



Northwoods Health System serves approximately 2,000 individuals each year and consists of six comprehensive rehabilitation and long-term care centers offering an effective alternative to extended hospitalization.



For referral and admission information or to schedule a tour, please contact the admissions office at 607-753-9631.

hope

**NORTHWOODS AT CORTLAND'S SERVICES INCLUDE:**

- 24-hour care
- Physical, occupational, cognitive and speech therapy
- Wound care
- Respiratory therapy
- Adult respite services
- Palliative care
- Peritoneal dialysis
- Total parenteral nutrition
- Short-term recovery and long-term residential care

28 Kellogg Road  
Cortland, NY 13045  
p. 607-753-9631  
f. 607-756-2968



peace of mind

**MEETING UNIQUE NEEDS:**

- Internal Feeding
- IV Therapy – hydration and antibiotic
- Nutritional Assessment
- Orthopedic Rehabilitation
- Family Nurse Practitioner
- Peritoneal Dialysis
- Respiratory Services
- Skeletal Traction
- Tracheotomy Care
- Wound Care
- Nutritional Assessment
- Total Parenteral Nutrition

Medicare/Medicaid provider

Short-Term Recovery and Long-Term Residential Care for adults and the elderly are also provided at:

**Northwoods at Guilderland**  
127 Main Street  
Guilderland Center, NY 12085  
p. 518-861-5141  
f. 518-861-5437

**Northwoods at Hilltop (pediatric and adult rehabilitation)**  
1805 Providence Ave  
Niskayuna, NY 12309  
P: 518-374-2212  
F: 518-381-1688

**Northwoods at Moravia**  
7 Keeler Avenue  
Moravia, NY 13118  
p. 315-497-0440  
f. 315-497-0494

**Northwoods at Rosewood Gardens**  
284 Troy Road  
Rensselaer, NY 12144  
p. 518-286-1621  
f. 518-286-2739

**Northwoods at Troy**  
100 New Turnpike Road  
Troy, NY 12182  
p. 518-235-1410  
f. 518-235-1632

**Web:** [www.northwoodshealth.net](http://www.northwoodshealth.net)  
**E-mail:** [info@northwoodshealth.net](mailto:info@northwoodshealth.net)



Northwoods at Cortland, Troy, Hilltop and Rosewood Gardens have earned the Joint Commission's Gold Seal of Approval™

and quality care for life



**NORTHWOODS HEALTH SYSTEM**

**NORTHWOODS AT CORTLAND**  
[www.northwoodshealth.net](http://www.northwoodshealth.net)

# The choice you can trust for quality specialized care in Central New York

Medical professionals recognize that advanced services and techniques will contribute to the highest level of independence, functioning and well-being of individuals within a skilled-nursing center. The opportunities for adults and the elderly are growing with the ever-changing needs of the community and Northwoods at Cortland continues to meet these needs.

## COMMUNITY HEALING PROGRAMS

### Adult respite services

Taking care of a loved one at home can be a very demanding and tiring responsibility, however, conveying that responsibility to another individual can cause anxiety and concern. Northwoods at Cortland's adult respite services have been designed to ease your concerns and allow you to travel or gain freedom for short periods of time. With 24-hour nursing care, recreational activities and a community atmosphere, you will be assured that your loved one is cared for in a personal and professional manner.

### Palliative Care

We recognize the cultural, religious and ethnic differences that may be associated with end of life care for not only the resident, but also the family. Because of this, family support services are provided while offering a warm, friendly and comforting environment for the resident.

### Peritoneal Dialysis

For those patients in need of inpatient skilled services and as an alternative to transferring to hemodialysis, Northwoods at Cortland is the only skilled nursing facility in Central New York and the Southern Tier to offer this service. Offering peritoneal dialysis gives patients the freedom to continue their normal activities while receiving other rehabilitation services and educating them and their family to become comfortable with these services once they return home.

### Total Parenteral Nutrition - complete IV nutrition

Advanced 24-hour nutrition IV monitoring following illness. This nutrition therapy program strengthens residents through nutrition services with the ultimate goal of returning patients to their homes.

### Restorative Physical Therapy

Although an individual has been disabled following a serious injury or illness, this is not necessarily a permanent situation. Northwoods at Cortland promotes independence for all residents to assist them in achieving the highest possible level of functioning.

Recreation therapists strive to encourage all long and short-term residents to participate in activities that will ultimately affect functioning, mobility, independence and well-being. Northwoods at Cortland also offers fine dining services in a restaurant-type atmosphere.

## Admission

We encourage prospective residents and their families to schedule a tour and meet our knowledgeable staff. This will allow for a smooth transition from the hospital setting. Our clinically certified Regional Admissions Directors work closely with patients, families, hospital staff and physicians to determine the most appropriate treatment and setting.

## QUALITY SPECIALIZED CARE

### Short-Term Recovery Care:

- Physical, occupational and speech therapy
- Recreation therapies
- Extensive and individualized medical rehabilitation services
- Social work and family support services
- Transitional services for individuals returning home after a hospital stay
- Residential and comforting environment
- Pain Management

### Long-Term Residential Care

- Homelike environment
- Extensive and flexible visiting hours
- Social and recreational activities
- Therapies to maintain independence
- 24-hour nursing care
- Hospice services
- Family activities and support programs

## HOMELIKE ENVIRONMENT



## RESTAURANT-STYLE WAIT STAFF AND HOME-COOKED MEALS



## AN EFFECTIVE ALTERNATIVE TO EXTENDED HOSPITALIZATION