

# *Compassion and Healing Come Together*

Welcome to **Bainbridge Nursing & Rehabilitation Center**, our 200-bed rehabilitation facility provides excellence in utilize a team-based approach to treatment, working

At Bainbridge, our mission is to guide our residents in reaching that feels like home. We treat more than conditions:

## *Our Services:*

- Wound Care
- IV Administration
- Tracheostomy Care
- Post-Stroke Care
- Trauma Recovery
- Social Services
- Fall Precautions
- Pain Management
- Hospice Care
- Alzheimer's/Dementia

- Short-Term/Long-Term Rehabilitation
- Physical/Occupational & Speech Therapy



where caring for our residents is a family affair. Established in 1972, person-centered care. Our exceptional healthcare professionals together to support you on your individualized path to healing.

their highest level of independence in a warm and nurturing setting we treat people with compassion to enhance quality of life.

## *Specialized Medical Care:*

- Internal Medicine
- ENT
- Pulmonary
- Orthopedics
- Gynecology
- Optometry
- Ophthalmology
- Podiatry
- Dentistry
- Psychiatry



## Social Services:

### Help and hope when you need it

Seeking long-term care for an aging loved one is one of the most difficult decisions you will face. That is why we're here to guide you and your loved ones through the challenges that can accompany every stage of life. At Bainbridge Nursing & Rehabilitation Center, our staff possesses the experience and compassion to provide solutions that truly make a difference in the lives of you and your loved ones.

### We can help with social services that include:

- Discharge Planning
- Advocacy Services
- Family & Resident Counseling/Guidance
- Therapeutic Program Referrals

## Celebrate Every Day With Us!

You'll never have to look far to find something to do. We provide therapeutic recreational activities 7 days a week to keep active in body, mind and spirit.

### Our activities include:

- Small Group & One-on-One Programming
- Adaptive Games/Pet Therapy
- Interaction with Community Volunteers
- Theme Parties/Social Events
- Alternative Programs
- Outdoor BBQ's/Field Trips
- Religious Services



## We Love to Pamper Our Residents:

### Life is better with amenities, such as:

- On-site Beauty Salon and Barber Services
- Aviary
- Regularly Scheduled Transportation
- Resident & Family Counsel
- and so much more



## There's Nothing Like a Great Meal:

Under the guidance of our registered dietitians, we serve kosher meals as nutritious as they are delicious. In addition, we offer enteral feeding therapy and mealtime assistance from our compassionate staff. Snacks, special requests and ethnic dishes ensure we provide something for every taste.

## Rehabilitation:

### Your journey to recovery starts here

Our licensed and certified therapists provide physical, occupational and speech therapies every day of the week. Working as a team with your primary care physician, we develop a tailored treatment plan that meets your needs. Whether we're delivering hospital-to-home rehabilitation or long-term care, we're here to help you achieve maximum independence from the moment you enter our doors. Our rehabilitation services have resulted in excellent outcomes for a variety of conditions, including:

- Stroke
- Fracture & Joint Replacements
- Arthritis
- Parkinson's disease
- Amputations
- Traumatic injury
- Brain injury
- Spinal cord injury

### Our newly remodeled rehab department boasts the latest in state-of-the-art equipment, including:

- Treadmill
- Hot/Cold Therapy
- Tilt Table
- Triplex Pulley
- Stairs
- Standing Box
- CPM Units
- Diamondback Exercise Bike
- Parallel Bars
- Wii
- Cybex Upper Extremity Ergometer



# B

## BAINBRIDGE

NURSING & REHABILITATION CENTER



### Directions:



**BY TRAIN OR SUBWAY:** We are just a short walk from the #4 train stops located at Jerome Avenue, Bainbridge Avenue and Mosholu Parkway; as well as the "D" line at 206th Street; and the Metro-North train stop at Gun Hill Road and Webster Avenue.

**BY BUS:** We are conveniently accessible via several Bronx bus lines with stops located along Gun Hill Road and along Bainbridge Avenue - namely BX10, BX16, BX28, BX30, BX34, and BX38.

**BY CAR:** From Manhattan: Take NYS Thruway (87) North and exit at East 233rd Street. Turn right onto Jerome Avenue and at the second light bear left - this will be Bainbridge Avenue. Facility will be on the left just past 211th Street.

**From Points North:** Take NYS Thruway (87) South and exit at East 233rd Street. Follow exit lane and bear right. Go straight onto Jerome Avenue and at third traffic light bear left onto Bainbridge Avenue and facility will be on the left just past 211th Street.

**From Saw Mill River Parkway:** Take the Mosholu Parkway Exit and stay in the left lane. At Gun Hill Road, turn left and proceed to Bainbridge Avenue, then turn left and facility will be on the right side of the street.



## B BAINBRIDGE

NURSING & REHABILITATION CENTER

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