

FEBRUARY 2025

Skilled Rehabilitation & Nursing Home

FAIRVIEW



Super Bowl Snacks That Won't Wreck Your Resolutions
-Yes, They Taste Amazing!

Why February Is the Perfect Month to Start Over - Yes, Even for You!

VALENTINE'S DAY SECRETS THAT WILL MAKE YOUR HEART SKIP A BEAT...

How to Beat Winter Fatigue and Feel Energized
- Tips From Fairview's Experts!

What's Happening Behind the Scenes at Fairview?
February Surprises You'll Love!

Is Your Heart Ready for 2025?

These Heart-Healthy Tips Could Save Your Life!

This Month's Fairview Calendar Is Packed - Don't Miss These Must-Attend Events!



TAKE A TOUR

VICTORY IS MORE THAN A MOMENT—AT FAIRVIEW, IT'S A WAY OF LIFE.

Connect With Us! 718-704-7690 FAX 718-263-7593 | WWW.FairviewRehab.Com | 69-70 Grand Central Pkwy, Queens, NY 11375

ALL INSURANCES ACCEPTED!

Skilled Rehab & Nursing Home Services

COMPLETE GUIDE

WE OFFER ASSISTANCE WITH OPENING CASES FOR PRIOR AUTHORIZATIONS!

718-364-7690 FAX 718-263-7593 / WWW.FAIRVIEWREHAB.COM

- 24/7 Admissions
- 24/7 Hotline
- Acute Care Needs
- Analgesic Pumps
- Arterial Doppler
- A-VAPS
- Ambulatory Delivery Device Pump
- BI PAP / C PAP
- Bladder Ultrasound
- Blood Test Onsite
- Board Certified Doctors on Site
- Bone Density Testing Onsite
- Behavioral Management
- Cancer Radiation
- Cardiac Echo
- Cardiac/Inotropic Therapies
- Cardiologist
- Cardiology Consultation Services
- Cholecystectomy tubes
- Clinical Trials Medication
- Cytosis Infusion Hypodermoclysis (HCC)
- Comfort Care
- Concierge 24/7
- Daily Weights
- Decannulation Tracheostomy
- Dialysis Transportation Assistance
- Diabetic/Neuropathic Ulcers
- Dobutamine Milrinone
- Doctor Residency
- EKG
- Electrical Neuro Stimulation
- Emergency kit with common meds for acute conditions
- Fall Prevention Management
- FEES Swallow Test
- Frequent vital signs (every hour/as needed)
- Foley catheter
- Hip Replacement Recovery
- Holter Monitor
- Home Hospice
- Inotropic Medication/Infusion
- Isolation Rooms Available
- IV Antibiotics via peripheral line
- IV LINE, PICC LINE, Peripheral Line, Midline
- IV Meds Other (e.g. furosemide)
- IV Steroids
- Ileal-Conduit Urostomy
- Intravenous Antibiotic Therapy
- Intravenous Fluids Therapy/Hydration
- Jackson-Pratt drains
- Labs
- Life Vest
- Medicaid Application Assistance
- Methadone Pain And Addiction / Suboxone
- Midline Catheter Lines
- Mixed vascular Ulcer (Venous and Arterial)
- Nasogastric Tubes
- Nephrostomy Tubes
- Nebulizer Treatments
- Nephrologist Daily On Site
- Neuro and Orthopedic Rehab
- Nurse Internship
- Oxygen Therapy
- Ophthalmologist
- Optometrist
- Orthopedic Services
- Ostomy, Jejunostomy, Colostomy And Nephrostomy
- Pain Management
- Paracentesis
- PCA Pump
- PEG Tube, Ng Tube, G Tube, J Tube,
- Ileostomy Tube On Site
- PICC Placement / Maintenance
- Pulmonary Consultation And Cardiac Rehab
- Pacemaker/AICD
- Percutaneous endoscopic jejunostomy (PEJ) or percutaneous endoscopic gastrostomy (PEG) tubes.
- Peripheral Intravenous Catheter Lines
- Peripheral parenteral nutrition (PPN)
- Peripherally inserted central catheter (PICC) Lines
- Pleurex Catheter
- Pressure Injuries/Pressure Ulcers/Pressure Sores
- Recreation Programs
- Registered Dietitian
- Respiratory Therapy on site
- Sleep Study
- Specialized Speech Therapist
- Stat lab test with turnaround less than 8 hours
- Stat X-rays with turnaround less than 8 hours
- Strict intake and output (I&O) monitoring
- Stroke Recovery
- Surgical Drain Management
- Suprapubic catheter
- Therapeutic Ultra
- Total Knee Replacement
- Total Parenteral Nutrition (TPN/PPN)
- Trach Speech Therapy
- Tracheostomy
- Tube Feeding
- Traumatic Brain Injury (TBI)
- Urine Output Monitoring
- VAD (Ventricular Assist device)
- Venous Doppler
- Venous Ulcer
- Wound Vac/Negative Pressure
- Wound Debridement
- Wound Care / Vac Specialist
- X-ray Onsite

ALL IN-HOUSE DOCTORS

CARDIOLOGIST
DENTIST
DERMATOLOGIST
ENT
ENDOCRINOLOGIST
GASTROENTEROLOGIST
NEUROLOGIST
NEPHROLOGIST
OPTOMETRIST
OPHTHALMOLOGIST
PHYSIATRISTS
PODIATRIST
PSYCHIATRIST
PRIMARY CARE
PULMONOLOGIST
PALLIATIVE CARE
UROLOGIST

OUR WOUND DOCTORS/NP'S AND WOUND NURSES, UTILIZE SPECIALIZED WOUND TREATMENTS SUCH AS PICO DRESSING, PREVENA PLUS, WOUND VACS SUCH AS CARDINAL WOUND VAC, ACTIVAC VAC THERAPY, VERAFLU WOUND VAC THERAPY + MORE!

LOVE, LAUGHTER, AND GAME DAY CHEERS

➡ Super Bowl Sunday



We're kicking things off (pun intended) with a Super Bowl Viewing Party on February 9th.

Whether you're rooting for your favorite team or just in it for the halftime show and snacks, join us for an evening of camaraderie, great food, and a little friendly competition. Wear your team colors, bring your game-day spirit, and enjoy the big game on the big screen!

➡ Valentine's Day Social



February 14th is all about love—love for each other, our community, and the little things that bring us joy.

Our Valentine's Day Social will feature music, sweet treats, and a chance to connect with friends old and new. It's a highlight of the month, and we can't wait to see you there.

➡ Other Highlights This Month



We're thrilled to bring back our Talent Showcase. This event always reminds us how much talent we have in our community.

We'll also be hosting a Heart Health Awareness Workshop in honor of American Heart Month. It's a chance to learn simple, practical tips for keeping your heart healthy, all while enjoying some light refreshments and good company.

And, of course, our Bingo Bonanza is back! It's always a blast and a great way to spend time with friends.

Read More on our website
FairviewRehab.Com



FROM THE EDITOR: FEBRUARY FUN AND FESTIVITIES AT FAIRVIEW

Avi Benmordechai, LCSW | Editor, Fairview Skilled Rehab and Nursing Home

It's February, the month of love, laughter, and plenty of exciting happenings here at Fairview! Whether you're a fan of football, a romantic at heart, or someone who just loves a good time, there's something for everyone this month.

WHAT'S INSIDE THIS ISSUE?

This month's magazine is packed with stories and features to keep you entertained and informed, including:

- Super Bowl Snacks to Try at Home: A quick and easy recipe for game day greatness.
- Heartwarming Love Stories: Real-life tales from our residents that celebrate all kinds of love.
- Meet the Team: Get to know the amazing people who make Fairview such a special place.
- Winter Wellness Tips: How to stay healthy and happy even when it's cold outside.
- Pet Therapy Corner: A peek into how our furry friends are spreading joy and comfort this winter.

February might be the shortest month, but we're making the most of every single day. Whether you're joining us for an event, diving into the pages of this magazine, or just enjoying the little moments, we're so glad you're part of our Fairview family.

Here's to a February filled with fun, love, and connection!



From the Administrator's Desk

Dear Residents, Families, and Friends of Fairview,
As February unfolds, the warmth of companionship and love shines brightly despite the chill of winter. This month, we celebrate Valentine's Day—a time to reflect on the connections that make life meaningful. At Fairview Skilled Rehab Nursing Home, our mission is rooted in fostering those connections, ensuring our residents feel valued, loved, and at home.



Love is in the Air at Fairview

Our Valentine's Day festivities promise to bring joy and smiles. From heart-themed craft sessions to a special Valentine's Day social, complete with live music and sweet treats, we're creating opportunities for residents to share in the season's warmth. We encourage family members to join us for these special events—nothing says "love" like spending quality time together.

February is also American Heart Month, a time to prioritize cardiovascular health. Our dedicated team is committed to promoting wellness through engaging activities like heart-healthy cooking demonstrations and fitness classes designed for all abilities. Keeping the heart healthy is crucial, and we're here to support our residents every step of the way.

Spreading Warmth Through Acts of Kindness At Fairview

In the spirit of love and kindness, we're launching our "Fairview Cares" initiative this month. Residents, staff, and volunteers will collaborate on projects that bring comfort and cheer to our local community, including crafting blankets for shelters and writing letters to servicemen and women. These acts of kindness are a beautiful way to show that love knows no boundaries.

As always, we remain committed to providing exceptional care. Our team continues to seek innovative ways to enhance the resident experience, from introducing new recreational programs to expanding therapy options tailored to individual needs. If you have suggestions, our door is always open—we value your input and ideas.

Thank you for being part of the Fairview family. Together, we create an environment where compassion thrives, friendships flourish, and every resident feels at home. Here's to a February filled with love, joy, and shared moments.

As we embrace the heart of winter, let's add some extra sparkle to February with these fun tips and ideas to brighten your month at Fairview:

TRY SOMETHING NEW

Whether it's a puzzle you haven't tackled before, a craft project during one of our workshops, or a new dish at mealtime, February is the perfect time to step out of your comfort zone and try something different. Who knows—you might discover a new favorite hobby!



MOVIE MARATHON MONDAYS

Cozy up with classic romantic comedies or heartwarming films during our weekly movie marathons. Popcorn, hot cocoa, and great company are guaranteed!



LAUGHTER IS THE BEST MEDICINE

Did you know February 8th is National Laugh Day? Join us for a special laughter yoga session or share your best jokes with friends and staff. Smiles are good for the soul and the heart!



COZY UP TO WINTER READS

Escape the cold with a good book! Stop by the Fairview library for a curated selection of love stories, mysteries, or inspirational reads perfect for this season. Staff are happy to help you find your next page-turner.



STAY WARM, STAY WELL

Don't forget to bundle up for outdoor strolls and enjoy the winter scenery. Inside, sip on warm teas and enjoy hearty soups from our kitchen to keep the chill at bay. Remember, hydration is important even in winter!



