

# THE NEW JEWISH HOME

## AGE LIKE A NEW YORKER

### THE NEW JEWISH HOME LAUNCHES NEW BEHAVIORAL HEALTH PROGRAM FOR VULNERABLE OLDER ADULTS FUNDED BY \$174,000 GRANT FROM THE MOTHER CABRINI HEALTH FOUNDATION

*"Mind & Body" will provide counseling, support and education to post-acute cardiac patients who are also living with depression, anxiety or substance use disorders*

**(NEW YORK, NY – MARCH 13, 2020)** – Older New Yorkers living with untreated issues like depression, anxiety and neurocognitive and substance use disorders will now have access to counseling, support and education thanks to a new behavioral health screening and treatment program at [The New Jewish Home's](#) skilled nursing facility on Manhattan's Upper West Side. The initiative, *Mind & Body*, is funded by a generous \$174,000 grant from the **Mother Cabrini Health Foundation**.

In its first year of operation, *Mind & Body* will focus its efforts on post-acute cardiac patients who also screen positive for behavioral health issues. Research shows that approximately 20 percent of cardiac rehabilitation patients experience anxiety or depression. Patients with these behavioral health concerns are also less likely to follow medical advice and more likely to die than other heart patients.

**Sandra Mundy, Administrator** at The New Jewish Home, Manhattan, noted that unaddressed behavioral health conditions among older adults can worsen other medical conditions. She said, "Behavioral health problems in older adults often go underdiagnosed and untreated. Not only can these conditions negatively impact a patient's quality of life, but they have the capacity to exacerbate those ailments as well. The New Jewish Home is committed to holistic care of the minds *and* bodies of those we serve."

All post-acute cardiac patients at The New Jewish Home's nursing home on West 106<sup>th</sup> Street will be screened for behavioral health problems and neurocognitive disorders. Staff will also be specially trained to recognize signs of psychological concerns in patients. Those who screen positive will receive direct counseling, support services and educational materials. Patients' caregivers will also benefit from resources and education.

A key goal of *Mind & Body* is to reduce hospitalization rates by 10 percent among the patients served by the program. More than 500 older adults in The New Jewish Home's care are expected to benefit from services in 2020.

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**ABOUT THE NEW JEWISH HOME:** Founded in 1848, The New Jewish Home serves 10,000 older adults of all faiths and ethnicities each year in their homes, on campuses in Manhattan and Westchester and in senior housing residences in the Bronx. As a comprehensive community benefit health care system, Jewish Home delivers dignified care that meets the evolving needs of people as they age. Offering an unparalleled integrated care continuum, Jewish Home provides specialized short-term rehabilitation; long term skilled nursing with expert dementia and palliative care; adult day health care; geriatric care management and a wide range of home health programs. The New Jewish Home is a proud partner and founding agency of UJA-Federation of New York. For more information, visit [www.jewishhome.org](http://www.jewishhome.org)

**THE MOTHER CABRINI HEALTH FOUNDATION** is a private, nonprofit organization with the mission to improve the health and well-being of vulnerable New Yorkers, bolster the health outcomes of targeted communities, eliminate barriers to care, and bridge gaps in health services. The Foundation – which is named in memory of a tireless advocate for immigrants, children, and the poor – provides flexible support for new and innovative approaches that enhance health and wellness across New York State. For more information, visit <https://www.cabrinihealth.org/>

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