



# **THE FAMILY CAREGIVER SUPPORT PROGRAM**

## **A GUIDE FOR CAREGIVERS: RESPIRE SERVICES and CAREGIVER SUPPORT GROUPS**

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## Introduction

Americans are living longer. The care of a dependent older person is a significant issue for a spouse or adult child. Frequently, the caregiver feels overburdened, isolated, in need of information, emotional support and a break to "re-charge". Caregivers may avail themselves of two resources to provide some relief.

**Caregiver Support Groups** are composed of people who share information and common experiences. These groups are good informational resources and stress outlets, and are often led by a health care professional and may include guest speakers.

**Respite Services** provide temporary substitute care to an elderly homebound person allowing the caregiver some necessary time off. Respite can be a few hours in the home or several days outside of the home in a nursing home or hospital setting. Respite is a benefit to both the caregiver and the care receiver.

There is limited scholarship and sliding fee scale funding available to help pay for Social Model Day Care when it is used as a respite service. Call the ElderServe Social Adult Day ClearingHouse at (914) 683-7530, for further information.

For additional help or information you may also call the Westchester County Department of Senior Programs and Services at (914) 245-9167.

What follows is a listing of Respite Services and Caregiver Support Groups available in Westchester County.

# **Caregivers Support Groups**

**Name of the Organization:** Alzheimer's Association  
Hudson Valley/Rockland/Westchester, NY Chapter

**Address:** Westchester Regional Office  
2900 Westchester Avenue  
Purchase, N. Y. 10577-2551

**Type of Support Group:** Alzheimer's and related dementias – Caregivers & Patient Support Groups

**Contact Person:** Ruth Ahearn, Associate Director of Programs & Services

**Telephone Number:** (914) 253- 6360  
24-Hour Toll-Free Help line (866) 882-5772

**Location of Group:** Groups held county wide, call for information

**Fees:** No cost

**Days/Times of Meetings:** Various times, call for information

**Type of Caregiver:** Adult children, spouses, and others

**Other Information:** Currently documenting needs based upon caregiver requests for certain locations, times and specified groups to enhance meeting community needs. For information on Support group for Spanish-speaking Alzheimer's Caregivers, please contact Corina DeLeon at (914) 813-6393.

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**Name of the Organization:** Jane Bloomer, CSW/R. Psychotherapist

**Address:** 27 Soundview Avenue  
White Plains, N.Y. 10606

**Type of Support Group:** Counseling group

**Contact Person:** Jane Bloomer, CSW/R

**Telephone Number:** (914) 422-0040

**Location of Group:** Above address

**Fees:** \$15 per meeting

**Days/Times of Meetings:** Second and fourth Wednesdays of every month, 4:30 p.m. - 6 p.m.

**Type of Caregiver:** Adult child, relative, spouse, partner, friend, caregiver, etc.

**Other Information:** Professionally led counseling group is geared to explore feelings about being a caregiver and maintaining one's own life.

**Name of the Organization:** Cancer Care, Inc.  
**Address:** 275 Seventh Avenue  
New York, N.Y. 10001  
**Type of Support Group:** Telephone and on-line support Group for caregivers and friends of cancer patients  
**Contact Person:** Erin Columbus, LCSW  
**Telephone Number:** 1-800-813-HOPE (4673) or (212) 712-8880  
**Fees:** No cost  
**Days/Times of Meetings:** Call for Information  
**Type of Caregiver:** Friends and family of cancer patients  
**Other Information:** Pre-registration is required. Individual counseling, along with the support group, is available.  
**[www.cancercare.org](http://www.cancercare.org)**

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**Name of the Organization:** Club Wartburg Adult Day Health Services  
**Address:** Wartburg Place  
Mount Vernon, N.Y. 10552  
**Type of Support Group:** For Caregivers/Supportive/Informational  
**Contact Person:** Donna Sangi-Vallario  
**Telephone Number:** (914) 513-5472  
**Location of Group:** Club Wartburg, Bldg. #3, Lower Level  
**Fees:** \$5 donation requested  
**Days/Times of Meetings:** Third Thursday of every month, 6 p.m. - 8 p.m., light dinner served. Family members are always welcome  
**Type of Caregiver:** For Caregivers caring for a loved one at home.  
**Other Information:** Caregivers can bring their loved ones, staff will provide dinner, while family attends support group

**Name of the Organization:** Dominican Sisters Family Health Service in partnership with ElderServe Alzheimer's Community Service Program of the Hebrew Home at Riverdale

**Address:** Family Home Health Care, Inc. an affiliate of the Dominican Sisters  
2325 Spring Street, Suite 303  
Ossining, N. Y. 10562