NURSING NEWS

CARING FOR THE HEART, BODY, AND MIND



FEBRUARY IS AMERICAN HEART MONTH, AND OUR NURSING STAFF ARE EMPHASIZING THE IMPORTANCE OF CARDIOVASCULAR HEALTH. HERE ARE A FEW WAYS WE'RE INCORPORATING HEART-HEALTHY PRACTICES INTO OUR CARE:

- **Daily Movement:** Whether it's a guided stretch session, a short walk in our indoor spaces, or chair exercises, keeping active is key to heart health.
- **Heart-Healthy Nutrition:** Collaborating with our dietary team, we're highlighting meals rich in nutrients that promote cardiovascular wellness—think fresh vegetables, whole grains, and healthy fats.
- **Regular Monitoring:** Our team continues to keep a close eye on vital signs and heart health metrics, ensuring proactive and personalized care for every resident.

- **Hydration Matters:** Cold weather can make us forget to drink enough water. Residents are encouraged to sip on herbal teas, soups, and water throughout the day.
- **Stay Cozy, Stay Safe:** Layers are your best friend during winter. If you need extra blankets or cozy socks, let us know—we're here to help.
- **Flu & Cold Prevention:** Our team is always on top of hygiene protocols, and we encourage residents to wash their hands regularly and let us know if they're feeling unwell.

FROM THE NURSING DEPARTMENT:

Dear Residents, Families, and Friends,

As we welcome February, a month filled with love and warmth, the nursing team at Fairview Skilled Rehab is committed to keeping our residents healthy, happy, and thriving. This month offers us a wonderful opportunity to focus on wellness, heart health, and meaningful connections.

CELEBRATING LOVE AND COMPASSION



This Valentine's season, we're reminded of the power of love—not just romantic love but the love found in friendships, family, and the care we provide to one another. Our team is excited to take part in the Valentine's Day celebrations and share in the joy of this month with all of you.

Thank you for trusting us with your care. It's an honor to be part of your journey. Let's make February a month filled with love, wellness, and happiness.

INTERESTING FACTS ABOUT HEALTH

BECAUSE LEARNING SOMETHING NEW KEEPS OUR BRAINS HEALTHY, TOO!

A Red Apple Isn't the Only Way to Keep the Doctor Away!

Red fruits like strawberries and cherries are packed with antioxidants that can support cardiovascular health. Even dark chocolate, in moderation, is great for your heart. It's rich in flavonoids, so treat yourself this Valentine's Day (guilt-free).

Cold Weather Burns More Calories ❄️

Yes, you read that right! During the winter months, your body works harder to stay warm, which can increase calorie burn. That's just one more reason to bundle up and enjoy a brisk walk—exercise, fresh air, and a metabolism boost all in one!

February Is the Month of Cabbage and Kale! 🥬

Did you know February is peak season for leafy greens like cabbage, kale, and spinach? These superfoods are loaded with vitamins, fiber, and minerals that support bone health, digestion, and your immune system. Add them to your meals for a healthy crunch!

Your Body Needs Sunshine, Even in February ☀️

Even though it's cold outside, try to soak up some sunlight when you can. Sunlight helps your body produce vitamin D, which boosts mood, bone strength, and your immune system. Just 10–15 minutes of sunlight can make a big difference!

Exercise Helps Beat the Winter Blues 🧘

Feeling sluggish? Moderate exercise like walking or stretching can release endorphins—your body's natural mood boosters. Why not join a group exercise class or try chair yoga for a low-impact way to get moving?

Kindness Is Contagious (in a Good Way) 🤝

Did you know acts of kindness can improve your health? Studies show that helping others can reduce stress, lower blood pressure, and even improve your mood. Whether it's a smile or a helping hand, your kindness is good for everyone—including you!

Heart Health and Love Go Hand in Hand ❤️
February is American Heart Month, and it's also the month of love. Did you know that laughter and hugs are good for your heart? Laughing reduces stress hormones and boosts your immune system, while hugs release oxytocin, which lowers blood pressure. So go ahead, laugh more and hug your loved ones—it's doctor-approved!

Healthy Hearts Need Healthy Sleep 😴

A good night's sleep is essential for a healthy heart. Studies show that people who sleep 7–8 hours a night have lower risks of heart disease. Pro tip: Turn off the TV or phone an hour before bedtime to improve your sleep quality.

Hydration Isn't Just a Summer Thing 💧

Staying hydrated in the winter is just as important as in the summer. Dry indoor heating and colder weather can leave you feeling dehydrated. Keep sipping water or enjoy herbal teas to keep your body happy and your skin glowing.

Laughter: The Best Medicine 😄

It's true! Laughter not only improves your mood but also boosts circulation and strengthens your immune system. Share a joke, watch a funny movie, or simply enjoy a good chuckle with friends—it's a simple way to stay healthy and happy.

At Fairview Skilled Rehab and Nursing Home, we believe that small changes can lead to big health improvements. This February, celebrate your health and your heart with these tips. After all, wellness is the best gift you can give yourself!

An Update from the Admissions Department

Where Your Care Comes First



Hello Fairview family,

As we welcome February, the month of love and care, we want to take a moment to recognize the heart of what we do here at Fairview Skilled Rehab and Nursing Home—providing compassionate, high-quality care tailored to each individual who walks through our doors. Whether you're a new resident, a short-term rehab patient, or a family member seeking the best care for your loved one, our Admissions Department is here to guide you every step of the way.

What Makes Fairview Special?

We know choosing a skilled rehab or nursing home can be an emotional and challenging decision. That's why we make it our mission to create a welcoming and supportive environment from the moment you inquire about our services. Here's what you can expect when you join the Fairview family:

Personalized Support:

Every resident's journey is unique, and our team is dedicated to creating a care plan that fits your specific needs and goals.



Top-Tier Amenities:



From private rooms and delicious meals to engaging recreational activities and our beloved pet therapy program, we strive to make every day feel like home.

Spotlight on Admissions:

At Fairview, our Admissions Department is more than just paperwork. We take pride in building relationships with residents and their families to ensure everyone feels confident and comfortable in their decision to choose Fairview. Our admissions specialists are always available to answer your questions, provide tours, and walk you through the process with kindness and understanding.

We're Here for You



Our Admissions Department is your partner in care. Whether you're just starting to explore skilled rehab options or need immediate assistance, we're here to provide the information, support, and peace of mind you deserve.



Seamless Transitions:

We work closely with hospitals, doctors, and families to ensure that the admission process is smooth and stress-free.

Family Connections:

We're hosting an open house this month to give potential residents and their loved ones a chance to experience the warmth of our community firsthand.



Special Events

In February, we're placing special emphasis on: Heart Health Awareness: As part of American Heart Month, we're introducing educational resources, heart-healthy meal options, and wellness activities to support cardiovascular health. Residents and staff alike will celebrate with themed events, crafts, and a special Valentine's dinner—because love and laughter are always on the menu at Fairview!

OHIO'S LARGEST

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B



REHABILITATION

Speech, Occupational, and Physical Therapy at Fairview

SPOTLIGHT

At Fairview Skilled Rehab and Nursing Home, our Rehabilitation Department is at the heart of helping residents regain strength, independence, and confidence. Whether you're recovering from surgery, managing a chronic condition, or working on speech and motor skills, our dedicated therapists are here to guide you every step of the way. Let's dive into what makes our Speech, Occupational, and Physical Therapy programs so effective and essential for recovery.

When communication becomes a challenge, our Speech Therapists step in to help. Whether it's due to a stroke, injury, or age-related changes, our speech therapy team works to restore vital communication skills.

One of our residents, Mrs. T., came to Fairview after a stroke left her struggling to communicate. With consistent speech therapy sessions and personalized exercises, she recently delivered a heartfelt thank-you speech at our community luncheon—a moment of triumph for her and her family!

Independence is the goal of our Occupational Therapy program. From adapting to new physical limitations to relearning everyday tasks, our therapists focus on empowering residents to live as independently as possible.

How We Help:

- **Adaptive Equipment:** Introducing tools and techniques that make daily tasks easier and safer.
- **Home Safety Education:** Preparing residents for a smooth transition home by addressing safety concerns and creating supportive environments.

What We Focus On:

- **Speech and Language Skills:** Helping residents articulate words clearly and improve conversational abilities.
- **Swallowing Therapy:** Assisting those with dysphagia to eat and drink safely while enjoying their favorite meals again.
- **Cognitive Communication:** Strengthening memory, problem-solving, and attention skills to enhance daily interactions and independence.

A RESIDENT SUCCESS STORY:

After a knee replacement, Mrs. L. was hesitant to start therapy, fearing pain and frustration. With encouragement and expert guidance from our physical therapy team, she is now walking independently and has even joined our weekly walking club.

PHYSICAL THERAPY: STRENGTH AND MOBILITY

Our Physical Therapists specialize in helping residents improve strength, balance, and coordination. Whether it's regaining the ability to walk or managing chronic pain, we're here to help residents achieve their mobility goals.

WHY CHOOSE FAIRVIEW REHAB?

At Fairview, we believe in a holistic approach to rehabilitation, combining expert care with personalized attention and state-of-the-art equipment. Our therapy programs are tailored to each resident's unique goals, ensuring progress at a pace that's right for them.

February is the perfect time to focus on growth, healing, and new beginnings. Our team is dedicated to making every therapy session a step toward a brighter, more independent future. If you or a loved one are considering rehab services, reach out to learn more about our programs.

KEY AREAS OF FOCUS:

- ✓ **Balance and Fall Prevention:** Exercises to improve stability and reduce the risk of falls.
- ✓ **Post-Surgical Rehab:** Comprehensive therapy for knee, hip, and other joint replacements.
- ✓ **Pain Management:** Techniques to reduce discomfort and improve overall quality of life.
- ✓ **Daily Living Skills:** Training residents to perform tasks like dressing, grooming, and meal preparation.



MORE THAN JUST CHOCOLATES: THE MANY FORMS OF LOVE THAT KEEP US GOING...

February is the month of love, with Valentine's Day at its heart, celebrating romantic relationships with chocolates, flowers, and candlelit dinners. But love is so much more than what we see in movies or read in storybooks. Love is the foundation of human connection, healing, and emotional well-being. As a therapist, I see love in its many forms every day—between partners, friends, caregivers, and even between a person and their pet. *At Fairview, love is not just a holiday sentiment—it's a way of life.*

While Valentine's Day often highlights romantic love, true love exists in countless other relationships. There's the deep love between parents and children, the comforting love between lifelong friends, the steady companionship between spouses, and the selfless love of caregivers who dedicate themselves to the well-being of others. At Fairview, we witness love in action every day:

A HUSBAND WHO NEVER MISSES A VISIT, SITTING BY HIS WIFE'S SIDE AS SHE RECOVERS
A NURSE WHO TAKES THE TIME TO LISTEN, OFFERING WARMTH BEYOND MEDICAL CARE.
LOVE IS NOT JUST ABOUT WORDS; IT'S ABOUT PRESENCE, PATIENCE, AND CARE.
A DAUGHTER HOLDING HER MOTHER'S HAND, TELLING HER A STORY FROM
THE PAST TO BRING A SMILE TO HER FACE.



"AT FAIRVIEW, LOVE ISN'T
JUST A FEELING
IT'S THE CARE WE GIVE,
THE TIME WE SHARE,
AND THE HEARTS WE HEAL."

