



## Bronx Gardens

REHABILITATION & NURSING CENTER  
*A Citadel Facility*

YOUR PATH FORWARD

WELCOME TO BRONX GARDENS

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# YOUR PATH FORWARD STARTS HERE

At Bronx Gardens, we're constantly redefining the meaning of clinical excellence, employing a progressive approach to rehabilitative care and the environment within which it's administered. Our mission is to provide you or your loved one with the optimum resources to regain strength and independence through individualized care plans, hands-on guidance, and warm encouragement.

Our community is conveniently located on the Saint Barnabas Hospital campus and provides residents with a sanctuary of recovery and care. Offering luxurious accommodations, state-of-the-art equipment, and top-tier programs, in a friendly, welcoming atmosphere.







## RECOVER IN COMFORT AT BRONX GARDENS

Our bright, spacious rooms provide plenty of personal space, and large, open common areas offer an inviting place for socializing.

Every breakfast, lunch and dinner, our residents enjoy a gourmet dining experience prepared by our culinary chef under the direction of a registered dietician. Our menu features plenty of delicious options to accommodate diverse tastes, health requirements, and cultural or religious needs.

- Private and Semi-Private Rooms
- Fine Dining
- Large Common Areas
- Outdoor Patios and Expansive Grounds
- Beauty Salon and Barber
- Laundry Service
- Pet Therapy
- Smokers Lounge
- Library
- Conveniently located on the campus of St. Barnabas Hospital





# SUB-ACUTE RECOVERY PROGRAM



Our sub-acute recovery program is under the supervision of a dedicated physiatrist and consists of an interdisciplinary team of therapists, nurses, nutritionists and more — all focused on your recovery and regaining full independence.

We apply advanced techniques and a comprehensive, aggressive approach to recovery that includes hands-on therapy 7 days a week, for up to two hours a day. Our customized program adapts as you improve, helping you regain your strength and quality of life, as much as possible, as quickly as possible.

- Post-Surgical Care
- Pulmonary Rehabilitation
- Cardiac Rehabilitation
- Stroke & Neurological Rehabilitation
- Orthopedic Rehabilitation

# STATE-OF-THE-ART THERAPY CENTER



Our newly-renovated therapy center is equipped with the latest advances in therapy apparatus and is staffed by skilled therapists trained in cutting-edge techniques to safely accelerate your recovery time. Together, our team supports and encourages you to achieve the highest functional level of independence possible.

Throughout your course of therapy, our focus is on you, your individual recovery needs, and eventual community re-entry. To that end, our program includes an ADL suite that helps you retrain in everyday home tasks like folding laundry, dressing, and crossing at the curb.

- 7 Days a Week
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Balance Retraining
- ADL Suite







# TRANSITIONAL CARE PROGRAM



As you regain strength and independence and prepare for your return home, we're here to help you transition comfortably and safely.

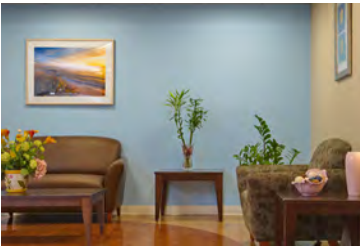
## PRE-DISCHARGE

Our goal is to ensure that you're ready and can transition safely. By including, and openly communicating, with your hospital's primary care physician throughout the decision process and transition period, we ensure your entire care team is working together to proactively monitor your health every step of the way.

## POST-DISCHARGE

After discharge, a social worker will check in often to make sure you have what you need and are transitioning well, providing additional support as needed.

- Discharge Planning
- Guidance And Support With Care Options
- Psychosocial And Psychiatric Evaluations As Needed
- In-Home Safety Assessments And Modifications
- Adaptive Equipment
- Coordination And Continuum Of Care





# ON-SITE CLINICAL SERVICES



Life doesn't stop while you pause to recover. That's why we offer a full range of on-site clinical services, including dentistry and optometry.

- On-Site Physician Coverage 7 Days a Week
- Multiple On-Site Consulting Specialists Available
- 24/7 Telemedicine
- Cardiac Program
- Respiratory Program
- Sepsis Program
- Methadone Program in conjunction with St. Barnabas Hospital
- IV Therapy
- Advanced Hospice & Palliative Care
- Physician-Led Parental Nutrition Program (TPN, PPN)
- Chronic Pain Management
- Advanced Wound Care Led by a Certified Wound Care Specialist
- Certified Ventilator Unit
- Certified HIV/AIDS Program



Walkway directly from facility to St. Barnabas Hospital for easy transport.





# METHADONE PROGRAM

Bronx Gardens, in conjunction with St. Barnabas, is proud to offer comprehensive Post-Acute Methadone Treatment that allows methadone-dependent individuals in need of skilled nursing and rehabilitation services to continue their treatment uninterrupted. A multidisciplinary collaboration of clinical and psychosocial personnel provides an individualized, patient-centric approach to care, with a focus on completing their rehabilitation while ensuring continuity of care.

- Assistance With Hospital Discharge Planning
- Pre-Admission Coordination With Methadone Clinic
- On-Site Methadone Administration, Avoiding Unnecessary Transportation
- Courtesy Dosing For Out-Of-Area Patients
- Mandated Psychosocial And Clinical-Based Meetings Held With Methadone Clinic

# HIV/AIDS PROGRAM

Bronx Gardens' Certified HIV/AIDS Unit is dedicated exclusively to caring for people with HIV/AIDS. Patients receive a comprehensive range of care services from an interdisciplinary team led by physicians who specialize in infectious diseases. Medical and supportive services are focused on helping keep patients' HIV viral loads depressed so they progress and return safely to the community.