**Type of Support Group:** Alzheimer caregiver respite support group

**Contact Person:** Debbie Matystik, MA, MSW, or Arlene Rosen RN, Ed.D

**Telephone Number:** (914) 923-3989, (914) 683-7530

**Location of Group:** Atria-on-Hudson  
321 North Highland Ave.  
Ossining, N.Y. 10562

**Fees:** Voluntary contributions

**Days/Times of Meetings:** Tuesdays, twice a month, 9:30 a.m. -10:30 am.

**Type of Caregiver:** All caregivers

**Other Information:** Educational workshops and individual counseling as warranted.

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**Name of the Organization:** DOROT University

**Address:** 171 W. 85<sup>th</sup> Street  
New York, N.Y. 10024

**Type of Support Group:** Telephone conference call support group

**Contact Person:** Bonnie Jacobs, Director of Education

**Telephone Number:** (212) 769-2850

**Location of Group:** Caregiver's home via phone

**Fees:** \$10 for Registration, \$15 for Support groups

**Days/Times of Meetings:** Varies, call for schedule

**Type of Caregiver:** All family caregivers of the elderly

**Other Information:** Free conference call workshops on eldercare topics available. Professionals answer caregiver questions in a group- telephone-discussion format. [www.dorotusa.org](http://www.dorotusa.org)

**Name of the Organization:** Edna Lillian Roker Social Adult Daycare Center  
**Address:** Trinity Lutheran Church  
252 Bryant Avenue  
White Plains, N.Y. 10605  
**Type of Support Group:** Family & Caregiver  
**Contact Person:** Miriam Roker Horsford, R.N.  
**Telephone Number:** (914) 761-3885 or 761-3141  
**Location of Group:** 252 Bryant Avenue  
White Plains, N.Y.  
**Fees:** None  
**Days/Times of Meetings:** Call for meeting times  
**Type of Caregiver:** Alzheimer's /Frail elderly/Parkinsons/Dementia  
**Other Information:** R.S.V.P. is appreciated

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**Name of the Organization:** ElderServe  
**Address:** The Hebrew Home for the Aged at Riverdale  
5901 Palisade Avenue  
Riverdale, N.Y. 10471  
**Type of Support Group:** Children of Alzheimer's Patients  
**Contact Person:** Rina Ginat, MPA, RN  
**Telephone Number:** (718) 581-1628  
**Location of Group:** See above – (Daycare)  
**Fees:** None  
**Days/Times of Meetings:** Every other Tuesday, 6:30 p.m. - 8 p.m.  
**Type of Caregiver:** Children of Alzheimer's patients  
**Other Information:** Call for details

**Name of the Organization:** ElderServe  
**Address:** The Hebrew Home for the Aged at Riverdale  
5901 Palisade Avenue  
Riverdale, N.Y. 10471  
**Type of Support Group:** Spouses, partners  
**Contact Person:** Rina Ginat, MPA, RN  
**Telephone Number:** (718) 581-1628  
**Location of Group:** See above  
**Fees:** None  
**Days/Times of Meetings:** Every third Monday, 6 p.m. - 8 p.m.  
**Type of Caregiver:** Spouses, partners

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**Name of the Organization:** ElderServe  
**Address:** The Hebrew Home for the Aged at Riverdale  
5901 Palisade Avenue  
Riverdale, N.Y. 10471  
**Type of Support Group:** For spouses, partners  
**Contact Person:** Susan Kunkel, CSW  
**Telephone Number:** (718) 581-1249  
**Location of Group:** See above- Resnick Pavilion  
**Fees:** None  
**Days/Times of Meetings:** Every other Tuesday, 11:30 a.m. - 1 p.m.  
**Type of Caregiver:** Spouse/Partners  
**Other Information:** Call for details

**Name of the Organization:** Family Services of Westchester in Partnership with Elder Serve Alzheimer's Community Service Program of the Hebrew Home at Riverdale

**Address:** Lincoln Towers  
64 Lincoln Avenue  
New Rochelle, N.Y. 10805

**Type of Support Group:** Alzheimer caregiver respite support group

**Contact Person:** Edna Natal, CSW, or Arlene Rosen, R.N., Ed.D.

**Telephone Number:** (914) 417-7926, (914) 683-7530

**Location of Group:** Above address

**Fees:** Voluntary contributions

**Days/Times of Meetings:** Wednesdays, second and fourth weeks of the month, 5:30 p.m. - 6:30 p.m.

**Type of Caregiver:** All caregivers

**Other Information:** Educational workshops & individual counseling as warranted

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**Name of the Organization:** Greenwich Adult Day Care, Inc.

