

We're Here When You Need Us

There's comfort in belonging to the Northern Metropolitan community. Whether you require long-term nursing care, short-term rehabilitation, outpatient rehabilitation, or adult day care services, we're here when you need us: for a day, a week, or a lifetime.

Located in Monsey, New York, Northern Metropolitan's goal is to help residents achieve their maximum potential for independence, personal comfort, and quality of life.

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
225 Maple Avenue ■ Monsey, NY 10952
845.352.9000

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
METROPOLITAN

Your Choice for Quality Health Care



Skilled Nursing ■ Short-Term Rehab
Outpatient Rehab ■ Alzheimer's Program

Skilled Nursing Facility

Northern Metropolitan offers health care and personal services for residents who require help with activities of daily living. Whether a patient is recovering from an accident, illness, or surgical procedure, Northern Metropolitan provides quality care to meet the individual needs of every patient. With a dedicated staff, support services, and ongoing concern for the changing needs of seniors, our focus is on improving quality of life.

Specialty Services:

- IV Therapy
- Pain Management
- Wound Care

Northern Metropolitan has developed specialty programs with specially trained health care professionals to meet the needs of our residents.

Short-term Rehabilitation

Northern Metropolitan's 40 bed inpatient rehabilitation unit offers a seven day a week program including physical, occupational and speech therapy services. Specially trained therapists tailor treatment programs unique to each individual's needs. Our multidisciplinary therapists work with patients on activities that enhance daily living skills that ensure a safe return to the community.



Outpatient Rehabilitation

Northern's Outpatient Rehabilitation program is available on site at our newly renovated Rehabilitation Pavilion or in the convenience of your home. We offer physical, occupational, speech therapy and dysphasia evaluation and swallowing therapies all by specially trained therapists.

Adult Day Health Centers

Northern operates two medical and social model adult day health programs. Located in Brooklyn, NY and Monsey, NY, our centers offer programs that foster independence, promote wellness and socialization, and provide supportive care to our registrants and their families. Northern Adult Day Health Centers are open six days a week, Sunday through Friday with two sessions daily. Door-to-door transportation is easily arranged.

Bariatric Care

The Bariatric program at Northern Metropolitan provides care and comfort to obese individuals (those over 350 pounds), by providing adaptive beds, wheelchairs, walkers, and bathing equipment maximizing comfort, and making the activities of daily life easier. Special dietary support, rehabilitation and psychological intervention are provided by specially trained staff in all departments.

essentia[®]

Essentia[®]—A Secured Memory Impairment Neighborhood, is a structured, seven-day-a-week therapeutic activity-based program. The goal of our program is to help residents lead a meaningful life. We distinguish ourselves by offering the care that every senior deserves and the care that every family member can trust.

Respite Stay

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



Payment Options

Northern Metropolitan offers several payment options, including Medicare, Medicaid, most insurances and private pay.



Serving the Kosher Community