DIRECTOR OF
PSYCHOTHERAPY &
COMMUNICATIONS
AVI BENMORDECHAI, LCSW



Research shows that love and connection have a profound impact on health. **People who feel loved and supported tend to recover faster, have stronger immune systems, and experience less stress and anxiety.**

Love isn't just an emotion; it's a powerful force that promotes healing and resilience.

This is why relationships—whether with family, friends, or caregivers—are an essential part of the healing process at Fairview. **A warm smile, a heartfelt conversation, or a shared moment of laughter can be just as therapeutic as medicine.**

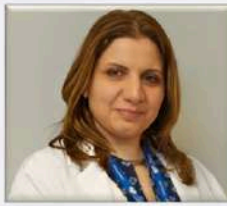
While we talk about love for others, we often forget one of the most important kinds of love—self-love. Taking care of oneself emotionally, mentally, and physically is just as important as taking care of others. Many of us are caregivers by nature, always giving, but love must also include the act of refilling our own cups.

This Valentine's Day, give yourself the gift of self-compassion. Take a moment to appreciate who you are, celebrate your strengths, and forgive yourself for imperfections. After all, the better we care for ourselves, the more love we have to give to others.

At Fairview, we believe that love is more than just a one-day celebration—it's a daily practice. Whether through pet therapy sessions, social gatherings, or simply taking the time to listen to one another, we strive to create an atmosphere where everyone feels valued and cared for.

This February, let's expand the definition of love beyond romantic gestures. Let's celebrate love in all its forms—friendship, kindness, community, and self-care. Love is what makes us human, what connects us, and what gives life its deepest meaning. So, whether you're sharing a sweet moment with a loved one, spending time with friends, or practicing self-care, remember—love is all around us, every single day. Happy Valentine's Day from all of us at Fairview! ❤️





Nella Shaulov, MS, RD
Chief Clinical Dietitian

FOODS TO EAT WHEN YOU HAVE THE FLU



Hot tea:
Clears
stuffy nose



Vegetable juice:
Boosts
immune system



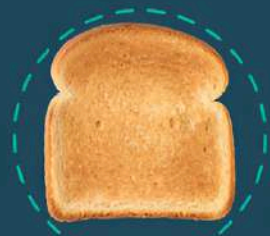
Garlic:
May help
with congestion



Banana:
Tummy-
friendly, filling



Chicken soup:
Hydrating,
nutritious



Toast:
Easy
to digest



Ice pops:
Soothe throat



Meal replacement drinks:
Fulfill dietary needs



Ginger:
Fights nausea

HAVE A COLD?

HERE'S WHAT TO EAT

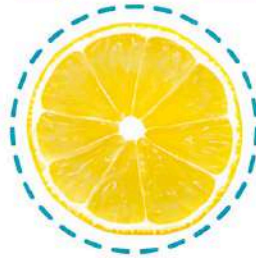
CHICKEN SOUP

Helps
clear congestion



CITRUS

Vitamin C, to
help fight cold



CHILI PEPPERS

Can clear
nasal passages



GINGER

Can soothe
sore throat



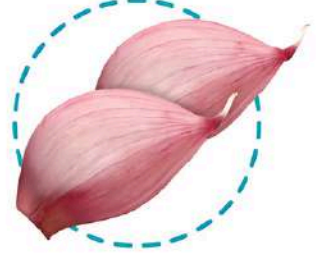
DAIRY

May help
fight cold



GARLIC

May help
fight cold



GERM FIGHTERS

An antioxidant called quercetin may
help you fight the common cold

KALE



BLUEBERRIES CRANBERRIES



BROCCOLI



THE RECIPE FOR A HEALTHY HEART

February is American Heart Month.
Enjoy this recipe for a healthier heart!



INGREDIENTS

- | | | | |
|-------------------------------|---|--|---|
| ♥ Eat a healthy diet | ✓ | ♥ Don't smoke | ✓ |
| ♥ Maintain a healthy weight | ✓ | ♥ Limit alcohol use | ✓ |
| ♥ Exercise regularly | ✓ | ♥ Have your cholesterol checked | ✓ |
| ♥ Monitor your blood pressure | ✓ | ♥ Take medication as prescribed by your doctor | ✓ |

*"Heart disease let's defeat, Keep a
healthy Heart Beat"*

**TOO MUCH
CHOLESTEROL
IN YOUR BLOOD
INCREASES
YOUR RISK.**



GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.



PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.

**AIM FOR 2½ HOURS OF
MODERATE-INTENSITY
AEROBIC
ACTIVITY PER WEEK.**



**SMOKERS
ARE UP TO
6 TIMES MORE
LIKELY TO SUFFER
HEART ATTACKS.
DON'T SMOKE
AND, IF YOU DO, QUIT.**

ARE YOU AT
RISK FOR
**HEART
DISEASE?**



THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.

**MAINTAIN
A HEALTHY
WEIGHT.**

**HIGH BLOOD
PRESSURE
GREATLY INCREASES
YOUR RISK.**

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



**DIABETES.
PUTS YOU AT INCREASED RISK
FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS?

History Of Presidents Day

Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2025 occurs on Monday, February 17. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.

Washington's Birthday

The story of Presidents Day date begins in 1800. Following the death of George Washington in 1799, his February 22 birthday became a perennial day of remembrance. At the time, Washington was venerated as the most important figure in American history, and events like the 1832 centennial of his birth and the start of construction of the Washington Monument in 1848 were cause for national celebration. While Washington's Birthday was an unofficial observance for most of the 1800s, it was not until the late 1870s that it became a federal holiday. Senator Steven Wallace Dorsey of Arkansas was the first to propose the measure, and in 1879 President Rutherford B. Hayes signed it into law.

The holiday initially only applied to the District of Columbia, but in 1885 it was expanded to the whole country. At the time, Washington's Birthday joined four other nationally recognized federal bank holidays—Christmas Day, New Year's Day, the Fourth of July and Thanksgiving—and was the first to celebrate the life of an individual American. Martin Luther King Jr. Day, signed into law in 1983, was the second.

Uniform Monday Holiday Act

The shift from Washington's Birthday to Presidents Day began in the late 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act. Championed by Senator Robert McClory of Illinois, this law sought to shift the celebration of several federal holidays from specific dates to a series of predetermined Mondays.

The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on the same weekday would reduce employee absenteeism. While some argued that shifting holidays from their original dates would cheapen their meaning, the bill also had widespread support from both the private sector and labor unions and was seen as a surefire way to bolster retail sales.

The Uniform Monday Holiday Act also included a provision to combine the celebration of Washington's birthday with that of Abraham Lincoln, which fell on February 12. Lincoln's Birthday had long been a state holiday in places like Illinois, and many supported joining the two days as a way of giving equal recognition to two of America's most famous statesmen.

McClory was among the measure's major proponents, and he even floated the idea of renaming the holiday Presidents Day. This proved to be a point of contention for lawmakers from George Washington's home state of Virginia, and the proposal was eventually dropped.

Nevertheless, the main piece of the Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971 following an executive order from President Richard M. Nixon. Washington's Birthday was then shifted from the fixed date of February 22 to the third Monday of February. Columbus Day, Memorial Day and Veterans Day were also moved from their traditionally designated dates. (As a result of widespread criticism, in 1980 Veterans' Day was returned to its original November 11 date.)

Did you know? President's Day never falls on the actual birthday of any American president. Four chief executives—George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan—were born in February, but their birthdays all come either too early or late to coincide with Presidents Day, which is always celebrated on the third Monday of the month.

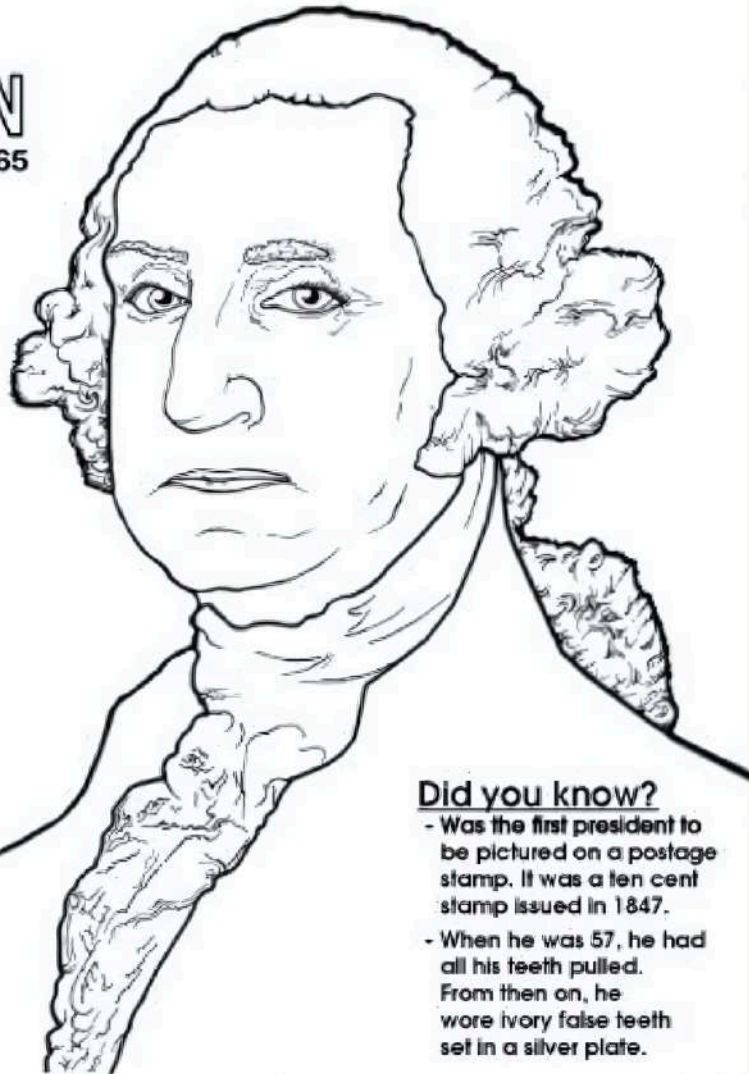
PRESIDENTS' DAY

ABRAHAM LINCOLN

Presidential term: March 4, 1861 – April 15, 1865

Did you know?

- Tallest president.
- First president to be assassinated.
- Only U.S. president who was also a licensed bartender.
- He used his top hat to store and carry notes, letters, even bills.



Did you know?

- Was the first president to be pictured on a postage stamp. It was a ten cent stamp issued in 1847.
- When he was 57, he had all his teeth pulled. From then on, he wore ivory false teeth set in a silver plate.

