

support



**RAKUSIN REHABILITATION CENTER
HEBREW HOME OF GREATER WASHINGTON**

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dignity



RAKUSIN REHABILITATION CENTER



Charles E. Smith Life Communities

HEBREW HOME OF GREATER WASHINGTON • SMITH-KOGOD & WASSERMAN RESIDENCES
LANDOW HOUSE • RING HOUSE • REVITZ HOUSE • HIRSH HEALTH CENTER • RESEARCH INSTITUTE ON AGING

www.smithlifecommunities.org

We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation.
We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin.

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respect

RAKUSIN REHABILITATION CENTER

The right choice for recovery: the Rakusin Rehabilitation Center

Located at the Hebrew Home of Greater Washington, our goal is the same as yours – to speed your recovery, help you regain your independence and successfully get you back home safely.

caring

vitality

At the Rakusin Rehabilitation Center, we understand your hopes and your concerns. We'll create an individual program that meets your needs and tolerance level with skilled professionals, state-of-the-art equipment and comfortable surroundings in a rehab center dedicated to short stay patients. Our therapists bring extensive expertise to address your recovery. Our aggressive approach to rehabilitation results in successful outcomes.

Before day one, we begin planning for your stay with a pre-admission assessment with your hospital or insurance provider. We work closely with hospital discharge planners to coordinate care.

During your stay, our team approach helps you regain your independence, and assists you in making a smooth transition to your own home, or to a living arrangement that will meet your needs.

When you are ready to go home, we coordinate with community agencies to ensure you receive needed services. You may also continue your therapy sessions on an outpatient basis at Ring House – another facility in our family of services at the Charles E. Smith Life Communities campus.

Team-based care is oriented to your future

Our team can effectively address all aspects of your recovery, and includes:

- You and your family
- On-staff physicians
- Physical therapists
- Occupational therapists
- Speech-language pathologists
- Registered nurses/skilled care
- Certified nursing assistants
- Registered dietitians
- Activities/recreation therapists
- Social workers
- Respiratory therapy services
- Consulting psychiatrists
- Consulting psychologists
- Religious clergy





kindness



independence

The Rakusin Rehabilitation Center cares for more than 1,000 patients each year. We are a local, not-for-profit organization, open to all in the community. Since 1910, we have earned a reputation for providing quality care for seniors. Today, we care for adults of all ages. We accept Medicare, Medicaid, private pay and many insurance plans.

Call us to discuss your needs at 301.770.8476, or speak with your doctor, your hospital discharge planner or your case manager. An admissions counselor is always on call.

Good reasons to choose rehabilitation at Rakusin

Accommodations

- A separate floor dedicated to rehabilitation
- The majority of accommodations are private rooms

Services

- A team approach to care
- On-staff physicians, or you may remain under the care of your doctor
- Intensive therapy with a proven track record in functional improvement (based on Functional Independence Measure scores)
- Model apartment in the therapy suite provides a realistic setting to practice and re-learn skills
- Discharge planning – the majority of our sub-acute patients return to the community
- Caring volunteers
- Ability to continue therapy after discharge at three locations on our campus

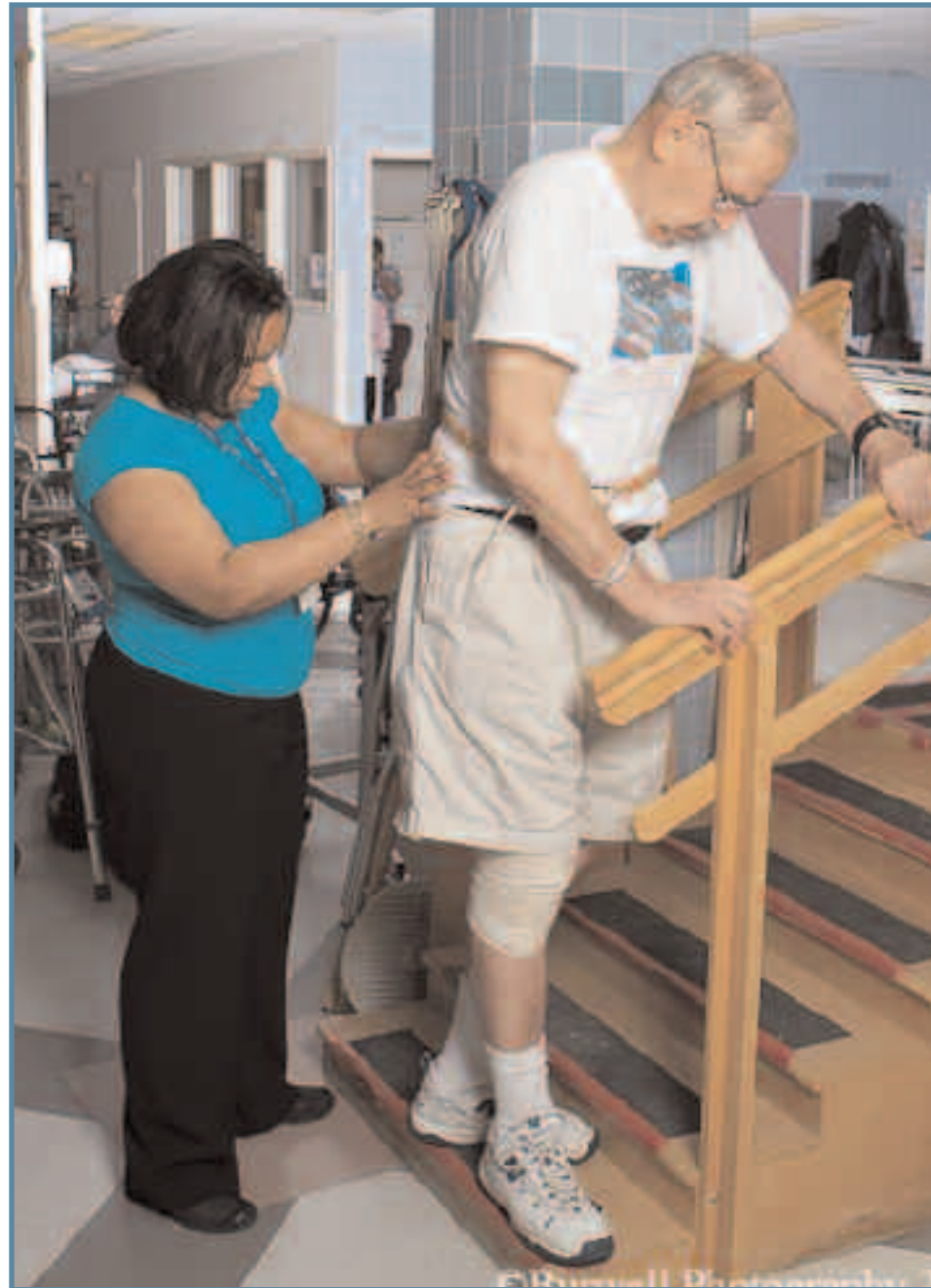
Short stay rehabilitation patients can take advantage of:

