

Make The Most of Your Day

At Northern Adult Day Health Centers, you can choose from a diverse selection of programs and events. You can broaden your interests while continuing to engage in the daily activities you have always enjoyed. Northern Adult Day Health Center encourages you to make new friends, stay connected with the world... and have fun again, your way.

Northern

Northern has been responding to the health care and lifestyle needs of the senior population since 1981. Our facilities and services include a premier retirement community, assisted living, skilled nursing centers, home care, Adult Day Health Centers, and community outreach. Let our highly trained, compassionate professionals help you find the right program for your needs.

The Northern Continuum of Care includes:

Independent Retirement Community

- FountainView at College Road

Sub-Acute Rehab and Long Term Care

- Northern Manor Multicare Center, *Nanuet, NY*
- Northern Metropolitan, *Monsey, NY*
- Northern Riverview Health Care Center, *Haverstraw, NY*

Assisted Living

- Northern Riverview, *Haverstraw, NY*
- The Springs at FountainView

Community Outreach

- Resource and Referral Center
- S.N.A.P. (*Supplemental Nutritional Assistance Program*): provides nutritious kosher meals to the home-bound elderly of Rockland County

Outpatient Rehabilitation

Home Health Care

Adult Day Health Centers

Northern Metropolitan
Adult Day Health Center
225 Maple Avenue ■ Monsey, NY 10952
845.352.9000

Northern Adult Day Health Center
1 Prospect Park West ■ Brooklyn, NY 11215
718.789.6898

Proud affiliate of

NORTHERN

A Distinctive Collection of Retirement and Health Care Residences

www.northernservicesgroup.org

In compliance with Federal and New York State laws, Northern does not discriminate based upon race, creed, color, age, national origin, sex, sexual preference, disability, handicap, marital status, veteran status, or any other legally protected status, sponsorship, or source of payment in the admission, retention or care of any individual.



Northern: NY State Dept. of Health licensed, fully insured and bonded.

NORTHERN

ADULT DAY
HEALTH CARE CENTER

Change How You Live, Not Where You Live



Monsey, New York ■ Brooklyn, New York

Northern Adult Day Health Centers provide a medical and social model program that fosters independence, promotes wellness and socialization, and offers supportive care to our registrants and their families. We regularly evaluate our programs and activities to reflect the interests of our clients and provide a variety of lifestyle opportunities.

Recreational activities are adapted and designed to meet the physical, cognitive, and creative needs of these individuals.

Our team of trained specialists:

- Registered nurses
- Certified nursing assistants
- Social workers
- Physical, occupational, and speech therapists
- Therapeutic recreation staff
- Registered dieticians

Your health and welfare:

- Disease prevention and early intervention
- Assistance with coordinating medical services
- Functional training and rehabilitation
- Health and wellness education
- Supportive counseling and advocacy
- Nutritional counseling
- Respite care
- Door-to-door transportation
- Medication education



Northern Adult Day Health Centers Respite Stay

Northern Adult Day Health Centers offer Respite Stays for those caregivers that need a break from caring for their loved one. Respite Stays at Northern provides the caregiver with the peace of mind that their loved one is in good hands.

We Speak Your Language

Our multilingual staff is available to assist individuals of different national and ethnic backgrounds. We serve communities throughout Brooklyn, Staten Island, Manhattan, and Rockland County. Our services are covered by Medicaid, other insurance programs, and private payment.

Northern Adult Day Health Centers are open six days a week, Sunday through Friday and we offer two sessions daily.

Door-to-door transportation is easily arranged.

*The program is for adults 18 years of age and older with medical conditions, physical disabilities, and/or cognitive impairments.

Northern Adult Day Health Center, Brooklyn

Situated on beautiful Prospect Park and neighboring the grand Botanical Gardens, Northern Adult Day Health Center, Brooklyn, offers vibrant social programs that stimulate and engage our registrants.

Activities include:

- Day trips to museums, parks, and cultural attractions
- Language education
- Cooking groups
- Exercise classes
- Lectures and educational discussions
- Holiday and birthday parties
- Vocal and instrumental music programs

Northern Metropolitan Adult Day Health Center, Monsey

Northern Metropolitan Adult Day Health Center located in picturesque Monsey, NY provides its registrants with stimulating activities and programs as well as health and wellness services.

Activities include:

- Day trips and excursions to museums, parks, and cultural attractions
- Fine arts programs and events
- Cooking groups
- T'ai Chi and exercise classes
- Lectures, educational events and seminars
- Holiday and birthday parties
- Picnics