

The 80th Street Residence
430 East 80th Street (1st St. and York Ave.)
New York, NY 10075
212-717-8888
www.80thstreetresidence.com

General Care Services:

Works with Alzheimer's and other cognitive issue care.
Residents receive a specifically designed program focused on various degrees of memory loss.
Residents live together on different floors based on their cognitive needs.
Recreation programs based on cognitive needs.
24 hour nurses available on-site.
24 hour personal care assistants trained in dementia available on-site.
Pharmacy on-site, as well as medication management.

Restrictions:

No pets.
No smoking.

Basic Costs:

Private Studio with a bath: \$9,000 a month.
Shared suite with roommate and shared bath: \$10,800 a month.
Private suite with private bath: \$12,000 a month.
Medicare resident's accepted.

The 80th Street Residence is New York City's (NYC) only dedicated assisted living facility specializing in enhanced memory care for dementia and other cognitive issues, located on Manhattan's Upper East Side (UES). This facility is well-known in the United States for its outstanding work with dementia care, and continually receives high ratings. The New York Chapter of the Alzheimer's Association has provided the staff with first-rate training. The facility has been featured on the *Today Show* as well as in numerous publications.

The UES is home to many well-known NYC sites such as Gracie Mansion, The Metropolitan Museum of Art, The Jewish Museum, Manhattan House, Central Park, Cornell Medical University, and numerous diplomatic missions. The UES was once known as the "Silk Stocking District" due to its wealthy inhabitants being able to afford silk stockings. Today, it remains a very affluent area with a diverse population. It includes many different houses of worship, such as Catholic churches and synagogues. It has long been the setting of many novels, including classics by Edith Wharton.

Who They Are

Owners and Background: The 80th Street Residence is owned by Wayne Kaplan and Larry Morehead. The executive director is Clare P. Shanley. Ms. Shanley has been featured on the *Today Show* in a segment about how residents interact with the Good Dog Foundation, and she keeps her door open to suggestions and new information from anyone involved with The 80th Street Residence or in such assisted living facilities elsewhere. Her goal is to keep the facility's program current and stimulating as well as up to industry standards, and she strives to make The 80th Street Residence a leader rather than a follower in enhanced memory care.

The staff also takes great pride in being a licensed facility that provides the best care to their residents. Residents in licensed care are legally protected in case of problems as well as held to certain standards, so they urge all people in search of an assisted living facility to only deal with licensed establishments. The 80th Street Residence works closely with the Alzheimer's Association, Empire State Association of Assisted Living, Institute for Music and Neurologic Function (IMNF) as well as other industry professionals with proven high standards. 80th Street is the first such facility to undergo the *Excellence in Care on-site* evaluation, for which they received high remarks.

About the Staff: The staff commands extensive training in the care of dementia patients from the Alzheimer's Association, as well as training in other medical issues. There is around the clock care, and patients are closely guarded by the staff.

Like a Family: The 80th Street residence is a facility that houses residents by floor, according to their cognitive needs. They keep the number of residents low at eight to ten residents per floor, with a maximum capacity of 70 residents.

A Structured Day:

The 80th Street Residence bases care and routine on a nurse's interview and interaction with the resident, as well as a patient's history and family's concerns.

Some care and routines are the same for everyone. Each floor has its own dining room. Every resident eats three meals a day on the same floor as their apartment, with the same residents who live on that floor sharing similar cognitive needs. This routine provides everyone with a familiar setting and faces, plus also allows people with the same cognitive needs to be attended to at the same meal.

All residents prepare for the day by cleaning-up in the shower and getting dressed. Some patients can do this on their own, but anyone who needs assistance will be given assistance on a daily basis. After breakfast, residents are escorted to a physical activity, followed by a cognitive activity.

Activities:

The Good Dog Foundation: The 80th Street Residence has been featured on the *Today Show* for its work with The Good Dog Foundation, a group that uses pet therapy to work with the elderly and sick. It has been an immensely successful program that the residents have grown to love, and executive director Clare. P. Shanley has been interviewed on the *Today Show* about the program. The residents meet in a designated part of the building and spend time playing with as well as cuddling licensed therapy dogs. It is truly a miraculous and positive aspect of this facility. Studies show that pet therapy is a major stress reduction aid.

Physical Activity Fun: The facility takes extreme care to also keep the patients physically active with yoga, Tai Chi, and dancing. They seek out new activities that will challenge and stimulate the body.

One of their more popular programs is a collaboration with Rhythm Break to bring weekly ballroom dance classes to residents in order to improve their memory and coordination. All the dance instructors are professionally trained performers who understand the needs of enhanced memory care.

Cognitive Activity Fun: In order to work on memory and reasoning skills, patients attend group sessions that center on current events in the newspaper, puzzles, storytelling, and word games. There is also an art therapy class. Another popular endeavor is The 80th Street's collaboration with IMNF to create a music therapy program for residents, featuring a drum circle lead by a musical therapist. Residents with varying cognitive issues attend. These musical interactions spark memory, help overcome social isolation, and build community. It is also a great physical release.

All activities are spread throughout the building instead of being centered on one floor. No resident is allowed to go from activity to activity unattended.

About the Building:

Area: Located on the extreme Eastside of Manhattan island, the building is within range of extensive Manhattan Transit Authority (MTA) bus service, as well as subway service a few avenues over. Taxis appear in the area all day and night. However, this is not a facility that allows patients to sign out on their own, so this information is mainly for family and friends.

Apartments: The apartments are furnished, but the staff suggests that people bring belongings that have a strong personal significance, including some furnishings.

Meals: As mentioned earlier, each floor has its own dining room. These dining rooms look more like home dining

rooms than cafeterias, with a shared table and a stylish décor. The meals are made by a chef on-site daily. They provide a wide selection of food and take into account special dietary needs such as allergies, dislikes, low salt, and religious concerns. They serve plenty of fresh fruits and vegetables. A vegetarian should be comfortable eating their meals without getting bored. They also provide a variety of snacks. None of the apartments have kitchenettes, as they focus on attending to all of a resident's special needs.

Extras: This is an elevator building with a beautiful courtyard and roof top garden terrace that residents enjoy as the weather permits. Some of the activities take place in the courtyard and on the terrace, and residents sit outside simply to enjoy being outside, always attended by staff. The terrace also offers stunning views of the city at night.

A beauty salon and barber shop keeps everyone looking good, and there are laundry services and housekeeping.

To Contact:

The 80th Street Residence does offer a tour of the facility which can be arranged with Lindsey Harbison, the Marketing Coordinator. There are no general tours available, as they prefer to meet with prospective residents one-on-one. You can call The 80th Street Residence and ask to speak with Ms. Harbison at 212-717-8888, or visit their website at www.80thstreetresidence.com to fill out a brief inquiry form.

Remember:

For people in need of Alzheimer's and other special cognitive need care, The 80th Street Residence is the only one of its kind in New York City. Its enhanced memory care is leading the nation in making people with cognitive needs feel productive and safe. If you are looking for top-notch cognitive care in a stylish setting, look no further than The 80th Street Residence.