**Address:** 70 Parsonage Rd  
Greenwich, CT 06830

**Type of Support Group:** Caregivers support group

**Contact Person:** Jane Kramer, CSW

**Telephone Number:** (203) 622-0079

**Location of Group:** Greenwich Adult Day Care

**Fees:** None

**Days/Times of Meetings:** Every other Wednesday, 2 p.m.

**Type of Caregiver:** Caregivers of persons with Alzheimer's, dementia, other

**Name of the Organization:** Hugh A. Doyle Center in partnership with ElderServe Alzheimer's Community Service Program of the Hebrew Home at Riverdale

**Address:** New Rochelle Office for Aging, Hugh A. Doyle Center  
94 Davis Ave.  
New Rochelle, N.Y. 10805

**Type of Support Group:** Alzheimer caregiver respite support group

**Contact Person:** Phillis Maucieri, Program Specialist, or Lucy Ortiz, LSW, or Arlene Rosen, R.N., Ed.D

**Telephone Number:** (914) 235-2363, (914) 683-7530

**Location of Group:** Above address

**Fees:** Voluntary contributions

**Days/Times of Meetings:** Wednesdays, twice a month, 10:30 a.m. - 11:30 a.m.

**Type of Caregiver:** All caregivers

**Other Information:** Educational workshops & individual counseling as warranted

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**Name of the Organization:** Hugh A. Doyle Center in partnership with ElderServe Alzheimer's Community Service Program of the Hebrew Home at Riverdale

**Address:** New Rochelle Office for Aging, Hugh A. Doyle Center  
94 Davis Ave.  
New Rochelle, N.Y. 10805

**Type of Support Group:** **Spanish speaking** Alzheimer caregiver respite support

**Contact Person:** Lucy Ortiz, LSW, or Phillis Maucieri, Program Specialist or Arlene Rosen, R.N., Ed.D

**Telephone Number:** (914) 235-2363, (914) 683-7530

**Location of Group:** Above address

**Fees:** Voluntary contributions

**Days/Times of Meetings:** Wednesday, second & fourth week of month, 10:30a.m. - 11:30 a.m.

**Type of Caregiver:** All caregivers

**Other Information:** Educational workshops & individual counseling as warranted

**Name of the Organization:** Ken Hamilton Caregiver Center at Northern Westchester Hospital

**Address:** Northern Westchester Hospital  
400 East Main Street  
Mount Kisco, New York 10549

**Type of Support Group:** Caregiver Support Services

**Contact Person:** Jerri Rosenfeld, LMSW, or Maria Hale, Patient Advocate

**Telephone Number:** (914) 242-8128, (914) 666-1951

**Location of Group:** Above address

**Fees:** None

**Days/Times of Meetings:** Call Center for meeting times

**Type of Caregiver:** Primary caregivers for a loved one during a hospitalization or treatment phase.

**Other Information:** The caregiver support program is designed to specifically meet the needs of the caregiver. The program offers emotional support free of charge, provided by professional social workers and trained volunteer coaches.

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**Name of the Organization:** Morningside House Alzheimer's Adult Day Health Care Program

**Address:** 50 Broadway  
Hawthorne, N.Y. 10532

**Type of Support Group:** For caregivers (professional or non-professional) and family members of individuals with Alzheimer's disease or dementia

**Contact Person:** Lisa Goldman, Program Director

**Telephone Number:** (914) 769-0953

**Location of Group:** Same as above

**Fees:** None

**Days/Times of Meetings:** Call for information and to register

**Type of Caregiver:** Any (specifically Alzheimer's or Dementia patients)

**Name of the Organization:** Morningside House Nursing Home  
**Address:** 1500 Pelham Parkway South  
Bronx, N.Y. 10461  
**Type of Support Group:** Alzheimer Caregiver and Family support group  
**Contact Person:** Jenna Rankin  
**Telephone Number:** (718) 409-7943  
**Location of Group:** At above address  
**Fees:** None  
**Days/Times of Meetings:** The first and third Tuesdays of each month, 2 p.m. - 3:00 p.m.  
**Type of Caregiver:** Spouse, sibling, children, friend  
**Other Information:** Transportation is available

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**Name of the Organization:** Mount Vernon Office for Aging in partnership with ElderServe Alzheimer's Community Service Program of the Hebrew Home at Riverdale  
**Address:** Mount Vernon Armory Senior Citizens Center  
144 North Fifth Avenue  
Mount Vernon, New York 10550  
**Type of Support Group:** Alzheimer caregiver respite support group  
**Contact Person:** Geri Christiana, Director, or Lori Charles, LCSW, or Arlene Rosen, R.N., Ed.D.  
**Telephone Number:** (914) 368-5550, (914) 683-7530  
**Location of Group:** Above address  
**Fees:** Voluntary contributions  
**Days/Times of Meetings:** Thursdays, twice a month at 10 a.m. – noon  
**Type of Caregiver:** All caregivers  
**Other Information:** Educational workshops and individual counseling as warranted

