** The Pines at Narragansett is a 50-unit independent living residence with affordable, monthly rents.

"The seniors can come and go," SantaColoma said. "It offers three meals a day; weekly housekeeping, a concierge and planned programs."

The Pines is in a residential neighborhood within the historic village of Ossining and is just minutes from shopping, parks and restaurants.

**19 Narragansett Ave.**  
**914-941-7300**

**Adult day services:** Bethel's adult day services provide medical and social opportunities to seniors who otherwise would be isolated in their homes. "These programs are for seniors who typically live with families or a spouse but shouldn't be left alone during the day," SantaColoma explained. "We offer door to door transportation within a 10-mile radius, and provide a hot breakfast, lunch, and programs throughout the day. Seniors in the medical model can receive clinical and personal care such as showering and/or help with medication. Social model seniors enjoy customized programs and interaction with each other and staff.

"Last year, we started a drop-off program," SantaColoma said. "If a spouse or caregiver has to run an errand, they can bring their loved one to the program for a couple of hours."

**19 Narragansett Ave.**  
**914-941-7300**

**Skilled nursing:** Bethel Nursing Home is a 43-bed skilled nursing facility that provides nursing and restorative care in a close-knit setting for short and long-term residents. Physicians, nurses and therapists help patients recover from acute illnesses to post-surgery rehabilitation.

"We offer a comprehensive range of clinical and social services to ensure that all needs are being met," SantaColoma said. "We have short-term rehabilitation for a number of diagnoses which include joint replacement, amputation, neurological disease, and re-conditioning after a heart attack or stroke, among many others."

The Center at Ossining also

features private and semi-private rooms, spacious lounges, and amenities that include a beauty shop and restaurant-style dining rooms.

**17 Narragansett Ave.**  
**914-941-7300**

## CROTON-ON-HUDSON

**Assisted living:** The Springvale Inn is an affordable, licensed assisted-living residence with 125 studio and one-bedroom apartments. Residents enjoy three meals a day, a well-rounded activities program, an indoor swimming pool, outings, housekeeping and transportation to medical appointments. The Inn is for seniors who prefer to live in a community setting where onsite clinical services are also available should they need them.

"Seniors can live independently here, but if they need some assistance such as escorts to meals or activities, bathing or medication reminders, those services can be provided," SantaColoma explained.

**62 Springvale Road**  
**914-739-4404**

**Skilled nursing:** Bethel Nursing and Rehab Center is a 200-bed facility which offers short and long-term care to residents. Bethel's team of physicians, nurses, therapists, dietitians, social workers and recreation therapists customize care plans based on each resident's needs.

With a dedicated, 40-bed short-term sub-acute rehabilitation unit, Bethel's therapists provide physical, occupational and speech therapies to help restore residents to their maximum function. Bethel offers rehab to residents who are recovering from a number of diagnoses including: strokes, neurological diseases, cardiac disease, upper & lower extremity fractures, vascular disease, pulmonary disease and deconditioning.

"We also have a dedicated memory-impaired unit for those diagnosed with dementia and Alzheimer's," SantaColoma said.

The Center also features a courtyard, restaurant-quality dining, and lounges equipped with complimentary internet access.

**67 Springvale Road**  
**914-739-6700**

**Home care service:** Bethel's Home Care Services have been a valuable resource for seniors and their families for over 30 years. It provides professional, personalized home health care to older adults, helping them to remain in the familiar surroundings of their



PHOTOS COUTESY OF BETHEL

**Bethel CEO Beth Goldstein**

homes. The program offers everything from social services and nursing care to physical therapy and support for families and caregivers.

**2042 Albany Post Road**  
**914-941-1300**

## VALHALLA

**Continuing care retirement:** The Knolls in Valhalla is a Continuing Care Retirement Community (CCRC), also known as a Life Plan Community. This distinction means seniors are free to enjoy an independent lifestyle with no worries about financial or health-care issues. "The Knolls features 120 independent living apartment homes," SantaColoma said. "The campus also includes assisted living and skilled nursing care."

Bethel acquired The Knolls, formerly known as Westchester Meadows, last year.

**55 Grasslands Road**  
**914-461-4517**

One of Bethel's greatest assets, SantaColoma said, in addition to its continuum, is its ability to continue to meet seniors' needs through innovative and relevant services.

"Through a grant, we recently started a new program for seniors living in the community, who are experiencing early memory loss," she said. "Once a week, the group meets in Croton where they discuss their concerns and learn memory enhancing techniques. It has been very successful!"

She also said that Bethel is about to introduce aqua therapy to its rehab services via a Hydro Worx Tank, the first to be offered in the area. "These new programs reflect Bethel's commitment to continue its early mission of providing quality care to our seniors today, and into the 21st century."

Learn more about Bethel and the services it offers by visiting [www.bethelwell.org](http://www.bethelwell.org).



**Residents of The Pines, Bethel's independent senior living residence in Ossining, return from one of their shopping trips.**