GEORGE WASHINGTON

Presidential term: April 30, 1789 – March 4, 1797



PRESIDENTIAL TRIVIA QUESTIONS

1. Which President had an alligator as a pet?

- A. James Madison B. Quincy Adams
C. John Tyler D. Andrew Johnson

2. Which President served the shortest term?

- A. William Harrison B. Zachary Taylor
C. James Garfield D. Richard Nixon

3. Who was the oldest President to be elected?

- A. Zachary Taylor B. William Harrison
C. Ronald Reagan D. Gerald Ford

4. Who was the youngest President to be elected?

- A. John F. Kennedy B. William Clinton
C. James K. Polk D. Grover Cleveland

5. Who was the shortest President?

- A. Benjamin Harrison B. Martin Van Buren
C. James Madison D. John Quincy Adams

6. The term "First Lady" was first used in reference to which Presidential wife?

- A. Dolley Madison B. Lucy Ware Webb Hayes
C. Priscilla Cooper Tyler D. Jane Appleton Pierce

7. How many presidents were assassinated in office?

- A. 5 B. 4 C. 7 D. 3

8. How many Presidents had unsuccessful assassination attempts on their lives?

- A. 6 B. 5 C. 10 D. 8

9. Which President was born on July 4?

- A. John Quincy Adams B. Gerald Ford
C. Lyndon B. Johnson

10. What was George Washington's Presidential salary?

- A. \$15,000 B. \$25,000 C. \$50,000 D. \$40,000

11. Who said, "We grow great by dreams. All big men are dreamers"?

- A. Thomas Woodrow Wilson B. Abraham Lincoln
C. George Washington D. Ulysses S. Grant

12. Who is credited for this famous quote: "A man is known by the company he keeps, and also by the company from which his is kept out."

- A. Ronald Reagan B. Theodore Roosevelt
C. Harry S. Truman D. Grover Cleveland

13. Which president had the most children?

- A. Theodore Roosevelt B. Benjamin Harrison
C. John Tyler D. Rutherford B. Hayes

14. Who was the only unmarried president?

- A. Thomas Woodrow Wilson B. Abraham Lincoln
C. James Polk D. James Buchanan

15. Who was referred to as the "Teflon President"?

- A. William Clinton B. Ronald Reagan
C. James E. Carter D. Herbert C. Hoover

16. Only one Vice-President served a President due to a resignation. Who was he?

- A. Gerald Ford B. Calvin Coolidge
C. Chester A. Arthur D. Lyndon B. Johnson

17. Which President served two non-consecutive terms?

- A. Thomas Jefferson B. Ulysses S. Grant
C. James Madison D. Grover Cleveland

18. George Bush said that this President was "known to receive guests in his bathrobe and slippers."

- A. Thomas Jefferson B. John Adams
C. James Madison D. Martin Van Buren

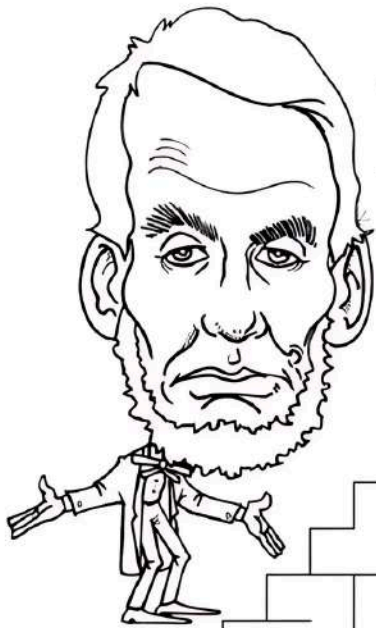
19. Which First Lady had the very first bathtub with running water installed in the White House?

- A. Emily Ellison Taylor B. Abigail Fillmore
C. Jane Appleton Pierce D. Priscilla Cooper Tyler

20. Who was the first President to wear trousers instead of knee breeches?

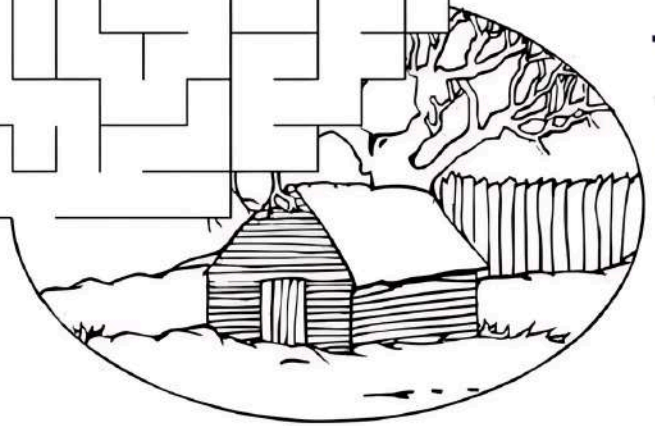
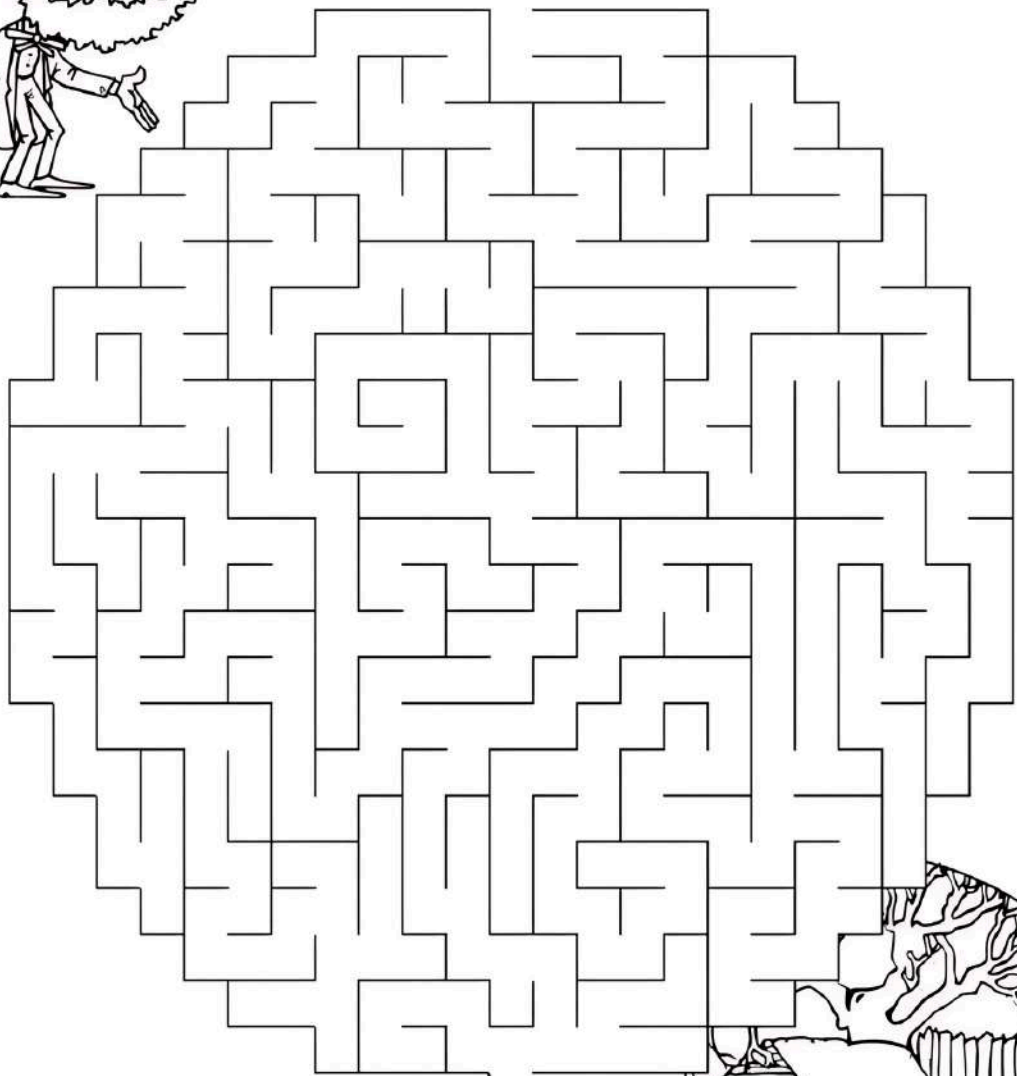
- A. Thomas Jefferson B. James Monroe
C. James Madison D. John Q. Adams

ANSWERS NEXT PAGE



President's Day

maze



ANSWERS TO PRESIDENTIAL TRIVIA QUESTIONS

1. B. 2. A. 3. C. 4. A. 5. C. 6. A. 7. B. 8. A.
 9. D. 10. B. 11. A. 12. D. 13. C. 14. D.
 15. B. 16. 17. D. 18. A. 19. B. 20. C.

SUPER BOWL

TRADITIONS & SUPERSTITIONS

The Super Bowl is just a couple days away, and is considered by fans as a "holiday," and an occasion to gather with family and friends. From the funny commercials, amazing half time show and the suspense filled game, the Super Bowl is entertainment at its best.

Did you know that there are a lot of Super Bowl Traditions and Superstitions?

Super Bowl Sunday is usually held in late January or early February. From 1967, up until 2002 the Super Bowl had always been held on the last Sunday in January. Because of the September 11th attacks that occurred the previous year, the Super Bowl was delayed by a week that year. This year's Super Bowl will make only the 8th time that the game has been held in February, but next year's Super Bowls is confirmed for February as well, opening way to a new tradition.

The pregame show is now a household staple. For some, the pregame show is just as important as the Super Bowl. It wasn't until 1976 that it was actually broadcast on TV. The first pregame show featured a release of 4,000 pigeons. Nowadays things like celebrities and fighter jets tend to be the stars of the show. It will be televised by CBS. CBS boasts that there is a new Eye Vision 360 camera system that will deliver high-resolution replays.

The amazing half time show & expensive commercials. In addition to the game, many look forward to the commercials and half-time show. Advertisers are expected to spend over \$5 million dollars on a 30 second commercial. Doritos, Budweiser, Snickers, Coca Cola and Pepsi will all be running commercials. The half time show is the most watched musical event of the year. Last year over 98.2 million viewers saw tuned into the half time show.

Food: Large amounts of foods are consumed during the Super Bowl, only second to Thanksgiving. Chicken wings, chips and salsa and pizza top the list as the most consumed foods. Just how much food? Well an estimated 28 million pounds of chips, 1.2 billion chicken wings and more than 48 million pizzas will be served.

Bets: The Super Bowl is typically the most bet on sport each year. Last year an estimated Six billion dollars was bet legally – and who knows how much more was bet illegally. You can bet on just about anything. From how quickly the first score will be made and what the longest field goal will be, to what color Gatorade will be poured over the winning teams coach.

Even the President gets involved. It is a decades old tradition that the President of the United States calls the Super Bowl winners. The winning team also gets to visit the White House to get a behind the scenes tour. The Super Bowl champions in 1969, the New York Jets, were the first ones to start the tradition of touring the White House after winning the big game.

Super Bowl Superstitions: There are countless sports superstitions. Many will wear the same jersey or socks from the winning season (some without washing,) wearing certain colors or numbers, watching the big game with the same people that brought the team luck throughout the year, sitting in the same chair or the same place on the couch, not shaving before the game, praying (even those that are not religious) ...the list goes on with rituals that fans feel they must do to avoid a catastrophe for their team. Another interesting superstition has to do with the stock market. It's believed that if a NFC team wins, the market and economy will do better.