**Name of the Organization:** My Second Home, Intergenerational Adult Day Program of Family Service of Westchester, Inc.

**Address:** 95 Radio Circle  
Mount Kisco, N.Y. 10549

**Type of Support Group:** Open to all caregivers – Alzheimer’s, Frail elderly, general

**Contact Person:** Rina Bellamy, Director

**Telephone Number:** (914) 241-0770

**Location of Group:** See above

**Fees:** No Charge

**Days/Times of Meetings:** Third Monday of each month, 3:45 p.m. - 5 p.m.

**Type of Caregiver:** All

**Other Information:** Refreshments

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**Name of the Organization:** Our Place ElderServe in partnership with ElderServe Alzheimer’s Community Service Program of the Hebrew Home at Riverdale

**Address:** Our Place ElderServe-Social Adult Day Center  
1801 Central Park Ave., Highridge Plaza  
Yonkers, N.Y. 10710

**Type of Support Group:** Alzheimer caregiver respite support group

**Contact Person:** Jeannette Hammond, Site Manager, or Arlene Rosen R.N., Ed.D

**Telephone Number:** (914) 771-5656, (914) 683-7530

**Location of Group:** Above address

**Fees:** Voluntary contributions

**Days/Times of Meetings:** Two groups; Tuesday, first & third weeks of the month, 4:30 p.m. - 5:30 p.m., Thursday, first & third weeks of the month, 4:30 p.m. - 5:30 p.m.

**Type of Caregiver:** All caregivers

**Other Information:** Educational workshops & individual counseling as warranted

**Name of Organization:** St. Cabrini Nursing Home  
**Address:** Msgr. Terrence Attridge Adult Day Health Program  
115 Broadway  
Dobbs Ferry, New York 10522  
**Type of Support Group:** Caregivers  
**Contact Person:** Lois Cartica, Director, or Jane Rowan, CSW  
**Telephone Number:** (914) 693-6800 Ext. 850, 851  
**Location:** Above address  
**Fees:** None  
**Days/Times of Meetings:** First Thursday of the month  
**Type of Caregiver:** All

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**Name of Organization:** Seabury -Field Home  
**Address:** 2276 Catherine Street  
Peekskill, New York 10598  
**Type of Support Group:** Caregivers  
**Contact Person:** Diana Penna  
**Telephone Number:** (914) 737-2255 Ext. 5461  
**Location:** As above  
**Fees:** None  
**Days/Times of Meetings:** First and third Wednesday of the month 10 a.m. - 11:30 a.m.  
**Type of Caregiver:** Caregivers of all ages

**Name of the Organization:** Sound Shore Medical Center of Westchester.  
**Address:** 16 Guion Place  
New Rochelle, N.Y. 10802  
**Type of Support Group:** General Caregiver Support  
**Contact Person:** Pearl Hacker  
**Telephone Number:** (914) 637-1205  
**Location of Group:** Ludington Adult Day Care  
Corner of Lockwood Avenue and Glover Johnson Place  
Goldstein Pavillion, Second floor  
**Fees:** None  
**Days/Times of Meetings:** First and third Wednesday of each month, 5:30 p.m. -7  
p.m.  
**Type of Caregiver:** Unpaid caregivers  
**Other Information:** We focus on the needs of the caregiver, not the diagnosis  
or condition of the person being cared for.

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**Name of the Organization:** Sound Shore Medical Center of Westchester.  
**Address:** 16 Guion Place  
New Rochelle, N.Y. 10802  
**Type of Support Group:** Bereavement  
**Contact Person:** Christiana Ulrich, LCSW  
**Telephone Number:** (914) 666-4228 Ext. 492  
**Location of Group:** Ludington Adult Day Care  
Corner of Lockwood Avenue and Glover Johnson Place  
Goldstein Pavillion, Second floor  
**Fees:** None  
**Days/Times of Meetings:** Every third Thursday of each month, 3 p.m. - 4:30 p.m.  
**Type of Caregiver:** Unpaid caregivers  
**Other Information:** Registration required

**Name of the Organization:** Sunrise Assisted Living  
**Address:** 500 No. Columbus Avenue  
Mt. Vernon, N.Y. 10552  
**Type of Support Group:** Mix – for residents' children/family and outside visitors-  
spouses and children  
**Contact Person:** Andre Krzyzanowski  
**Telephone Number:** (914) 665-8402  
**Location of Group:** First Floor of Sunrise  
**Fees:** Free  
**Days/Times of Meetings:** Every last Thursday of the month 6:30 p.m.  
**Type of Caregiver:** Mix  
**Other Information:** Open to the public. Refreshments

