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## VHS RECOGNIZED BY NEWSWEEK FOR EXCELLENCE IN CARE

FOR IMMEDIATE RELEASE

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Contact: Connie M. Castellano, Director of Community Relations and Fund Development

Tel. (315) 866-3330, ext. 2329 | ccastellano@valleyhealthservices.org

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Herkimer, NY – Newsweek Magazine has recognized Valley Health Services as one of the *Best Nursing Homes 2021*. Newsweek collaborated with Statista, a global data research firm, to analyze and rank over 15,000 nursing homes in the United States, which accept Medicare and Medicaid, as well as offer continuing care. Out of the 15,000 nursing homes, only 400 made the list. The ranking was released on the Newsweek website on October 6, 2020 and published in Newsweek Magazine on October 14, 2020.

There are over 600 nursing homes in New York State and only 70 made this list. Valley Health Services was one of them. The *Best Nursing Homes* were selected based on a survey among nurses, nursing assistants, therapists, administration and management working in skilled nursing facilities, as well as an in-depth analysis of key performance indicators on staffing, quality measures and health inspections provided by the Centers for Medicare & Medicaid Services, peer recommendations and the facility's handling of the COVID-19 threat. In building these rankings, Statista and Newsweek took extensive, multiple measures to address the impact of the outbreak and recognize the facilities, which have put in place the best possible responses and protocols.

With more than 65 million Americans age 65 and older today, the need for safe and dependable elder care is mounting. By the year 2030, more than 20% of the United States population will be in the 65+-age bracket. Research studies indicate that 70 percent of this demographic will eventually need some level of long-term care.

Valley Health Services, the premier long-term care and rehabilitative care facility in the Mohawk Valley, provides skilled nursing and long-term care, short-term inpatient rehabilitative care, outpatient rehabilitation, cardiac rehabilitation, adult day care and palliative care services. Lisa M. Betrus, President, Valley Health Services, said: "We offer families help when they need it most. We provide person-centered care and make a difference in the lives of our residents and their families. This achievement from Newsweek Magazine serves to reinforce our reputation as a nursing home, offering excellent quality of care. We are proud of this recognition."

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