

## Healthcare options designed around you

### Home Health Care

At-home care from skilled nurses and therapists, and at-home assistance with daily activities.

### Access at Home\* Wellness Clinics

Free traditional health screenings and alternative techniques, such as reiki and relaxation massage, to seniors at various eastside senior centers.

### Geriatric Assessment

Helps seniors identify potential health problems, while encouraging wellness and independence.

### Post-Hospital Care

Short-term skilled nursing and rehabilitation in an all-private room after an illness, injury or surgery.

### Long-Term Nursing Care

Round-the-clock nursing care in all-private rooms for those no longer able to live on their own.

### Hospice

Comfort care for the terminally ill at Montefiore or in one's own home.

**Call (216) 910-2471**

*\*Access at Home is sponsored by Montefiore Home Care through a generous grant from the Mt. Sinai Health Care Foundation.*



One David N. Myers Parkway  
Beachwood, Ohio 44122

**Home Care Office (216) 910-2471**  
**Main (216) 360-9080**  
**Admissions/Referrals (216) 910-2500**  
Fax (216) 910-2699  
Email: [montefior@aol.com](mailto:montefior@aol.com)



From

cholesterol checks

to massage,

**Montefiore**

brings wellness

closer to home.



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## Let Montefiore manage your wellness plan.

Everyone wants to stay healthy, but how many of us really devote enough time to wellness? We have good intentions, but carrying out our wellness plans isn't always as easy as making them!

If your goal is to stay healthy and minimize emergency physician or hospital visits, here's some help. Montefiore's healthcare professionals bring wellness closer to home—and at *no cost to you*. The program, called Access at Home, offers a wellness clinic in your own neighborhood where you can access traditional and complementary healthcare, along with peace of mind!

## Wellness options: they're your choice!

Your method for staying well may be regular glucose or cholesterol monitoring. Or it may be that you practice yoga every day. Whatever the method, Montefiore delivers the wellness options you desire.

With Montefiore, you can take advantage of traditional screenings that may include:

- Blood pressure screening
- Glucose screening
- Cholesterol checks

You can also learn about and experience a number of complementary techniques such as:

- Relaxation massage
- Reiki
- Reflexology
- Aromatherapy
- Yoga
- T'ai Chi
- Visualization and relaxation

The services vary slightly from site to site and time to time. The best way to take advantage of the various sessions is to pre-register at your clinic site.

## Professional advice

The wellness clinic is staffed by a licensed nurse who can answer your health-related questions. For example, you may have questions about the medications you are taking, or you may have some home safety concerns.

If you need more comprehensive help, you will be referred to another source.

## The mind-body connection.

It's no secret that your physical, emotional, mental, and spiritual aspects integrate. If one of those aspects is out of line, the other aspects will be affected.

For example, if you are experiencing back pain and cannot get out of bed, you may begin to feel depressed; or if you have just experienced the loss of a loved one, you may find yourself with headaches or stomach trouble.

The mind-body connection is strong. By taking advantage of Access at Home services, you can increase your energy, enjoy greater enthusiasm, and experience an enhanced sense of wellbeing!

**For more information,  
call Montefiore Home Care at  
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*This information is provided by Access At Home to promote wellness. Individuals are encouraged to consult with their physicians about their specific medical needs and about any questions they may have regarding these techniques.*