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**Name of the Organization:** Well Spouse Support Group of the Well Spouse  
Association  
**Address:** The Burke Rehabilitation Hospital  
785 Mamaroneck Avenue  
White Plains, N.Y. 10605  
**Type of Support Group:** Well Spouse of chronically ill  
**Contact Person:** Sue Kaufman  
**Telephone Number:** (914) 948-4778  
**Location of Group:** Same as above  
**Fees:** None  
**Days/Times of Meetings:** Two Separate Support Groups are offered:  
**Group 1-** First Monday of the month 1:00 p.m. - 3:00 p.m.  
**Group 2-** Fourth Friday of the month 1:00 p.m. - 3:00 p.m.  
**Type of Caregiver:** Well Spouses/ Partners of chronically ill

**Name of the Organization:** Well Spouse Support Group of the Well Spouse Association - Larchmont

**Address:** Larchmont Temple  
75 Larchmont Avenue  
Larchmont, N.Y. 10538

**Type of Support Group:** Well Spouse of chronically ill

**Contact Person:** Martie Barylick

**Telephone Number:** (914) 630-4072

**Location of Group:** Above address

**Fees:** None

**Days/Times of Meetings:** Last Monday of the month 7 p.m. - 8:30 p.m.

**Type of Caregiver:** Well Spouses/ Partners of chronically ill

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**Name of the Organization:** Westchester Self-Help Clearinghouse

**Address:** 141 North Central Avenue  
Hartsdale, N.Y. 10530

**Type of Support Group:** Information about caregiver support groups in various parts of the county

**Contact Person:** Lenore Rosenbaum, MS, Director

**Telephone Number:** (914) 761-0600 Ext. 308

**Location of Group:** Throughout Westchester County

**Fees:** None

**Days/Times of Meetings:** Varies

**Type of Caregiver:** Adult child, Well spouse

**Name of the Organization:** White Plains Hospital Center Senior Services  
**Address:** 69 East Post Road  
White Plains, N.Y. 10601  
**Type of Support Group:** Professionally led support group for individuals caring for the frail elderly  
**Contact Person:** Geri Brooks, Eleanor L'Abbate  
**Telephone Number:** (914) 681-1249  
**Location of Group:** Above address  
**Fees:** Free  
**Days/Times of Meetings:** Last Wednesday of the month, 6 p.m. - 7:30 p.m.  
**Type of Caregiver:** Individuals caring for frail elderly adult  
**Other Information:** Interested group member must speak with a professional from Senior Services before attending a meeting.

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**Name of the Organization:** White Plains Hospital Center Stroke Support Group  
**Address:** White Plains Hospital Center  
East Post Road at Davis Avenue  
White Plains, N.Y. 10601  
**Type of Support Group:** Support, and Education for stroke survivors and caregivers  
**Contact Person:** Rochelle Gitteson  
**Telephone Number:** (914) 681-1160  
**Location of Group:** White Plains Hospital Center  
**Fees:** None  
**Days/Times of Meetings:** First & third Thursdays of the month 11 a.m. – noon  
**Type of Caregiver:** For stroke survivors and caregivers

# **Institutional Respite Services**

**Name of the Organization:** Atria  
**Address:** 1025 Pleasantville Road  
Briarcliff Manor, N.Y. 10510  
**Contact Person:** Maureen Lockwood  
**Telephone Number:** (914) 923-4400  
**Number of Respite Beds:** Upon availability  
**Type of Respite Candidate:** Assisted Living, Alzheimer's Care  
**Fees:** Varies, based on site of apartment and services  
**Do you accept Medicaid?** No  
**Length of Stay:** One month  
**Other Information:** Spacious studio, one bedroom, two bedroom and deluxe apartments with restaurant style meal service. Full recreational program and wellness services on an individual basis

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**Name of the Organization:** Bethel Home and Services  
**Address:** 67 Springvale Road  
Croton-on-Hudson, N.Y. 10520  
**Contact Person:** Debra Shaugnessy, Director of Admissions  
**Telephone Number:** (914) 739-6700 Ext. 207  
**Number of Respite Beds:** 1  
**Type of Respite Candidate:** Frail elderly, Dementia  
**Fees:** \$351 single daily, \$391 double  
**Do you accept Medicaid?** Yes, with prior approval  
**Length of Stay:** Up to 30 days

**Name of the Organization:** Bethel Springvale Inn  
**Address:** 62 Springvale Road  
Croton-On-Hudson, N.Y. 10520  
**Contact Person:** Pamela Morris, Administrator  
**Telephone Number:** (914) 739-4404 ext. 205  
**Number of Respite Beds:** As available  
**Type of Respite Candidate:** 65+ and self-directing  
**Fees:** Call for information  
**Do you accept Medicaid?** No  
**Length of Stay:** 2 week minimum  
**Other Information:** Provides 3 meals, housekeeping, supervision, activities assistance with ADL's, medication assistance