Super Bowl Fun Page

Vs. Football Super Bowl Prediction Game

	Correct?
1. Who will be the winning team? _____	_____
2. Who will win the opening coin toss? _____	_____
3. Will the opening coin toss land on heads or tails? _____	_____
4. Who will be the first team to score? _____	_____
5. Who will be the MVP of the game? _____	_____
6. Will the first score of the game be a touchdown? _____	_____
7. Will there be a touchdown scored from 45 yards or more? _____	_____
8. Will there be a field goal made from 45 yards or more? _____	_____
9. Will anyone rush for 100 yards or more in the game? _____	_____
10. Will a quarterback pass for more than 300 yards? _____	_____
11. Will there be more than 2 interceptions in the game? _____	_____
12. Will there be a score within the first 7 minutes of the game? _____	_____
13. Which team will commit the first penalty? _____	_____
14. Will the defense of either team score? _____	_____
15. Will there be a score within the first 7 minutes of the second half? _____	_____
16. Will there be more than 25 points scored by halftime? _____	_____
17. Will there be more than 50 points scored in the game? _____	_____
18. Will there be a fumble recovered by the other team? _____	_____
19. Will there be more than 4 total sacks in the game? _____	_____
20. Will there be more than 3 successful field goals in the game? _____	_____
21. Will either team score in the final two minutes of the first half? _____	_____
22. Will either team score in the final two minutes of the game? _____	_____
23. Will the game be decided by more than 4 points? _____	_____
24. Will either team score more than 32 points? _____	_____
25. Will there be a blocked field goal or punt? _____	_____
26. Which team will make the most field goals? _____	_____
27. Will there be more than 3 turnovers in the game? _____	_____
28. Other than 0-0 will there be a tie score at any point in the game? _____	_____
29. Will a quarterback score a touchdown? _____	_____
30. Will there be a missed field goal or extra point in the game? _____	_____

Total _____

Tie Breaker – Total points scored in the game? _____



Football Terms Word Search



BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH

FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER

The History of Valentine's Day, and Why We Celebrate...

Valentine's Day may be associated with romance, but the origin of the holiday isn't romantic. Here's the history of Valentine's Day you may not know. Whether you love Valentine's Day or hate it, one thing's clear: Valentine's Day history goes way back. And while Valentine's Day is now known for kissing, Valentine's Day gifts for him/her, and hard-to-get dinner reservations, the origins of the holiday are far less romantic. Here is everything you need to know about the February 14 holiday.

When is Valentine's Day?

First, a quick refresher: Valentine's Day always falls on February 14. Valentine's Day 2025 is Friday, February 14. At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day, and since then, February 14 has been a day of celebration (religious or romantic).

What Do People Do?

Many people around the world celebrate Valentine's Day by showing appreciation for the people they love or adore. Some people take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Many people give greeting cards, chocolates, jewelry or flowers, particularly roses, to their partners or admirers on Valentine's Day. It is also a time to appreciate friends in some social circles and cultures. For example, Valentine's Day in Finland refers to "Friend's day", which is more about remembering all friends rather than focusing solely on romance. Valentine's Day in Guatemala is known as Day of Love and Friendship). It is similar to Valentine's Day customs and traditions countries such as the United States but it is also a time for many to show their appreciation for their friends.

Public Life

Valentine's Day is not a public holiday in many countries, including Australia, Canada, the United Kingdom and the United States. However, restaurants, hotels and shopping centers may be busy around this time of the year.

Background

The origins of Valentine's Day are not clear but many sources believe that it stems from the story of St Valentine, a Roman priest who was martyred on or around February 14 in the year 270 CE. How he became the patron saint of lovers remains a mystery but one theory is that the church used the day of St Valentine's martyrdom to Christianize the old Roman Lupercalia, a pagan festival held around the middle of February. The ancient ceremony included putting girls' names in a box and letting the boys draw them out. Couples would then be paired off until the following year. The Christian church substituted saints' names for girls' names in hope that the participant would model his life after the saint whose name he drew. However, it was once again girls' names that ended up in the box by the 16th century. Eventually the custom of sending anonymous cards or messages to those whom one admired became the accepted way of celebrating Valentine's Day. There was an increase in interest in Valentine's Day, first in the United States and then in Canada, in the mid-19th century. Early versions of Valentine cards fashioned of satin and lace and ornamented with flowers, ribbons, and images of cupids or birds appeared in England in the 1880s.

Symbols

Hearts, the colors red and pink, roses, images and statues of cupids, and cupids' bows and arrows symbolize the feeling of romance and love on Valentine's Day. Cupid is usually portrayed as a small winged figure with a bow and arrow. In mythology, he uses his arrow to strike the hearts of people. People who fall in love are sometimes said to be "struck by Cupid's arrow". The day focuses on love, romance, appreciation and friendship.



Happy Valentine's Day

Word Search

Search for the hidden words going up, down, left or right.

U	D	M	U	G	Q	G	G	R	V	H	V	N	V	O
X	F	T	K	W	S	N	I	E	V	O	L	U	B	K
J	O	J	F	D	D	I	F	D	O	T	M	Y	P	P
I	U	H	I	B	N	R	T	G	U	A	O	Y	E	V
J	R	J	Z	H	E	A	S	W	J	G	K	R	Z	A
W	T	F	H	E	I	C	X	L	Q	M	K	O	S	L
Q	E	L	P	A	R	T	Y	U	T	J	F	S	F	E
E	E	C	L	R	F	C	F	S	B	Q	E	E	T	N
I	N	R	Q	T	I	M	H	K	F	Q	B	S	P	T
K	T	X	Z	P	L	Y	R	W	L	G	R	V	O	I
E	H	H	A	A	Y	D	X	X	O	B	U	H	J	N
P	N	H	S	O	J	N	I	G	W	T	A	B	L	E
G	G	S	X	A	H	G	Z	O	E	H	R	X	W	M
S	S	W	E	E	T	H	E	A	R	T	Y	D	Q	M
B	T	D	C	A	E	I	G	Q	S	Q	P	B	F	E

VALENTINE
FLOWERS
GIFTS
PARTY

CARING
FOURTEENTH
HEART
ROSES

FEBRUARY
FRIENDS
LOVE
SWEETHEART







I love you

Cheesy Valentine's day pick-up lines...

1. Are you a magician? Because whenever I look at you, everyone else disappears!
2. Are you a camera? Because every time I look at you, I smile.
3. Are you religious? Because you're the answer to all my prayers.
4. Even if there wasn't gravity on earth, I'd still fall for you.
5. I'm not a photographer, but I can picture me and you together.
6. Do you work at Starbucks? Because I like you a latte.
7. If I were a cat, I'd spend all 9 lives with you.
8. Do you play soccer? Because you're a keeper!
9. Are you an interior decorator? Because when I saw you, the room became beautiful.
10. Let me tie your shoes, because I don't want you falling for anyone else.
11. Are you an omelet? Because you're making me egg-cited!
12. Do you have a pencil? Cause I want to erase your past and write our future.
13. Do you know what my shirt is made of? Boyfriend material.
14. Are you my Appendix? Because I have a funny feeling in my stomach that makes me feel like I should take you out.
15. Are you a florist? Cause ever since I met you, my life has been Rosey.
16. I want to live in your socks so I can be with you every step of the way.
17. Did you invent the airplane? Cause you seem Wright for me.
18. Do you have a map? I'm getting lost in your eyes.
19. I don't have a library card, but do you mind if I check you out?
20. Sorry, but you owe me a drink. Because when I looked at you, I dropped mine.
21. Excuse me, is your name Earl Grey? Because you look like a hot-tea!
22. I'm not a hoarder but I really want to keep you forever.
23. Do you have a Band-Aid? Because I just scraped my knee falling for you.
24. Are you a parking ticket? Cause you've got fine written all over you.
25. Are you Mexican? Because you're my Juan and only!
26. Do I know you? Cause you look exactly like my next girlfriend.
27. I'm no organ donor but I'd be happy to give you my heart.
28. I seem to have lost my phone number. Can I have yours?
29. Can I take your picture to prove to all my friends that angels do exist?
30. Can I have your Instagram? My parents said I should follow my dreams.

31. Do you want to see a picture of a beautiful person? (hold up a mirror)
32. Are you Australian? Because you meet all of my koala-fications.
33. I'm not drunk, I'm just intoxicated by YOU.
34. I was blinded by your beauty... I'm going to need your name and number for insurance purposes.
35. Is there an airport nearby or is that just my heart taking off?
36. There must be a light switch on my forehead because every time I see you; you turn me on!
37. Hi, I'm writing a term paper on the finer things in life, and I was wondering if I could interview you?
38. Have you been to the doctor lately? Cause I think you're lacking some Vitamin Me.
39. Can I follow you home? Cause my parents always told me to follow my dreams.
40. You look so familiar... didn't we take a class together? I could've sworn we had chemistry.
41. Hi, I'm Mr. Right. Someone said you were looking for me?
42. Do you like Nintendo? Because Wii would look good together.
43. If you were a flower, you'd be a damnnnn-delion
44. If you were ground coffee, you'd be Espresso cause you're so fine.
45. Was your dad a boxer? Cause you're a knockout!
46. You're so beautiful that you made me forget my pickup line.
47. You shouldn't wear makeup. It's messing with perfection!
48. If I had a star for every time you brightened my day, I'd have a galaxy
49. I was wondering if you had an extra heart? Mine seems to have been stolen.
50. I thought happiness started with an H. Why does mine start with U?
51. Are you a campfire? Cause you are hot and I want s'more.
52. Are you a banana? Because I find you a-peeling
53. Are you Netflix? Because I could watch you for hours.
54. Are you a bank loan? Because you've got my interest
55. You may be asked to leave soon; you're making all the other women look bad.
56. Are you lost ma'am? Because heaven is a long way from here.
57. Put down that cupcake... you're sweet enough already.
58. Four plus four equals eight, but you plus me equals fate.
59. Did you just come out of the oven? Because you're hot!
60. Are you Hurricane Katrina? Cause you're blowing me away.
61. You must be the cure for Alzheimer's, because you're unforgettable.
62. Please call 9-1-1, because you just made my heart stop!
63. You're so hot, that if you ate a piece of bread, you'd poop out toast!
64. Could you please step away from the bar? You're melting all the ice!
65. Are you from Russia? 'Cause you're Russian my heart rate!
66. I must be a snowflake, because I've fallen for you.

**I HATE WHEN I HEAR SOMEONE
SAYS "IT'S A BEAUTIFUL
WEATHER, 13°C AND A LOT OF SUN"**



**IT'S A FEBRUARY! IT'S SUPPOSE
TO BE -10°C AND A 30CM OF SNOW.**

DO YOU HAVE A DATE FOR VALENTINES DAY?



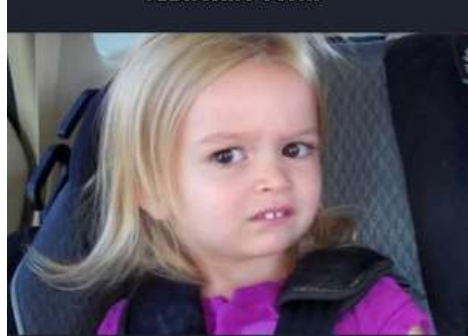
**YES.
FEBRUARY 14TH**

**IF YOU'RE SAD ABOUT BEING ALONE
ON VALENTINE'S DAY, JUST
REMEMBER...**



**NO ONE LOVES YOU ON THE
OTHER DAYS OF THE YEAR
EITHER**

**WHAT ARE YOU DOING ON
FEBRUARY 14TH?**



WORK...IT'S A THURSDAY.

