

# Press Release



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## **Hillcrest Residence at Christian Health Care Center Opens Rehabilitation/Wellness 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. Now they are able to receive these services in the comfort and convenience of their own home. Clients at Christian Health Care Adult Day Services of Wyckoff, which is located in the lower level of Hillcrest Resident, 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. “The residents and clients utilize it regularly. Having it here at Hillcrest makes it so convenient for them.”

Residents can receive physical therapy, which has many benefits, including improving range of motion, strength training, and improving balance, therefore decreasing the risk of falls. The residents also benefit from working with the Occupational Therapist if they are experiencing difficulty

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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 the words and organizing thoughts during conversations.

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 an enjoyable, safe environment for participants and respite for caregivers. Door-to-door transportation is provided. For more information about either of these programs, call (201) 848-5856.

CHCC provides a broad continuum of high-quality, compassionate care, offering superior mental-health, elder-care, residential living, and rehabilitation services. As a non-profit organization, we deliver care to our community based upon the Christian principles on which we were founded more than a century ago.

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Pictured, from left, are Ewelina Slazyk, PTA; Yvette Hunte, COTA, Joanne Patio, OTR; Michelle Zaks, SLP; Elaine Espinosa, PT; Ritchie Lim, PT, Director of Rehabilitation Services.