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**Name of the Organization:** The Country House in Westchester  
**Address:** 2000 Baldwin Road  
Yorktown Heights, N.Y. 10598  
**Contact Person:** Sharon Linn, Director of Marketing  
**Telephone Number:** (914) 962-3625  
**Number of Respite Beds:** As available  
**Type of Respite Candidate:** Ambulatory  
**Fees:** \$130 -155 per day  
**Do you accept Medicaid?** No  
**Length of Stay:** 2 week minimum

**Name of the Organization:** The Esplanade  
**Address:** 95 South Broadway - 5th Floor  
White Plains, N.Y. 10601  
**Contact Person:** Kate Lieukart or Dory Katchein  
**Telephone Number:** (914) 761-8100 Ext. 7255 or Ext. 7151  
**Number of Respite Beds:** Varies  
**Type of Respite Candidate:** Candidates are required to submit some medical information and will be assessed by staff R.N.  
**Fees:** \$125 base rate  
**Do you accept Medicaid?** No  
**Length of Stay:** 2 weeks to 6 months – case-by-case basis  
**Other Information:** There is a licensed homecare agency on the property that can offer personal assistance.

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**Name of the Organization:** Field Home – Holy Comforter  
**Address:** 2300 Catherine Street – P.O. Box 222  
Yorktown Heights, N.Y. 10598  
**Contact Person:** Karen Gauvin  
**Telephone Number:** (914) 739-2244 Ext. 5556  
**Number of Respite Beds:** 2  
**Type of Respite Candidate:** Conditions ranging from Alzheimer's disease to strokes  
**Fees:** \$328.60 per day  
**Do you accept Medicaid?** Yes  
**Length of Stay:** Up to 30 consecutive days, no more than 42 total per calendar year  
**Other Information:** Private room with TV and telephone; full medical and nursing services, social work counseling and referral; therapeutic recreation, social activities, dental care; laboratory, radiology & other diagnostic services, special diet services & nutritional evaluation.

**Name of the Organization:** Hearthstone Alzheimer Care  
**Address:** 95 South Broadway - 5th Floor  
White Plains, N.Y. 10601  
**Contact Person:** Nancy Weinfeld, Program Director  
**Telephone Number:** (914) 684-1980  
**Number of Respite Beds:** 1  
**Type of Respite Candidate:** Alzheimer's, related dementia  
**Fees:** \$270 per day  
**Do you accept Medicaid?** No  
**Length of Stay:** As needed  
**Other Information:** Residential & Day programs also available

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**Name of the Organization:** Hebrew Home for the Aged at Riverdale  
**Address:** 5901 Palisade Avenue  
Riverdale, N.Y. 10471  
**Contact Person:** Elena Racca-Stevens  
**Telephone Number:** (718) 581-1249  
**Number of Respite Beds:** 2  
**Type of Respite Candidate:** Alzheimer's/Skilled Nursing Care  
**Fees:** \$300 per day  
**Do you accept Medicaid?** Yes  
**Length of Stay:** 1-6 weeks

**Name of the Organization:** Hudson Point Riverdale Center for Nursing and Rehabilitation

**Address:** 3260 Henry Hudson Parkway  
Riverdale, N.Y. 10463

**Contact Person:** Louise Intorcia, Director of Admissions

**Telephone Number:** (718) 514-2000 Ext. 2040

**Number of Respite Beds:** 2

**Type of Respite Candidate:** Skilled nursing needs over 65, dementia over 55

**Fees:** \$330 per day

**Do you accept Medicaid?** No

**Length of Stay:** No limit

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**Name of the Organization:** Bay Park Center for Nursing and Rehabilitation

**Address:** 801 Co-op City Blvd.  
Bronx, N.Y. 10475

**Contact Person:** Sandy Kovoov, Respite Coordinator

**Telephone Number:** (718) 239-6699

**Number of Respite Beds:** 2

**Type of Respite Candidate:** Anyone appropriate for day care and/or maintained in the community. Cannot accept anyone actively infectious, or a physical danger to themselves or others.

**Fees:** \$318 per day, private pay

**Do you accept Medicaid?** Yes

**Length of Stay:** Maximum of 6 weeks in a calendar year whether Medicaid or private pay.

**Name of the Organization:** Morningside House  
**Address:** 1000 Pelham Parkway  
Bronx, N.Y. 10461  
**Contact Person:** Candace Hirschberg  
**Telephone Number:** (718) 409-8261  
**Number of Respite Beds:** Varies  
**Type of Respite Candidate:** Frail elderly, dementia  
**Fees:** \$395 per day  
**Do you accept Medicaid?** Yes, with prior approval  
**Length of Stay:** Varies