MY NEW YEAR



STARTS IN FEBRUARY

How people who pronounce the first "R" in February look at everyone else



WHEN YOU'VE HAD A LONG YEAR

**AND IT'S ONLY
FEBRUARY**

**WALKING INTO MY
BIRTHDAY MONTH LIKE...**



Americans born on February 29th, when they turn 21 and finally are allowed to drink

Who ever deleted the 30th & 31st of February can you also delete the 14 of February 🤪



AND THAT'S HOW



THEY MAKE GRAPES



LOVE IS IN THE AIR?



GET OUT THE GAS MASK

GOODBYE JANUARY

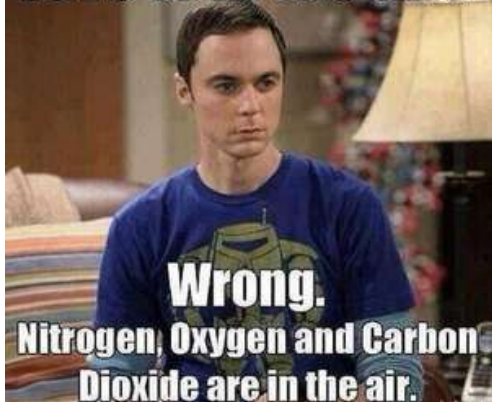


HELLO FEBRUARY



it's been 84 years...

Love is in the air?



Any plans for valentine's day?"



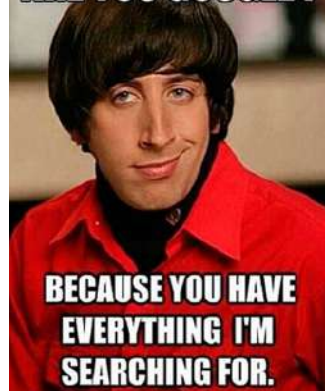
The real holiday is February 15th...



SUPER BOWL?



ARE YOU GOOGLE?



IT'S FEBRUARY 1ST



THIS IS ME



THE WORLD RIGHT NOW:



ME:



HEY BEAUTIFUL

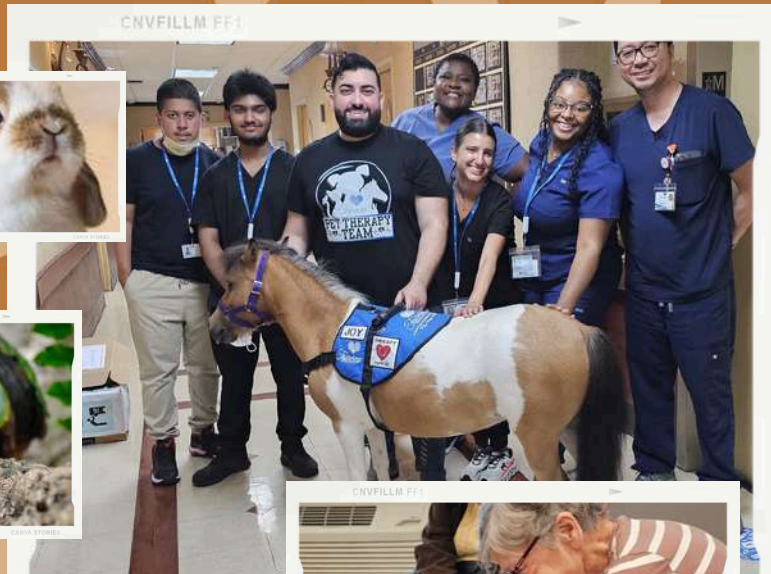




Animal Assisted Therapy

a therapist with a wagging tail...

If you're looking for emotional or physical support, look no further - you've come to the right place. Anyone can benefit from the unique animal-to-human bond





Pet Therapy Conversations

THESE TESTIMONIALS REFLECT THE DEEP AND MEANINGFUL IMPACT THE THERAPY ANIMALS HAVE ON THE PEOPLE THEY INTERACT WITH



MILO

Nancy W. (Patient): "Milo, the therapy cat, was such a soothing presence. Just having her curl up next to me made me feel less anxious and more at ease."

John M. (Patient): "Meeting Jack, the therapy dog, was the highlight of my week. He brought so much comfort during a tough time, and his gentle presence really lifted my spirits."



JACK



JOY

Linda T. (Staff): "I've seen firsthand how the therapy animals, especially Joy the miniature horse, have brought smiles and calm to our residents. It's amazing how much they can brighten someone's day."

James P. (Patient): "Casper's visits were the coolest thing I saw all week. He has this way of making you forget your worries and just enjoy the moment."



CASPER



FREDDY

Susan B. (Staff): "The therapy animals have brought a sense of normalcy and joy to our residents' lives especially Freddy. It's amazing to see the positive impact they have."

Betty A. (Patient): "Marley the parrot brought so much color and life to our days. He made me laugh, and that's something I hadn't done in a while."



MARLEY





At Fairview Skilled Rehab and Nursing Home, we are thrilled to share the joy and comfort brought by our exceptional Pet Therapy Program. This program has become a beloved part of our community, enriching the lives of our residents and staff alike.

Our pet therapy team consists of a variety of wonderful animals, each bringing their own special kind of magic. We have Sophie, Oliver, and Jack, our affectionate therapy dogs who love to cuddle and play. Milo, our gentle cat, is always ready for a purr-filled lap session. Marley, Peter and Donna our vibrant parrots, who entertain us with their colorful feathers and cheerful chatter. And then there's Joy, our miniature therapy horse, who brings a unique and calming presence to everyone she meets.

The Benefits of Pet Therapy

1. **Emotional Well-Being:** The simple act of petting an animal can release endorphins, reducing stress and anxiety. Our residents often experience improved mood and reduced feelings of loneliness after spending time with our therapy animals.
2. **Physical Health:** Interacting with animals can encourage physical activity, whether it's taking a gentle walk with a dog or engaging in playful activities. This can lead to improved mobility and physical health.
3. **Social Connections:** Pet therapy sessions provide a wonderful opportunity for social interaction. Residents come together to share stories about their own pets and enjoy the company of their furry and feathered friends, fostering a sense of community.
4. **Mental Stimulation:** Engaging with our therapy animals can stimulate the mind, especially for residents with cognitive challenges. The animals' playful antics and loving nature can spark memories and conversations, keeping minds active and engaged.
5. **Staff Benefits:** It's not just the residents who benefit. Our staff members also find comfort and stress relief in spending time with our therapy animals. This helps create a more positive and caring environment throughout Fairview.

Heartwarming Stories

We've seen countless heartwarming moments thanks to our Pet Therapy Program. One resident, who was initially withdrawn, began to smile and engage more after regular visits from Sophie. Another resident, who had difficulty expressing herself, found her voice again through interactions with Marley the parrot. These stories are just a few examples of the incredible impact our therapy animals have.

Join Us in Celebrating Our Pets

We invite you to experience the joy and healing of our Pet Therapy Program. Whether you're a resident, a family member, or part of our dedicated staff, these amazing animals are here to brighten your day and lift your spirits.

At Fairview, we believe in the power of the human-animal bond, and our Pet Therapy Program is a testament to the profound benefits it brings. Come and see for yourself how a little bit of fur, feathers, and hooves can make a world of difference.









HI! We are...

Dedicated to providing exceptional care and specialty Skilled Rehab and Nursing Home services.

This presentation outlines our approach and key offerings



FAIRVIEW REHAB, A 200 BED FACILITY LOCATED IN THE HEART OF FOREST HILLS, QUEENS. WE WORK CLOSELY WITH HOSPITALS TO ENSURE SMOOTH PATIENT TRANSITIONS AND PROVIDE REGULAR UPDATES TO HOSPITALS AND FAMILIES ABOUT PATIENT PROGRESS.

We provide specialized care for a range of conditions, including heart failure, stroke, coronary artery disease, neurological conditions, and more. Our healthcare team creates individualized care plans for each resident, adjusted as needed to reflect evolving health conditions and recovery goals.

Let's GO!



WHY OTHERS CHOOSE US?

"I'll be honest, I wasn't thrilled about the idea of a nursing home. But Fairview? It changed my mind. The folks here, they really care. They listen when I talk about my grandkids, they remember how I like my coffee, and somehow, they always know when I need a bit of extra help without me saying. It's not just the place, it's the people. They've made all the difference."

George Martin
Fairview Resident

"My dad's always been a tough cookie, hard to please. So when he told me he actually liked Fairview, I knew it had to be good. The staff keeps us updated, and they've got this way of making everyone feel at home. Dad's got a new hobby now, birdwatching, can you believe it? He also loves when the therapy animals come around."

Emily Thompson
Fairview Family Member

"Coming here, I thought I'd miss my independence, but Fairview's given me something else: a community. Sure, the bingo nights are great, and the therapy sessions are top-tier, but it's the chats over dinner, the staff's jokes, and those quiet moments of understanding that mean the world to me. It's more than I hoped for."

Margaret "Maggie" Rivera
Fairview Resident

"It was a tough year, worrying about Grandma and not being able to visit as much as we wanted. Finding Fairview felt like a stroke of luck. The care team is incredible; they even set up video calls so we could see Grandma smiling. She's doing so much better, and knowing she's happy and cared for has eased our minds more than words can say."

David Cheng
Fairview Family Member

Admission to Discharge Timeline

INCLUDING OUT OF NETWORK AUTHORIZATION

RESPONSIVE AND EFFICIENT ADMISSION TEAM ASSISTING (HOSPITAL CASE MANAGERS) WITH ALL PAPERWORK AND LOGISTICS 24/7

1

Admission and Assessment:

The individual is admitted to our skilled rehab nursing home, and a comprehensive assessment is conducted to evaluate their medical condition, care needs, and rehabilitation goals.

2

Treatment and Rehabilitation

A personalized treatment plan is developed based on the assessment. The individual undergoes therapy sessions, including physical therapy, occupational therapy, and speech therapy, as needed, to work towards their rehabilitation goals.

3

Progress Monitoring and Adjustments

The individual's progress is regularly monitored, and the treatment plan is adjusted as necessary. Ongoing evaluations and feedback help track the effectiveness of therapies and ensure optimal progress.

4

Discharge Planning:

As the individual nears their rehabilitation goals, a discharge plan is developed in collaboration with the healthcare team, the individual, and their family. This plan includes arrangements for any necessary follow-up care, equipment, or support services.

5

Discharge and Post-Rehabilitation Support:

The individual is discharged once they have achieved their rehabilitation goals and are deemed ready for a safe return home. They receive instructions, prescriptions, and any needed resources for continued progress and recovery beyond the facility's care.

"At Fairview, we keep it REAL—real care, real smiles, and real comfy. Welcome to where you're more than just a name on a door."

"I 100% Agree with EVERYTHING She Said..."