In addition, residents with HIV/AIDS have access to our full array of care services, including Palliative care and pain management, wound and tracheostomy care, memory care, and a full range of physical, occupational and behavioral health therapies tailored to their specific needs.



# CERTIFIED VENTILATOR UNIT

Life with respiratory challenges or a ventilator can be frustrating, even overwhelming, but there are available resources that can make living with them more manageable. Our respiratory therapy and ventilator program is designed to give patients relying on mechanical ventilation enhanced quality of life, with special focus placed on increasing mobility and weaning dependence as much as possible.

Our skilled interdisciplinary team of caregivers – including pulmonary physicians, licensed respiratory therapists, wound care specialists and rehabilitation experts – aim to restore maximum function and independence to pulmonary-compromised patients, while providing them and their families with guidance and support. When patients no longer require the use of a ventilator, they are transferred to our Step-Down Unit for continuous monitoring and care.

- Ventilator Weaning and Management
- Tracheostomy Care
- Bronchial Hygiene
- Oxygen Therapy and Monitoring
- 24-hour Respiratory Therapists
- CPAP and BiPAP Machines
- Nebulizer and Aerosol Treatments
- Piped-in Oxygen
- Patient/Family Respiratory Education



## CULTURE & COMMUNITY

At Bronx Gardens, everyone finds their place. We proudly serve a broad spectrum of ethnic communities and religious faiths.

## FACETIME WITH FAMILY

Our Facetime program ensures our residents can more intimately connect with friends and family. iPads are available in our lounges and libraries, and our team is always to help set up a virtual visit.





# EXTENDED STAY



## RESPITE STAY

Caring for a loved one at home can be complicated. When you need a break, whether for work, travel, or personal time, bring your loved one for a comfortable stay at Bronx Gardens. You'll be able to enjoy your time away with peace of mind, knowing that an experienced team is attending to your loved one's needs round-the-clock in a warm, caring atmosphere.

## LONG-TERM CARE PROGRAM

Should your loved one require more attentive care than can be provided at home, Bronx Gardens provides a nurturing environment where they can live life as fully as possible. Our nursing staff provides 24/7 personalized care and attention, delivered with genuine warmth and dignity.

- Individualized Care Plans
- Full Medical Team 24/7
- Daily Therapeutic Recreation
- Spiritual Support Services
- Social Services
- Specialty Care (Podiatry, Optometry, Dentistry)

# ADULT DAY CARE SERVICES

Caring for a loved one with physical or cognitive impairments round-the-clock can be quite overwhelming. At Bronx Gardens, we provide specialty day care for qualified individuals who live at home, but require restorative support services and socialization. Through our Adult Day Care program, your loved one can receive medical, social and therapeutic services in a non-medical, socially-stimulating environment, providing you with respite and the ability to live a regular life while caring for family.

- Round-trip Transportation
- Stimulating Activities
- Supervised Outings
- OT, PT, SLP
- Art Therapy
- Nutritious Meals





## OUR FACILITY IS CONVENIENTLY LOCATED AND EASILY ACCESSIBLE VIA PUBLIC TRANSPORTATION

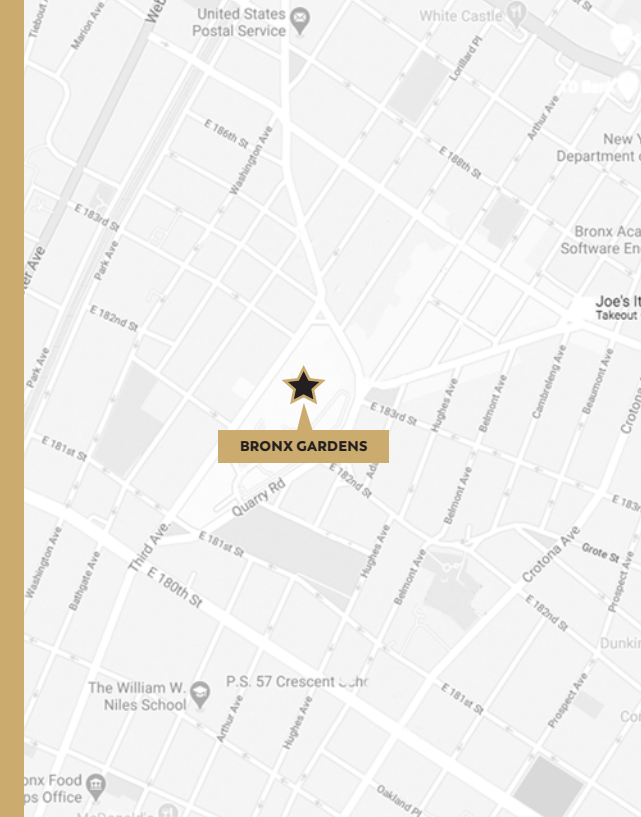
### Directions via bus

BX36 to E180th/Bathgate Ave.

BX15 to 3rd Avenue/180 Street.

### Directions via subway:

D train to 182-183rd Street.



2175 Quarry Road.  
Bronx, NY 10457  
[BronxGardens.com](http://BronxGardens.com)







For a video tour  
of our facility  
please scan the  
QR code



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For more information or to  
schedule a visit please contact:

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