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**Name of the Organization:** The Nathan Miller Center for Nursing Care  
**Address:** 37 Dekalb Avenue  
White Plains, N.Y. 10605  
**Contact Person:** Kelly Janicki, Admissions Coordinator  
**Telephone Number:** (914) 686-8239  
**Number of Respite Beds:** 1  
**Type of Respite Candidate:** Varies  
**Fees:** \$323 per day  
**Do you accept Medicaid?** Only as Respite through the Long Term Home Health Care Program  
**Length of Stay:** 1 week to 1 month

**Name of the Organization:** The Osborn  
**Address:** 101 Theall Road  
Rye, N.Y. 10580  
**Contact Person:** Jane Fox  
**Telephone Number:** (914) 925-8205  
**Number of Respite Beds:** Not a designated number  
**Type of Respite Candidate:** Varies (depends on demand)  
**Fees:** Varies depending on Location; Rented apartment or skilled nursing  
**Do you accept Medicaid?** No  
**Length of Stay:** Varies  
**Other Information:** The Osborn is a retirement community located on 56 acres in Rye, NY, which offers the following services; independent living, assisted living, a home care division, skilled nursing with both long & short term rehabilitation care, and respite care.

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**Name of the Organization:** Phelps Memorial Hospital Center Respite Care Program  
**Address:** 701 North Broadway  
Sleepy Hollow, N.Y. 10591  
**Contact Person:** Malou Magno  
**Telephone Number:** (914) 366-3356  
**Number of Respite Beds:** 1  
**Type of Respite Candidate:** Senior respite: 60+ older, ambulatory and feeds self independently. Special needs include incontinence, assistance with ADLs, dressings, ostomies, etc.  
**Fees:** \$200 - \$250 per day  
**Do you accept Medicaid?** No  
**Length of Stay:** 1 day - 2 weeks  
**Other Information:** Alzheimer's and other dementias; evaluated on an individual basis. Call for appointment.

**Name of the Organization:** Project Time-Out - Westchester Jewish Community Services

**Address:** 845 North Broadway, Suite 2  
White Plains, N.Y. 10603

**Contact Person:** Valerie Rissman, C.S.W.

**Telephone Number:** (914) 761-0600 Ext. 344

**Number of Respite Beds:** N/A; this is an in-home respite program and escort service

**Type of Respite Candidate:** Independent in most ADLs; over 60 years of age and homebound

**Fees:** Sliding scale (\$0 - \$12.75 per hour)

**Do you accept Medicaid?** No

**Length of Stay:** N/A

**Other Information:** In-home respite; matches client with companions who visit in the home; sliding fee scale. Escort service available, also.

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**Name of the Organization:** Regency Extended Care Center

**Address:** 65 Ashburton Avenue  
Yonkers, N.Y. 10701

**Contact Person:** Joyce Hernandez

**Telephone Number:** (914) 963-4000 Ext. 117

**Number of Respite Beds:** 1

**Type of Respite Candidate:** All

**Fees:** \$200 - \$250 per day

**Do you accept Medicaid?** Yes

**Length of Stay:** Up to 30 days Medicaid, private pay unlimited

**Name of the Organization:** Ridgefield Crossing  
**Address:** 640 Danbury Road  
Ridgefield, CT 06877  
**Contact Person:** Janice Evangelisto  
**Telephone Number:** (203) 431-2255  
**Number of Respite Beds:** Varies  
**Type of Respite Candidate:** Assisted living  
**Fees:** \$200 per day and up  
**Do you accept Medicaid?** No  
**Length of Stay:** No minimum  
**Other Information:** Requires Medical Wellness Evaluation

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**Name of the Organization:** St. Cabrini Nursing Home, Inc.  
**Address:** 115 Broadway  
Dobbs Ferry, N.Y. 10522  
**Contact Person:** Jean Spacek  
**Telephone Number:** (914) 693-6800 Ext. 527  
**Number of Respite Beds:** 2  
**Type of Respite Candidate:** Individuals requiring skilled nursing care. One bed for ambulatory individuals with dementia diagnosis  
**Fees:** \$360 per day  
**Do you accept Medicaid?** Yes  
**Length of Stay:** 30 day maximum, up to 42 days per year  
**Other Information:** Private room with TV, VCR, telephone and private bathroom

**Name of the Organization:** Sarah Neuman Center for Health Care and Rehabilitation  
**Address:** 845 Palmer Avenue  
Mamaroneck, N.Y. 10543  
**Contact Person:** Melanie Van Doren, Admissions Director  
**Telephone Number:** (914) 864-5621  
**Number of Respite Beds:** 1  
**Type of Respite Candidate:** Not dementia/Alzheimer's; with skilled nursing needs requiring assistance with ADLs  
**Fees:** \$375 per day  
**Do you accept Medicaid?** Yes  
**Length of Stay:** 42 days per year; only 30 days allowed per stay

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**Name of the Organization:** Sprain Brook Manor  
**Address:** 77 Jackson Avenue  
Scarsdale, N.Y. 10583  
**Contact Person:** JoAnn Farenga, Admissions Director  
**Telephone Number:** (914) 472-3200 ext. 104  
**Number of Respite Beds:** As available  
**Type of Respite Candidate:** Case by case basis  
**Fees:** \$345 per day semi-private room, \$360 per day private room  
**Do you accept Medicaid?** Yes  
**Length of Stay:** Up to 20 days  
**Other Information:** Religious services, activities are provided and other services and events, which are offered to all residents.