WE SPECIALIZE

AND HAVE EXPERTISE WITH THE FOLLOWING:

- Heart Failure/Congestive Heart Failure (CHF)
- Coronary Artery Disease(CAD)
- Coronary Artery Bypass Graft (CABG)
- Percutaneous Coronary Intervention (PCI)
- Coronary Stent and Angioplasty
- Implantable Cardioverter defibrillator (ICD)
- Pacemaker - Heart Transplant - Stroke (CVA)
- Traumatic Brain Injury(TBI)
- Spinal Cord Injury(SCI)
- Stable Angina - Heart Rhythm Disorders
- Post-Heart Attack/Heart Surgery Care
- Atrial Fibrillation (Afib)
- Hypertension (HTN) with Diabetes (DM)
- Other Vascular Diseases
- Heart Valve Replacement
- Multiple Sclerosis - Parkinson's Disease
- Lower Extremity Fracture- Infectious Disease

"We redefine rehabilitation by making it fun. Our dedicated staff believes in infusing each day with laughter and enjoyment, creating a healing environment that goes beyond traditional approaches. Experience the transformative power of our dynamic and uplifting approach to recovery, where fun and progress go hand in hand."

"We consider it a privilege to care for our residents, witnessing their progress and being a part of their healing journey is truly rewarding."



SPECIALTY

SERVICES



YOU ASKED FOR
IT!
WE GOT YOU
COVERED...

- ✓ **LIFE VEST: PROVIDING LIFE-SAVING CARDIAC SUPPORT THROUGH THE USE OF SPECIALIZED WEARABLE DEFIBRILLATORS.**
- ✓ **Inotropic Milrinone: Advancing cardiac care with innovative therapies to improve heart function and circulation.**
- ✓ **DOBUTAMINE: ADMINISTERING SPECIALIZED MEDICATION TO OPTIMIZE CARDIAC PERFORMANCE AND OVERALL CARDIAC HEALTH.**
- ✓ **PEG Tube: Offering personalized nutritional support through percutaneous endoscopic gastrostomy tubes.**
- ✓ **DECANNULATION: FACILITATING THE SAFE REMOVAL OF TRACHEOSTOMY TUBES TO PROMOTE INDEPENDENT BREATHING.**
- ✓ **Bariatric Care: Providing tailored support for weight management and well-being for individuals with bariatric conditions.**
- ✓ **NASOGASTRIC TUBE (NG) SERVICES: INSERTION OF A MEDICAL CATHETER THROUGH THE NOSE INTO THE STOMACH FOR THE TEMPORARY DELIVERY OF SUBSTANCES SUCH AS FOOD OR MEDICATIONS, AS WELL AS FOR THE REMOVAL OF SUBSTANCES WHEN NEEDED.**
- ✓ **METHADONE PATIENTS: SPECIALIZED CARE AND SUPPORT FOR INDIVIDUALS RECEIVING METHADONE TREATMENT, INCLUDING COMPREHENSIVE MEDICATION MANAGEMENT AND CONVENIENT CLINIC PICKUP.**
- ✓ **HYPODERMOCLYSIS (HDC) SERVICES: SPECIALIZED ADMINISTRATION OF FLUIDS OR MEDICATION SUBCUTANEOUSLY (UNDER THE SKIN), OFFERING AN ALTERNATIVE TO INTRAVENOUS (IV) OR INTRAMUSCULAR (INTO A MUSCLE) DELIVERY.**



REHAB

- Individualized treatment plans addressing specific rehab needs and goals
- State-of-the-art equipment and techniques to improve mobility, functionality, and communication
- Dedicated team of therapists providing one-on-one sessions and tracking progress
- Restoring independence and promoting a smooth transition back to daily activities



OUR

TEAM

PHYSICAL THERAPY

- Enhancing mobility, strength, and function
- Effective pain management and rehabilitation
- Injury prevention and fall risk reduction

OCCUPATION THERAPY

- Restoring independence in daily activities
- Customized solutions and adaptive strategies
- Independent living readiness and vocational goals

SPEECH THERAPY

- Enhancing communication skills and fluency
- Swallowing and dysphagia management
- Cognitive rehab and memory improvement

NURSING CARE



1
Highly trained
registered nurses,
doctors and medical
staff available
around the clock



2
Advanced medical
monitoring to
ensure prompt
interventions and
personalized care

3
SPECIALIZED WOUND CARE
MANAGEMENT AND IV THERAPY FOR
FASTER HEALING AND PREVENTION
OF INFECTIONS

4
Chronic disease
management with
a focus on
symptom control
and enhancing
quality of life



5
PAIN MANAGEMENT
STRATEGIES
IMPLEMENTED TO
ENSURE COMFORT
AND RELIEF

6
PHYSICIAN OVERSIGHT
AND REGULAR
CONSULTATIONS FOR
OPTIMAL TREATMENT
OUTCOMES



7
24/7 emergency
care available,
ensuring residents'
safety and well-
being



8
MEDICATION
MANAGEMENT AND
ADMINISTRATION TO
PREVENT ERRORS AND
PROMOTE ADHERENCE

9
Comprehensive wound
care services, including
wound vac/negative
pressure therapy and
wound debridement,
provided by experienced
specialists.

10
COMPREHENSIVE MEDICAL
SERVICES, INCLUDING
INOTROPIC MEDICATION,
ISOLATION ROOMS, VARIOUS
IV OPTIONS, MEDICATIONS,
AND SPECIALIZED CARE.

Social Services

MASTERS OF
'THERAPEUTIC
MAGIC,' TURNING
PROBLEMS INTO
SOLUTIONS WITH
THEIR CARING
TOUCH

THE SUPERHEROES WITH
LISTENING POWERS,
ABLE TO BRING
HEALING THROUGH
UNDERSTANDING.

Case Management:



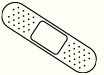
Our skilled social workers provide case management services, assisting residents and their families in navigating complex healthcare systems, coordinating care, and accessing necessary resources.

Home Care:



WE OFFER HOME CARE SERVICES TO SUPPORT INDIVIDUALS IN THE COMFORT OF THEIR OWN HOMES. OUR COMPASSIONATE SOCIAL WORKERS ASSESS NEEDS, ARRANGE FOR PROFESSIONAL CAREGIVERS, AND ENSURE A SAFE AND NURTURING ENVIRONMENT.

DME (Durable Medical Equipment):



Our social workers facilitate access to essential durable medical equipment, ensuring residents have the necessary tools to enhance their mobility, independence, and overall well-being.

CDPAP

(Consumer Directed Personal Assistance Program):



We support individuals in utilizing the CDPAP, empowering them to choose and manage their own personal caregivers, granting them greater control over their care and promoting independence.

Increased Home Care Hours:



Understanding the importance of personalized care, our social workers advocate for increased home care hours when required, ensuring that residents receive adequate assistance tailored to their specific needs.

Doctor/ Nurse Home Visiting:



To enhance convenience and accessibility, we arrange for doctor or nurse home visits when appropriate, enabling residents to receive necessary medical care in the comfort of their own residence.

Medication and Script Management:



Our social workers assist residents with medication management, including prescription refills, coordination with healthcare providers, and ensuring adherence to prescribed treatment plans.

Enriching Through Social Services:



Psychosocial support is offered to address emotional and mental well-being as well as counseling services is provided to help residents and families cope with life changes and transitions.

OUR DEDICATED TEAM OF SOCIAL WORKERS OFFER A RANGE OF SERVICES TO ADDRESS VARIOUS NEEDS, ENSURING HOLISTIC WELL-BEING AND IMPROVED QUALITY OF LIFE.

HERE ARE
SOME OF THE KEY
SERVICES WE PROVIDE

Send

Nutritious and Nourishing Dining Experience:

**Specialty
SERVICES**



Speech and Swallowing Support:

We collaborate with our speech-language pathologists to address any speech and swallowing difficulties residents may experience. Our team provides specialized meal textures and modifications to ensure safe and enjoyable eating experiences.



FEEs:

Comprehensive assessment of swallowing function & safety through Fiberoptic Endoscopic Evaluation of Swallowing. Identifies areas needing intervention, guides personalized treatment plans, recommends dietary adjustments, enhances safety with positioning techniques, & minimizes aspiration risks, ensuring overall well-being.



Modified Barium Swallow Studies (MBS):

When necessary, our facility offers Modified Barium Swallow Studies to assess swallowing function. This helps in identifying any potential issues and allows our team to customize dietary plans accordingly.



Diet Modifications:

Accommodating special dietary requirements for residents with specific medical conditions or preferences such as low-sodium, diabetic-friendly, gluten-free, and pureed diets.



Balanced and Nutrient-rich Meals:

Our skilled chefs incorporate a variety of fresh fruits, vegetables, lean proteins, whole grains, and healthy fats to support recovery and overall well-being

DID YOU KNOW?



FREE Transportation Services:

Door-to-Door Care for Newly Admitted Residents 24/7

We offer FREE transportation services, ensuring a smooth transition for newly admitted residents. Whether they are arriving from a doctor's office, emergency room, or their own home, our dedicated team is available 24/7 to provide door-to-door service at no cost. We understand the importance of a seamless journey during this critical time, and our professional staff is committed to ensuring the comfort and safety of every resident.



"Bringing Hearts Closer, One Ride at a Time!"

WE OFFER FREE PARKING OPTIONS FOR INDIVIDUALS DRIVING IN. REST ASSURED THAT YOUR ARRIVAL WILL BE MET WITH EASE.



Convenient Transportation Solutions For Family Members and Visitors

Recognizing the importance of visitors and family support, we go a step further by providing FREE transportation for family members and visitors who face challenges in visiting their loved ones on a availability basis. Experience the convenience and compassionate care we provide, ensuring that everyone can access vital healthcare resources and maintain strong family connections.



RECREATION ACTIVITIES

We offer a wide range of engaging & enjoyable recreation activities to enhance our residents well-being and promote their recovery. These activities are tailored to meet the unique needs and abilities of each individual, ensuring a positive and inclusive experience for all.



YOU'VE
TOTALLY GOT
THIS!



These recreation activities are designed not only to promote physical and cognitive recovery but also to create a positive and enjoyable environment where our residents can thrive, socialize, and regain a sense of joy and purpose in their daily lives.

- **Therapeutic Exercises:** Physical therapy sessions and exercises are incorporated to improve mobility, strength, and flexibility, with the aim of restoring independence.
- **OCCUPATIONAL THERAPY:** RESIDENTS CAN PARTICIPATE IN VARIOUS OCCUPATIONAL THERAPY ACTIVITIES THAT HELP THEM REGAIN DAILY LIVING SKILLS, SUCH AS COOKING, GROOMING, AND HOUSEHOLD TASKS.
- **Recreational Games:** Board games, card games, and puzzles are provided to stimulate cognitive function, promote social interaction, and enhance problem-solving abilities.
- **Arts and Crafts:** Creative activities like painting, drawing, and crafts allow residents to express themselves artistically and engage in a therapeutic and enjoyable experience.
- **Music Therapy:** Residents can participate in music therapy sessions, including singing, playing musical instruments, and listening to music, which can evoke positive emotions, reduce stress, and aid in rehabilitation.
- **Gardening:** Engaging in gardening activities, such as planting flowers or tending to small herb gardens, offers a peaceful and therapeutic experience while promoting physical movement and sensory stimulation.
- **RELAXATION AND MINDFULNESS ACTIVITIES:** GUIDED MEDITATION, GENTLE YOGA, AND RELAXATION EXERCISES ARE OFFERED TO PROMOTE STRESS REDUCTION, MENTAL WELL-BEING, AND OVERALL RELAXATION.



