

**Extraordinary Care Within  
a Caring Community**

---

Hebrew Rehabilitation Center



## The best in senior care since 1903

Hebrew Rehabilitation Center is the long-term chronic care and rehabilitative hospital of Hebrew SeniorLife, a Harvard Medical School-affiliate and national leader in geriatric research and senior care for all. Nonprofit and nonsectarian, Hebrew Rehabilitation Center has been offering a wide scope of clinical services and related programs to seniors in the greater Boston area since 1903.

Our approach to care is built around the concept of patient- and family-centered care. You and your family are involved in all major care decisions. We encourage you and your family to play an active role in helping us make sure that you receive care that is aligned with your values, goals, and preferences.

Hebrew Rehabilitation Center provides comprehensive and individualized clinical and social care delivered in a home-like environment, including memory care for people with advanced Alzheimer's and other forms of dementia, as well as palliative care.

With locations at our flagship campus in Boston and our NewBridge on the Charles campus in Dedham, Hebrew Rehabilitation Center gives seniors throughout Greater Boston access to high-quality medical care in a therapeutic and healing environment.

## Onsite medical services address a broad range of health issues

Our onsite Department of Medicine is one of the largest geriatric practices in Massachusetts, ensuring breadth of care and high-quality services from well-trained providers.

Many of our health care professionals—including geriatricians, geriatric nurse practitioners, and geriatric psychiatrists—are affiliated with Harvard Medical School; they work together with an integrated team of physical, occupational, and speech therapists to deliver comprehensive, coordinated care for all of our patients.

At Hebrew Rehabilitation Center, a nurse practitioner and physician are assigned to every floor, and 24-hour nursing care is provided. Integral to

our care delivery model are our patient care associates who foster close relationships with our patients and their families. Patient care associates provide the continuity and attentiveness that are so essential to ensuring a respectful experience for patients as they receive the optimum level of care.

Our onsite medical services and specialists also include dental, podiatry, optometry, and audiology. In addition, our onsite pharmacy provides timely access to medications when ordered by a provider. Having these essential services right on our campuses ensures that health issues are addressed promptly and with minimal disruption to our patients.





## Onsite medical services address a broad range of health issues

Our onsite Department of Medicine is one of the largest geriatric practices in Massachusetts, ensuring breadth of care and high-quality services from well-trained providers.

Many of our health care professionals—including geriatricians, geriatric nurse practitioners, and geriatric psychiatrists—are affiliated with Harvard Medical School; they work together with an integrated team of physical, occupational, and speech therapists to deliver comprehensive, coordinated care for all of our patients.

At Hebrew Rehabilitation Center, a nurse practitioner and physician are assigned to every floor, and 24-hour nursing care is provided. Integral to

our care delivery model are our patient care associates who foster close relationships with our patients and their families. Patient care associates provide the continuity and attentiveness that are so essential to ensuring a respectful experience for patients as they receive the optimum level of care.

Our onsite medical services and specialists also include dental, podiatry, optometry, and audiology. In addition, our onsite pharmacy provides timely access to medications when ordered by a provider. Having these essential services right on our campuses ensures that health issues are addressed promptly and with minimal disruption to our patients.

## Wellness programs and services help patients live their best lives

Hebrew Rehabilitation Center is committed to providing care that addresses the industry-recognized seven domains of wellness: emotional, physical, social/cultural, environmental, occupational, spiritual, and intellectual. Our offerings include:



### Memory Care

Our memory care program helps people with advanced Alzheimer's disease and other dementias feel safe and stimulated, while maintaining a connection to a community. We deliver personalized care built on an understanding of each person's life history and interests. This enables us to help strengthen and prolong their physical and cognitive abilities as much as possible.



### Expressive Therapies

Using music, dance, and art, our expressive therapists provide psycho-social support to seniors experiencing a wide range of issues, including adjustment to aging, health status changes, depression, and anxiety. Expressive therapies are also proven highly effective for those with dementia.



### Life Enhancement

Our life enhancement staff provide a variety of options to help patients continue to pursue their interests and passions. Groups, programs, and events are designed to foster a sense of belonging, engagement, and opportunity for personal growth. Our staff assess each individual and develop customized recreational programs that will provide appropriate cognitive and social stimulation.

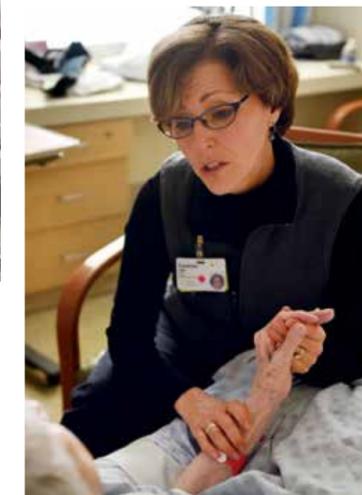


### Exercise Programs

We take great pride in offering a variety of exercise programs for seniors. Backed by research, our exercise programs allow seniors to achieve goals that help to maximize their independence. Our staff is highly trained and experienced in all facets of exercise, ensuring that seniors get all the benefits of exercise while remaining safe.

### Palliative Care

Our palliative care team consists of a specially trained physician, nurse, social worker, and chaplain who work closely with primary care providers to deliver compassionate palliative care for our patients in need. Palliative care is focused on relief of the pain, symptoms, and emotional stress brought on by serious illness at any stage, including end-of-life.



### Spiritual Care

We are committed to creating an environment that is supportive of our patients' spiritual lives. Staffed by experienced interfaith chaplains and rabbis, our spiritual care team honors each individual's cultural and religious traditions and is available to listen, talk, study a text, pray, or offer a blessing whenever needed. In addition to our one-on-one care, we offer regular group services, special programs to celebrate Jewish and Christian holidays, and regular visits by Roman Catholic Eucharistic Ministers. We also respect the wishes of patients who don't choose to participate in spiritual activities.



### Dining

Meals are an important part of every senior's day for both nutritional and social reasons, so we strive to make all of our meals special. Our executive chefs and culinary team provide delicious food cooked to order, complying with each individual's dietary requirements, preferences, and restrictions. Our Roslindale campus offers all-kosher dining and our Dedham campus at NewBridge on the Charles offers kosher meals on request.

The Power to Redefine Aging.



Hebrew  
SeniorLife



HARVARD MEDICAL SCHOOL  
AFFILIATE

**Hebrew SeniorLife: A leader  
in senior care for all**

Hebrew Rehabilitation Center is the flagship of Hebrew SeniorLife (HSL), one of the nation's leaders in senior living and health care. A nonprofit, nonsectarian organization with roots dating back to 1903, HSL seeks to redefine the experience of aging for today's seniors. Hebrew Rehabilitation Center in Roslindale offers hospital-level care in the Medical Acute Care Unit and stepped down rehabilitative care in the Rehabilitative Services Unit in

addition to the long-term chronic care hospital. Our Institute for Aging Research is a leader in geriatric research with an extensive portfolio of National Institutes of Health-funded research projects. An affiliate of Harvard Medical School, HSL trains more than 700 medical students, interns, residents, and fellows each year.

Hebrew Rehabilitation Center  
1200 Centre Street  
Roslindale, MA 02131

Hebrew Rehabilitation Center at  
NewBridge on the Charles  
7000 Great Meadow Road  
Dedham, MA 02026

617-363-8372  
[www.hebrewseniorlife.org](http://www.hebrewseniorlife.org)