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Suburban News

Hillcrest Residence opens new rehabilitation room

Hillcrest Residence recently held an open house to celebrate the opening of its new rehabilitation/wellness room. Prior to this addition, residents of Hillcrest received rehabilitation services at The Longview Assisted Living Residence, but are now able to receive these services in the comfort of their own home. Clients at Christian Health Care Adult Day Services of Wyckoff, located in the lower level of Hillcrest Residence, can also utilize the new facility.

"The more our presence is felt and the residents see other residents using the rehabilitation/wellness room, they are more likely to participate," said Jessica Dunn, PT, rehabilitation services assistant director.

"The therapists are wonderful and have such a connection to our residents and clients," said Mary Mariconda, CTRS, Hillcrest director/Christian Health Care Adult Day Services of Wyckoff administrator. "Having it here at

Hillcrest makes it so convenient for them."

Residents can receive physical therapy, and can also benefit from working with the occupational therapist if they are experiencing difficulty with activities of daily living, such as dressing and bathing, or have impaired vision or problems with coordination. The speech and language pathologist can help residents who may have unclear speech, difficulty with short-term and long-term memory, or difficulty finding words and organizing thoughts.

Hillcrest Residence is for independent seniors who enjoy the benefits of shared dining, recreational activities, housekeeping services, and general maintenance of his/her studio. Christian Health Care Adult Day Services of Wyckoff is a day program for area seniors offering a safe environment for participants and respite for caregivers. For more information, call 201-848-5856.



From left are Hillcrest Residence staff members Ewelina Slazyk, Yvette Hunte, Joanne Patio, Michelle Zaks, Elaine Espinosa and Ritchie Lim.

PHOTO COURTESY OF HILLCREST RESIDENCE