Care for Diverse Health Conditions



Fairview Nursing Care Center is well-equipped to provide specialized care for a variety of conditions. These include, but are not limited to:

Heart-related conditions: Heart Failure/CHF, CAD, CABG, PCI, Coronary Stent and Angioplasty, ICD, Pacemaker, Heart Transplant, Stable Angina, Heart Rhythm Disorders, Post-Heart Attack/Heart Surgery Care, Afib, HTN with DM, Heart Valve Replacement, and other Vascular Diseases.

Neurological conditions: Stroke (CVA), TBI, SCI, Multiple Sclerosis, Parkinson's Disease.

Other conditions: Lower Extremity Fracture, Infectious Disease.



STAY
POSITIVE



WE ARE A RENOWNED TEACHING FACILITY THAT OFFERS VALUABLE LEARNING OPPORTUNITIES FOR FELLOWSHIP, NURSING, AND SOCIAL WORK INTERNS AND STUDENTS.

- **HANDS-ON EXPERIENCES: INTERNS AND STUDENTS HAVE THE OPPORTUNITY TO GAIN PRACTICAL, REAL-WORLD EXPERIENCES UNDER THE GUIDANCE OF OUR EXPERT TEAM.**
- **Mentorship and Guidance:** Our experienced professionals provide mentorship and support, fostering the growth and development of interns and students.
- **Interdisciplinary Collaboration:** Our teaching facility promotes collaboration among various disciplines, allowing interns and students to engage in interdisciplinary teamwork
- **Growth and Innovation:** We create an environment that encourages learning, growth, and innovation, fostering the development of future healthcare leaders.
- **TRANSFORMING HEALTHCARE: BY WELCOMING INTERNS AND STUDENTS, WE ACTIVELY CONTRIBUTE TO SHAPING THE FUTURE OF HEALTHCARE THROUGH EDUCATION AND TRAINING.**

LOVE
THIS



YOU
GOT
THIS!



**LEARNING EXPERIENCES FOR
FELLOWSHIP, NURSING, AND
SOCIAL WORK INTERNS AND
STUDENTS, FOSTERING THEIR
GROWTH AND DEVELOPMENT
IN THE HEALTHCARE FIELD.**

Congrats! GRAD!

LAUNCH YOUR NURSING CAREER THE DAY YOU GRADUATE!

CNA, LPN and RN Graduates, Here's Your Path to Success!

 Work from the day of graduation up to 90 Days under a registered nurse!

RN Failed the Test?

No Problem!  Apply for the limited LPN (FORM 5) Become an LPN Temporarily!  Stay in the Game, Stay Employed!

Approval for limited permit can take up to 2 weeks. Once permit is ready YOU may work for a year with the limited license with the supervision of a registered nurse. Take the test if you fail, let us know within 10 days.

NEW LPN GRADS WHO ARE NOT LICENSED YET FILL OUT FORM 5 TO BE ELIGIBLE TO WORK FOR 90 DAYS



FOLLOW THESE STEPS TO QUALIFY...
Fill out: Form 1 (ATT to take NCLEX test) and Form 5 (limited permit)
Fast-Track to Your Limited Permit and work One Whole Year of Nursing!
Mentorship by Seasoned RNs


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Join the RN Club...**

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-  Gain Valuable Experience
-  Make Lives Happier
- Step into a Rewarding Career
- Start Now. Shape Your Future!

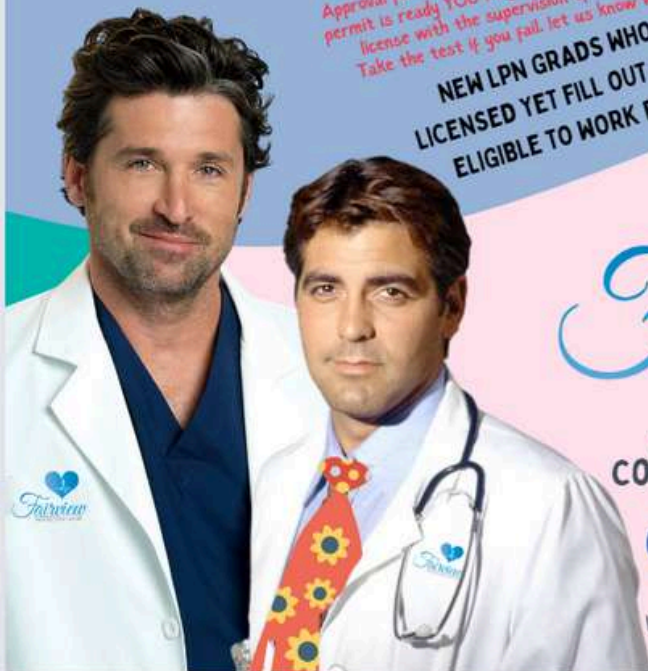
 Enroll Today and Explore Your Path to CNA Success!


Fairview
nursing care center

 **YOUR NURSING JOURNEY BEGINS NOW!
CONTACT US TODAY FOR YOUR BRIGHT FUTURE!**

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ANIMAL ASSISTED THERAPY



Meet Our Therapy Animals

PAWSITIVELY LIFE-CHANGING: DISCOVERING THE BENEFITS OF ANIMAL- ASSISTED THERAPY

We harness the power of animal-assisted therapy to enhance mental and emotional well-being, reduce stress and anxiety, and promote socialization and communication skills. Our program enables residents to directly experience these remarkable benefits. Through interactions with our furry companions and engaging in animal-related activities, our animal-assisted therapy brings purpose and fulfillment to their lives.

UNLEASHING JOY: HOW ANIMAL-ASSISTED THERAPY IS IMPROVING MENTAL AND EMOTIONAL HEALTH

At Fairview, we understand that mental and emotional well-being are just as important as physical health. That's why we offer animal-assisted therapy programs that have been shown to improve residents' mental and emotional health. Studies have shown that interacting with animals can help to reduce stress and anxiety, alleviate depression, and increase feelings of happiness and contentment.

BUILDING CONNECTIONS: PROMOTING OVERALL HEALTH AND WELL- BEING

Interacting with therapy animals can help increase socialization and communication skills, and can help to build relationships with other residents, staff members, and even family members who visit with their pets. This is particularly important for residents who may feel isolated or lonely. We cherish the special bond between humans and animals, welcoming visits from family pets.

UNLEASHING THE MIND: HOW AAT IMPROVES COGNITIVE FUNCTION

Interacting with animals can help to improve memory, attention, and problem-solving skills. For residents with cognitive impairments such as dementia or Alzheimer's disease, Equine therapy with JOY our Miniature horse or therapy dogs can be particularly helpful.

FINDING PURPOSE AND JOY: BENEFITS FOR REHABILITATION & RECOVERY

Many of our residents have had pets in the past and miss the companionship they provided. Pet therapy can help to fill that void, and can provide residents with a renewed sense of purpose and meaning in their lives. At Fairview, we strive to provide our residents with every opportunity to benefit from this unique relationship and to live their lives to the fullest.

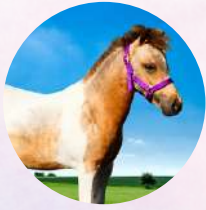
FROM FURRY FRIENDS TO HEALING HANDS: THE PHYSICAL HEALTH BENEFITS

Pet therapy can also have physical health benefits for our residents. Research has shown that interacting with animals can lower blood pressure, reduce the risk of heart disease, and even improve immune function. For residents who are recovering from an injury or illness, pet therapy can be a valuable part of their rehabilitation program.





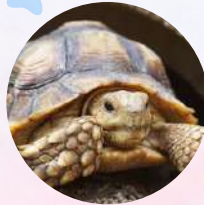
Meet Our Therapy Animals



**Therapy Horse
JOY**



**Therapy Dogs
SOPHIE, OLIVER, JACK**



**Therapy Tortoise
DIANA**

Reduce loneliness and isolation by providing companionship.

Boost mood and overall well-being



**Therapy Cat
MILO**



**Therapy Parrot
PETER**



**Therapy Tarantula
CHARLOTTE**

Decrease stress and anxiety levels.

Improve motor skills and hand-eye coordination through physical interaction.



**Therapy Parrot
MARLEY**



**Therapy Bunny
FRED**



**Bearded Dragon
ALBUS**

Motivate residents to engage in rehabilitation exercises.



**Therapy Tarantula
MARGARET**



**Therapy Iguana
Phoenix**



**Therapy Python
GEORGE**

Stimulate cognition and memory recall.



**Emperor Scorpion
SHADOW**



**Therapy Parakeets
TWEETY & BLUE**



**Madagascar Hissing
Cockroach**

Reminiscence therapy as residents share past experiences with pets.

Reduce the need for psychotropic medications by addressing emotional needs naturally.



**PAC MAN FROG
LINDA**



**Leopard Geckos
LOKI & THOR**



**Dwarf Hamsters
MISHA & MASHA**

Create a safe environment for emotional expression.

Contribute to a holistic approach to healing and rehabilitation.

Fairview Nursing Care Center

69-70 Grand Central Pkwy, Queens, NY 11375 | 718.704.7690

**WE'RE LOCATED IN THE VICINITY OF QUEENS
BOULEVARD, WE CAN BE EASILY ACCESSED THROUGH
VARIOUS MODES OF TRANSPORTATION.**

Bus



- Board the Q64 bus and disembark at Jewel Avenue & 112th St.
- Proceed towards the Grand Central Parkway service road.
- Take a right turn, and you will find yourself at Fairview Nursing Care Center.

Walk



- The following subway stations are in close proximity to Fairview E, F, M, and R.
- Queens Blvd and 108th St Station: It is also a 10-minute walk, spanning 0.5 miles. Lines serving this station are E, F, M, and R.

Train



- Take the E, F, M, or R lines and descend at the 71st Ave. - Continental Station.
- From the station, you have two options:
 - a. Take the Q64 bus and follow the Bus directions
 - b. Enjoy a short 10-minute walk down Jewel Avenue to the Grand Central Parkway Service Road.

Transportation

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DURING THE PANDEMIC, WE INTRODUCED A SPECIAL HUGGING BOOTH, ALLOWING FAMILIES TO REUNITE SAFELY, SHARE EMBRACES, AND FEEL CHERISHED. THIS INNOVATIVE SOLUTION PRIORITIZED PROTECTION WHILE PRESERVING THE ESSENTIAL BONDS OF LOVE AND CONNECTION.



FAIRVIEW
NURSING CARE CENTER
WINTER WONDERLAND
HUGGING BOOTH



SAFE AND PROTECTED HUGGING BOOTH STATIONS FOR FAMILY VISITS







WITH HEARTFELT GRATITUDE

WE BUILD COMMUNITY TOGETHER



We are deeply grateful for the support of our community partners, whose dedication helps make Fairview a place of comfort, healing, and unity. Thanks to their commitment, we are able to continue growing and enriching the lives of our residents and neighbors alike. Let us celebrate the power of partnership, as we work hand in hand to create a community that cares for one another.



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NORMAN STRENGER
Director of Admissions

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