**Name of the Organization:** Stony Brook Court, Atria  
**Address:** 50 Ledge Road  
Darien, CT 06820

**Contact Person:** JoAnn Panella

**Telephone Number:** (888) 640-1090, (203) 662-1090

**Number of Respite Beds:** Varies

**Type of Respite Candidate:** Independent, some assistance with ADLs is appropriate

**Fees:** Depends on apartment chosen

**Do you accept Medicaid?** No

**Length of Stay:** Depending upon availability; minimum two weeks

**Other Information:** No facilities for dementia clients

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**Name of the Organization:** Sunrise Assisted Living

**Address:** 500 North Columbus Avenue  
Mount Vernon, N.Y. 10552

**Contact Person:** Abby Cortez

**Telephone Number:** (914) 667-5660

**Number of Respite Beds:** Varies

**Type of Respite Candidate:** Assisted living level of care and also memory impairment

**Fees:** Based on unit

**Do you accept Medicaid?** No

**Length of Stay:** 15-30 days minimum

**Name of the Organization:** Sutton Park Center for Nursing & Rehab  
**Address:** 31 Lockwood Avenue  
New Rochelle, N.Y. 10801  
**Contact Person:** Diane Cespedes  
**Telephone Number:** (914) 576-0600 ext. 13  
**Number of Respite Beds:** Flexible  
**Type of Respite Candidate:** Dementia, complex medical needs, terminal cancer, skilled care, dialysis, hospice  
**Fees:** \$240 - 265 per day  
**Do you accept Medicaid?** Yes  
**Length of Stay:** Can be negotiated prior to admission  
**Other Information:** Call to discuss any special circumstances

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**Name of the Organization:** United Hebrew Geriatric Center  
**Address:** 391 Pelham Road  
New Rochelle, N.Y. 10805  
**Contact Person:** Karen Nardis, Director of Admissions  
**Telephone Number:** (914) 632-2804 ext. 148  
**Number of Respite Beds:** Varies  
**Type of Respite Candidate:** All medical conditions accepted  
**Fees:** Contact facility  
**Do you accept Medicaid?** Yes  
**Length of Stay:** Unlimited  
**Other Information:** Candidates are reviewed via PRI and Admissions Committee

**Name of the Organization:** VA Hudson Valley Health Care System/Montrose Campus  
**Address:** P.O. Box 100  
Montrose, N.Y. 10548-0100  
**Contact Person:** Edith Reiner, Social Worker  
**Telephone Number:** (914) 737-4400 Ext. 2768  
**Number of Respite Beds:** 1-2  
**Type of Respite Candidate:** Veterans who have chronic medical or psychiatric conditions or dementia, who are living at home and depend on a caregiver  
**Fees:** May be subject to co-pay if not service connected  
**Do you accept Medicaid?** No  
**Length of Stay:** One week minimum; 2 weeks, twice a year  
**Other Information:** Does not accept dialysis or chemotherapy patients. Veteran must be registered at this facility to be eligible for this service.

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**Name of the Organization:** The Wartburg Adult Care Community  
**Address:** Wartburg Place  
Mount Vernon, N.Y. 10552-3840  
**Contact Person:** Bridget Gonzalez  
**Telephone Number:** (914) 699-0800 Ext. 141 (914) 513-5141  
**Number of Respite Beds:** 2  
**Type of Respite Candidate:** Frail elderly who need nursing services  
**Fees:** \$385 per day for 30 days  
**Do you accept Medicaid?** Yes  
**Length of Stay:** 1 day to 2 weeks, up to 42 days per year

**Name of the Organization:** West Ledge Healthcare

**Address:** 2000 Main Street  
Peekskill, N.Y. 10566

**Contact Person:** Sharon Sussman

**Telephone Number:** (914) 737-8400

**Number of Respite Beds:** 2

**Type of Respite Candidate:** With or without skilled nursing needs

**Fees:** \$315 - \$330 per day, does not include medication

**Do you accept Medicaid?** No

**Length of Stay:** 2 weeks minimum

**Other Information:** Full range of care with supervision; beautiful grounds;  
wonderful activities and entertainment