- Convenient on-site dental, podiatry and medical specialty clinics for patients who are under the care of our staff physicians
- Cultural and recreational programs
- Computer access
- Full-time rabbi and visiting clergy to meet individual spiritual needs
- Coffee shop, library, beauty salon/barber shop
- Menu choices that can be adapted to meet your preferences and special diet needs
- Additional personal care services are available
- Support groups for families and caregivers
- Free parking for visitors



Benefit from sophisticated inpatient and outpatient services in:

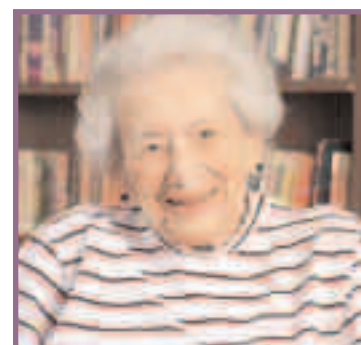
- Orthopedic rehabilitation, to regain strength, mobility and range of motion following joint replacement or sustained trauma to bones or joints
- Post-amputation rehabilitation, to resume life, including prosthetic training
- Post-complex surgery or prolonged illness care, to aid recovery from accident or illness
- Neurological rehabilitation, to maximize independence for diagnoses such as stroke, multiple sclerosis or Parkinson's
- Musculo-skeletal rehabilitation, for muscle pain, contractures or joint misalignment
- Pain management, for conditions such as arthritis
- Fiberoptic Endoscopic Evaluation of Swallowing (FEES) for non-invasive evaluation of swallowing problems using a state-of-the-art fiber-optic camera
- Household management skills
- Activities of daily living
- Cognitive therapy
- "Home alone" assessment
- Community management skills



At the Rakusin Rehabilitation Center, our first priority is you. You and your family are our partners in your care. Activities range from intellectually stimulating, to physically energizing, to just plain fun.

Would you like more information about the Rakusin Rehabilitation Center?

We will be happy to talk with you about your needs. Please call today, 301.770.8476.



The Hebrew Home in Action

SUNDAY

Sunday Sweets • Morning Exercise • Musical Entertainment • Religious Services • Trivia • Movie & Popcorn

MONDAY

Poker • Dominoes • Open Art Studio • Hand Spa • Bingo • Pet Visits • Exercise

TUESDAY

Mah Jongg • Alphabetics • Baking • Yesterday's Headlines • Music for You • Movie Night

WEDNESDAY

Sit and Stretch • Schmooze with Ed and Arnie • "Hear Us Sing" Chorus • Current Events • Poetry • Book Club • Restaurant Night

THURSDAY

Jewelry Making • Rumikub • Bingo • Movement and Dance • Food Focus • Resident Council • Sing-a-Long

FRIDAY

Oneg Shabbat • Kindermusic with Toddlers • What's Your Story • Scrapbook Club • "Ask the Rabbi" • Theatre Class • Outdoor Walks • Gardening

SATURDAY

Shabbat Services

experience

A Taste of the Rakusin Rehabilitation Center

SAMPLE BREAKFASTS

*Orange Juice
Oatmeal with Bran
Scrambled Egg
Bagel with Lox Spread or
Cream Cheese*

*Orange Juice
Cream of Rice w/Bran
Scrambled Egg
Waffle with Syrup*

SAMPLE LUNCHES

*Lentil Soup
Triple Salad: Whitefish,
Tuna and Egg Salads
Lettuce & Tomatoes
Rye Bread
Sliced Peaches*

*Beef Stew
Red Bliss Potatoes
Green Beans
Corn Bread
French Apple Pie*

SAMPLE DINNERS

*Matzoh Ball Soup
Roast Chicken
Cranberry Sauce
Baked Sweet Potato
Spinach, Onions & Mushroom
Challah, Wine
Honey Cake*

*Garden Vegetable Soup
Cheese Blintzes
Sour Cream
Raspberry Sauce
Poached Pears
Cream Puff*